

THE LAWS OF TIME, PLACE AND CIRCUMSTANCES

The law of time says that when you eat does not depend ON YOU, it depends on the Sun, which gives you the power of digestion.

You are what you eat. Without a doubt, the food you eat influences your subtle body and also, composes your character. Moreover, it creates a certain mood towards the people surrounding you. Be aware of what you eat!

The law of circumstances tells us that the way you eat affects your behavior and actions in life, allowing you to either increase or decrease your luck.

Part 2 “Your absolute diet”

THE CHOOSING OF AN INDIVIDUAL DIET

Has numerous advantages over other similar methods:

1. Food products are both chosen by the doctor and the patient. Thus, the possibility of error is minimized.
2. All we need is your natal chart and a recent photo of yourself in order to choose your individual food products. Hence, this method can be easily via the Internet.
3. Not only do we choose your individual diet, but also the time when foods should be consumed, which has great importance.
4. We can even pick out an individual diet for an infant without any special examination.
5. Once we chose a diet for you, you can then do the same by yourself. Basically, the choosing of an individual diet gives you the opportunity to comprehend this method.

The sense of smell could be used as a tool for analyzing medicine (whether or not it suits you) and any other product. This method is the most natural; animals use it and never make a mistake. Animals always smell their food before eating it. We, on the other hand, taste, and then smell our food, wondering “What is this that we’re eating?” The cow, like any other animal, smells the grass prior to eating it. This way, the cow chooses and diagnoses the grass. I conducted the following experiment. If you use one hand to cover the cow’s mouth, and the other to offer her some food, the cow will not touch the food. But once you uncover the nose, the cow’s mouth opens and she starts eating. Close her nose once more, and her mouth closes. Thus a cow has this special way of simultaneously smelling and consuming her food, which for humans doesn’t work. Our mouth always opens prior to us smelling what we are about to eat. This way, if you want to know if someone is going to poison you or not, you must first smell your food, and only then eat it. The reason for this is that the sense of taste cannot always accurately determine the presence of a poison the way a sense of smell can. For example if a product contains multiplying bacteria, by smelling it, you will feel repulsion. A sense of repulsion towards some food simply means that the food isn’t right for you. If a food is impure with bacteria, then digestion is disturbed, and this is how the body becomes toxic.

Vedas recommend eating food that has been prepared no more than 3 hours ago, because this is when it is most nutritious.

We will now investigate the way to classify the effect of herbs, food products and medicine by their smell. The main condition for analyzing is that anything you want to test must be in a dry form. The food or herb should be dried and preferably ground. This knowledge of diagnosing products with the help of their smell can also be used for diagnosing chemical substances. With the help of understanding the different smells of food you can determine their compatibility with your body, and thus choose your ideal diet. Below is the system by which to classify smells, which I have

compiled from my numerous experiments. With the help of this method, you will be able to choose your ideal diet without many difficulties.

1. The product or medicine completely suits you

Pleasant smell

This characterizes the product as going in harmony with you're the energy of your mind. Pleasantness signifies the harmony with your character. So in order for food to improve your psychic functions, all you need is just the characteristic of pleasantness of the product. But that does not mean that the product completely suits you.

Fresh smell

A fresh smell indicates that a product is compatible with physiological functions of your system. As a result, the identified product is promised to digest well.

Smells can be rotten or can be fresh. If you dry many products at once, you might be discouraged to find that one of them spoiled while drying. If you dry it once more, you will again discover that the product has a rotten smell, and is most likely spoiled. Yet for another person, this smell may be absolutely fresh. This product is "spoiled" only for you because you body is physiologically not compatible with this product. As a result of this, you might smell the product to be rotten when in reality it is fresh. Therefore, two people can smell the same product yet sense different smells. At first this might seem surprising, because most people believe that the same products should smell the same. But in reality, it smells different for each individual. For instance, if you take regular sugar and smell it in the morning, day and evening, you will notice that in the morning it smells fresh, in the day it smells warm, and in the evening it is somewhat hot or heavy. However, the smell of the sugar always stays sweet. Astonishingly enough, in an acute period of jaundice, the smell of sugar seems either better or astringent.

Cool smell

A cool smell means that there is contact with prana (the life energy of a person). If you want to attain freshness in your whole body, vivacity and not to get tired during work, you must find a product with a cool smell and use it in your food. But keep in mind, that when testing, the product must be dry and this process is individual.

A cool smell not only shows contact with prana, but also with the nervous system, water structures, and the part of prana, that deals with water. If you are treating the nervous system, then the smell of the medicine must always be cool, or else the medicine will have no healing effect on you.

So, what plants usually have a cool smell? Well, mint for example. Mint has a considerable influence on the nervous system. It's a wide known fact that menthol treats disorders of the nervous system's tones. If we just want to increase the vivacity in the body, then we must eat something that has a cool smell. This way, a smell can be cool, cold or warm. We don't often come across such knowledge, which is why it is hard for us to get it right away, but with training, we will be able to quickly differentiate between the different smells. We need to try to smell and analyze which smells seem warmer, and which seem cooler. The most important factor is to make oppositions: hot or cold, fresh or rotten, pleasant or unpleasant. Or else our mind won't get the point and start associating the smell with the product rather a quality of it. Without any comparisons, the mind doesn't have many choices, which is why it is important to always compare.

A hot smell is associated with the Sun; cool smell, morning coolness. By making these associations we can quickly analyze all the smell subtleties.

Light smell

There is one more smell characteristic: light or heavy. If you want to treat some kind of chronic diseases, it is absolutely necessary for the medicine to smell light and not heavy. A heavy smell can be dusty, earthy, dense. A light smell means airy, subtle, imperceptible.

Neutral smell

It's possible that a product has a neutral smell if it doesn't smell at all. If your product is very dry, maybe you should stir it up some. For example, grains don't smell thus they have a neutral smell, which signifies that they bring energy to the person and give him strength to restore the anatomical structure of the body. A heavy smell points out the destructive effects of the product. But how to understand if a smell is heavy or light? A heavy smell is very dense, repellent, dusty, hard and not causing positive emotions. What if there seems to be no smell at all? In this case, it is necessary to grind up the product, and after stirring it quickly smell it. And if the dust from the grain isn't perceived by the nose at all, as if it is not there, then this grain suits you.

So say you smell one grain and it's dusty and you smell the other one which doesn't seem dusty. Some people start philosophizing by saying, "Well the particles in this grain are large, where in this one they're tiny." This is absurd. Even a grain with small particles can smell dusty, where a grain with similar size particles will smell neutral, which means that it suits you. However, don't forget that this same grain which smells neutral to you, might smell different to another person.

Strong smell

Sometimes herbs or food products can powerfully affect the body. They must be added to compounds or dishes in minimal doses. Usually, the smell of these products is strong for everyone. For example, vanilla, rep pepper, vinegar, and asafetida smells all possess this characteristic. When smelling such products, if you bring them to close to your nose you will feel a sharp smell, on the other hand, at a distance they smell as usual. That is why we must smell these kinds of products at a distance of 20-30 cm. from your nose and when analyzing them, you can use all the characteristics which we are discussing.

It's usually things that are added in small portions that smell like this. These products have a very strong effect on the system. In rare cases, depending on individual peculiarities of a person's body, even regular food products such as beets can produce this effect. Someone may believe that these products don't suit him, but if you dry that product up and add it to a dish as a spice, then that product will act as medicine. This healing effect is possible when at a distance of 20-30cm. the product smells pleasant, fresh, light, and cool. Thus you can use this product as a spice in food and use it as a remedy. A strong smell means strong influence or effect on the system. Of course, in the case that even if the product at a distance smells sharp and unpleasant, than it's absolutely obvious that it doesn't suit you.

2. The product or medicine suits you partially

Now, let us examine the smells of the products or medicines that suit us partially. A product may smell pleasant, but has some hints of spiciness, tartness, dustiness, sourness, earthiness, bitterness, etc. This means that although you can use this product in your food, it will not hold any healing potential. Sometimes, the smell of a product is fresh or somewhat fresh (not rotten), but with this, there are also its different tones. You can eat these kinds of products, but you shouldn't get really carried away. If in the present moment your disease is in an acute stage, then these products should be present to a minimum. If you want to start a medicinal process through a diet, then you should only eat that, which by smell suits you completely.

3. Products or medicines that don't suit you at all

There are two kinds of products that don't fit you. Products that are absolutely unsuitable for you can have a pleasant smell, but also a smell that is very sweet, very spicy, very bitter, very tart and instead of fresh, rotten. Even if the product smells pleasant, you should still completely remove it from your nutritional regime. The pleasantness of a smell signifies compatibility with a person's

character, but that does not mean that the smell is always compatible with body. This kind of a product shouldn't be consumed or else there will be serious health issues. For example, in the evening, sweet foods can have a warm smell. This means that while consuming these foods at this time you can upset hormonal functions. If you test sugar in the evening, most likely you will sense a warm, but pleasant smell.

The second kind of food that does not suit you is food the smells unpleasant. This food can smell fresh, light, cool, but if it is unpleasant,, that means that it should not be used in food.

The chart below summarizes what we have said on the topic of testing products:

A certain food product suits you if:	It has a pleasant, light, fresh and cool smell. It doesn't have a smell or it has a neutral smell (when you stir it and bring it close to the nose, there is a pleasant smell). There is a strong smell, but the smell is light.
A certain food product doesn't completely suit you if:	Although the smell is pleasant, cool, and fresh, there are light traces of spiciness, warmth, tartness, sourness, dustiness, sweetness, bitterness and earthiness.
A certain food product does not suit you if:	The smell is pleasant and warm (lack of freshness, coolness), and can be sweet, sour, bitter, salty, tart, spicy, tart, dusty, earthy. The smell is unpleasant or you don't like it. The smell is neutral and when you stir it there is dust.

Everything that was said above applies to medicine as well. Anything that a person touches can be determined by smell.

Scale for individual compatibility with food products:

1. Does not suit you at all.
2. Does not suit you but can be used occasionally.
3. Does not suit you but can be used once a week.
4. Permits to be added to food in small quantities.
5. Can be added to food regularly in small quantities.
6. Suits you and can be used either not regularly in large portions or continuously in small ones.
7. Suits you and can be used normally in large portions
8. Can be regularly used in food.
9. Possesses healing/health-improving qualities helpful to your body.
10. Exhibits a strong healing effect on your body.