

Carbohydrates

Without carbohydrates, fats and butter cannot be retained by the body (830202) - butter is important for the Swadisthan, which converts it for the use of the brain cells (811005); Carbohydrates are foods that are left sided, and are used to correct a right sided person (830121)... but are eaten by left sided Tamasic people too much... because left side is hydrogen... and... carbon comes from Ganesha, also on the left hand side (830209)

Food can be used to assist in correcting an imbalance in the subtle system, by using more carbohydrates, or vegetarian type foods, and avoiding too much proteins, for a person who is too much on the right side, or the converse for a person who is too much on the left side (830121); A right side person, is one who eats proteins and meats (830131), who is the thinner type of person, and for whom it is prescribed, in India, to eat more carbohydrates (840906)... whilst a left side person... is one who eats carbohydrates (830131), and is a fatter type of person (840906)... they are the people who eat too much of carbohydrates (830209)

We should eat food according to our needs. In general, in the West one should take more to vegetarian foods (830131); Those who are right sided should take to foods which are left sided i.e. carbohydrates, and should become partly vegetarian, and should eat things at the most like chickens, but not fishes or sea food, because they are all hot (830121)

All extreme behaviour from left and right creates problems of Hamsa - like if you eat some fruit... then after that you should not take water. You should take water... after... some carbohydrates... you can take a biscuit... or bread... something like that to dry up your... throat, and then take water (.0011)

Sahajvidya - Carbohydrates

Now, heat and cold... for example... to take coffee, and then take water is absolutely wrong. Water if you take, then gradually heat it up... and take coffee last... and then don't take water til you have taken some carbohydrates. I mean this is what it is... is the heat and the cold... the combination of the heat and the cold should be understood (.0011)

- Jai Shri Mataji -

Source:

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Tape References:

Date/Ref - Title - Qual - mins

-830121 How to proceed - Vaitarna - see 830104.1 - side B good 35

811005 Beauty that you are - Houston good 70

830131 Nabhi Chakra, Delhi good 80

830202 Vishuddhi Chakra - Delhi (+ Q&A: 5 mins) good 80

830209 Problems of Left, Right and Centre - Bombay good 65

840906 Talk at Gregoire's House - Vienna [German translation] good 65

- end -

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