

# Ayurveda, The Science of Life: What is Time, the Daily Regimen

by Dr. Oleg Torsunov

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“May everyone be happy.  
May everyone be free of infirmity  
and be strong and healthy.  
May everyone care for the wellbeing of others  
and I too want to bring goodness to others.  
May no one know any suffering  
May no one have any suffering.”  
**-The Motto of Ayurveda**

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I wish everyone happiness!

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## The Vedic principle – “Time, Place and Circumstances”

00:00:00 And so, we’re going to start with today’s lecture. In reality, we don’t value time seriously enough, what time is. And, for example, a woman – she can think that its possible to give birth later, right now, you need to live a little, you don’t have to give birth at a young age. Then, when she gets ready to give birth a little later, she no longer can give birth, or she gives birth to a child that’s unwell. And she’s amazed, why did things happen this way, why did things come about like this?

00:00:42 In the exact same way, right now, its customary for us to harvest green tomatoes, and then they ripen by themselves. And they can’t be as tasty as the ones that are picked at the right time. We don’t devote serious attention to the understanding that time is the main factor. There could be a very good grade of tomatoes, they could be very good in and of themselves, without nitrates. But if they’re picked a little bit earlier, then they won’t possess any energy at all, they won’t carry energy within themselves. Although they do finish ripening, there’s no longer any sense in it. Not much sense. This signifies that time is the main factor. Right now, there are a lot of dietary recommendations, and there’s all sorts of raw food eating – these other dietary systems. These are all fine and good, but all of these systems don’t take into account time. Right now we’ll talk about what’s more important.

00:01:49 And so, there exists a wise ancient Vedic saying: “**Time, place and circumstances**”. *Time – is the greatest force that exists in the universe. Time is a force that moves the entire universe along the orbit of life.* All objects of the universe move from youth to old age, that is, the movement goes in cycles. Our body, the cells of our body, the atoms of our body, our mind, our rational mind, our ego (what’s meant here is false ego, the material substance) – all of this is moved forward by the force of time. We have an orbit of life or a cycle that we need to live through in this life, then we’ll have the next one. Life in the material world is cyclical. Its impossible to change this cycle.

00:02:56 I heard these lectures on Ayurveda that talk about how: “Well look, we’ll put some cream on your skin, and it’ll get younger” – that’s impossible, skin can’t get younger. Why? It can be without wrinkles, and so forth, but a person, nevertheless, dies at the very time that he’s meant to die. Its impossible. No one can overpower time. Skin can be without wrinkles, but that doesn’t mean that its young, it’s the skin of a woman who already is of a certain age, her skin is of a certain age. It can be well preserved. Its just that we don’t know that we’re aging prematurely. **We’re aging prematurely because we’re not living correctly.** Right now, at this moment in time, we should be living for 120 years.

00:03:54 There exists this knowledge in the Vedas of how many years you should live at which point in time: with each century, the life expectancy of a person decreases. Right now, at this moment in time, we should live for 120 years. But we can’t. Naturally, if a person starts living correctly, his skin immediately becomes a little better, everything gets better by a little, his organism gets better, but that doesn’t mean that he’s getting younger. He’s simply returning to normalcy. In the exact same way as a sick person, for example. A sick person, he lost weight, and then he returned to a normal state – it doesn’t mean that he got younger. He simply returned to normal. Do you understand the idea or not?

00:04:36 And so, time is the greatest force, we're going to talk more about it right now. Next – place. What is place? Time, place and circumstances. What is place? You don't know even one of these factors, the majority of you, but without it, the Vedas say that, without knowledge of these things, its simply impossible to live. Its impossible to be happy. And so, what is place?

00:05:01 [Comment from the hall] The place of location?

00:05:02 Place of location, correct. Well, and what does that mean?

00:05:13 [Comment from the hall] Its, like what you said about food: its different in different cases?

00:05:17 Right, there's the place where a person is located, there's the space that we live in. It turns out that the place of location, if you put, for example, a person and a monkey in one and the same place – you can't say that they're living in one and the same place. Why? Because first of all- they're perceiving the world differently, difference forces act on them. That's the first reason, why you can't say that they're living in one and the same place. And the second reason consists of the fact that the Vedas define place, what a place for life is, much more profoundly than we can imagine. It turns out that *we have a spiritual nature and our location for life is our body in which we live.*

00:6:01 As such, time signifies that you need to do everything at the right time, and place signifies that you need to do everything in accordance with the human body. For example, our scientists say that mean, protein rich food is high in calories, if you eat it and what not, you'll have some protein, amino acids, everything will be fine. But, the Vedas say, not for a human body. Its good for animals, but not for a human body. Because *we have one substance that spoils from meat. This substance is called the rational mind. Animals don't have it. When a person eats meat-based food, he enters into a state of depression, he doesn't understand why its so hard for him to live He thinks that its hard for him to live because everything around is bad. But as soon as he gives up eating meat, a few years go by and his life changes a great deal, it becomes a lot easier for him to live.*

00:07:03 So look, right now, everybody raise your hand who's truly felt this on yourself. And everyone else won't believe in this. Come on, raise your hands. Who felt it? There you go. And everybody else doesn't believe in it. Who didn't feel it. Because, in order to believe in it, you need to feel it. Right? The understanding of what a human body is, the place in which we live – this is very important knowledge that you need to study now, afterwards will be too late. Because a person who doesn't study it can't do anything right in his life.

00:07:43 Next, circumstances, the last factor. All of these diets that you're choosing: how to eat, which diet, which system, this and that, don't take into account time or place but just, which food products, which dish and so forth- these are circumstances, ladies and gentlemen. This is the very last factor. *If you don't eat at the right time, even if you eat food that really suits you, it will nevertheless be a diet that causes harm and completely kills your health.* This is a total guarantee, I'll prove it to your right now during the lecture.

00:08:17 Next, if your diet is not in accordance with the human body, not in accordance with the place that you live in – it would also be that the food doesn't suit you, the meat is very tasty, you really like it, that's it, there'll be no happiness, no health. Because it doesn't suit the place. And you also need to consider the circumstances. Circumstances signify that, for example, there's not enough time to eat at the right time, and there's lots of time for eating at the wrong time. You need to eat faster at the right time; its better to eat faster, but on time, then slower, but not on time. This is already a circumstance. These circumstances in our lives can be varied, but you need to have knowledge of how to first use time, place, and then only circumstances.

00:09:11 And so, let's talk about what time is. Time is the greatest punishing force that exists in this world. And its also the greatest force that can allow us to soar in the sky, be happy on autopilot. *If a person observes the daily regimen, happiness comes in and of itself, according to the Vedas*, you don't need to wait for it, or call for it. It simply comes in and of itself, by the force of influence of the forces of this universe. Higher forces of the universe give us blessings. We can learn to be happy by ourselves, you don't need to undertake any efforts aside from observance of the daily regimen. Why? Because all of the forces of this universe give us their blessings to undertake certain actions at a certain time. Each force gives its blessing at a certain time. If a person knows this secret, if a person knows this secret, in this case, he can do what needs to be done on time, and he receives the maximum result.

00:10:11 You know, you know that that's the case! That you need to drop in on the Director at the right time, in order for him to sign a document. If one of you, subordinates, doesn't know this, then there's no reason for you to be there, at work. You need to drop in on him after lunch. You need to drop by fifteen minutes after lunch, when he's just started to work. If you drop by after forty minutes, he'll start digesting his meal and he won't be able to think at all. After fifteen minutes, he'll be cheerful, jolly, you just need to measure the time exactly. And you drop in to see him around fifteen minutes after lunch, he's smiling and he'll sign the document for you. That's it! This signifies knowledge of what time is.

00:10:56 In the exact same way – a wife should know when to say unpleasant things to her husband. After lunch. Also after lunch. If she tells him before food, he'll first eat her up, and then his portion. The same thing goes when a husband comes back from work, you first need to tell him to go take a shower, and then you can already talk to him. This signifies a correct understanding of time. What you need to do right now, what later. But we don't know this, many people don't understand these things, therefore they think: "Why am I so unhappy?"

## **The influence of the force of the Sun on the organism**

00:11:33 And so, there exists the force of the Sun. This force has an immense influence. You can test how enormous this influence is as follows. When you're sleeping, and the sun has crossed the horizon...it crosses the horizon at some point where you are...keep in mind that dawn doesn't play any role. Dawn signifies the angle of the rising of the sun. The sun can rise at a very sloped angle, and therefore, dawn may not come soon, but the line of the earth's horizon, the horizon...So look, we are here [demonstrates], we are above the ball of the earth. We are above it. The sun passes through four lines on earth. Now look, there's this upper line, there's this lateral line. Now look, when the sun is on the level of this lateral line, if its not at the equator,

then in this case, the sunlight, in order to get to us, it can't go through this land. But the sun is already on the equator.

00:12:39 When the sun is on the equator, at this moment, all of the functions of the organism change to the opposite. That is, for one person, the right side of the brain becomes passive, and the left side active, for another person, it's the opposite. Everything reverses. At this very crossover point. For you, this crossover point is at 6:20. Due to the fact that your local understanding of the sun's zenith is a bit displaced. It happens at 6:20 in the morning. This is what you have right now, but if there's a change for daylight savings, then it'll already be at another time.

00:13:15 And so, the sun crosses this line, let's say that this is the line of the horizon. At this moment, it starts to act on a person's psyche. Below the horizon, it still didn't act as strongly, when it was under the horizon, it forced the person to sleep. *But when it comes out over the horizon at 6:20, it forces a person to be active. And at this time, a person's depth of sleep greatly decreases. His sleep becomes superficial, and everything starts to interfere with his sleep, but he wants to sleep.* And when the sun rises a bit higher still, then there emerges this very strong...since there's this set up to sleep, derive pleasure, relax, the body starts to feel achy. That is, vital energy starts to move within the body, and the person can no longer lie down. These unpleasant pains arise in his spine, he starts to toss and turn. He attempts to bend like this and like that, and toss around, here and there, He's resisting the influence of the Sun. The Sun's rising, and the higher it rises over the horizon, the less chances he has to be happy on this day. We'll talk about this right now really seriously.

## **What does lack of observance of the daily regimen lead to?**

00:14:37 And so, according to Vedic scriptures, *time is an aspect of God that controls creation.* Time acts cyclically on all material creation, moving it towards destruction. *Time is the largest punishing force acting within the material world. Time always unyieldingly punishes all who do not desire to submit to its will.* This substance, independent in relation to all other factors, when influencing all types of material activity, never falls itself under its influence. Time is the connecting link between all processes for the changing of matter that take place in the universe.

00:15:19 Time is all pervading and is divided into three parts. The first part is past time. Past time truly exists, it really exists right now, it hasn't gone into the past. The people who believe that past time has gone into the past have this philosophical misconception: they say: "Well look, in the past I committed a crime, but right now time has passed. Why punish me? You see, I committed it then, not now. Then I was a different person. Right now, I'm already another person, I understand everything differently. Therefore, there's no need to punish me. I committed it in the past." Then, you need to go up to this person and shoot him. And when he's on the verge of dying, he'll say: "Why have you shot me?" – then you need to say to him: "I didn't shoot you, that was in the past. Right now, that's over, I'm not guilty, because time passed."

00:16:23 Do you see what I mean? Some people stop blaming themselves for what happened in the past. They say: "But that was a long time ago and not true!" There's this proverb in ignorance. – "It happened a long time ago and it isn't true." It turns out that *past time also exists*

*in the present.* I can prove this to you really easily, Its enough for a person to just focus their mind on the past, and he makes contact with it immediately. What is this process of contact with the past called? Come on, tell me. Memory! Memory. *When you remember something, you make contact with an object from the past.* Past time, we can only make contact with it and read information from it. We can't act in past time, that's impossible. All of these movies about acting in the past – that's impossible. The Vedas say that you can only act in the present time. We also can't act in the future, but the future also truly exists right now. And therefore, a person can find out information about the future and remember information about the past.

00:17:32 It turns out that learning information about the past is a lot harder than remembering about the past. But if a person tells you that he remembers his past lives, its really easy to test him. You need to ask him: “Well, what did you do three days ago, or a week ago, describe it in detail.” If he can't describe it in detail, he forgot something – that means that he doesn't remember his past lives. Because remembering your past lives is a thousand times more difficult than remembering what happened a week ago. Memory is one and the same. Recollecting what happened a week ago, what happened in a past life – is one and the same function. But you can also make up whatever you want.

00:18:12 Or, for example, he says: “I know your past lives!” That means that he remembers your past lives. You need to also ask him: “What did I do a week ago?” Describe it. If he goes: “Umm, ummm”- that means that he doesn't know. That's it. Its really easy to verify. Here, no rebirthing, nothing will help. These are all ways for reeling in money from the masses.

00:18:40 And so, future time also really does exist, right now. And a person can see and know the future if he has pure consciousness, sinless consciousness.

00:19:00 And so, time will never forgive anything. **The only means of not receiving punishment from time is living in step with time.** Another means of avoiding the punishment of time doesn't exist. Therefore, if a person is capable of understanding this, that time is the strongest punishing force, in this case, he will be happy. In the opposite case, he won't be. So a person, for example, *when a close relative dies, he starts crying a great deal. What does he cry for? For two reasons. First, he wasn't able, before the person's death, to understand that life is eternal, that he, in actuality, didn't die, that the contact remains in the subtle body. He wasn't able to understand this in time – there wasn't enough time for him to understand, for this person to understand, therefore, he's crying. The second reason consists of the fact that he didn't do enough of something in relation to the person, he put it off till later. He didn't relate to the person well, he didn't ask for forgiveness, he didn't attempt to forgive him, didn't fulfill his duties.* And then, when the time came, this wrenching pain overcame his entire consciousness. He doesn't know what to do now. “Now you can't take anything back.” He says. It turns out that time punishes us very severely, ladies and gentlemen, and we need to know this.

00:20:18 And in order for this process, right now, I'll explain to you how this entire cycle of punishment of a person by time takes place using the example of the daily regimen. It turns out that if a person follows the daily regimen in the morning, then he's ensured a guaranteed happy childhood in the next life. If a person follows the daily regimen during the day, that means that he's guaranteed a happy youth. If he follows the daily regimen during the evening, that means

that he's guaranteed a happy old age. Because each small cycle of our life's movement is an exam, each of our days is an exam for our future life. And if, in living through each day, we complete our exams, a certain number of points are laid aside for us in our subtle body of the mind. And then they're all tallied up and its determined how we will continue to live.

00:21:06 If a person overslept every morning, he didn't want to wake up on time, then his childhood passes in complete ignorance. If a person went to bed late, that means that suffering awaits him in old age. If a person was lazy and didn't do what needs to be done during the course of the day, at lunch time, that is, during the daytime, that means that suffering awaits him during his youth. Its unequivocally detailed, and we can't object to it at all, because facts remain facts: each day is an exam for our future lives: *Each day is like a small lived out life.*

## Aspects of Time

00:21:56 And so, let's start going over the aspects of time. There exist two main aspects of time that influence our consciousness. The first is the commanding aspect – it places us within certain boundaries of existence. The only difference between a rational living being and an irrational living being is that the rational living being understands that there exist boundaries of existence, and the irrational being doesn't understand this. A person can be in a human body, with a rational mind, and be irrational. A person can be irrational – that signifies that he doesn't understand that you need to do everything at the right time. He doesn't have this knowledge. If he thinks that you need to be active at night and sleep during the day; if he thinks that you need to give birth at fifty, and so forth. That is, if such ideas emerge in his head, that means that he doesn't understand how to live correctly and he will have big problems.

00:22:56 One of my patients in Samara, at the time, I had only just finished med school, I was already studying the topic of time really seriously, I understood that there are regulating principles, but I still hadn't connected this to the Vedas. He was working as a night watchman, in nighttime security, he was gradually accumulating fatigue of the brain. And there came a point when he felt this strong indisposition. I told him: "You should quit this nighttime job". He said: "Its impossible, this is my job, the pay is high, its paramilitary security, they pay a lot." I said: "Then you should sleep at work." He said: "That's also impossible, because the job requires alertness." I told him: "Then its unavoidable that you're going to suffer." In two months, he got a microstroke, I treated him, that is, he completely recovered. I told him: "Quit your job." He didn't. In a few months, he got a second stroke, one of his eyes was blinded, he lost function in one of his arms, his leg moved poorly.

00:24:19 Very slowly, we tried to help him recover. He more or less recovered, somewhere around six months, he recovered. And once again, he went back to work on the night shift at his job. In another two months he died. I told him all this time that: "You shouldn't do this, because its unavoidable. You're just destroying yourself, your life." But he continued to do it. Because he didn't understand the power of time. Right now you, based on your own life experience, will be convinced of the fact that you're already punished, almost all of you. If you don't know what the daily regimen is, you'll be convinced, I'll tell you right now the symptoms of this punishment. All of you will be convinced that you have been punished by time. These punishments are rather harsh.

00:25:06 And so, *the commanding aspect of time signifies that certain boundaries are given in life.* A person who understands them, becomes happy, if you don't understand – that means that you'll be unhappy. But the commanding aspect of time doesn't itself punish, it simply establishes principles of how to live correctly. There's also the subordinating aspect of time that punishes. The commanding aspect of time says: "Its time to wake up. The sun has crossed the horizon, you should already be on your feet." But the person has the right to sleep, there's no problem. He enters into the force of the subordinate aspect of time. It doesn't act right away. It gradually destroys the health and happiness of a person. How this happens – you and I will talk about this right now.

00:25:51 But first, before talking about the daily regimen, I would nevertheless like to talk a bit about time. *A person who lives in step with time receives the following blessings and internal riches: The first thing that he receives from the force of time is an understanding of time. An understanding of time stands for a lack of hope for a happy future. He understands that happiness is found in the present, and he knows that the future signifies an increase in old age and problems. A person who understands the force of time seeks happiness now, and not in the future.* And such a person receives the following blessings; he understands the moment of his death, he knows when he'll die. Knowledge of this comes to him. This blessing, that he senses the moment of his death, he prepares for death.

## Symptoms of Impending Death

00:26:56 In the Vedas, symptoms are detailed of when a person should die: a strong loss of interest in life, a dulled perception of the world, a disappearance of the sense of taste when taking food, all loved ones suddenly seem far away, there arises this sense of inescapability of something, there arises this desire to repent for all of your sins and there comes this understanding of eternity. When all of these signs coincide together, then there is a likelihood that the person has only a few days left to live. Next, there are secondary signs: the nose gets much more sensitive, the person's gaze becomes blank, there's a lack of facial gestures, the body becomes foreign. This means that the person has practically already approached death. He could be very young at this time – twenty five, thirty. However, in a few days, he could be hit by a care, or he could fall very ill, die quickly and so forth. That is, there's very little time left to live.

00:27:56 A person who lives in step with time knows the moment of his death, he senses it. I knew one young person – he was only twenty when he was talking with me. He listed the following to me: "I don't find life interesting, I perceive everything in this incomprehensible light, I don't have any interest in food and it seems to me that everyone is far away from me, I constantly feel eternity before me. And all I want to do is repent, nothing else is of interest to me." I was in shock when he listed all of these facts, I was in shock. I lacked the strength to tell him what this means, I lacked the strength. In reality, this information is like a death sentence, therefore, a person isn't always capable of saying it. In a few months, he was repairing some machine, and some part fell onto his temple, he died immediately, in one second. At the age of 18-20, I don't remember how old he was.

00:29:18 Another young person somewhere around the same age described to me all of these symptoms and he said: "I want to go to Siberia, work there at this drill rig, and so forth." I told



him: “Please don’t go there, because it looks like you shouldn’t go there..” but he was simply drawn there. And a pipe fell off there and he died. Literally within a month of him starting work there. As such, death, it comes in advance and gives notice of the fact that it’s come, but only a person who greatly respects time can understand this. Another person couldn’t understand this. All saintly people know the time of their death, at least, two to three weeks in advance, they prepare for it. It turns out that a person who prepares for death can change his fate very greatly, he can do a great deal. Because at that time, all the processes happen a little differently in our consciousness, everything gets denser, life becomes more dense.

00:30:20 And so, another blessing that a person receives. A constant sense of fear- signifies that a person isn’t living in step with time, he’s doing everything at the wrong time. *Fear is a sensation, this feeling enters into our consciousness because we don’t sense our own eternal nature, we don’t understand it. It seems to us that we are this perishable body, that death is coming soon, that the skin on our face is aging- we look into the mirror and fear arises, it seems to us that it’s all going to be over soon, life is ending. But the soul, it feels that everything is different, that we live eternally, that life isn’t ending, that I’ll feel like the exact same person in the next life that I am now.* So say the Vedas- the exact same individual, only in a different body, and that’s it. The exact same.

00:31:15 Well, we constantly change bodies. Which of you hasn’t changed bodies in this life- raise your hands. You didn’t change yours? No? Are you sure? When you raised your hand and lowered it, see when you lowered your hand- at this time, you changed your body. Because the body’s cells are constantly changing. If you take the body that you had in childhood and compare it to the one that you’re in right now- they’re completely different bodies. That one was very small, and this one’s big. But because of our delusion, it seems to us that we’re living in one and the same body. In seven years, according to Vedic knowledge, everything of ours changes, even the cells connected to DNA- the atoms change completely, everything in the body, it becomes a completely different body. Seven years ago, we had a completely different body, we changed bodies.

00:32:17 However, it doesn’t seem to us that we died, right? It turns out that we all stayed alive. In the exact same way, we don’t understand that in the next life, there’ll be the exact same sensation, feeling. The exact same, but in another body. We’ve changed bodies, but nothing has changed in our lives, right? We’ve already changed bodies many times.

00:32:38 [comment from the hall] Gradually.

00:32:40 But there, its also gradual.

00:32:42 [comment from the hall] But there, its in one fell sweep.

00:32:43 What fell sweep? [indistinguishable comment from the hall]. Huh? What fell sweep? When you fall asleep and go to bed, when you wake up- do you remember anything? Do you remember what happened in your dream? What happened to the body, no? Then you wake up- and you’re already in another body. The exact same thing happens in death. *The Vedas say that a person tunes out, then tunes in, and that’s it.* Like a dream, no big time lapse, every day we have

this skip in time, it doesn't evoke any misunderstandings within us. The person doesn't fall asleep thinking [demonstrates fear]. Some of us do fall asleep thinking: "And what if I don't wake up?" They're afraid of death, they think that it's a process that brings suffering. In reality, a person who lives a sinless life won't have any particular suffering when life is exchanged for death, there will be happiness.

## Universal Time

00:33:38 And so, fear, fearlessness, the next point. There exists this concept of universal time. In the universe there are years of life, months. One year of universal life consists of four ages, the same as in our year. There's the universe's summer – its called the "golden age" – it lasts 1 728 000 years. The whole universe's population has four positive character traits that are clearly manifested: ascetism, purity, mercy and righteousness. All living beings in the universe only experience happiness. On the earth at this time during the golden age, rational living beings, people live 100,000 years, according to Vedic knowledge. Average life expectancy is 100,000 years. There are practically no illnesses.

00:34:47 Next. Next, the silver age – 1 296 000 years. During this age moral decline already emerges. Only purity, mercy and righteousness are left- three character traits. Living beings live for 10 000 years during this time. Next, the bronze age lasts 864 000 years. Its characterized by mercy and righteousness. A great decline in virtue is also observed in this age. Religiousness starts to suffer, faith in God starts to suffer in people. And their life expectancy is around 1000 years. Adam and Eve lived during this period, and according to the Bible, Adam lived for 800 years, his followers, who came after him, already lived for 600, 400, 300. You can read about this in the Old Testament.

00:35:50 And next comes into force our iron age, or the age of discord. The second age stands for the universe's summer, the third signifies autumn, and ours is the universe's winter. The age of discord, or the age of degeneration, that lasts 432,000 years. And on February 18<sup>th</sup> 3012 before our era, the seven major planets, including the Sun and Moon, formed one straight line in relation to the Earth. One straight line. At this moment, the new age began. It started 5 104 years ago, and will last another, you see, around 427,000 years. And then there'll be a cataclysm, there'll be partial destruction of the universe, including on earth.

00:37:02 In the universe, half of the universe was flooded by water. When one age replaces another, the water starts to rise up for certain reasons. And it'll flood practically the entire universe, leaving a small part of it. And this in itself is the flood that people are frightened with. It won't take place too soon, and I think that we won't live to see it. It'll happen in 427,000 years. I think that we won't live to see it. What I mean is, in this body.

## The Daily Regimen

00:37:38 And so, let's move on to the subject of the "Daily Regimen". And so, I have a question: where do "night owls" and "early birds" originate from?

00:37:54 [Comment from the hall] from false science.

00:37:57 From false science! Thank you for the great answer.

00:38:02 [Comment from the hall] From an incorrect daily regimen.

00:38:05 An early bird is someone who follows the laws of time and wakes up early, he wants to wake up early. A night owl is someone who doesn't want to wake up, doesn't follow the daily regimen and is punished by time. *Why does a person feel like waking up late and going to bed late? That's very simple. It turns out that the majority of people are born after lunch and closer to the evening.* When a person is born somewhere from two to twelve o'clock at night, he feels like going to sleep late – that means that he's punished by time, the time of birth already points to punishment by time. He didn't observe the daily regimen in his past life.

00:38:48 A person who's born from midnight till noon, at this time, especially before six in the morning – these are people blessed by time. They feel like waking up early their whole lives. They like to wake up early. It would be more accurate to say, they wake up early, but that doesn't yet mean that they get up. Some people wake up and roll around in bed, and play the fool, without understanding that they're ruining their lives in such a manner. Playing the fool signifies attempting to wake up a drunk. Similarly, we do the very same thing ourselves at times.

## Why do you need to go to bed from 21:00 to 23:00?

00:39:31 And so, right now we'll talk about the daily regimen. It turns out that **the rational mind and the mind of a person rest from nine o'clock at night till, effectively, eleven o'clock to twelve o'clock at night.** If a person went to sleep somewhere around eleven o'clock-eleven thirty, that means that his mind can't relax. Because the mind only relaxes at these two hours. That's it, time's up. The time has passed. But the person doesn't understand this, he says; "Well, how can that be, I'll just sleep a bit right now and my mind will relax." No, your body will relax, you'll have more vital energy, the mind won't rest. And how is that fatigue of the mind expressed? *The mind can exist in a fatigued state for a long time, a few years. Gradually, the shades of life will start to fade, the person will feel that everything has become tasteless. He looks at the world – its manifested through the eyes, the state of restfulness of the mind is manifested through the eyes.* The person looks around and sees that everything is somehow dry, uninteresting, previously, the shades of life were better. He feels that somehow everything...everything is somehow, so dry. His glance meets nothing with joy. That signifies that the mind is tired and requires rest.

00:41:08 In order for it to rest, you need to go to sleep at the right time. A person can't force himself, because there's a force called the "desire to die". This force acts within our psyche. When a person doesn't strive towards a higher goal in life, he just lives how he can, what does he say: "I live however I can," – he lives however he can, he doesn't want to devote himself to a higher goal. He doesn't constantly feel a taste for happiness. He doesn't feel like being happy, he doesn't want to, he isn't working to achieve his own happiness. In this case, he can't understand the idea that right now you need to go to sleep in order to be happy tomorrow. He can't stop this process of tension in his head. He should cut it off. He should say to himself: "That's it, enough,

I need to sleep right now! Otherwise, I'll have problems tomorrow- I won't be happy tomorrow” – he tells himself, the person tells himself, who knows the workings of time.

00:42:08 A person who doesn't know the workings of time says: “Well, right now the 55<sup>th</sup> episode of “Santa Beliberda” will be on and I won't see how she went to the store! How can I go to sleep – this is a serious topic for me to ponder!” And so, this is a big problem. People waste in vain their time that's meant for the mind to rest. Its awful!

00:42:40 Next, *when the mind doesn't rest, at this time, then, the following comes into force, first there's fatigue of the brain, then next. Since the mind controls all of the organs within the organism, they start to wear out. First, suffers the rhythm of all the organs.* The rhythm of the heart starts to suffer. Now, right now, those of you whose heart rhythm suffers, think, at what time do you go to sleep – and you'll understand why its suffering. Its all very simple! If you're going to sleep at the right time right now, that means that things have already come to a head, that means that in the past, for many consecutive years, you went to bed later. Next, all of the people who developed really strong nervous psychic tension, constant tension. You feel like smoking. Smoking is often the result of going to bed late. Not always, but often. Sometimes its already the result of past lives, but often it's the result of going to bed late.

00:43:40 The desire to drink coffee. This habit is also linked to going to bed late. A person is constantly in a state of tension, he needs to somehow relieve the tension- he feels like drinking coffee. Next, the next habit – strong nervousness, very strong irritation. A sign of not going to sleep at the right time. Next, *illnesses already come into force: immune dysfunctions. A person who goes to sleep late can never cure himself of autoimmune diseases- never, there's no chance.* Because the immune system depends on the restfulness of the mind. Next – disrespectful relations with other people, strong internal negativism is linked to the fact that a person goes to sleep later than 1 in the morning. After twelve, to be more precise, or, at least, at eleven thirty- that's also too late, that is, the mind won't rest at all.

00:44:37 As such, there exist signs, and I had this interview at one radio station in Moscow – I answered questions on this topic for two hours. A person told me what illness he had, and I told him at what time he woke up, at what time he went to bed, how much he ate. People were simply in shock. I didn't answer at all. The presenter said: “And why aren't you saying anything else?” I said: “Oh, this is enough.” Because according to Vedic knowledge, if a person starts to observe the daily regimen, 50% of illnesses go away. The other 50% are linked to past karma, its not so easy to work them off, and as such, you need to undertake some serious methods of treatment, but you just can't treat these illnesses. And those that are treated easily – are treated with the daily regimen. And again, you simply don't need any treatment. As such, not observing it is simply foolishness.

## **What happens if a person doesn't sleep from 23:00 to 01:00?**

00:45:38 Next – *if a person doesn't sleep from eleven o'clock to one in the morning, then his vital energy starts to decrease.* Since we don't need brains, the mind isn't needed, the rational mind isn't needed, as such, we more often than not, go to bed after eleven o'clock. But when its one in the morning, everyone already feels like going to sleep because vital energy decreases. A

person starts to feel that his vital energy is fading away, there's already less energy. And what can you do without vital energy, you need to have it! Here there's no way out, therefore, more often than not, people try to go to sleep by one at night, because there's no longer any energy. "The Dead don't Sweat" can last till morning, but there's no longer any energy to watch it. That's it, your eyes are starting to narrow, therefore, you must...prana, vital energy is being depleted.

00:46:39 *And so, if a person doesn't sleep from eleven o'clock till one o'clock in the morning, due to the punishment of time, he could have gone to bed at one in the morning all the time in a past life, his vital energy dries out from this. From eleven o'clock till one at night, his vital energy evaporates. As a result, in the next life, he won't be able to fall asleep during this span of time. He'll wake up somewhere between eleven o'clock and one at night, he won't be able to sleep, then he'll fall sleep again. As a result he won't have energy, he'll constantly walk around like a zombie. And he won't know the reason for it, it'll seem to him that fate is tormenting him, for what- he doesn't know. It turns out that that he deviated from the daily regimen in a past life.*

00:47:22 And so, in order for pranic functions in an organism to work well, for that a person should sleep from eleven o'clock till one at night. If a person doesn't sleep from one am till three am, then from this, his emotional energy will suffer. Emotions suffer, emotional forces. Imagine if a person works at night, he doesn't sleep all this time, then he suffers in all directions. He says: "Well, I'll get enough sleep during the day, what problems could there be. Right now I'll explain to you what problems there could be. Now look.

00:47:53 *What is sleep? Sleep is the charging of the organism, the mind and the rational mind, with psychic energy. It's a synthesis, an accumulation of energy, replenishment. Now I have a question for you – as a result of which force does the organism get charged with psychic energy. Which forces forces this? We're sleeping, we're not doing anything, we're just sleeping. We don't eat, we're not doing anything, but the psychic energy of the organism is being replenished. Which force charges our organism with psychic energy? The force of the Moon. When its nine o'clock in the evening, at this time, the force of the Moon starts prevailing over the force of the Sun. And at this time, a person should rest, he already starts to rest. He can go to sleep, for example, let's say, at least closer to ten o'clock, but he should already rest at this time, he should wish everyone happiness, he shouldn't work.*

00:49:00 And so, closer to nine o'clock, the influence of the Moon enters into force. What does it do? It cools the mind. The Moon cools the mind, it gives the mind the ability to relax and accumulate psychic energy called odjas. The psychic energy odjas gives a person the ability to accumulate lots of energy, that can later be used. In order to use some during the day, there exists the energy of the Sun. This is the force that forces you to use up energy. It gives you the ability to use it up. If there's no Sun, it's really hard to use up energy. When the force of the Sun is increased- you feel like working during the day. Its really hard to work at night. A person feels that its really hard for him to move around, all movement is undertaken by force, right? He forces himself. During the day, you don't need to force yourself. *Somewhere from nine in the morning till three in the afternoon, this energy itself, radiates from a person, he feels like working.* Do you not agree? You agree. The Sun pumps out this energy from us at this time. What happens to a person who sleeps during the day? The energy gets pumped out of him, but

doesn't get synthesized. Sleep during the day doesn't help you to rest, the person wakes up like a zombie. As such, he accumulates fatigue. Then he thinks, why did I get a stroke? What was the cause? Not observing the daily regimen. An incorrect relationship with the Sun.

00:50:23 Then why do these jerks force you work at night? For the exact same reason that you good people work at night. If there's someone around to work, that means that there's someone around to force. If people knew that it was bad, no one would do it. In Vedic times, when the last ray of the sun left the horizon, even battles were halted. A soldier who raised his sword, and the last ray of sunlight faded, if he, at this time, lowered his weapon, he would end up on the lower planets. He needed to stop. And that's what they did. They couldn't fight any longer, that's it, they stopped the battles and separated into their camps. That's the way it was in Vedic culture. According to Vedic scriptures, that's the way you need to fight. They slept at night, then they fought during the day. We fight at night and sleep during the day. From a hangover.

## **How long should you sleep for? How many hours do you need to sleep?**

00:51:24 And so, its worth knowing that *the more saintliness a person possesses, the less sleep he needs*. Because sleep is needed for relaxation. A person who lives with love, in harmony with the world around him doesn't get tired, therefore he doesn't need to rest. Therefore such a person, a sign of saintliness, is that a person can sleep for three hours, and then he's cheerful, happy and really work-ready, he's a healthy person. If three hours are enough for rest- that signifies that he's saintly. If he somehow feels poorly, he has some problems, that means that its just a punishment of time. He simply can't sleep any more. A saintly person can sleep longer but doesn't want to. Three hours are enough for him. Two hours – that signifies that he's even more saintly. And five hundred years ago in one holy place in India, there lived six saintly people who didn't sleep at all. They didn't have the need to sleep, they were absolutely saintly, sinless people. They gave the world very great spiritual knowledge. These six saintly people. They didn't need to sleep, they only ate half a cup of yoghurt a day, that's it, they didn't need to eat anymore. But that doesn't mean that we should act that way as well, we don't have the ability.

00:52:49 As such, the daily regimen is different for each category of people. Children need to sleep more. Until 14 years of age, karma doesn't exist for a person, he doesn't fall under the punishment of time, therefore a child can eat whenever he wants, whatever he wants, but *since he's already in a human body, he shouldn't eat meat if he wants to have a good fate*. He can eat any food products at any time, because in a child's body everything will be fine. As soon as puberty begins, a person should immediately start living in accordance with time, and a child at 14-15 years of age needs to sleep eight hours. He should go to sleep at nine and get up somewhere around six. He needs to sleep for eight hours. He should wake up somewhere around five or six.

00:53:48 An adult that's...for the most part, everyone sitting in this hall is in passion. We learnt about this at the last lecture, therefore, for the most part, everyone needs to sleep for seven hours. That is, you need to go to sleep somewhere around nine and wake up at five in the morning. This is the most optimal regimen for those sitting here now – middle aged people. Older people need

to sleep six, five hours, no more is needed. That is, the quantity of sleep decreases with age, the requirement for sleep decreases with age.

## **At what time do you need to wake up?**

And, according to Vedic knowledge, a person that wakes up at three in the morning can do it with only one goal – to engage in spiritual practice. And only a sufficiently spiritually advanced person can get up at this time. If other people wake up at this time, they'll lose their health. *A person who wakes up from three to four in the morning attains the deepest secrets that exist in this world. He's capable of doing it, and this attainment takes place primarily within the span of time from three to four in the morning.*

00:55:00 *Next, if a person wakes up from four in the morning till five, then that means that he's capable of leading people, he's capable of being a very advanced individual, very joyful, capable of overcoming himself, all of life's hardships, gaining great success not just in the spiritual, but in the material sphere as well.* From four to five in the morning. If a person wakes up from five to six in the morning, he at the least, will be able to get what he needs in life. He won't achieve great results in life, but at least, he won't suffer a great deal, he won't get very ill. Everything in life will work out for him, that is, he won't have a great deal of problems, but he won't achieve anything deep in life.

00:55:51 A person who wakes up from six to seven in the morning- such a person already..the train has already left the station. You know, if the train has left, you know that you can't jump onto it, right? The exact same thing applies to the Sun. You see, I'm giving you this comparison that the Sun, when it crosses the horizon, the Vedas say: "the Sun is our guide in life". It teaches us how to live correctly, it does this in the following manner.

00:56:22 The sun has three kinds of energy that act on our consciousness. The first kind of energy is quantas(?) of sunlight that burn the skin, that render us so many problems, therefore, it seems to us that the sun is bad for your health. The second type of solar energy acts on the subtle plane, it acts on our subtle body, it also acts on the physical body. This type of solar energy is called "The first element of fire". It penetrates right inside, and evokes within us the digestive fire, immunity and so forth. That is, this type of solar energy, we know that everyone eats at noon – its lunchtime around the world. Because the sun is at its zenith, the second kind of this solar energy, at this time acts maximally on us inside and you start to want to eat a great deal. There's the force of fire there because it greatly increases within the stomach. And a person also really figures out what you need to do at this time, the activeness of the mind increases a great deal.

00:57:21 Next, the third type of solar energy is called joy...the force of joy. Or optimism. A person can only receive this type of solar energy if he wakes up at the right time. I can give you proof of this really easily. At what time do birds sing? Very brightly, loudly. Before six in the morning. Then they start to quieten down, little by little. Somewhere before six in the morning. From four to six. Even if there's no sun. Even if there isn't, the sun hasn't yet come out from under the horizon, its dark. For example, during the winter...here, during the winter, birds don't sing, because they're cold. But, for example in India- there the sun also rises late. It rises after six

during the winter, but the birds start to sing at four in the morning. Just like roosters, for example. They don't care whether its cold or warm – they're in the chicken coop. They start to cockle-doodle-do, when for the first time? At three in the morning! When its already time for the first people, the saintly people to wake up. When's the second time that they cockle-doodle-doo? At four. The third time? Somewhere before six, at five, five-thirty. And no one counts the fourth time because its not worth noting. According to Vedic knowledge, three crows of a rooster are important, you can forget about the rest, because the fourth cockle-doodle-doo is after six. And it signifies that the “train has left the station”.

## **What does rising after 6 in the morning lead to?**

00:59:03 And so, *a person who woke up after six in the morning, the first thing is that if he wakes up from six to seven, he loses the ability to be cheerful. And people who wake up from six to seven in the morning have a certain loss of tonus. They have the possibility of having many chronic illnesses that are very hard for them to cure. They feel that they constantly can't keep up, they're late, they don't have time to do what they want to do in life.* Next, these people, nevertheless, somehow attempt to get by in life. The people who wake up from eight to nine in the morning already have stable chronic illnesses, constant lowered tonus, that is, they have a dizziness, or greatly increased tonus – hypertonic disease. They won't have a normal tonus, that's for sure. They feel internal weakness, nausea, dizziness. Its impossible to live without coffee when a person wakes up from eight to nine o'clock. You won't survive without coffee. Next, these people, they experience psychic weakness, a tendency towards depression, they don't believe in their own strength, because faith in your strength comes from the Sun as well. The Sun gives strength, faith in strength is also given by the Sun. If a person wakes up earlier than six – faith emerges in his psychic and physical strength. A person doesn't believe that he's capable of coping with life if he wakes up from eight to nine.

01:00:36 If a person wakes up from nine to ten – that means that he's subject to the influence of unfortunate events. His life could end prematurely. A premature end to life stands for the fact that he continues to live afterwards in a subtle body in the same place, and then, when the time comes, he leaves this place. Leaving the place of your life is impossible until the time has come. He stays there, in the body of a ghost. A premature death is only possible in the case when a person either in this or a past life woke up later than nine in the morning. Very late.

01:01:14 Nine in the morning – three in the afternoon. Nine in the morning...nine in the morning – stands opposite to what? Three in the afternoon, right? Three in the afternoon. In the exact same way as nine in the morning – its an extreme time for waking up, that's it, after that, that's it, you won't have any life going forward, even waking up at six is late, but at three o'clock in the afternoon – that's the maximum time for lunch. If a person ate at three, then that's it, he won't have happiness in life, that's it. The train has left the station. Completely. Three is already really late, I'm not even talking about getting up from bed at eleven- that's guaranteed schizophrenia. “My hang-glider is taking me, my hang-glider...”- that's how life will be. Like on a hang-glider. We'll fly on a hang-glider. The person won't have any brains. The person won't understand anything, he'll have a very egotistical consciousness, he won't listen to anyone, he'll be very stubborn. That signifies strong ignorance, a person who wakes up that late isn't capable of perceiving the truth.



01:02:34 **The Vedas say that in order to perceive the truth, to change your karma, a person should only wake up before six in the morning. Changing your karma or influencing your fate is impossible for people who wake up after six!** Because the force of the Sun, that's called joy or optimism, burns off malefic karma. This force, its sung about in the song: "A cool morning greets us..." [sings] Solar energy comes from there, this energy of joy. From this song.

## **What kind of morning shower should you have?**

01:03:10 And so, a person who woke up before six in the morning should take a shower right away because its believed that when a person sleeps, his brain is in ignorance, the mind is in ignorance. He should remove the force of ignorance from himself. Therefore, its mandatory to take a shower with cool water early in the morning from the head down. Otherwise, there won't be happiness in life, according to Vedic knowledge. Women, however, don't need to wet their hair everyday, they can wash their hair just twice a week. Therefore, its best (for them) to stand under the shower in a plastic shower cap, so that the water flows down their heads. You might then ask: "But then why pour water over your head?" It turns out that contact with water also removes pollution from the subtle body of the mind. And our subtle body of the mind is found everywhere. That is, it is also present above the exterior of the body. *Therefore, a person who takes a shower from the head down has his mind purified. This is very important to know.*

01:04:12 For example, if you have depression. Depression signifies pollution of the mind. If you just wake up before six and take a shower from the head down – that means that 60-70% of the depression will go away in and of itself. It'll be easier for your live just from that. Just from that.

## **Dietary regimen.**

01:04:32 Next, *you can eat for the first time from six to seven in the morning.* This is the best time for breakfast. When its six in the morning, the Sun rises up over the horizon and at this time, vital energy starts to move around. Do you know that at this time, the wind picks up? If a person is, for example, somewhere, if a person lives in the country, he often loves to wake up early and walks around before sunrise. And he sees that at some point, unexpectedly, wind starts moving around. It was quiet, then a strong wind starts moving around. This movement of the wind in effect signifies that the sun has crossed the horizon, life has started movement. And we also have energy of the air, subtle energy of the air starts moving around in our stomachs. The intestine is linked to activity, therefore, it moves fastest of all in the intestine, and this sucking sensation arises in the stomach. This almost sucking sensation arises – this signifies that the intestine is contracting. It doesn't signify hunger, it signifies that our psyche is overexcited at this time. If a person isn't in benevolence, then he should breakfast in the morning. *If he has the force of benevolence, there's lots of happiness in the morning, then he practically doesn't feel like eating.* Its enough for the person to eat only once a day. But if he still isn't in benevolence, then there's sucking in his intestine. *There's also no sucking for ignorant people in the morning, the sucking happens for them at night, before bed.*

01:06:02 And so, a person who feels sucking in his stomach should eat at this time. What should he eat? He should eat food products that are in benevolence. Morning is a time of happiness. He

should emulate this energy of happiness within himself. And all illnesses connected to low tonus, low immunity, depression, decreased functions of some organs, dystrophies, reduced activeness and so forth will all be cured by such means. You don't need to do anything else. You don't need to drink super-extra-exclusive medicines, because it won't help if you don't do it at the right time. But these ordinary things that I'll naming right now will give you the ability to be healthy in this respect.

## Food products in the guna of benevolence

01:06:52 And so, all fruits are in benevolence. Fruits such as dates, bananas and figs are particularly benevolent. Next...apples are already another category. Yes, you can already have berries here as well – cherries, plums. Mangoes are also under the influence of strong benevolence. Its true that they don't grow here. And you need to eat these fruits early in the morning, during the winter and fall, in dried form, during spring and summer you can eat them fresh if its possible. For people who have weak digestion, its always better to eat dried fruits, in winter and in summer.

01:07:50 Next, at this time, you need to drink sweetened kefir, and at this time you need to eat sugar. Sugar, honey isn't harmful at this time. *Sugar isn't a harmful product. It gives people a sensation of happiness. It isn't a harmful product if a person eats it from six to eight in the morning. Then, even a diabetic won't experience problems if he eats sugar at this time, because at this time, sugar is fully digested.* Its under the influence of the Moon. The digestion of sugar is under the influence of the Moon. But when a person eats it late in the evening, sugar, then the organism gets greatly overstimulated, and lunar energy starts to turn harmful towards a person, he becomes very tense, the person, intoxication of his organism takes place.

01:08:37 If a person eats sugar from six to eight in the morning, then at this time, lunar energy is weakening, however, it still manages to digest everything. Sugar is very quickly digested. What's meant here is absorption, the process of absorption into the cells. And that's it, the person receives psychic energy from sugar. Early in the morning. As such, sweetened kefir...the best is the one in benevolence. There are three types of kefir: benevolent kefir, passionate kefir and one that's it better not to use at all. When kefir sours by itself, you get prostokvasha – its best that you not use this kind of kefir. But, nevertheless, you can use it for baking bread.

01:09:18 Next, all kinds of kefir that you buy in stores are in passion. In order to make benevolent kefir, for that you need...Well, even if its that kind, even then, its still already good. Even kefir from the store is good in the morning, its fine, it'll work well. However, if you want to make really good kefir, you need to find homemade sour cream. Homemade sour cream. Or there are also these sour creams in stores that aren't sterilized and the bacteria in them doesn't die, the ones that sour, that start the fermentation process.

01:09:58 Take one or two tablespoons of sour cream for three litres of milk. You need to first heat up the milk, do it in the evening, heat it up, then cool it to a temperature that's tolerable for your finger, toss some sour cream in, and turn it like this [demonstrates]/ And then cover it with something really warm, so that it stands out the whole night. In the morning you'll see that there's not actually kefir there, but some interesting substance. It looks like sour cream from the

Soviet period, when they sold thick sour cream. You'll see that its like sour cream, but a little more watery than normal. It has a very unleavened, really unsourish taste. And its this, namely this substance, that you need to eat. That is, this very benevolent bacteria ferment the milk and you get this sourcreamlike thing.

01:10:52 In a fatty environment, benevolent bacteria develops in and of itself. This culture develops automatically within the sour cream. In a fatty environment, in a very fatty environment. The less fatty the kefir, the less passionate bacteria develop there. And fermentation with milk fungus is also in passion, its meant only for treatment. You shouldn't use it all the time, because the organism gets overstimulated from it.

01:11:19 [Question from the hall] And what about fat free kefir?

01:11:28 Kefir is when you first ferment regular milk. Full-fat milk is better, full-fat is better than fat free. The second option is that you take baked milk (ryazhenka), a carton of ryzhenka and ferment with ryazhenka the same way. A few spoons of ryazhenka and you also get a taste similar to ryazhenka, a very unleavened kefir, practically like ryazhenka in taste. You mix it with sugar and eat it all, what you'll get is a very...fresh fruit- all together. Don't worry, no problems, everything will be digested very well. You can add spices – all sweet spices go well. Cinnamon, cardamom, you can add a little licorice, that's also considered a spice in the East, licorice. Licorice root is an excellent root, its sold in pharmacies. Barbary, there's such a spice, cardamom, fennel. Next – cumin, anise, these spices are all sweet, you can add them early in the morning.

01:12:31 If heavy work awaits you, then eat some nuts in the morning along with this food. If its physical labour, you shouldn't labour in the morning, according to the Vedas, this time is meant for increasing your knowledge, but if you can't, at this time, you need to work, then you can eat nuts, you can eat sour cream, and at this time, you can eat buckwheat. Only one of the grains – only buckwheat and that's it. Then your health, your energy will be preserved, and you'll be a happy person. Your cup will overflow with happiness, you'll have a lot of joy in life.

01:13:09 [Question from the hall] And what about farmer's cheese?

01:13:19 There are people present here from last year who came to my lectures last year. Raise your hands, those of you who, only be honest, who do this, who did this everyday, observed this. Are there such people here, no? So few. Only three people. Well, and, tell me – has your life gotten happier as a result of this, or not? Yes. And yours, there, in the back? Yes. Is it possible that you're lying? No. No one believed you. But you can try it out on yourself, you'll see that that's the way it is, it works.

01:13:43 [Comment from the hall, indistinguishable] And do you observe it? I remember you, you constantly ask questions. And why didn't you raise your hand? You're letting me down.

01:13:53 [Comment from the hall] I ate cheese and butter.

01:13:55 Well, that's not important, you still didn't eat grain based food in the morning. You can eat cheeses, butter, you can eat farmer's cheese. But during the winter, its dangerous to eat farmer' cheese, its better to eat cheese during the winter. During the summer, you can eat farmer's cheese. That's it, lets keep going, the topic's very expansive and there's little time.

01:14:13 And so, next, its worth knowing that when a person ate in such a manner, he feels like being joyful, laughing and after eating, he doesn't have any dulling of the consciousness whatsoever. That is, the sucking in his stomach goes away, and there'll be lots of energy to work, and so forth. Next, if a person ate grain-based foods. I'm not talking at all about meat, I don't consider it food. *Meat, fish and eggs I don't consider food because these food products destroy all forms of happiness in a person*, therefore, I don't believe that you need to eat them. You can believe your, you can test it out on your lives. I already witnessed it on the lives of many people, therefore, I don't need to test it out on myself. Its also described in the Vedas.

## **What happens if a person eats grain-based food from 6 to 8 in the morning?**

01:14:59 And so, if a person eats grain-based food in the morning, from six to eight, until nine—that means that the following will happen to him. Grain-based food is intended to give the mind strength, mental strength, to the mind. As well, this is food that requires a lot of fire for its digestion. When a person eats grain-based food in the morning, then this food takes the fiery energy of the mind forty minutes after eating. As a result of this, forty minutes after eating, three syndromes arise in the person that you can observe in yourselves after eating, if you've eaten during this time.

01:15:42 In around 40 minutes, the mind will become completely dulled, all the energy will leave the mind. The way this is manifested is, if a person is reading something, then he starts on one page 16-15 times, he isn't able to figure out what needs to be done next, that you need to stop reading, because you can't think. He can't even figure that out. He simply reads the same line like this and that's it. The stuck on one line syndrome.

01:16:07 Next, the next syndrome. When he has eaten too much, he develops the nodding syndrome, like this [demonstrates] There you go! And because he already lacks energy. Muscular energy, fiery energy from the muscles starts to go into the stomach, and therefore, the muscles lose strength and he, right away – the person falls asleep, he's turned off. And the final syndrome – when a person has eaten a lot, his brain completely freezes up, and drool starts to trickle out of his mouth, when he's already like...This saliva gives him the stain on the book that he was reading syndrome. Down on someone's book, if you see a little yellow stain, you should say: "And you probably, enjoy an excessive amount of grain-based food in the morning, right?" You can announce the results of your investigation of his book to them like Sherlock Holmes. And it will work one hundred percent, you'll guess correctly.

01:17:07 And so, a person who eats at this time, eats grain-based food in the morning, the next thing that happens to him, since the food can't digest at this time, there's not enough fire, then the intestine starts to work very actively, and it influences the mind in such a manner, that the

person enters into a state of great passion. He starts to fuss about, he doesn't have any control in his brain, he gets nervous, angry, starts freaking out – very strong tension. And the food starts getting pushed out, without having been digested at all. For normal digestion of food you need 6 hours. Food should be digested in 6 hours. When a person eats in the morning, somewhere around 7-8 in the morning, then somewhere around 2 in the afternoon, he gets really hungry. But before then, he won't be hungry. Because part of the food still remains in the intestine and its being digested very slowly. Food starts to digest somewhere around 11, and therefore, the organism doesn't require more food – it already has something to digest. But somewhere around two in the afternoon, you get hungry, but the train for lunchtime has already left the station at this time. And the person eats at two in the afternoon, and after that, he gets so dulled that he already needs to rest for somewhere around one and a half to two hours. That is, even if he does work during this time, then absolutely without brains.

01:18:28 As such, from such a diet, a person loses three hours a day at a minimum of the time when you need to live. We already lose 7-8 hours on sleep, then another 3 additional hours. As a result, we're taking away a lot of time from life. *If a person eats at 11 in the morning, from 11 to 12, then its enough from him to rest for 10 minutes, and he's cheerful, happy, healthy.* And some people don't even need to rest at all. He can eat a lot, get completely full, as much as he wants, till the bursting point, and everything will be digested. Such a person won't experience hunger till at least 6-7 o'clock in the evening. I, for example, don't experience hunger at all until night time, if I eat at this time. But if I eat later, then hunger sets in in the evening again. This phenomenon is amazing. It saves food. It saves money [repeats]. Like Petrosyan said, you don't need to work for your toilet. Because a person works for his toilet, he feeds the toilet. Because the food won't be absorbed.

01:19:42 If a person eats at two o'clock in the afternoon – that's it, the sun's setting, the food doesn't get digested a great deal – avitaminosis. What is avitaminosis? The person didn't eat at the right time. Vitamins are absorbed last of all, according to Ayurveda, into the organism. For this, a person needs to eat at the right time, for them to be absorbed. If a person eats from 11 to 12, somewhere around 6-7 in the evening, the vitamins will start to be absorbed. If he eats at 2 – when will they be absorbed? The sun is setting, the food isn't being digested, its lying in the stomach. That's it. Once again, it starts getting pushed forward into the intestine because its not being absorbed. Its pushed forward, and in the evening, you feel like eating again. And that's how you get a three meal a day regimen. As a result, the person eats again, he develops strong hunger at 7-8 in the evening, he eats his fill once again in the evening and all of this food that he at 6-7 in the evening, grain based food, if he ate bread, fine, he ate some bread, grain based means bread, other grains are corn, this also applies to beans, black bread, white bread, rice – these are all grains, that means that if he ate at this time, that means that all of this turns into toxins.

0:1:21:02 How is the intoxication of the organism manifested in the morning? Strong weakness, the sensation that you didn't get any rest at night, strong weakness. A person can't get up from bed. He thinks: "Now, I'm getting up, and that's it." He gets up mentally, he gets up, he's already going to the bathroom, opens the door, then, up and looks around again, he's still in bed. And this could repeat itself a thousand times. And when he attempts to get up, a sensation of strong weakness arises in the stomach region. And only at the point when the sun crosses the

horizon and moves a little over the horizon is he able to get up, because the food, it finishes digesting there, in the stomach, now with the help of the sun. Its starts to get digested with the help of this weak sun, and the person already gets up after this time, but the train has already left the station. That's how we live.

01:21:59 The main reason for the formation of kidney stones in the kidneys is late intake of grain-based foods. That's it. How to cure kidney stones? If you take grain-based foods later than at 2 in the afternoon, then there's no chance of curing kidney stones. Because they're formed because of that. And Doctors come to the conclusion that in actuality, bread is a harmful food. Bread is a harmful food. Of course its harmful, because they don't need brains! You need to live without brains, that's easier! It turns out that grain-based food is the only food that strengthens the thought process. Our ability to think depends on grains. *Grain-based food maintains the strength of thought.* You can just think without grain-based food, but the strength of thought – this stands for psychic strength, when a person needs to work, interact with people, his mind should be really strong in order to defend his opinion and so forth. This entire psychic force, for proving your point, comes from grains, remember this. It can also come from meat, but in this case, the person is in the position of an aggressor, he argues everything from the standpoint of an aggressor. Not from the standpoint of benevolence, he's not proving everything from the standpoint of happiness, but from the standpoint of hatred. He gets angry at everyone and thinks: "Why do people dislike me so much? I'm so good inside."

01:23:28 *And so, lunch signifies the time when a person should eat all foods cooked in oil. Its best to cook food in ghee.* If you want to use vegetable oil – then its best to add it afterwards. If we cook in vegetable oil, if its really expensive to cook with butter, then, at least, don't cook twice in vegetable oil, and its best not to fry with vegetable all. You can use it for stewing, and so forth.

## **How should you organize your day for maximum benefit?**

01:24:02 *And so, until six in the morning, its best to engage in spiritual practice and meditation.* Its best to say prayers up till 5 in the morning. Or, until 6, at least. From six to 7 is the best time to memorize. This is the time when the Sun is in harmony with the Moon. Memory depends on the action of the Moon and the action of the Sun. The Sun gives the memory sharpness, and the Moon gives the memory duration of memory. As such, from 7 to 8, automatic learning by rote is most effective. A person can memorize with even a very weak memory, *from 6 to 7 in the morning, a person can memorize whatever he wants, and everything will be well deposited into his memory at this time.*

01:24:53 Next, if a person wants to try, aside from memorization, to get a deep sense of things, then he should do this from 7 to 8 in the morning. From 8 to 9 in the morning, logical thinking works best of all. Therefore, from 8 to 9 in the morning, a person should memorize and think logically. From 9 to 10 in the morning, you need to start working with statistics and so forth – with documents. Well, something associated with this. *And from 10 to 11 in the morning, the ability for intellectual work already decreases greatly due to the intensive rising of the sun,* therefore, at this time, you can leaf through something, look through something, engage in

management, and so forth. The process of study itself finishes before 11 in the morning. And this is just the time to sit down and eat.

01:25:53 *Somewhere from 12 in the afternoon to 6 in the evening is the time for active physical labour, either psychic or physical active labour.* Management, business and so forth. At this time, you can undertake these things a lot better than at any other time. Next, from 6 in the evening, a person should get away from work, he should calm down, he should listen to something interesting, pleasant, for example, my lectures. When you listen, your ears get tired to listening. Its of course better to give them something to listen to in the morning, during the day, but we don't have the ability to – that's the way our life is set up.

## **When is it best to drink milk?**

01:26:37 And so, at 6 in the evening, from 6 in the evening you can eat any time, in actuality. You can even eat at night, its only a question of what. We will have handouts of what food to eat at what time. *When you go to bed, after nine in the evening, you can only drink fresh milk, heated, boiled or hot milk warmed up to boiling temperature. After three in the morning, you should already drink cold milk, cold, not hot. But if its winter, you can also drink hot milk.* But you can drink as much milk as you want. If you feel like eating at night, you drank some milk, you shouldn't eat anything else at night. Milk is only digested at night and it gives you lots of good health, there'll be a special lecture about this. As such our scientists believe that milk is harmful to health because they don't know when you need to use it in your ration. Milk is linked to the energy of the Moon, it digests under the influence of the Moon.

01:27:40 Children are also linked to the moon, women are more connected to the moon, therefore, milk digests better in women then in men. But in the evening, it digests equally well for everyone.

## **When is it more beneficial to eat vegetables?**

01:27:52 From 6 to 9 you can eat vegetables, any vegetables. From 6 in the evening to 9 in the evening you can eat vegetables, because from 6 in the evening, the influence of the Moon begins and vegetables all digest under the influence of the Moon, and therefore they don't raise problems with digestion at night. All vegetables. Its particularly good to eat vegetables that grow above the earth in the evening. Except tomatoes. This means that in some cases, potatoes, squashes – and so forth, these vegetables. That grow under the Earth are already not so good to eat in the evening, because they are not just linked to the energy of the Moon, but with the energy of Earth as well. Therefore, when a person eats these vegetables at night, spirits could settle into his head at this time, because they are also linked with the energy of Earth. He will have cosmic dreams. Hot blooded chases.

01:28:51 [Question from the hall] And why can't you eat tomatoes?

01:28:52 Tomatoes, because they possess powerful fiery energy, and they ripen under the influence of the Sun. Its not a vegetable, in effect, tomatoes aren't vegetables, if you look into it,

they're berries. They ripen under the influence of the Sun. All other vegetables ripen under the influence of the Moon. They ripen at night. [Question from the hall, indistinguishable]. Lettuce, cucumbers can also be eaten in the evening, potatoes under the earth, yes, its better not to eat them, yes, right. Watermelon is already not a vegetable, it's a berry, you need to eat it during the day. Well okay, there will be a special lecture on this topic.

01:29:35 And so, the evening is meant for a person to get away from his affairs. If a person works till late, strong psychic tension constantly arises within him and from this the organism also breaks down. *A person's mind works fastest of all before 6 in the morning. Three times faster than in the evening. Three times faster, therefore, if you don't manage to finish something in the evening, you can put it off till morning, morning is wiser than the evening.* And you will do it three times faster in the morning, there you go. If you stand under the shower and remove the sleepiness from yourself, you'll remove the force of sleep from yourself.

01:30:17 [Question from the hall] Should the shower be cold or hot?

01:30:19 Cool. If a person has polyarthritis, he gets really cold, then a warm one. Now, when to do exercises. Its best of all to do exercises, the best time, its best of all to do *active exercises from 7 to 9 in the morning – this is the best time.* If you do exercises for relaxation, then you can do them in the evening. After work, its best to take a warm shower. Never take a cold shower in the evening, its very bad for your health. A warm shower. Never watch tv before bed, because when a person watches tv before bed, he can't get rid of the imagery that was shown and this movie reel will play in his head all night.

01:31:15 A person should cultivate the right attitude three times a day. Early in the morning, you need to wish everyone happiness in order for the day to be successful, and pray. If a person doesn't believe in God, he should as a minimum, for forty minutes, no matter what he does, wish everyone happiness without interruption, repeat: "I wish everyone happiness". If he believes in God, he should pray for a minimum of forty minutes in the morning. In the evening, a person should wish everyone happiness and he should do it before eating, at lunch, in order to set himself up for correct intake of food. If a person acts in such a manner, he attains happiness. You don't need a lot of time, you can do it in parallel with some other work, but its best to concentrate for some time, and sit for a least a few minutes a day.

## Questions & Answers

01:32:01 Now I think that some questions have arisen for you. You can ask them. [Comment from the hall, indistinguishable] Well of course, how can I live out this day without your question.

01:32:20 [Question from the hall] In your brochure it notes that we now live in the era of the golden age... We've already been living in it for five hundred years. [indistinguishable].

01:32:27 Yes, and that's why during the course of these five hundred years, Vedic knowledge has spread across the globe, before it was a deep secret. Five hundred years ago, only specially initiated people could learn about Vedic knowledge. Now, Vedic knowledge is accessible to



everyone. This signifies the expansion of the golden age. Gradually, Vedic knowledge will change peoples' consciousness. Even now, a whole lot of people have become vegetarians, not just Hindus, but in the West, everywhere, in America, and so forth. Gradually, peoples' consciousness is changing for the better, despite the continuation of degeneration. Soon the process will start growing.

01:33:12 [Note from the hall] Please explain the concept of pollution, for example, of the setting sun or going to the toilet after eating.

01:33:23. Good, good question. *When the sun sets there arises this period of pollution at the moment when the sun sets. If a person conceives a child at the time of sunset, then the child will be born like a demon, with a very bad character. As well, at this time, the time of sunset, its best not to eat. If a person is deciding some important matters at this time, he's also doomed to failure.* When a person has eating, he should definitely wash his hands, eyes, and in some cases, feet, in some cases, just splash water on the feet. Hands, eyes, feet. You can sprinkle a few drops of water on the crown of your head.

01:34:07 According to Vedic knowledge, there are a lot of rules associated with purification of the body, but I think we'll talk about that next time.

01:34:24 [Note from the hall] If there is a breach of the daily regimen, how best to manage it? A person didn't sleep at night- what's better, to sleep during the day, or to wait till the twenty first hour and then sleep?

01:34:37 Very good question. Now look. You can sleep a little during the day, but if you sense that you no longer feel like sleeping – don't sleep. However, go to bed at 8 in the evening, not at the twenty first hour, as is written here, you need to go to sleep at 8 o'clock. And the next day, wake up at 5 in the morning, at five-thirty, and you'll get what you need to get. Don't think that you need to sleep later if you worked at night. Is the point clear or not? You need to go to bed at 8 and wake up at five thirty. Or go to bed at 7 if you haven't gotten enough sleep. Such is the idea. Sleep a little bit during the day, after the night shift, for two hours or so. Best of all when the sun is rising, in this case, sleep, because when it's already setting, and *you go to sleep after lunch, then this will already be very bad, your life in this case will be unsuccessful.*

01:35:39 [Note from the hall] What force does olive oil possess?

01:35:42 The force of olives [laughter in the hall]. Some people say that its stronger than butter. That's silly. The most benevolent food product, the most pure...oil signifies the force of fire. Ghee possesses the purest force of fire on earth. You won't find a more pure force of fire. Therefore, Ayurvedic knowledge declares that if you need to treat illnesses with the aid of the force of fire, a person should combine all medications with the use of ghee. There's no person on Earth that ghee doesn't suit. But if it doesn't suit you, that means that there's some illness that you need to treat with ghee. If a person starts to take it in micro-doses, the illness goes away even if he doesn't know about it. Then ghee starts to agree with the person.

01:36:34 [Note from the hall] Please tell me how to relieve causeless anxiety?

01:36:38 You need to observe the daily regimen, and then it will be relieved. Sometimes you find this total, it would seem, disbalance of the nervous system. Now, I'm telling you that you wake up and go to sleep late. The person who wrote this note, be honest, is it true? You wake up later than should be the case and go to sleep later than should be the case. Is that true? Silence is a sign of agreement. This signifies that you need to start observing the daily regimen, only then can you calm down your nervous system. Anxiety signifies punishment by time.

01:37:18 [Note from the hall] My son is 21 years old, he's a student, he isn't overloaded with schoolwork, but he sleeps a lot. He comes home from classes, crashes into bed and sleeps for one and half to two hours. What could this be connected to?

01:37:35 To the fact that he doesn't observe the daily regimen. He doesn't wake up on time, he doesn't go to sleep on time, he doesn't eat on time. If he would do it all at the right time, then this desire to sleep during the day would disappear right away. Right now, I'm going to respond to all of the notes in this way. You're gonna think: "He's just some kind of schizophrenic! He's saying the exact same thing." I'm telling you that this is the case. You'll see that if you do this, you'll get a good result.

01:38:04 [Note from the hall] Is there an organisation in Dnepropetrovsk pursuing this knowledge?

01:38:09 There is. These guys here sitting at the table – you can come up and find out from them. Here, after my departure, there will also run lectures in accordance with this knowledge. About what you and I talked about. And these will run for two years, its just that not all of you know about this. There are already psychologists who give consultations in this manner, in accordance with the lectures that I give.

## **At what age, according to the Vedas, should you get married?**

01:38:34 [Note from the hall] At what age, according to the Vedas, should you get married?

01:38:38 Thank you for the question. "How to tell if that person is truly the one?" *Its best of all for a woman to get married from 16 to 23 years of age – this is the best age.* And its very easy to tell if that person is the one. A person who acts very responsibly in life, whom there naturally emerges a desire to obey in life, to follow his instructions – that means, that this is the person with whom family life will bring happiness. The person should be somewhat older, or sufficiently older. *According to Vedic knowledge, if the husband is older, this will bring the wife success. If the husband is younger, that means that it will already be harder for her to receive success in life. She is already naturally inclined to listen to his advice.*

01:39:32 [Question from the hall] And if they're the same age?

0:1:39:34 If they're the same age, well that's okay. It's all okay, in reality, there's nothing bad. You just need to live, try to live. There can be all kinds of karma.

0:1:39:47 [Note from the hall] So, if I've already gotten up at 6:20 for two weeks, but there's still no happiness, when I can I expect it? [laughter in the hall, applause]

01:39:57 You'll just keep waiting. Because you're waking up at 6:20 and the sun has already passed by at this time. You need to get up earlier. You also need to perform ablutions in the morning and repeat "I wish everyone happiness". Then happiness will come, at some point it will come. It turns out that it doesn't come right away. A person should first do all of this from a sense of duty. Gradually, his life will become more and more happy – we talked about this at the last lecture which a lot of you weren't at, that you should have gone and listened to, that was called "The Force of Benevolence". There, there was discussion of how a person's fate changes if he does everything correctly. It changes gradually, and how it changes, what factors arise, the sequence of these life changes – was also talked about. Am I speaking the truth? Raise your hand, who was there. Am I right? Was that all? Was there discussion about that? There was. So, sorry guys. If you don't attend the lectures, that means you can't ask me about it. I already talked about it.

## **How to fight against your second nature – the negative side?**

01:41:02 [Note from the hall] Please say what a split personality stands for? How to struggle against your negative side?

01:41:17 Very good question. It turns out that you can defeat the spirit that has occupied a person's consciousness by only one means. For this you need to have psychic strength. Psychic strength is acquired through the aid of ascetic practices. Ascetic practices stand for voluntarily depriving yourself of something. There are ascetic practices in benevolence, passion and ignorance. *Only ascetic practices in benevolence give psychic strength, that's called willpower.* Willpower is capable of defeating everything. Including when a person overcomes spirits. Split personalities stand for the spirits winning. A very weak mind. It stands for punishment by time for a past life – you didn't observe the daily regimen.

01:41:58 *Ascetic practice in benevolence is respect towards elders, the first type of ascetic practice in benevolence that gives you psychic willpower. Next, a second kind of ascetic practice in benevolence is observance of the daily regimen.* If a person observes the daily regimen, he starts to accumulate psychic strength and he's already capable of fighting against all of the quirks that take place in his head. If you observe it for at least a week, I'm telling you – you'll see how much stronger your psyche becomes. You'll see how much easier it is to live. *A third kind of ascetic practice in benevolence is hatha yoga, the practice of hatha yoga. A fourth kind of ascetic practice in benevolence is striving to wish everyone happiness, forgiving everyone and asking for forgiveness.* These types of ascetic practice give a person the ability to voluntarily deny himself of the desire to get offended, voluntarily deny himself of the desire to sleep, to do everything at the wrong time; a person who undertakes these voluntary deprivations receives psychic energy that we couldn't even dream of. You'll see the result. In literally just a few days, it'll be easier for you to live.

## **At what time is it best to purify the organism and how?**

01:43:08 [Note from the hall] What do you think about the principles of food combining? How is it best to purify the organism and at what time?

01:43:13 *The organism, when a person does everything at the right time, according to Vedic knowledge, purifies itself.* If you feel, nevertheless, that as per the law of fate, toxins are accumulating within the organism, you can purify the organism. For this you need to set aside some day, and make it a detox day. Once a month, not more, not more often. A person who detoxes his organism more than once a month – that means that the organism will enter into a state of passion, it will accumulate toxins by itself, because it feels that there nevertheless will be a detox. In the exact same way as when a person injects himself with hormones, internal hormones don't get secreted. There are hormones regardless, why secrete them? This is the way our organism works.

## **Are the principles of food combining beneficial?**

01:43:54 And so, the principles of food combining, according to Vedic knowledge, it exists, such a diet according to the principles of food combining exists. Its meant for people who are near death. Very serious illness. You need to eat everything separately. *A person who's healthy should eat everything together.* Why? Because the mind should have...when we eat, aside from chemical elements, as our scientists believe, they created the principles of food combining in accordance with the chemical elements, protein, fat, carbohydrates. Then let them chow down on just fat. Fat is pure fat, its very in line with the principles of food combining. You need to eat fat, pure fat. Next, you need to eat sugar, pure carbohydrates. Next, you need to eat protein, just plain protein. And you need to eat plain vitamins, just vitamins. That's it. Who wants to eat that way, raise your hand. But you were talking about the principles of food combining. That is in accordance with the principles of food combining because in a typical squash, there's a certain amount of protein, there's a certain amount of fat, its not entirely pure. The same thing with grains, there's carbohydrates, there's protein. Its not according to the principles of food combining. That means, if you separate out everything, you need to eat only fat. Right now, I'll eat just fat, then just sugar, then I'll drink only water, then I'll eat just protein, and at the end of the day, I'll eat vitamins – that's it. That's schitzoprehnia.

01:45:35 Now, when a person eats in this manner, his mind gets greatly exhausted because the mind is comprised of character. When we eat food products, our character is replenished. Hunger is a state of consciousness that's not connected to a lack of nourishing elements. Its connected to the mind having been depleted. Since the mind is exhausted every 4-5 hours, as such, you need to eat every 4-5 hours, because psychic weakness arises. The mind requires psychic energy from food products. Do you really think that in 4-5 hours, you start to lack chemical elements? Take a look at what kind of stomachs you have. What lack of chemical elements? What are you talking about?! You know your belly doesn't get smaller in 4 hours. How it was is how it is. That means that there are excess chemical elements. There are no problems. You still feel like eating, whether you're fat or thin. That signifies the mind.

01:46:36 *Therefore, a person should eat a variety of food, because a variety of food stands for a varied character. A person eats this varied, complex food, and he replenishes his mind with various character traits.* His character becomes multifaceted. When I lived in India for a fairly

long time, I treated a lot of Americans. They were just obsessed with these food combining principles. They came, those what were observing it for 10-15 years. "I have" – the person said- "good bodily health, but I have one problem – I have strong anxiety, I don't know what to do. I have this dry character, I can't do anything, I have strong anxiety. When I explained it to him, he buried his head in his hands: "Oh God, I've been leading myself to the grave! For a whole fifteen years!" He understood it, that he'd cheated himself in life. And he said: "There's one other problem- I constantly think about food, all the time! My thoughts don't turn away from food, not for a second, its as if I live for food, and not that food lives for me." Because his mind isn't satisfied, he feels like eating. And therefore, people who eat according to food combining principles constantly go about and think: "So, I ate some cabbage, in half an hour, cucumber." – the mind is constantly thinking about it. He needs to work at his job, he thinks: "In half an hour. So, I ate cucumber, now porridge. In half an hour, porridge." And he eats that way, he constantly has only food on the brain. Did I answer the question on food combining or not?

01:48:05 [Note from the hall] When the Pharisee accused the students of Jesus of eating with unwashed hands. Christ replied: "Not what goes into the mouth defiles a man; but what comes out the mouth, this defiles a man." And fed thousands of people twice with fish.

01:48:38 The person who wrote this note incorrectly understood Jesus Christ. Go and eat feces. If what enters your lips doesn't defile you – eat, feed yourselves on feces. There's a lot of protein, fat and carbohydrates there. Eat feces. If it doesn't defile, what enters your lips, it doesn't defile you at all – eat feces, there's no problem. That means, that everything's okay. What enters the lips doesn't deile – that means, you need to eat feces. A convincing response, or not? Did I tell it to you convincingly or not? I won't argue with Orthodox faith. If a person follows the Orthodox faith, he should follow what the Father, and holy Orthodox people say. I won't argue with it. However, according to Vedic knowledge, what enters the mouth defiles. Therefore, a person should eat sanctified food, he should eat food in benevolence. Food can be in passion, in ignorance. He shouldn't eat ignorant products, he shouldn't eat food that's been defiled by some other factors.

01:49:45 For example, a person who cooks food in a dirty state of consciousness. He thinks about something bad – the food is also polluted. And therefore, two people can make one and the same dish, and the taste of the food will be different. One is just unpleasant to eat, the other, a person eats with pleasure. If the food entering your mouth doesn't defile, why then is it unpleasant to eat from one person. When a person puts the food into his mouth pollution also occurs. However, even a person who eats very dirty food, but at the same time, tries a great deal to think about how to live correctly and so forth. Jesus Christ had namely this in mind, such a person will nevertheless purify his consciousness. But its better to purify it when pure food has entered your mouth, as opposed to dirty. You know, its harder to purify when dirt has entered your mouth, that's what the point is.

01:50:39 [Note from the hall] Jumping from a cliff- that's also a path. Thank you for yesterday's lecture. Happiness exists.

01:50:48 Good note, but I didn't understand a thing. A very inspiring note, but I didn't understand a thing. Forgive me.

01:50:56 [Note from the hall] Why, in your opinion, is the idea of reincarnation not reflected in major world religions?

01:50:56 Why isn't it reflected? Its been reflected in all of them, its just that not everyone wants to know about it. For example, Jesus Christ was asked why a child was ill? Such a small child, why was he ill, why was he born ill? He replied: "For his past sins." That signifies that he lived past lives. A little kid- what sins could he have, he didn't have a chance to do anything. And there's the idea of reincarnation for you. Early Christians knew about this. But at the first congregation of Christianity, the idea of reincarnation was rejected. Jesus Christ didn't reject Christianity, that's a mistake.

01:51:39 [Note from the hall] Who are channellers?

01:51:41 More often then not they're people with a spoiled consciousness. They are dictated books from above, they hear or see text. More often than not they are people who are lost, because the higher powers that truly want to give people knowledge first test a person a great deal. And the test is as such: the person should serve a spiritual teacher in order to conquer the egoism within himself. When he conquers the egoism within himself, then higher powers give him knowledge. A person who simply receives knowledge out of the blue, receives it, more often than not, from demonic forces. From forces that want to lead him off the right path. This knowledge is very easy to get and accessible. Its enough to just want to feel that you're some extraordinary individual, that "I'm receiving higher knowledge". Its enough to desire this, in order to start becoming a channeller. And the desire for fame here, and renown and respect is at the forefront. A genuine person who aspires towards knowledge develops humility within himself.

01:52:49 A person should always verify what he heard inside against Vedic knowledge; he should verify it against the scriptures and also check it against the opinion of this teacher. No one teacher in any religion will say that if you start to hear voices, some voice dictates something to you, that its good in the early stages of spiritual practice. But when a person achieves a high level of saintliness, he himself already understands what you need to listen to and what you shouldn't. Therefore, its really dangerous to pay attention to some voices coming from inside you, when there's no spiritual strength.

## **What happens if a person doesn't always receive the ability to observe the daily regimen?**

01:53:25 [Note from the hall] What happens if a person doesn't always receive the ability to observe the daily regimen?

01:53:33 Thank you for a very amazing question. A very good question. It turns out that the force of time punishes in the following manner. It deprives one of the ability to observe the daily regimen. And everyone sitting here in this hall, if you don't have the ability to observe the daily regimen, that means that you've been punished by the force of time. How to get out of this situation? You need to greatly desire to observe the daily regimen – firstly. Your desire, your

constant desire to observe the daily regimen will change your entire life in a few years. You'll start to observe the daily regimen and there's no doubt about this.

01:54:06 First. Secondly: if you truly understand how to observe it, then you'll adjust things. For example, you can eat grain based foods at nine in the morning. Or at three in the afternoon. Choose 9 in the morning. Don't eat grain-based foods anymore at 3 in the afternoon. Either earlier or later. Better earlier than later. Or, for example, you can't go to bed early. But in this case, you should wake up at 6 in the morning, at a minimum. You go to sleep late but you need to nevertheless wake up at 6 in the morning. Then rest for a little bit during the day and the day won't be lost. Your brain tonus will be okay, it'll be possible to live. However, if you wake up later, then that's it, the day is lost. Therefore, you need to know these subtleties as well. What to do if you need to disrupt the daily regimen.

01:55:04 If you couldn't have lunch at all – you still shouldn't eat grain-based foods at night. You need to eat vegetables and go to sleep. The next day, eat grain-based foods. No big deal, you won't die in one night.

01:55:15 [Note from the hall] Can you wake up early with the help of an alarm clock?

01:55:19 Of course you need to wake up with the help of an alarm clock. "Isn't it harmful?" Its not harmful.

01:55:29 [Note from the hall] A child a little less than 5 years old wakes up at least once a night. What could this be caused by?

01:55:38 This often happens to children, therefore its really hard for mothers with small children to observe the daily regimen. But, nevertheless, she should do it, nevertheless, she should try to do it. This can be the case with children, because they're children. They have cyclical sleep patterns. Its not connected with the movement of the sun, its connected with the activity of the moon. Until 7, the sun acts particularly potently on the consciousness of children, therefore till 7, they don't have any daily regimen at all, for sleep. They have their own regimen, you should just see it and follow it, and that's it.

01:56:13 [Note from the hall] Please tell me how to make ghee?

01:56:17 Very simple: take regular butter, put it in a pan, put it on a really low flame and stir. When an amber layer emerges on top of somewhere around half the pan, you need to take off the amber layer half – this is the purest ghee. You can use the lower layer, you can also just add it into food. A white sediment will appear. You need to constantly stir, otherwise it'll burn. An amber color could should appear. Its very easy to make. But if you put the butter into the fridge and it separates into two layers: the top is white, and the bottom is darker- that means that the butter you bought, under the code name "butter"; some animal derived fats were mixed in there. Or vegetable oil. If its fat derived from vegetables – it'll be on the bottom, but if its animal-derived – it'll be on top. Above the butter.

01:57:16 [Note from the hall] Soy – its effect on the organism, the best time for its intake.

01:57:20 It's a bean. At lunch. It has a good, okay influence. Especially in the winter.

01:57:28 [Note from the hall] Do you strictly observe the daily regimen?

01:57:31 I try to observe the daily regimen very strictly. "Can there be any exceptions?" There can be. For example, there are religious and spiritual holidays that I observe. And you need to, for example, eat somewhere around midnight, this can happen once a year, but I don't eat grain-based foods at this time. I eat my fill and go to sleep. There can also be certain, its sometimes auspicious to do this, well, on the whole, I don't do it in other cases. I observe the daily regimen. Sometimes, in a train. When you're taking a train, I don't observe the daily regimen in a train. Eat grain-based foods whenever you feel like it, because trains are in ignorance, the atmosphere is polluted, therefore, what can you do? You can only eat and sleep there, there's nothing else to do. If you start to think, then the wrong thoughts enter your head.

01:58:18 [Note from the hall] Is it suitable to drink water with condensed milk in the evening instead of boiled milk? It is suitable. Instant powdered milk is also suitable. It's the same result, but it won't be entirely the same of course, but nevertheless, not bad.

01:58:35 [Note from the hall] From which standpoint do you evaluate the benefit and harm of a food product; from the standpoint of a medic, or from the standpoint of interpretation of the Vedas?

01:58:43 My standpoint as a medic doesn't diverge from the standpoint of interpretation of the Vedas, because when a food product is in benevolence, it brings not only physical health, but psychological health as well, and also gives you a good fate. All passionate and ignorant food products ruin your fate, and therefore, they could even give you physical health, but with time they also destroy psychic health. Therefore, the standpoint of the Vedas, its, strangely enough, the position of a medic. There is this field of medicine known as Ayurveda. Its Vedic medicine, I speak in accordance with it.

01:59:21 [Note from the hall] Your opinion of microwave ovens, Zepter cookware and so forth.

01:59:27 Zepter cookware doesn't bring a person anything bad. However, microwave ovens are the dirtiest form of fire in existence. When used, they immediately bring illnesses to the immune system; they destroy the influence of the moon on the organism, sleep patterns are disrupted. Such people are more often than not, particularly in childhood, if a person eats food from this sort of oven, will be inclined towards allergic illnesses, bronchial asthma and so forth. It is the main cause of these illnesses.

01:59:27 [Note from the hall] Which books could you recommend for gaining Vedic knowledge?

02:00:01 You can first start to read my books, because everything else will be complicated for you. Vedic knowledge is expounded in this, in a rather complicated language. Then you'll find out about all these books. There's the Bhagavad Gita, Shrimad Bhagavatam and so forth.



02:00:17 [Note from the hall] If there are problems with excess weight, how to relate to grain-based food? You know, its considered really high in calories.

02:00:28 If you have extra weight, its enough for you just not to eat in the evening, at night, and do exercises in the morning. That's it, your extra weight will melt away. Often people who have excess weight try to eat really heavily in the evening, and all of the food is absorbed. But its enough to eat grain-based foods somewhere around eleven in the morning, and that's it, you won't gain excess weight.

02:00:52 [Note from the hall] At what age is it best to give birth to a child?

02:00:55 At the age when its best to get married, I already told you the age when its best to give birth to a child. But, if you gave birth to your first child at that age, then you can have a child up till 40.

## **What to do if I don't ever feel full, I always want to eat?**

02:01:06 [Note from the hall]. If throughout the course of life, I've never felt full, I practically always want to eat, but I'm not very heavy, how to overcome it?

02:01:17 This signifies greed. Such a person should give to charity. He should try to give everyone charity, wish everyone happiness, give charity, gradually, this idea, this internal state will pass. I assure you, that's the way it works.

02:01:31 [Note from the hall] Please respond, when you told the young man not to go to Siberia, could he not have gone?

02:01:40 He couldn't change anything – such is the influence of time. He was to leave his body at the time appointed for him. However, I don't know whether he left his body at the right time or not. If it wasn't the right time, if he left his body ahead of time, that means that he could have not gone. In any case, a person who sees that a person should die, should tell him about it, caution him.

02:02:00 [Note from the hall] Tell me, from what age to what age can you have children – again... [Next note] When is it best to give birth to your second child? This was already answered. Once again, microwaves, we already talked about this. [Next note] How harmful is chocolate? I won't tell you now, there'll be a lecture about it. Otherwise, you'll all make a run for it, you'll say: "He's totally out of order, this Doctor!" [Next note] But what about Balzac? He only composed his work at night. And alongside this, he drank strong coffee.

02:02:43 It turns out that at night the force of the Moon, the Moon stands for poetry, the force of the moon. However, he should have been composing from three in the morning, because at this time, the force of the moon gives you the feeling of happiness. And then, there won't be a trace of fatality on the poetry. Do you see what I mean? Is the idea clear?

02:03:12 [Note from the hall] What can you say about saunas, what is their harm or benefit?

02:03:19 I believe that a person shouldn't go to the sauna more often than once a month, or, maybe if he really wants to, not more often than once in two weeks. Otherwise, there'll be health problems.

02:03:36 And so, I can't talk about all of this right now, its already really late. And so, let's wish everyone happiness. Did you like to say it to the sounds of the music of the saintly person, or not? Shall we try it the same way? Experience shows that the effect is stronger. You can do this at home as well, according to your spiritual tradition, if you have some faith of your own, find a saintly person and wish everyone happiness while his voice is playing. How many times? Until you feel happiness. And if you haven't felt it, then continue to wish everyone happiness when you go to work, and continue to wish everyone happiness as many times as you can.