

Cooking and Eating

According to Ayurveda the cook is the most important person in the household, because they have the most control over the health and wellbeing of the household. There are many ways to influence ones health or the health and wellbeing of others and traditionally diet is responsible for about 50% of the total influence. So, diet is very important, however, if changes are necessary they should be made gradually. Changes being made that are in increments of ¼ of the total changes necessary being made at any one time.



Kansas City Vegetarian Cooking Classes 2008 & 9

The cook can poison you or cure you depending on the desired outcome. Poison meaning – food which interferes with digestion and assimilation, and medicine meaning – food which aids digestion and assimilation! That's another reason why it pays to have a cook that 'loves' you. You don't want your food poisoned with negativity or greed.

Here Dr Robert Svoboda emphasises the main points regarding the Ritual of Eating.

The Ritual of Eating

- 1. Do not eat when angry, depressed, bored, or otherwise emotionally unstable, or immediately after any physical exertion.*
- 2. Bathe, or at least wash your hands, face and feet, before you begin to eat.*
- 3. Sit while eating, in an isolated clean area. Face east if possible, the direction of the sun, the earth's source of heat and fire. Eat alone, or with people you know and trust. Ensure that all your*

sense organs are satisfied by providing your dining room with pleasant music, fresh flowers, and the like.

- 4. Avoid habitual use of restaurants. Most people who sell you food are more concerned with their own profits than with your digestion. Satiation is not determined by how much you eat. A small amount of food presented to you lovingly will satisfy your soul, whereas large heaps of food from a fast-food restaurant may temporarily fill your belly but will leave your mind and spirit unsatisfied.*
- 5. Only someone who loves you should be permitted to cook for you. Cooks in India are often selected from the priestly class so that there is at least some chance that while cooking some spiritually uplifting vibrations may be transferred into the food. Women should not cook when they are menstruating because they are undergoing a cleansing process and should be relaxing instead.*
- 6. It is best if your right nostril functions when you eat, since it increases your digestive fire. You can cause it to function by lying on your left side for a few minutes before the meal, By plugging your left nostril, by closing your left nostril with the middle finger of your right hand and breathing rhythmically through your right nostril for a few minutes, or by hooking your left arm over the back of a chair.*
- 7. Once all is in readiness, pray. Give thanks to Nature for providing you with food, and thank whichever deity you worship for being alive to eat it. Approach each food item with reverence and love, even if you are served something which you dislike but must eat. Suppose your mother-in-law, whom you dislike, serves you rutabagas, which you hate. If wishing to maintain family peace and you eat the rutabagas under duress, those vegetables will carry your dislike and hatred deep into your system and disturb your balance. Consume your food, even if you dislike it, with respect for the sacrifice it is making for you,*

and it will carry the harmonising power of your prayer inside you instead.

- 8. Before you begin your meal, feed someone else. Traditionally in India a five-fold offering is made: to the sacred fire, a cow, a crow, a dog, and another human being, who might be a child, a beggar, or anyone else outside one's own family. This is a practical thanks to Nature, a feeding of some of Her children in gratitude to Her for providing you some of Her other children as sacrifices for consumption. And, it is another way of controlling Ahamkara (egoism), an admission that the food is intended not for mere self-gratification but for the greater good of all beings. Feed anyone - a pet, a plant, a neighbour, a stranger- so you can experience a little of Nature's joy, the joy which a mother feels when she feeds her children and watches them grow and develop in consequence.*
- 9. Concentrate on your meal. No television, radio, stereo or conversation should distract your attention. Observe silence while you eat; sit and chat afterwards. Chew each morsel slowly and attentively many times. When feasible, eat with your hands so that your skin can send temperature and texture cues to your brain.*

Let's check out #5 further – ***Only someone that loves you should be permitted to cook for you!***

Research has been done by Dr. Masaru Emoto where he photographed water crystals that have been labelled with emotive words – the positive labels create beautiful crystals the negative labels create no or deformed crystals. Following are some links to viewing examples of what I'm referring to.

Dr. Emoto is best known for his water crystal pictures illustrated in the DVD 'What the Bleep Do We Know'.



Dr. Emoto also experimented with what happens when you store cooked rice that has been labelled with negative or positive labels and then observes their different shelf life. This has been referred to as the Rice Experiment and duplicated by many and shown on Youtube

<http://www.youtube.com/watch?v=LZtFif4BqXM&NR=1>.

So if thoughts do affect the crystalline structure of water we can assume it also affects the crystalline structure of food since the majority of ourselves and our food is comprised of water. Having someone preparing our food, or even ourselves, who are having positive thoughts in the process just could be a subtle ingredient to making each meal the ideal medicine for us at the time of eating.

More can be learnt about these topics at the monthly Seasonal Well-Being talks and Vegetarian Cooking Classes.

*Next Seasonal Well-Being Talk, 7-9 pm, 4th November, Brainwaves
149 Rutene Rd, \$10.00*

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