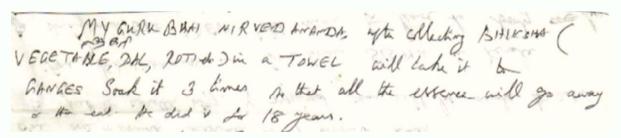


Vairagya – Swami Nirvedananda



My Guru Bhai, Swami Nirvedananda, after collecting Bhiksha (vegetable, dal, roti, etc.) in a Towel will take it to the Ganges, soak it 3 times so that all the essence will go away and eat. He did it for 18 years.