



## Spirituality food for the unification of bio energy with cosmic energy

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**Abstract:** If one wants oneness with God, enlightenment and bliss in spiritual practices, then he/ she must carry out the daily practices mentioned in this work.

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**Key words:** Spiritual Food, Bio energy, Cosmic Energy, Unification

### (1) Spiritual Oil to maintain normal temperature of the body

Take each ½ **palaas** of dried ginger, pepper, long pepper, gallnut, dried Indian gooseberry, beleric mylobalan, mace, cinnamon, Indian silverflir, white pepper, tail pepper, sandalwood powder, red sandalwood powder, cumin, nigella seeds, cuscus grass, wood apple roots, sarsa parilla roots, **devatharam and ghostam**. Grind all these 20 commodities in to powder. Prepare one liter juice of white eclipta prostrata. Mix this juice and the powder of the 20 items with one liter of pure coconut oil. Put all these things in a mud pot and heat it. Then put the powders of **pawalaputhu**, blue vitriol and white copper sulphate. Then at the top of an another mud pot, keep a nice and clean cloth. Keep the powders of **saambirani** and **pachai karpooram**. Poor the boiled oil and preserve this tonic. Wake up from your bed early in the morning before the sun rise. Take sufficient quantity of this oil and rub it on your head, and abdomen. While doing so, you will experience light heat in your hands. Then after one hour you may go for other wash-ups and cleanings of your body. While performing yoga and sitting in meditation, normally the temperature of your body increases. For good health and successful meditation and yoga, normal body temperature is very essential. This tonic will do that job.

### (2) Spirituality tooth powder

Take equal quantities of barks of margosa & babool trees, rods of prickly chaff flower, skin of gallnut, and cloves. Make these in to powder. Mix this powder with the powder of Inthuppu in the ratio of 1:4. Use this powder to clean and wash you teeth twice a

day, namely in the morning and evening This powder will surely cure all of your tooth complaints and keep your teeth very strong.

### (3) Eye – wash

Choose a large mud pot. Fill it up with clean water. Put water solder the previous night. After tooth wash, put your head in this water and roll your eyes in left and right directions. Choose a large mud pot. Fill it up with clean water. Put water solder the previous night. After tooth wash, put your head in this water and roll your eyes in left and right directions for one minute. Then take off your head from the water. Repeat this action 5 or 6 times. This practice keeps your eyes always cool and clean. During yoga and meditational practice, due to the rise in the body temperature, the eyes also troubled. This practice will protect your eyes from over heat of the body

### (4) Kaba Suthi

Take the juice of white eclipta prostrate and pure cow ghee in equal quantity. Put these in a mud pot and heat the pot. Then put the padigara / seenikara powder. This ghee should be applied on the throat. After this, avoiding any conversation is a must for 48 minutes.

### (5) Inmtestines cleaning

In a mud pot put 50 grams of cumin and fills it up with 1/2 liter pure water in the previous night. After the above four morning duties, drink this water as slow as possible. This water will push down all the stored ingredients in the stomach and push down the stools.

### (6) Body cleaning

Take Poolan kilangu, vangala pachai, round

zedoary and acorus in equal quantity. Crush all these things in to powder. Mix ten times of leaves of wood apple tree and ten times of **seeyakakai**. Put all these mixture in to warm water and take bath. This is the best way of taking spiritual bath.

#### (7) Fortnightly practice

Take pepper, turmeric, gallnut skin, seeds of margosa tree, dried fruits of Indian gooseberry equally and pour pure cow milk and crush these things in to gravy. Apply this gravy to the whole body and on head. Take bath after 30 minutes in warm water. Do this fort nightly.

#### (8) Spirituality Nectar

Take each ¼ palaa of the following items: dried ginger, pepper, long pepper vine, gallnut, dried Indian gooseberry, beleric mylobalan, nutmeg, gallnut, mace, cinnamon, Indian silverflir, galangal, big galangal, gallnut flower, poppy, cumin, anise, **vaaluluvai arisi, vetpaalaiarisi**, licorica, **ghostam, gookai neer, poonaikkali virai, ealarisi, nilappanagkilangu, poomi sarkarai kilangu, mathana kaamap poo, Aththi thippili, maratti mokku, paathm paruppu, pstha paruppu, saarap pauppu**, asparagus, cashew nuts, lotus flower, saffron, long pepper roots, Indian butter tree roots and Indian cheese maker vegetable. Make these things in to powder. Take a suitable mud pot. Fill the pot with good water. Put 30 palaa of pure panam karuppatti and heat the water. When the gravy is ready, put all the powders and add date fruits and ghee. This is the natural Nectar. Keep this drug under sun light for six days. On the seventh day add 20 palaa of pure natural honey to the Nectar. And preserve in a mud pot in a cool place. Consume this nectar before breakfast. And consume this after supper in night. This nectar will definitely regain your strength and vigor. Also, this will maintain body organs fir and fresh for ever and for ever. Make this as a routine normal in take.

#### (9) Breakfast

Take break fast food which should be made up of rice, black grams and coconut. This spiritual breakfast keeps all the internal parts of human body fir, fresh and very active.

#### (10) Lunch

Let a spiritual practitioner's lunch be; boiled rice, half boiled vegetables and greens, curd and cooked green grams. This lunch is easily digest able. This combination gives vigor and vitality to the human organs.

#### (11) Supper/dinner

The spiritual dinner must be cooked with good quality of wheat. After night meal, it is advisable to take a full cup of hot cow milk.

#### Conclusion

Creating your best health and taking care of your

body is key when raising your vibration and living in the recent higher earth energies. To be able to maintain your higher vibration and to be able to connect with the higher energies and dimensions, treat your body as well as you can - feed it with spirituality food. Your body truly is a spiritual temple. You are a divine being - you are a goddess/god - give your body the best and highest quality food, water, and air. All three of which are spirituality food - feeding your body/being. Fresh, whole, local organic foods that are prepared with Love, whether raw or cooked with preferably local alive spring water are best to feed your body and being with their energy. Find your own ultimate spirituality food for your best ever health and higher vibration.

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