

4/25/78 darshan

Bhairab's vehicle was dog. (Bhairab is incarnation of Shiva.) Dogs are worshiped by Nath sect. Cat is Durga. Black cat's and dog's hind foot, and rooster's and pig's heads, are used in left-handed tantra (in which meat is eaten).

Four grams of alum (?), taken internally, stops internal bleeding.

Paste of marijuana, applied to rectum, is for hemorrhoids. Or radish cooked in ash (from fire). {Or is it for bleeding?}

Rub garlic oil on paralyzed half of face.

Mound is good for tantra, mountain for pranayama, valley for mantra and nada yoga. Mount Madonna is shakti place (Shiva): rounded peaks. American Indians chose it.

When sight occurs without use of eye (in meditation), the seer is chitta. The mind is not only in the head. Each single cell has the three energies.

Yogurt with sweet things is cold and with salt is hot. Yogurt can derange kapha humor and cause mucus. (So it's not a treatment for a cold. Put yogurt and water in hot ghee with cumin seed. It can cure intestinal problems. Start with hot ghee and cumin seed, then add (and cook) yogurt mixed with water. Then add salt. Drink full stomachfull. It will run straight through. (Doesn't require digestion.)

Fire-producing foods: onion garlic, ginger, cayenne, radish, goat's milk.

Heem, lagu, guru are [adjectives meaning] light, medium, and heavy in food. [Etymologically, guru is related to gravity and grave, meaning serious, as in "weighty" issues.]

Burn coconut husk fibers in covered pan to make black ash.

Cook rice and dhal separately, then mix and eat. Kichari is when rice (or any grains) and lentils (or any beans) are cooked together. Can be heavy or light. Mung dhal is light, mung dhal pancakes very light.

(To speed elimination?) Husk of ishap gol (psyllium seed, which becomes glutinous when a tea is made of it).

Good for digestion: black salt (from India), black pepper, ginger, lemon juice. Ginger and pepper balance each other.

Churna at herb store. [refers to triphala churna? or to the above mixture?]