

## Food Secrets ~ inSelf Yoga

The greatest secret to the diet of Michael Beloved is not what he eats but rather breath infusion practice and when he eats it. Regardless of whether it is dog, cat, fish, all vegetables, all fruits, air, water or piss, the important aspect to the diet I recommend for people doing breath infusion is the time of eating.

The central feature of eating is the main meal which should be the first meal of the day. This concept of eating the first meal as the main meal is alien to most people because as it developed from prehistoric time, people had to go out and kill an animal or gather wild edible vegetation or fruit in the morning just before or after sunrise.

In prehistoric time, it was not practical to have the main meal as the first meal. In fact, the exploration of the planet earth by the Europeans caused a worldwide standard which was that in the early morning before 9 am people took breakfast, a word which was derived from breaking the nightly fast.

The question is: Why does Mi~Beloved (Michael Beloved) not comply with this and use an early morning breakfast which is not the main meal, because it makes sense that the first meal should be mild like tea and biscuits with butter and fried bacon, so that the stomach can wake up gradually?

inSelf Yoga™ has breath infusion as its central discipline. The use of that at the start of the yogi's day, early in the morning at 4am ideally, makes it so that the stomach is fully awake for the first meal and it is capable of digesting that meal as the main meal for the day.

The advantage of using this first meal early anytime after 6am is that it has all day to be digested and it would do so when the sun energy is flashing through the

environment where the yogi lives. This give the most efficient digestion and excretion of that meal.

Instead of breakfast, lunch and dinner the yogi has it in this order

- lunch any time after 6am
- main snack about 2-3 hours after lunch
- minor snack about 1-3 hours after main snack

The question of what is eaten is address now.

It begins by stating what is not eaten.

No flesh, no eggs (liquid flesh),

What is eaten is listed:

- grains, nuts, milk products, vegetables, fruits

What is discouraged:

- black pepper, spices, peppers, liquors, vinegars, some herbs, onion, garlic

What is cautioned:

- black pepper, garbanzo beans (channa, chick peas) These two items are among the list of aphrodisiacs which cause increased sex impetus, especially in males.

When cooking be sure to avoid overcooking any food. If a food is overcooked, it will lose taste value which will cause one to snack later to compensate for the lost flavor.

Do not allow one food to dominate a meal. For instance, if one uses peppers these will dominate the meal whereby during eating the sense of taste will be focused on the peppery flavor and the burning sensation. The other foods will lose significance to the sense of taste. That will cause snacking later. Pungent foods like onion and garlic should be avoided. These dominate the other items in the meal. These override their taste value.

Each flavor of each food should be tasted in a meal which means that each item must be cooked separately or cooked together in an order whereby foods which require say 10 minutes of cooking, are cooked for 10 minutes only and those which require 2 minutes of cooking are cooked for say the last two minutes of the meal and for no longer.

Fried foods should be carefully timed so that they are not over-fried. Oil should be used sparingly, so that there is no excess.

No stale food should be used. Unless one is inconvenienced at a place of employment or while travelling, by all means one should not eat stale food. This means of course that one should not cook excess food but only the correct amount for one meal which is eaten soon after it is prepared.

Apart from the first meal which is the main meal (lunch), I use two other snacks. The first one consists of milk or nut milk and two or three bananas. This happens at about 1-2 hours after the main meal. The second snacks consist of milk or nut milk with a whole wheat sandwich. Two slices of whole wheat bread are toasted. One of these is lavishly buttered. Then peanut butter is added or an avocado is sliced and used instead. The two slices are put together. This is used with a glass of milk and/or nut-milk.

Apart from these meals, I have a water regiment. I begin the eating for the day not with the main meal but with a small glass of water, taken before the main mail as the first thing which is swallowed for the day. Then I eat the main meal. I use water throughout the day depending on the need for it. For instance, if I exert the body strenuously where there is sweating, I drink water to compensate for the water lost. Besides that, during the day I use water as my body calls for it.

The water mentioned above which is used before the first meal, is used to clean the kidneys and other organs. This water goes through the body and helps to dilute concentrated chemicals which may be harmful to glands and to the body overall.

I stress that the meal is for the convenience of the breath infusion / meditation practice. If a yogi is up at say 4 am, and if he does breath infusion for twenty minutes or more at that time, he will be ready to have a main meal any time after 6am. Part of the breath infusion practice is the stomach-churning practice (agnisara). This wakes up, stimulates and primes the stomach, intestines and colon. The yogi will have no trouble digesting that early meal. It would service his daylight hours fittingly.

***Main meal ingredients and preparation:***

I begin the preparation for the main meal by laying out the following foods:

- hot water (not necessary – with hot water, the meal will cook in less time)
- salt
- oil (any type of vegetable oil, olive preferred)
- carrot
- tomato
- tofu (bean curd)

- hard greens
- broccoli
- Brussel sprouts or zucchini
- potato
- sweet potato or squash
- tamarind
- fruit
- avocado

First, I set the pot on the stove and add less than quarter teaspoon of salt for a meal of one person. Go easy on the salt because it is an addictive product. In the elderly years, those who consumed much salt, live to regret it as it causes hardening of arteritis and contributes to heart disease and other nuisance ailments. If you are in the habit of using much salt, a sudden reduction will cause you to have withdrawal symptoms where you will max out on it later in the day. Many persons who feel they need certain foods, may need the salt which is in those foods but since the salt is not seen physically, the mind tags those foods the addiction. Salt is addictive. Be conscious of that.

Women have a special reproductive system and need more salt than males require. Hence the salt needs for women after the menstrual expression occurs monthly will be more than it is for males. However again, even for them excess salt will lead to problems with the arteries.

After adding a pinch of salt to the empty pot. I add some oil, just enough to spread through the bottom of the pot. Then I add some chopped vegetables. These are the items that will take the longest to cook or those which should be fried (not deep fried).

These are

chopped tomatoes

chopped carrots

tofu (not mandatory)

mushrooms (not mandatory)

Brussel sprouts

Be forewarned that there is a danger in using mushroom because these have a flesh texture. These are plants which have selves who are moving from being trees into being animals (flesh creatures). Mushrooms have a flesh texture which may satisfy the need to feel flesh foods in the mouth. The danger is that eating mushrooms may reinforce the flesh-eating tendency. and that is undesirable for a yogi.



These are stirred to cause the oil to have a thin coat over each piece. The stove is lit on a medium temperature. If there is not enough oil, a little more is added and stirred in at this stage.

These are fried for about two minutes. These should not burn and the stove should not be hot enough to scar this. Burnt or scared foods which were sizzled in hot oil is not preferred.

After this, is fried, potatoes, hard greens. turmeric and water are added. Hard greens are like collards, dandelions. These take some time to soften and should be cooked on high heat. One may also use cabbage instead of greens but I do not recommend that as there should be green leaf vegetables in the meal to balance the white vegetables like potatoes and other food which grow below or above ground but which are not green in color, which means they do not have chlorophyl.









This is cooked using high heat. It is boiled for about 5 minutes or more.

The skin of the potatoes and the squash is used. This is because most of the vitamins in vegetables congregated in the skin and in the layer just below it. However, if preferred, one may discard the skin.

After the five minutes on high heat boiling, one should stir the pot and check to be sure that the potatoes are cooked at least half way through and the hard green leafy vegetables are softened.

Then one should add the squash or sweet potatoes.



Once the squash is added, it should be cooked on high heat, boiling vigorously for another 4 minutes or more, until it is soft throughout. Some more water should be added just enough to have a little above the vegetables.

Do not add so much water that you have a soup, where the vegetable lose taste because the taste was extracted into the water leaving the vegetables tasteless. And all the same do not have so little water than there is none when the preparation is finished or the preparation burns.

Some water should be there just for the sake of helping the intestines and colon in the service of extracting food nutrients and in allow that each vegetable retains its flavor when eaten.



Turn off the stove as soon as the squash or sweet potato is finished. Let the food sit in the pot for 5 minutes or more simmering. Then serve. Use avocado which is ripe.



