

Coffee

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Coffee just stops diarrhoea, but it's not very sensible to give a shock to your system... coffee is not a curative, it just stops diarrhoea... (881221); Dahi... used in the night, won't be good... in the morning is alright... But buttermilk is better than Dahi... it's much more soothing... there's nothing like it (for diarrhoea - Ed); There is also something called 'Electrol' that you can get (in India - Ed) (881221)

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); Supposing you have taken coffee... then after that you cannot take anything cold; So if you're taking ice cream... first take the ice cream, then take a biscuit, then take some water, then take a biscuit, and then... you can take something hot. Now supposing you are taking something hot, and you have to take water also, then take 3 biscuits (881221; 0.0011)

In England they eat so much of cold foods that I am amazed... the amount of ice western people eat, we can't understand. Indiscriminately they'll take ice cream... and after that they'll take coffee... or after coffee they'll take ice cream... before eating ice they'll have hot... that's the worst of all. Food also we should not eat immediately from the oven, sizzling... sizzling food you should not eat. I don't know why such devilish ideas are coming - let your juices flow out to digest it... and then eat it... otherwise you'll burn your tongue... your palate... burn everything. So best is to keep a tepid understanding of food also... so water should not be very hot... food should not be very hot (0.0011)

- Jai Shri Mataji -

Tape References:

Date/Ref - Title - Qual - mins

- 881221 Hygiene - Sangli - see 881217 good 45
- .0011 Weekend seminar in Pune, Tape 1 good 180
- 980706 Holland Park School, London 1998 good