

TURIYATITA SAMYAMA - MUCUS FREE DIET - ANGER FREE LIFE - 30 DAYS SAMYAMA



Turiyatita Samyama - From the Words of HDH Bhagawan Sri Nithyananda Paramashivoham

- *ARUNAGIRI YOGISHWARA HAS GIVEN ME A SACRED SECRET ABOUT THE BIOCHEMISTRY OF TURIYATITA.
- *RASAVADHA - ALCHEMISTRY SCIENCE MAPPED TO YOUR BODY IS BIOCHEMISTRY SCIENCE; BIOCHEMISTRY OF PARAMASHIVATVA
- *HE SAID, KABAM UYIR KABADAPPA. KOLAI ARUKKA UYIR KOZHAI AAKKUM.
- *IT MEANS: THE KAPHA COMPONENT OF THE VATHA, PITTA, KAPHA (3 COMPONENTS IN AYURVEDA) WHICH IS AN ENERGY IF YOU KNOW HOW USE IT, WILL DESTROY THE LIFE ENERGY.
- *THE WORD KOZHAI MEANS "MUCUS" AND "COWARDNESS" (TWO MEANINGS). THE MUCUS IN YOU WILL MAKE THE CONSCIOUSNESS IN YOU A COWARD. THEN, YOU START THINKING THERE ARE MULTIPLE PEOPLE PLAYING IN YOUR LIFE AND YOU START BLAMING OTHERS WHICH IS A QUALITY OF THE COWARD.
- *EVEN IF IT IS A FACT AND THEY ARE ATTACKING YOU, TAKING RESPONSIBILITY AND SOLVING THE PROBLEM, IS THE QUALITY OF THE COURAGEOUS BEING.
- *HE SAID, KOZHAI UYIR KOZHAI AAKKUM...
- *I WILL TELL YOU WHAT HE SAID AS THE BIOCHEMISTRY OF THE SCIENCE OF WAKING UP TO TURIYATITA.
- *DO THIS ALCHEMY FOR TWO PAKSHA...EITHER POURNAMI TO AMAVASYA OR AMAVASYA TO POURNAMI IS ONE PAKSHA; SO DO DURING ONE KRISHNA PAKSHA (WANING MOON) AND ONE SHUKLA PAKSHA (GROWING MOON). SO IT WILL BE AROUND 32 DAYS - EITHER POURNAMI TO POURNAMI OR AMAVASYA TO AMAVASYA: AVOID ALL FOOD RELATED TO KAPHA AND MUCUS IN YOUR BODY. HAVE MUCUS-FREE FOOD.
- *YOUR WILLPOWER EXPERIENCES COWARDNESS IN THREE LEVELS:
 - 1) NOT FEELING POWERFUL TO MANIFEST WHAT YOU WANT
 - 2) NOT THINKING THROUGH OR PLANNING OR ACTING
 - 3) STRONGLY FEELING YOUR OPPOSITE POWERS (PERSONS / SITUATIONS) OTHER THAN YOU ARE EXTREMELY POWERFUL AND HAVING INTENSE FEAR ABOUT IT.
- *WHEN YOUR WILL COLLAPSES INTO COWARDNESS, THESE ARE THE EXPERIENCES YOU MANIFEST.
- *THE SOLUTION IS TOO SIMPLE: CHANGE YOUR BIOCHEMISTRY, THE WHOLE PROBLEM WILL BE SOLVED!
- *WHEN I APPLIED MY GURUS' WORDS IN MY LIFE, I HAVE SEEN THIS HAPPEN IN MY LIFE. WHENEVER MY DISCIPLES USED THESE WORDS, I HAVE SEEN THEM UNDERGO AMAZING TRANSFORMATION.
- *EAT ONLY FRUITS / VEGETABLES / SPINACH. NO GAIN OR ANIMAL PRODUCT.

*WHENEVER I SPEAK ABOUT THE SHASTRAS, I SPEAK THE ORIGINAL SANSKRIT TO KEEP THE SHASTRAS ALIVE ON RECORD. SAME WAY, WORDS FROM ARUNAGIRI YOGISHWARA, I REPEAT IN TAMIL, SO THAT IT IS ON RECORD FOREVER.

*DON'T ASK ME, "CAN I DRINK LITTLE MILK SWAMIJI?"

*MY STRENGTH IS, I WILL SIMPLY LISTEN TO WHAT MY GURU SAYS. FOR OTHERS, MY WEAKNESS IS, I WILL NOT LISTEN TO ANYONE ELSE BUT MY GURUS, WHICH IS ALSO MY STRENGTH ONLY! I WILL NEVER QUESTION MY GURU OR ASK FOR EXEMPTION. I WILL NEVER TRY TO CUT CORNERS WITH MY GURUVAK. SOMETIMES STUPIDLY I TRIED AND SUFFERED FOR IT FOR QUITE A LONG TIME.

*MUCUS IS NOT SOMETHING WHICH AFFECTS ONLY THE FUNCTIONALITY OF YOUR LUNGS, IT GOES AND SETTLES EVEN IN OTHER VITAL ORGANS AND MAKES THE FAT ACCUMULATION AND CAUSES FATTY LIVER (INFLAMMATION IN LIVER).

*WHAT I AM TALKING IS NOT JUST WHAT I HEARD FROM MY GURU AND PRACTISED IN MY LIFE, BUT MANY OF MY DISCIPLES WHO ALSO PRACTISED IN THEIR LIFE AND GOT HIGHLY BENEFITED.

*EVERY TRUTH I AM UTTERING IS VERIFIED WITH THE PRINCIPLES OF AYURVEDA AND PARAMASHIVA'S TEACHINGS ABOUT FOOD, MEDICINE AND THE GREAT SIDDHA TRADITION I INHERITED FROM MY GURUS.

*BEING TRUE TO ALL OF THEM, I AM REVEALING THIS SCIENCE TO ALL OF YOU.

*I LOVE YOU, I WANT YOU TO BE HAPPY, HEALTHY, BLISSFUL, ENLIGHTENED. THAT IS WHY I AM REVEALING ALL THESE TRUTHS TO ALL OF YOU AS IT IS.

*WHEN I SAY EAT ONLY FRUITS / VEGETABLES / SPINACH, I KNOW HOW MUCH SACRIFICE YOU HAVE TO DO. YOU HAVE TO GIVE UP YOUR "PEE" PIZZA AND P(V)ANILLA ICE CREAM. BUT REALLY I DON'T WANT TO TORTURE YOU OR MAKE YOU DO SACRIFICES WITHOUT A REAL REASON. IF I AM ASKING YOU TO GO ON THIS MUCUS-FREE DIET FOR A MONTH, I REALLY GUARANTEE YOU, YOU WILL WAKE UP FROM THE DREAM STATE TO THE WAKING STATE TO THE TURIYA STATE.

*TURIYA TO TURIYATITA CAN HAPPEN ONLY BY INITIATION. BUT WAKING STATE TO TURIYA IS A GREAT ACHIEVEMENT! PUSHING YOU TO TURIYATITA IS SIMPLE FOR ME - ONE HUG, ONE ENERGY DARSHAN, THAT'S IT!

*MUCUS-FREE DIET NOT ONLY BRINGS MULTIPLE HEALTH BENEFITS, IT BRINGS TREMENDOUS STRENGTH TO YOUR WILL, ONENESS.

*ANYONE WHO WANTS TO ACHIEVE SHUDDHADVAITA STATE SHOULD PRACTICE MUCUS-FREE DIET.

கவம் இல்லா உணவு கபடம் இல்லா வாழ்வு. கோளை இல்லா உடல் உயிர் கோழை இல்லா வாழ்வு. (KAVAM ILLAA UNAVU, KAPADAMA ILLAA VAAZVHU. KOZHAI ILLAA UDAL, UYIR KOZHAI ILLAA VEERAM).

*I GUARANTEE YOU 100 TIMES MORE POWER MANIFESTATION WHEN YOU HAVE MUCUS-FREE DIET.

*SALIYILLAA UDAMBU UDALUKKUL SALI SERKAADA / KORKAADA UDAMBU. SALYILLAA UDAL JNAANA PERUVELIYAI KAATTUM. PONNAMBALITHIRINDHU YEN APPAN YENAKKU ALITHA SATHIYAM YELLAM INDRU VINNAMBALAM YETRUGINDREN.

*MUCUS FREE DIET FOR A MONTH WILL MAKE YOU EXPERIENCE POWERFUL ONENESS IN THE KNOWLEDGE LEVEL IN THE SHAKTI LEVEL (POWER MANIFESTATION) AND BUDDHI - THE STATE, SPACE, POWER OF PARAMASHIVA WILL INTENSELY START MANIFESTING.

*FOR PEOPLE WHO ARE E-CITIZEN TYPE PEOPLE WHO FEEL "OK LET'S SEE HOW IT WORKS..." I RECOMMEND DO ONE MONTH. FOR SINCERE SEEKERS WHO FEEL "I HAVE TO DO WHAT SWAMIJI SAYS" I RECOMMEND DO FOR LONGER TIME. YOU WILL EXPERIENCE KAYAKALPA. YOU CAN LIVE LONG. I AM GOING TO BE IN THIS BODY HEALTHY AND HAPPY FOR AT LEAST NEXT 200 YEARS. IF YOU GUYS ARE INTERESTED IN HANGING OUT WITH ME AND ENJOYING LIFE FOR NEXT 200 YEARS, DECIDE TO RECEIVE THIS KAYAKALPA KNOWLEDGE AND START LIVING. THIS ALCHEMISTRY SCIENCE MAPPED TO YOUR BIOCHEMISTRY IS KAYAKALPA SCIENCE.

*ONE OF THE ASPECTS OF KAYAKALPA IS MUCUS FREE BODY.

*NEXT IS TOXIN FREE BODY: சனியில் உடலும் மலமில் உடலும் திவ்ய சரீரம் ஆகும்.

சனியில் உடலும் மலமில் உடலும் சஞ்சலமில் மனமாகும் (SALIYIL UDALUM, MALAMIL UDALUM, DIVYA SHARIRAM AAGUM. SALIYIL UDALUM, MALAMIL UDALUM, SANJALAMIL MANAMAAGUM)

*I WILL GIVE YOU THE SCIENCE OF ALCHEMISTRY - JNANA RASAVADAM.

*WHAT YOU EAT, YOU BECOME THAT. THIS IS THE FUNDAMENTAL PRINCIPLE OF ALCHEMISTRY. I AM NOT TRYING TO SAY IF YOU EAT GOAT/DOG TODAY TOMORROW YOU WILL BECOME GOAT/DOG. BUT IF YOU ARE CONTINUOUSLY EATING GOAT/PIG/DOG, ALL THOSE BIOMEMORIES WILL BECOME YOURS AND STRONGLY INFLUENCE YOUR TENDENCIES / ATTITUDES / ACTIONS / REACTIONS / PERCEPTION...YOUR VERY EXISTENCE ITSELF.

*THAT IS WHY: EAT FOOD WITH LESS BIOMEMORY. PRACTICALLY NO BIOMEMORY IS AIR - PRANAYAMA!

*LIVING ON PRANIC ENERGY IS THE MOST BEAUTIFUL WAY OF EXISTING - A-CLASS FOOD; JUST BREATHING SUNRAYS. NEXT ALMOST ZERO BIOMEMORY IS WATER - ONLY THE PERSON HAND HOLDING THEIR BIOMEMORY IS IN IT. NEXT IS FRUITS / SPINACH/ VEGETABLES. NEXT IS GRAINS. NEXT IS ANIMAL PRODUCTS LIKE MILK, HONEY. NEXT IS ANIMALS ITSELF, THEIR ORGANS.

*IN ALL PRANIC KRIYAS IT IS MENTIONED WHERE TO SIT - LIKE CAVE, OPEN SUN, WITHOUT CLOTHES, WITH CLOTHES....SO THE PRANAYAMA LIFESTYLE CONSIDERS SUNLIGHT ALSO AS FOOD. IT IS THE ROYAL FOOD - PRANA AND SUNLIGHT.

*WATER / JUICES ARE B LEVEL FOOD.

*FRUITS / SPINACH / VEGETABLES ARE C LEVEL FOOD.

*GRAINS ARE D LEVEL FOOD.

*E LEVEL FOOD IS ANIMAL PRODUCTS.

*F LEVEL FOOD - LOWEST LEVEL - IS ORGANS AND FLESH OF ANIMALS WHICH CARRIES STRONG BIOMEMORY OF ANIMALS, WHICH CAN INFLUENCE YOUR BIOMEMORY HEAVILY.

*BE ROYAL. TAKE ONLY A, B, C, LEVEL FOOD. DON'T BE CHEAP CHANDALA. THEY TRY TO TELL ME THAT, IN VEDAS THERE ARE RITUALS WHERE RISHIS CONSUMED ANIMAL FLESH. STOP! THEY WERE POWERFUL ENOUGH TO MAKE THE ANIMALS' BIOMEMORY INTO DIVINE BIOMEMORY! A HUGE TRANSFORMATION HAPPENED! DON'T TRY TO COMPARE YOURSELF WITH RISHIS. AND THERE IS SO MUCH MISINTERPRETATION IN TRANSLATION OF THOSE VERSES WHEN DONE BY THE NON PRACTISING HINDUS.

*OK, THEN DO WHAT SHANKARACHARYA DID - DRINKING MOLTEN LEAD AND STEEL! THEN YOU CAN EAT THE NONVEG THE RISHIS ATE!

*PEOPLE ASK, "YOUR OWN GURU YOGI RAMSURATKUMAR SMOKED!" I HAVE LIVED AROUND HIM FOR SO MANY YEARS. HE USED TO TAKE ONLY CIGARETTE. I HAVE SEEN HIM EATING LITERALLY 10 TIMES IN MY WHOLE LIFE AND THAT TOO HE USED TO EAT FOR THE SAKE OF THE PEOPLE.

*RARELY HE USED TO SIP TEA. SO IF YOU ALSO DO THAT, THEN SMOKING IS NOT A PROBLEM. IF YOU ARE NOT ABLE TO DO IT, THEN FOLLOW HIM, FOLLOW HIS WORDS DON'T IMITATE HIM.

*LET ME SOLVE THIS ISSUE ONCE FOR ALL.

*WHAT I AM REVEALING IS THE SCIENCE OF ALCHEMISTRY - MAKING YOUR BODY READY FOR ENLIGHTENMENT AND POWER MANIFESTATION. I AM NOT INTERESTED IN WASTING YOUR TIME. IF YOU WANT TO ARGUE WITH THE DOCTOR WHO IS GIVING YOU THE DIET TO HEAL YOUR WORST DISEASE - BHAVA ROGA - DOCTOR DOESN'T HAVE TIME TO ARGUE WITH YOU AND CONVINCING YOU THAT HE CAN ONLY REVEAL THE GREATER SCIENCE TO YOU. SAME WAY I CAN ONLY REVEAL THE GREATER SCIENCE TO YOU. ALL MY DISCIPLE - USE IT AND MAKE YOURSELF ENLIGHTENED.

*I ALSO HAVE A POWERFUL RECIPE TO CLEANSE ALL THE MUCUS YOU ACQUIRED IN YOUR BODY. IN MANY OF YOU, INFLAMMATION OF ORGANS CAUSES DISORDERS. INFLAMMATION OF LIVER CAUSES FATTY LIVER.

*TAKE 5 PODS OF GARLIC, ¼ TSP TURMERIC POWDER, ½ SPOON JEERA (CUMIN SEEDS) - ALL ORGANIC. BOIL IN WATER, CRUSH ALL IN A MORTAR AND PESTLE, MAKE A PASTE AND DRINK IN THE NIGHT. THIS IS ONE OF THE NECTAR FOR KAYAKALPA. IT WILL REALLY DETOX YOU.

*DEVOTEES MAY ASK, "SWAMIJI BANS GARLIC" - AS A MEDICINE AND FOR DETOX, YOU CAN TAKE GARLIC.

*FOR ONE MONTH FOR TURIYATITA SAMYAMA, WHEN YOU TAKE MUCUS FREE DIET, TAKE THIS EVERY NIGHT.

*SEE THIS SATSANG 2-3 TIMES, YOU WILL UNDERSTAND HOW YOU MAKE MANY OUT OF YOU AND CREATE FEAR, GREED, GUILT, SUFFERINGS, PAINS AND RUN YOUR LIFE AS DRAMA AND TERRORISE YOURSELF.

*EVEN THE ELEPHANT / ANACONDA / DINOSAUR CHASING YOU IN YOUR DREAM IS YOU, NOBODY ELSE.

*PEOPLE SAY, "SWAMIJI I CAN EVEN BELIEVE THAT THE ANACONDA ...IS ME. BUT CAN YOU CONVINCING ME THAT MY WIFE IS ME?!"

*GO FOR MUCUS FREE DIET FOR ONE MONTH, YOU WILL UNDERSTAND!

*EVEN THE PARTNERS OF YOUR NIGHTMARE IS YOU! WHETHER PARTNERS OF YOUR NIGHTMARE OR OF YOUR WET DREAM, THEY ARE ALL EXTENSION OF YOU. SAME WAY IN THE WAKING AND TURIYA STATES ALSO.

*MUCUS FREE DIET WILL MAKE YOU UNDERSTAND THAT THIS DRAMA YOU ARE DOING OF MAKING MULTIPLE PEOPLE IN YOUR DREAM AND YOU YOURSELF BELIEVE THEY ARE INFLUENCING YOU, I WILL CALL THAT ONLY AS A REAL MULTIPLE PERSONALITY DISORDER. WHEN YOU TRY TO DO THE SAME THING IN THE WAKING STATE, I WILL CALL IT AS A CONSCIOUS MULTIPLE PERSONALITY DISORDER.

*WATCH THIS SATSANG MULTIPLE TIMES YOU WILL UNDERSTAND EVERY LEVEL, WHEN YOU DELUDE YOURSELF FROM ONENESS, HOW YOU MAKE YOUR LIFE INTO SUFFERING AND WHEN YOU START UNDERSTANDING ONENESS YOU START GROWING JNANA / SHAKTI / BUDDHI IN EVERY LEVEL AND WAKE UP AND HOW THIS MUCUS FREE FOOD HELPS YOU IN RAISING YOURSELF NEXT NEXT AND HELPS YOU MANIFEST POWER.

*ALL THE AADHEENAVASIS AND KAILASAVASI, IF YOU GO FOR MUCUS FREE DIET, ALL PROBLEMS IN AADHEENAM WILL BE SOLVED. IT IS INTERNAL INFLAMMATION RESPONSIBLE FOR EXTERNAL BURSTING. IF YOU ARE USING ANGER IN DAY TO DAY LIFE TO GET WHAT YOU WANT DONE, YOU ARE STUPID CHANDALA FULL OF INFLAMMATION INSIDE. GO FOR MUCUS FREE DIET. IT WILL MAKE YOU ANGER FREE IN YOUR LIFE.

*IN SANGHA IF SOMEBODY IS SCREAMING AT YOU, TELL THEM TO TAKE UP MUCUS FREE DIET.

*YOU WILL JUST KNOW HOW TO GET WHAT YOU WANT ONE THROUGH OTHERS OR THROUGH YOU - ANGER FREE.

*MUCUS FREE DIET, ANGER FREE LIFE! AND YOU WILL BECOME SO ALIVE . ENERGETIC LIKE PAPA SKANDAMATA! SHE TURNS THE ROOM UPSIDE DOWN IN 3 MINUTES! AND IT WILL TAKE 3 DAYS FOR YOU TO ARRANGE THE ROOM BACK!

*YOU WILL BE AN INTENSE WORKAHOLIC.

*SO NATURALLY YOU WILL NOT USE ANGER ON YOURSELF AND ON OTHERS TO GET WHAT YOU WANT DONE.

*WHEN YOU DON'T USE ANGER ON YOU YOU WILL NOT USE IT ON OTHERS ALSO AND YOUR LIFE WILL BECOME ANGER FREE.

*WHEN YOUR OPENNESS GETS BROKEN AND YOU GO LOWER AND LOWER, THE LOWEST LEVEL OF EXISTENCE IS ANGER. MUCUS FREE DIET WILL RAISE YOU.

*NOW IN KAILASA I AM PASSING AN EXECUTIVE ORDER. WITH THE BLESSINGS OF GANAPATI,PARAMASHIVA AND ALL BEINGS OF KAILASA: ANGER CANNOT BE USED INSIDE YOU OR OUTSIDE YOU FOR ANY PURPOSE.

*FOR ALL THE E-KAILASIAN WHO ARE IN YOUR OWN PLACE, WHO ARE JUST FOLLOWERS, THIS IS SPIRITUAL INSTRUCTION.

*FOR ALL KAILASIAN'S THIS IS LAW: ANGER CANNOT BE USED INTERNALLY TO YOURSELF OR FOR OTHERS FOR ANY PURPOSE. FOR ANY REASON, ANGER IS BANNED. WITHOUT ANY JUSTIFICATION, ANGER IS BANNED.

*FROM TODAY, IT IS AN EXECUTIVE ORDER PAST IS PAST, FROM TODAY THIS IS THE LAW FOR ALL KAILASIANS AND SPIRITUAL ADVICE / SUGGESTION FOR ALL E-KAILASIANS.

*ANGER, INFLAMMATION, BOILING, USING TEMPER CANNOT BE USED INTERNALLY OR EXTERNALLY FOR ANY PURPOSE IS THE LAW.

*MUCUS FREE DIET WILL MAKE YOUR LIFE KAILASA.

*ESSENCE OF TODAY'S SATSANG IS : MUCUS FREE DIET WILL TAKE YOU TO KAILASA.

*KOZHAYIL VAAZHKAI KAYILAYAM KONDU SELLEM.

*I BLESS YOU ALL.

Turiyatita Samyama :

Period : Two Pakashas – From one Amavasya to next Amavasya or one Pournami to next Pournami that will complete 30days of one cycle

Initially do one cycle and review to continue for further periods.

What should be Consumed : Only Level 3 or Grade C foods described -Vegetables and Fruits (Pulses included)

What should not be consumed – No for Level 4 and 5 or Grade D (grains) and E (animal source like dairy products and honey)foods mentioned .Mucus forming foods cover - Meat, Poultry, Dairy , Starches , avoid all foods that is known to cause inflammation

Turiyatita Samyama (full 30 days protocol- no break days) and Liquid based diet of Fruits and Vegetables – Spinach

- Start the day with 50 ml hot neem juice . Finish yoga and cleansing routine .
- Drink warm water 250 ml and follow this with sitting in a meditative or relaxed space in the morning light sun for 20 mins . You can listen to satsangs of Swamiji during this time . Expose the palms of hands and base of feet to the sun (Pls avoid heavy sun exposure at noon) .
- After this point , you can consume any freshly made vegetable juices/thin soups or fruit juices . Avoid mushrooms and onions . You can add Himalayan pink salt or small quantities of jaggery , raw organic unprocessed sugar or coconut sugar if required . Consume atleast or minimum 6 tall glasses of such varied drinks between 11 am and 6 pm (basically a drink every hour) . Avoid frozen drinks or extremely hot soups . You can have moderately warm and room temperature drinks . Avoid grain based drinks such as oat milk or quinoa milk . No diary milk and milk products either . You can consume almond milk and coconut milk .
- After 7 pm only consume warm or room temperature water. Nothing cold . Infused water is fine. Do not consume store bought vitamin or artificially flavored waters.
- By 8 pm you can consume the kayakalpa Rasayana as taught by Swamiji (see the provided recipie) . You can consume water an hour after taking this mixture .
- Mandatory - Drink daily a mixture of beetroot , carrot and apple juice with small piece of ginger and lemon .This combination will keep your b12 level at optimum , hence consume this combination atleast once during the day .
- You can consume athimadhuram tea , haritaki . Avoid regular tea and coffee during this 30 days samyama . You can consume herbal tea and herbal coffee such as sukku coffee between the period of 10 am and 7 pm .
- Practice 21 minutes of Ananda Gandha meditation before bed time . (Follow instructions provided) .

Turiyatita Samyama (full 30 days protocol- no break days) -Non Liquid based diet of Fruits and Vegetables -Spinach

- If You choose to take Vegetables and Fruits as such instead of Juices or soups – Ensure they are fresh Vegetables and Fruits -not Frozen – Avoid Onion and Mushroom.
- You can have Boiled or steamed vegetables .
- Himalayan Pink Salt/ Lemon / Organic sugar (unprocessed sugar -cane/beet)
- Avoid All Animal Source Products ,Grains and Food that cause inflammation.
- Avoid excess Coffee and Tea during the samyama.

- Follow the meditations as recommended above protocols for liquid diet.

Kayakalpa Rasayana

- I ALSO HAVE A POWERFUL RECIPE TO CLEANSE ALL THE MUCUS YOU ACQUIRED IN YOUR BODY. IN MANY OF YOU, INFLAMMATION OF ORGANS CAUSES DISORDERS. INFLAMMATION OF LIVER CAUSES FATTY LIVER.
- *TAKE 5 PODS OF GARLIC, ¼ TSP TURMERIC POWDER, ½ SPOON JEERA (CUMIN SEEDS) - ALL ORGANIC. BOIL IN WATER, CRUSH ALL IN A MORTAR AND PESTLE, MAKE A PASTE AND DRINK IN THE NIGHT. THIS IS ONE OF THE NECTAR FOR KAYAKALPA. IT WILL REALLY DETOX YOU.

1. 5 पदों of garlic

2. चारार्धer spoon turmeric

3. half teaspoon jeera

4. boil in water, crush all ingredients in mortar and pestle and drink at night

RECIPE - POWERFUL DETOX
MUCUS FREE BODY
HIS DIVINE HOLINESS BHAGAVAN NITHYANANDA
PARAMASHIVAM

1 5 pods of Garlic

2 1/4 tsp Turmeric

3 1/2 tsp Jeera (Cumin seeds)

4 Boil in water, crush all ingredients in mortar and pestle and drink at night.

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"Mucus Free Diet will bring you to KAILASA"

Blessings of HDH Bhagawan Sri Nithyananda Paramashivam

OM NITHYANANDA PARAMASHIVOHAM

Link to Satsang : Science of Alchemy Revealed! || 23 Nov 2020

<https://www.youtube.com/watch?v=C3IT1ZaxUAc&feature=youtu.be>

Note : Consult your Physician and take medical advise before starting the samyama if you have any health issues.

www.bfoodfree.org