

9/1/76, retreat (Canada)?

(Are senile people active in other ways or just like vegetables?) Some are very active in certain ways. They are not really childlike. (Crazy?) Mind is blocked by certain actions. A smart mathematician can be stupid in other ways.

Cow urine is antiseptic and a diuretic, because it has to be eliminated quickly by (our) body through (our) urine. Heals seminal diseases. Cures amoebic dysentery.

Four parts powder of anise seed, one part black pepper, two parts powdered ginger for colds as a tea or with honey as three powders (one teaspoonful). [So one teaspoonful of the powder mixture, presumably..] Very heating. Dry ginger and fresh ginger have different effects, have two different names in ayurveda.

Use of pine sap – needs to be fresh. Mix oil with it while melting it, put on cloth, then onto skin. Use it three times, every second day. ‘

Orange peel is good for mosquito bites.

Vigorous exercise causing heavy breathing disturbs flow of prana.

Asanas can be used as exercise to build muscle: do 100 surya namaskaras. Cardaman

(sp?) is bile-predominant, good antidote for too much mucus food. All three humours

are present in all juices, but proportion is different.

Arthritis and asthma are both mucus diseases [derangement? excess?]

Eating only raw foods might weaken digestion in five years of eating such, for people in modern cultures, because it's difficult for them to digest raw foods.

Body heat causes boils. Honey is heating, a cause if lots is eaten.

Talking empties the bag so person (who couldn't express self) can be happy. Fakir is

Arabic word for sadhu.

We feel death because we identify ourselves with the body.