

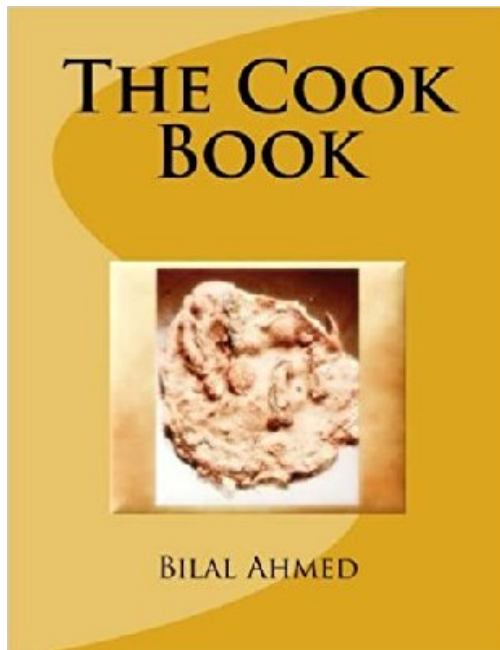
The Cook Book

Subtitle: Vegan Recipes

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This book is dedicated to all the masters and teachers that gave me inspiration to cook. Moving to a vegan diet was a gigantic step for me. Coming from a tradition of eating meat for most of my life, then moving into yoga ashrams where I lived for almost 3 years, I had to turn vegetarian. Then from the influence of teachers, I moved into vegan diet at the yoga ashram. Once the yoga ashram shut down, I moved with a zen master who showed me zen diet. Only vegan, no onions and garlic, and 2 gallons of hot tea per day.



Chapter: Water Based Food

The best thing I learned from the Zen Master is moving to water based foods. For example, soups, where the water is boiled, adding vegetables. Water is very light on the body, and the release cycle is within 24 hours. This is an indicator that the body is hydrated. The kidney functions is an indicator, whether the face is turned left or right. The digestive system is the most

critical to the body. The release of toxins in a timely manner is important. If the food stays in the body for too long, it causes lethargy. The body becomes slow. Most of the prana, qi or the universal life force is wasted in metabolism. Food is lakshmi. Being vegan, it matter whether any diary products are added to the food, for example eggs. This again slows down the metabolism. Noodles is another example, whether they are egg, rice or flour based. Egg is difficult for the body to digest, rice is better, however flour is the best. Flour is created by natural ingredients, usually just grinder form of beans or lentils. They are the best, because they have lots of protein in them. This allows body to develop muscle. Within days and weeks of moving to water based food, the body becomes agile. The person starts to move fast. The mind becomes more active and conscious. Almost 100% of the body is water, hence water based foods is a natural progression for a healthy body, mind, heart and soul.



Chapter: Introduction - The Cook Book

This book is dedicated to all the masters and teachers that gave me inspiration to cook. Moving to a vegan diet was a gigantic step for me. Coming from a tradition of eating meat for most of my life, then moving into yoga ashrams where I lived for almost 3 years, I had to turn vegetarian. Then from the influence of teachers, I moved into vegan diet at the yoga ashram. Once the yoga ashram shut down, I moved with a zen master who showed me zen diet. Only vegan, no onions and garlic, and 2 gallons of hot tea per day. The first credit goes to my mother, Naheed Ahmed. She is the most patient and spiritual woman I have ever known. She prays 5 hours a day for me, ever since my birth. My father died when I was 1 year old. She took care of us. She didn't cook much, because the time of cooking she spend with us. She really wanted the best for her children, never remarried. We moved to a couple of different towns since my father's death. I was born in Rawalpindi, which is a sister town to Islamabad, Pakistan. With my father, we moved to Lahore where he passed away. We then moved to Hyderabad, where my grandfather lived. Upon his death, my mother finished her law school. She became very important in Lions Club and social working. She made a name for herself there. She wanted to give a lot to the community. We then moved to Karachi. As I was getting older, I didn't want to stay at home. The reason being my two sisters and mother fought all the time. I started getting into trouble. When I was 17, my mother sent me to America to make a name for myself. It was really hard for her. However, she sacrificed. I came to America with two suitcases only. The next most important teacher for me was Brahmananda, who build the two yoga ashrams, one in San Francisco, Yoga Society of San Francisco and the second in New York, Yoga Society of New York. He is an enlightened master. A doctor, brain and heart surgeon who turned into a yogi. He moved from India to America, to enlighten everyone, teaching the most advanced principles of yoga. He passed away in 1993. When I turned 27, I was having lots of my own issues, having broken up from some relationships, I was guided to Yoga Society of San Francisco, in 2000. I learned very deep yoga practices there, especially chakra healing. I opened up all my chakras, with the blessings of the guru. I healed many people during the course of time and became one of

the experts. In 2011, when I was having issues with relationships again, I left home and moved into Yoga Society of San Francisco. I opened up my chakras again, this time the feminine side. The third and fourth teachers I want to recognize is Sivananda and Vishnudevananda. Sivananda wrote over 300 books, dedicated to yoga in every aspect. There hasn't been anyone that has covered the jnana yoga, which is the theory aspect of yoga than Sivananda. His student, Vishnudevananda, by the blessings of the guru, opened up his kundalini at the age of 20 and moved to America shortly after from India. He taught over at least 35000 yoga teachers. These teachers taught yoga to millions in America. Vishnudevananda created many yoga ashrams worldwide, but named them after Sivananda. In 2012, when I was done practicing chakra and kundalini yoga at Brahmananda ashram, I moved to live in Sivananda Yoga Ashram in San Francisco. I lived there for exactly 2 years, wrote 2 advanced books on yoga, and 1 on startups. The fifth teacher I want to recognize is Amma. Amma is the hugging saint from India. She was blessed by my guru, Brahmananda in 1987. She built her first ashram the same year. While I was living in Sivananda ashram in 2014, I visited her. I became disciple or student of a living master. The touch of mother is very important, especially one of the most spiritual women in the world. She has enlightened millions already. When I received a mantra from her, her disciples told me that all her blessings and protection will always be on you. The sixth teacher I would like to recognize is Zen Master, Master Wang. When the Sivananda Yoga Ashram was shutting down in 2014, I had intuition at Harbin Hot Springs to go move in with him. I had met Master Wang years before, when I was living at Brahmananda Yoga Ashram in 2012. I then called Master Wang and moved in with him. I was already a vegan, coming from Sivananda Yoga Ashram. Master Wang really appreciated that. He then taught me water based diet and his tea mastery of hydration. It is an honor to be living with a living zen master, a real buddha incarnation, hidden in the most violent city of Oakland, in the most violent neighborhood. But a real master couldn't be found anywhere else. Enlightening many poor people all over his neighborhood, just because of his presence. I took Master Wang to Harbin Hot Springs, where he served tea to over 200 people, fed them his blessed vegan food. I had the intuition there that Harbin Hot Springs water is as old as when the dinosaurs ruled the earth. You brought a living water zen master there. It was an honor. Master Wang taught me many things, and he put his soul in me. He said he only wants to work with golden students. I wrote my fourth book in his house. After living with him for six months, I moved out and got my own place. I wrote 3 books in 2015, on venture capitalists, founders and social. In that process, I met another teacher, Snoop Dogg on twitter. The seventh dedication goes to him. Snoop Dogg and I became very close. I then also met P Diddy on Twitter. It was interesting to have two new living masters. The eighth dedication goes to P Diddy. We worked with each other, although on Twitter, looking at each other's profiles every day and communication. When I was working with Snoop Dogg, I ran into Hillary Clinton, who Snoop Dogg loved. With the same twitter communication mechanism, I became very close to Hillary Clinton. The ninth dedication goes to her. She is my mother and our goal from that point on became to get her elected, as the first female President of United States of America. With lots of continuous support from Hillary Clinton, Snoop Dogg and P Diddy, working together every day since 2015, in 2016 I wrote my eighth book, helping entrepreneurs across the world. The Cook Book, this book is the ninth book, containing zen diet, being written in 2016.



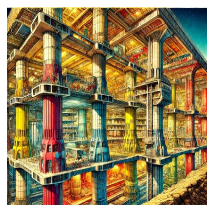
Chapter: Water

Water: Water is life. When a baby is first conceived, it's in the belly of the mother, in form of water. From there on, it takes the form, whether male or female. The soul from astral comes inside the baby. The soul is always meant for the baby, however various chakra projections lower down on the baby, to the point of movement. Here the body parts are formed. The baby starts getting bigger. However, still 100% of the body is made up of water, because even the physical parts are byproducts of water. Without water, the body is dehydrated and dry. Hence a practitioner should go back, meditate in silence and observe water. Drink two gallons of water a day. Cold Water: The human body is made up of cold and hot. This can also be perceived as moon and the sun. In yoga, Ha and tha, refers to hot and cold. The kidneys, lungs, testicles, anything that is formed in a pair of two, refers to hot and cold. Again, the driving force behind all of these body parts is water. When I first moved with the zen master, he looks at me, analyses the whole body and says, "your left kidney is not working, but I will fix it." This is because I was a master yogi, but didn't practice hydration. My existence was living in astral and mind. Zen Master taught me hydration. Water works on the physical body. A few months later, the kidney cured and the face became parallel, on both sides. Zen master is the living dragon, a water master. Hot Water: With the Zen Master, we drank lots of tea together. He is also a tea master, from a small province in China. However, the tea we drank was hot, always. Going back to the yogi principles, this is not ideal to perfection. You have to drink enough cold water as well. At least enough, if your body is cold throughout the day, then drink more hot water to balance it, but make sure to drink enough cold water, if the body starts to get hot. Balance the two sides, with enough water. Determine yourself what is most essential. But at least, before getting to that place, drink two gallons of water for a couple of months. You will see all the dryness disappear from your skin, the face will become parallel. You will start living in the present moment. You will see the affect of nature within you. You will be guided to the right people. This is where the manifestation begins. What's inside is what's outside, that is, our life circumstances and happiness. Hence, according the the Zen Master, "always be cultivating". Because we are a little plant before practice. With cultivation and practice, we transform into a tree. This is the true enlightenment. Feel the anti aging from that point forward.



Chapter: Urban Monk Diet

Food Economics: Recently, with the turmoil in our Economics, people under massive debt, it's time to only eat what you can afford. Overconsumption of food is a major health risk. People, trying not to focus on their debts, are consuming more food, as an antidote. However, this is due to their karma, and drives down further in the rabbit hole. Before you know it, the same people are destructive to the world. Meaning the worst for their family and friends. Misery loves company, hence go down further and further into their karmic cycles. It's time to step back, and watch your diet. Vegan: When I lived with the zen master from China, we practiced vegan. The reason is karma. Never take away from somebody, whether human or animal, that's not yours. Try taking the honey from bee, and see how bad she will come sting you. Bee is a mother energy, and so is a cow. The milk cow produces for its calves, is taken away by machines. The cow feels the pain, and just internally curses everyone that is doing the injustice. No wonder, people are becoming bigger and bigger, because they can't digest the food they are eating. One Meal a Day: Wait to digest, before entering another meal. This allows the body to go into its natural energy, qi or prana. If there is extensive food in the body, the qi or prana is lost in digestion. The body becomes tired and dysfunctional. Hence the art of eating one meal a day. Micro Food Energies: Once the human being elevates their energy or prana, self awareness begins. Pay attention to the micro energies of the food. Where does the food come from? What kind of karma is associated with it? How does it make you feel? Everything has karma. It's best to make your own food, or by somebody higher in consciousness. People that pay for food from public places, receive not enough nourishment because the restaurant is only operating for the sake of money, not love. Hence greed enters our body. The food makes us sick. Water: Wait till body releases all the food from previous day, drink lots of water, two gallons a day, and flush the body. The urine should be white, always and the poop should float. According to the zen master, always be cultivating. Your external life, is a manifestation of what's going on within. Once the prana is up and healthy, people are drawn to us. This is where manifestation begins, where things come to us, rather us chasing things. Fasting: Fasting is the best cure to increase self awareness drastically. By fasting, pay attention to the physical urges within the body. Once we fast, we remove those urges. Fast your way into vegan, and drink two gallons of water per day. Over time, extra sensory perception begins. The body becomes full of prana, and the need for food and water disappears. The person starts to live in a state of bliss and happiness. The dependency on others go away, and self reliance begins. It's all in our food and water, where most of the energy is spent throughout the day. Use fasting to cure any symptoms.



Chapter: Vegan Closet Essentials

We are living in a world, where there are many options for food. In the olden days, we had to kill animals for lack of food supply. Nowadays, that is not the case. If you look carefully, there are many great food options, without meat. On a burger for example, the vegetables and spices are what makes it taste good. Plain meat is not very tasty. BBQ meat generates urea, the urine component of the animals, that produces the pungent smell. It is disgusting, when you become

aware of this fact. It is best to keep the dry food in glass jars. Buy as many as required and build a full vegan closet. Glass jars keep the air out, and saves the food from becoming moist. You can store up to 1 year of food supply by this way. All you need is water to cook it with. The glass jars come in many sizes. Beans and flour might go into large jars, compared to spices, which are stored in smaller jars for freshness. Beans: Yellow lentils. Peeled barley. Wheat. Rolled oats. Red beans. Green lentils. Soy meat. Fava beans. Dried corn, for popcorn. Mexican beans. Yellow beans. Black beans. Black eye peas. Vegetables: Lemon. Green peppers. Potatoes. Tomatoes. Lime. Cabbage. Broccoli. Cauliflower. Oca. Cilantro. Carrots. Ginger. (Avoid Onions and Garlic). Spices: Dried red peppers. Black pepper. Black salt. Himalayan salt. Sea salt. Red pepper powder. Curry powder. Turmeric. Pomegranate seeds powder. Round whole peppercorn. Cumin powder. Mustard seeds. Dried lentils. Coconut meat powder. Rosemary crushed powder. Cumin. Cardamom. Sesame seeds. Flour and Rice: Rice noodles. Wheat noodles. Flour noodles. Amaranth, Indian grain. Couscous. White rice. Brown rice. Rice flour. Masa flour, Mexican. All purpose flour. Idli flour, Indian. Besan flour, Indian, garbanzo. Mexican white flour. Millet.



Chapter: Cooking Oil

Cooking oil is worst to be used for making food. The cooking oil usually comes in a plastic bottle. It takes 9 bottles of crude oil, to make 1 bottle of plastic. Hence, the cooking oil not only is unhealthy itself, it also consumes the energy particles of the bottle. Hence, even water bottles are not healthy. Always drink fresh running water. The release cycle of food cooked with cooking oil is longer. By taking time between meals, and allow the release cycle to complete in poop, the Chinese dao masters studied the process. Working with a live master myself, I started studying the digestive process and examining myself. When food is cooked with oil, after the release cycle is complete, comes out the toxins. These are painful forms of poop, and very similar to poison. It takes the body time to process these, compare to the water based foods, which are digested easily, faster than any other food. The reason is that the body itself is a multiplex within. It knows what food forms are easier to digest, to make room for the prana, qi or universal energy to operate. This is the spiritual energy of the soul. Potato chips, found in most stores is also very unhealthy. The reason is they are contained within plastic bags and the potatoes are fried with cooking oil. Worse even, the cooking oil is shared within machines for frying. This is the worst quality of oil. Crude oil is what the world fights for. However, by eating food cooked in oil, we take that energy into our arteries and veins. This is the reason why most people are gaining tremendous amount of weight, due to unhealthy habits. The arteries and veins get clogged up. It affects our heart, mind and soul. The best way to be enlightened by food is to cook it by yourself. The love that goes into the food is unmatched. Compare this to food bought at a restaurant. Even cooked food at healthy grocery stores is not always healthy. Study the ingredients. Make sure to understand what's behind each ingredient. Our daily suffering goes behind what we eat and drink all day.



Chapter: Vegan Pancakes with no Oil - Cooked with Water

Many countries, due to heritage creates their own forms of pancakes. America has it's own set of pancakes, the ones that comes with bacon. India and Pakistan have their pancakes, in form of naan, paratha or chapati. China has their own set of pancakes, usually fried with green onions. Mexico and South American countries have their pancakes in the form of papusas. Here we will detail each one, in the form of healthy diet. American Pancake: Once we start studying the food we eat, it's important to do a careful examination of the ingredients. Most of the batter found in American pancakes contain milk, eggs, butter and oil. This is extremely unhealthy. Milk, eggs and butter take a long time to digest, at least a couple of days. This slows down the body metabolism. Adding on top, cooking oil, where the oil comes from unhealthy sources. This hammers the arteries and veins, do great deal of damage to the heart. Hence, we are dealing with weight gain. No matter how much the exercise, the body doesn't lose the weight. It's a constant struggle. The doctors can't cure this. It goes back to what are we drinking and eating every day. Indian Pancake: The Indian or Pakistani bread, comes in the form of naan, paratha or chapati. Most of the restaurants, with their fancy ovens, use milk in the batter. This shows in the color of the bread, which is white. Milk is hard on the system, especially in America, where milk is pasteurized together from various sources. The Indian milk is still better, if it comes from a single cow. However, still then, we take the suffering of the animal in ourselves, through the milk. Paratha is the fried version of naan. It not only contains milk, but further fried with butter afterwards. These are extremely hard on the system and slows down the metabolism. Punjabi in India and Pakistan are known to have access weight due to this reason. They love their parathas. Chapati is the best form of Indian bread. It is made up of flour and water. The dough is then baked in the oven. If asked, any Indian or Pakistani restaurant can provide you with a chapati with your meal. Chinese Pancakes: The Chinese are known to make exceptional pancakes. The dough is usually mixed with milk and vegetables. The pancake is then fried, or deep fried. This is also very unhealthy, but it tastes great. Recently, the most popular Chinese pancake maker quit his bakery. This is perhaps because China is very conscious of their health. Some of the old techniques must go, once we become aware of newer and better ones. Mexican Pancake: Mexican and South American pancakes come in the form of papusas. These are very similar to Chinese pancakes, with stuffing inside. Usually the papusa has beans, meat, cheese or plain. The papusa is then fried, or deep fried. This is again very unhealthy for the body. The weight gain is a direct result of unhealthy diet. Your health is the biggest wealth.



Chapter: Lentil Soup - An Indian Specialty - Without Garlic and Onions

For healthy diet, water based foods are essential. The easiest is to make a soup. The soup can be made with various ingredients. However, to be able to go back to the source, either lentils or beans have the most profound effect on the health. There is large amount of protein which helps muscles to form, in a natural way. The best weight gain has to be at a modular speed. Not too fast, or it affects the body. Lentil Soup: The smallest the grain, the easiest and fastest it is to cook. Large grains need to be kept in water overnight. Lentils can be found in any local store, especially Mexican or Indian. The beans are cheap. For \$150, you can store enough to eat for a whole year. The large amount of money we pay on meat, not only affects our body, but also our pockets. Eating simple is best, and once you learn the recipes, you can easily make money by selling it, especially in farmers markets. Recipe: Add a cup of lentils in a pot. Add the right amount of water. If you prefer dry lentil, add less water. However, it's highly recommended to add lots of water, to make a soup. It's important to have 2 gallons of water in the body per day. Whether drinking lots of water in between meals, or make soups with huge quantity of water. Add spices and salt. I prefer lots of pepper, as it generates heat in the body. After eating spicy food, the body needs to cool down, hence it consumes lots of air. The body itself then produces it's own set of water, for cooling mechanism. The circulation of water in the body hence generates fresh blood for circulation, the best mechanism of revitalization. Bring the lentils to a boil. Add noodles and vegetables as needed. Noodles are a good source of grains, for example rice, wheat, garbanzo and beans. Add vegetables as needed, especially tomatoes and cilantro which are great for flavor. Move away from onions and garlic, which are medicinal vegetables and should be seldom used. Onions and garlic produce excess amount of medicinal heat in the body. They put the body in a disproportional state. Wait till the lentils are cooked to desired levels. Taste the flavor before serving. Add spices and salt as needed. Your lentil soup is ready! "The food should always be cooked by you, or by someone with higher consciousness." - Zen Master



Chapter: Chief Product Officer vs Amma

Amma, the hugging saint from India, has been my mother for many years. I was introduced to

her a couple of years ago, while I lived in the Sivananda Yoga Ashram in San Francisco. Amma is a disciple of my guru, Brahmananda, who build the Yoga Society of San Francisco and New York. The New York ashram is a yoga farm compared to San Francisco which is a urban center for yogis. Back in 1987, before Amma took off in Bay Area California, her place of becoming famous, she visited Brahmananda. Brahmananda gave her his blessing. She build her first ashram in San Ramon. Brahmananda passed away in 1993. Amma has build ashrams all over the world. When I went to visit her, I was doing very heavy yogic sadhana, about 40 hours a week of practice plus living in a yoga ashram for over 2 years, over 12 years of practice all together. I felt great and took a Sivananda head cook, a mother herself with me to visit Amma. While I was driving to see Amma, I heard a voice in my head, 'your mother is sitting right next to you'. That was one of the most beautiful thought, realizing that every mother is Amma. While at the Amma ashram, I cried 4 times. Even though my practice was at a very high level. The effect of Amma took my higher self into a different dimension. A mother touch is not replaceable. We saw Amma together. She was delighted to see us. I gave her my guru Brahmananda 40 year ashram anniversary book. She recognized him right away, and the book put a smile to her face. Then somebody from her disciples said, 'they are from Sivananda ashram'. Amma got really excited, because she could relate to people living in yoga ashrams. She gave us the best darshan, a marvelous healing, 5 indriyas, eyes, nose, taste, hearing and heart. I could see her taking my pain on herself. She said, 'my son, my son, my son' three times in my ears. She gave us chocolate to eat. She smelled great. The eyes fixed upon her and a beautiful hug to the heart. Right at that moment, I felt she took the guru blessings from Brahmananda, and now she has passed the blessings to me. The second time I saw Amma, I wanted to make her my guru and take a mantra from her. I waited in line to see her. When I got on stage, I picked an avatar mantra from her, which was perhaps hard to find. Her disciples were busy searching for the mantra. I was standing and waiting. Then Amma looks at me and gives a signal, 'why don't you sit down?' I sat right next to Amma, feeling like a king, looking at all the people that came to visit her. Then she gave me the mantra and 5 indriyas darshan again. I then went upstairs to meet with her disciples, for instructions on proper use of the mantra. When I walked out, my friend looked at me and she said, 'Bilal, I can see stars coming out of your aura'. The third time I went to see Amma, she recognized me right away. This time after darshan, she gave me a vishnu symbol, mark of a snake on my forehead. Vishnu concurred all the urges within and became a master of the kundalini within the body. I could relate because all of my work in yoga is related to chakras. I was validated at that moment, that she could see my practice through my aura. When I went to eat in the cafe later in her ashram, one of her disciples pointed out, 'She gave you a Vishnu symbol!'. Moving forward, after living almost 3 years in yoga ashrams, 14 years altogether in yoga and chakra practice, I moved to live with the zen master. Zen master, a vegan and water specialized, a living buddha on earth. Zen master got me into strict food and water diet. I then went back to see Amma. Amma allows milk and dairy, Zen master doesn't. As soon as I walked in the big hall room where Amma was, I heard her priest say, 'Drink milk. Be celibate because your relationships don't work' to the audience. This turned me off right away. I realized that most people health issues at the ashrams are related to overconsumption of dairy products. I waited for her darshan, all the way to my turn, but something told me to walk away. I didn't want a darshan from her, having those thoughts in the back of my mind. I left and on the way, I saw a person in his truck, asking me, 'hey, where do I get a Amma darshan?'. I showed him the way and gave him my ticket. This was his first darshan. At that point, I validated Zen master to be highest practice human being on earth.



Chapter: Cultivation - Growing Plants - From Seed to Tree

Growing plants teaches a lot about cultivation. A cultivation is a term used by zen masters where a seed is born and watered. The baby plant, after much nourishment and care, grows up. One day the plant becomes a tree. For any healthy diet, it is very important to understand this process. I became fond of plants at a very early age. My grandfather had 6 mango trees, a guava tree, and many others. I used to climb up on trees, had many falls. When we moved to a new house, my mother also became very fond of plants. She build a huge planting terrace with many varieties of plants. We had a small garden that couldn't hold trees like my grandfather, however still we have 2 coconut trees. This was my early experience to cultivation. Over the years, I moved to America and going through the drill of schooling and work. Once I bought my own place, I found very interesting indoor plants and brought them to my house. Taking care of the plants showed me how to cultivate. The plants did very good. I do a lot of yoga, so the qi or prana helps the plants. The plants generate lots of fresh oxygen, opposite to human breathing. When humans generate carbon dioxide, plants generate oxygen and vice versa. For any healthy diet, it is important to grow your own food. For example, for an outdoor garden, there is a huge opportunity to grow peppers, tomatoes, mint and many other varieties of edible plants. The plants soak in our energy and homegrown food is best for health. Also the love you put into the plants, the plants are more than happy to return. Growing plants is a zen practice.



Chapter: Boiled Rice

Boiled rice is a tradition. Many countries, especially India and China have plain rice with every meal. They are really healthy for you and an essential item in a vegan diet. If you cut meat from your diet, rice has no effect on the body weight. It's the meat that takes long time to digest and slows down the whole metabolism. With a pure vegan diet, you can eat anything and release within a 24 hour cycle. Recipe: Take fresh rice, preferably basmati rice and add to a pot. Add salt. I added fresh whole peppercorn for this recipe. You can also add whole cloves. Add water, 2 1/2 times of the height of the rice. Bring the mixture to a boil. Cover the lid. Once boiled, reduce

the heat. Let it cook for about 20-30 minutes. Check the consistency. If you prefer dryer rice, cook on low heat longer. Uncover the lid if there is excessive water. Once cooked, turn off the heat. Your boiled plain rice is ready!



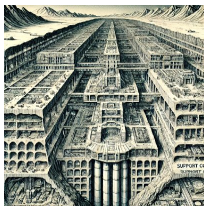
Chapter: Zen Master Diet

I first met the Zen master in San Francisco, where he was operating his tea house. Many yoga disciples visited him. His tea contained the 5 elements, earth, water, fire, wood and metal. He developed the tea in a small province in China and brought it over to America. He also practiced vegan eating with 2 gallons of tea a day. His tea house was also residence to his disciples, students that wanted to learn true zen practices. Three years later, once the Sivananda Yoga Ashram in San Francisco was about to shut down, I called him up. He was now living in Oakland, building a tea house and also a temple. He told me to come visit him. We talked for hours, almost like we had years of catching up to do. Perhaps from past lives. He told me to move in and gave me 19 tea blocks. He said, ‘drink this every day and prepare’. I did exactly what he said. I could feel my body shifting already. I then moved in with the zen master. Zen master didn’t do yoga, so he was delighted to see my practice. He meditated, the buddha way. He emphasized the middle path. I woke up every day early in the morning, did my yoga practice at 4:30am and then had tea with him at 6am. We talked about everything. It was almost like he was projecting his soul on me. He said, ‘I am only looking for golden students’. While at practice with the Zen master, he closed his eyes and said, ‘your left kidney is not working. But I will fix it. Just keep drinking the tea’. His favorite food is millet, a grain that is normally fed to the birds. It is very light on the body and extremely high in vibration. We ate millet most of the time. He offered hot bean sauce, for spices, but only bought from a vegan food company. He also emphasized that food has energy, where it comes from. Always eat from people higher in consciousness, or cook it yourself. He wouldn’t let me do the dishes, or cook. We worked on 1 meal a day, cooked by the zen master. The fruits and vegetables bought from the farmers market. After a couple of weeks, I figured out his diet. Pure vegan, no onions and garlic and drink 2 gallons of tea a day. He said, ‘you can become enlightened by just this practice. The whole dao is between pee and poop. Study it.’ Zen master could smell from the body odor what the person ate, he inspects students deeply and provides very calculated wise words. I did chakra healing for him one time and heard intuition, ‘just serve the master’. He had lived in temples while he was in China at a very early age. He is big on karma yoga, building tea houses and temples, for himself and also his students. He is building businesses every where, spreading zen in America. One time a student ate a burger king fish sandwich and went to the bathroom. When he came out, zen master smelling it, walks into the bathroom, asks him what he ate. The student responded, however Zen master knew exactly what he ate. He scolded him and said if he wants to live with him, then practice or he is wasting his time and must leave. Zen master is the true living buddha on this earth, a validated sage and master. My diet is based on his principles for years, since living with him.



Chapter: Fasting

For any zen practice, it is key to master fasting. Fasting is a process of not eating for a duration of time. Through practice, it removes urges within the body. The urges are of various kinds. It really depends what kind of food we eat every day. Various urges within the body are associated with that type of food. Through fasting, we are able to distinguish each type of urge. The other important factor of fasting is devotion. Many people in the world fast for a prayer in mind. It is the ultimate form of Bhakti yoga. Surrender Self for the greater good. This creates harmony within the body. When we fast for a duration, and then eat, the food tastes much better. The body takes a break from regular operation. A new paradigm opens. Once we get better at fasting, then we can extend the duration of the fast. For example, a native american vision quest requires 4 days of no food and water. The body has to be prepared for this rigorous exercise. Depending on our eating habits, the urges could take over the body and the person might collapse. However, only to wake up and find that something drastic has changed in their lives, from that point on. Fasting is a powerful tool for awakening, or higher human consciousness. When I lived with the zen master, he associated urges to amoeba within the body. Amoeba are of various forms, and they are physical worms that feed on the food within the body. When a person dies, it's the amoeba that eat the body from the inside. Hence by fasting, we are able to remove food urges and move to a healthier diet.



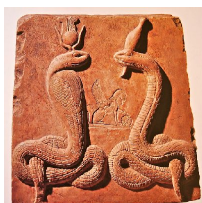
Chapter: Kalki - The Last Snake Krishna - The First Dragon Vishnu - The Color Template for your Vision

20/20

In Vedanta and Hinduism, Kalki is the 10th avatar or reincarnation of Krishna or Vishnu, foretold to appear in kaliyug, the time of Kali, the mother. Vishnu purana describe Kalki on a white horse of knowledge, with a blazing sword or a tool of power. After Kalki, satya yuga, or the time of enlightenment begins where consciousness will be evenly distributed, based on Karma. Both devils and saints will be revealed. In Buddhist kalachakra, or the black wheel, Shambhala, the hidden city beneath India and Pakistan Himalaya, describes as the birthplace of Kalki, as the reincarnations are related to location and race, by previous karma. In the Shukla

Paksha, one day is dedicated to each deity, one belongs to Kalki or Madhava. The name Kalki refers to eternity and time. In Sanskrit, the word kalka refers to foul or filth, hence Kalki is the destroyer of darkness and ignorance, with the mother Kali beside him. Another etymology refers to the white horse, since the chakras when all opened, produce a white aura around Kalki. Avatars means descent of the Divine God, in human form and the material world. Kalki is the white horse with wings, known as Devadatta, or God given. The world he will create is Satya yuga, also known as Krita yuga, will be called Panchoratha yuga. The world of enlightenment, and from there begins the next four yug. The Kalki Purana describes many predictions: Srimad Bhagavatha Mahapurana – 12:2:18: The Chief Holy Brahmin (Priest) of the Village - 'Shambhala'. In the future at the home of the aforementioned - Vishnuyasha, 'Destroyer of Evil' will arise/be born. (Born from mud) 12th of the first part of the moon cycle in the month of Chaitra (March/April, Hindu new year) Lord Krishna (as Kalki) arrived, then the father was overwhelmed by the son being born. Kalachakra Tantra (taught by Buddha): Lord Kalki will appear in the home of the most eminent brahmana of Shambhala village, the great soul Vishnuyasha and his wife, the pure of thought Sumati. Followers of Tibetan Buddhism have preserved the Kalachakra Tantra in which "Kalkin" is a title of 25 rulers in the mystical realm of Shambhala. This tantra mirrors a number of prophecies of the Puranas. Agni Purana: The Agni Purana predicts that at the time of his birth, evil kings will feed on the pious. Kalki will be born son of Vishnuyasha in the mythic Shambhala. He will have Yajnavalkya as his spiritual guru. Parashurama, the sixth avatar of Vishnu is a Chiranjivi (immortal) and in scripture is believed to be alive, waiting for the return of Kalki. He will be a martial preceptor of Kalki, teaching him military science, warfare arts and instructing him in the performance of a severe penance in order to receive celestial weaponry. The purana also relates that Hari, will then give up the form of Kalki, return to heaven and the Krita or Satya Yuga will return as before. Vishnu Purana: When the practices taught in the Vedas and institutes of law have nearly ceased, and the close of the Kali age shall be nigh, a portion of that divine being who exists of His own spiritual nature, and who is the beginning and end, and who comprehends all things, shall descend upon earth. He will be born in the family of Vishnuyasha, an eminent brahmana of Shambhala village, as Kalki, endowed with eight superhuman faculties, when the eight suns (represented by 8 solar deities or Vasu who lord over Dhanishta Nakshatra) will together shine over the sky. By His irresistible might he will destroy all the mleccas (Barbarians) and thieves, and all whose minds are devoted to iniquity. He will reestablish righteousness upon earth, and the minds of those who live at the end of the Kali age shall be awakened, and shall be as clear as crystal. The men who are thus changed by virtue of that peculiar time shall be as the seeds of human beings, and shall give birth to a race who will follow the laws of the Krita age or Satya Yuga, the age of purity. As it is said, 'When the sun and moon, and the lunar asterism Tishya, and the planet Jupiter, are in one mansion, the Krita age shall return. Padma Purana: The Padma Purana describes that Kalki will end the age of Kali and kill all mleccas. He will gather all brahmanas and propound the highest truth, bringing back the ways of dharma that have been lost, and removing the prolonged hunger of the Brahmin. Kalki will defy oppression and be a banner of victory for the world. Bhagavata Purana: At the end of Kali Yuga, when there exist no topics on the subject of God, even at the residences of so-called saints and respectable gentlemen, and when the power of government is transferred to the hands of ministers elected from the evil men, and when nothing is known of the techniques of sacrifice, even by word, at that time the Lord will appear as the supreme chastiser. The ascetic prince, Lord Kalki, the Lord of the Universe, will mount His swift white horse Devadatta and, sword in hand, travel over the earth exhibiting His eight mystic opulences and eight special qualities of Godhead. Displaying His unequaled effulgence and riding with great speed, He will kill the

millions of those thieves who have dared dress as kings. Kalki Purana: The Kalki Purana combines elements of earlier scriptures to describe Kalki. He will have the power to change the course of the stream of time and restore the path of the righteous. The evil demon Kali will spring from the back of Brahma and descend to earth and cause dharma to be forgotten and society to decay. When man stops offering yagna, Vishnu will then descend a final time to save the steadfast. He will be reborn as Kalki to a Brahmin family in the city of Shambhala. Padma: Padma will be the consort of the avatar, as written in the Kalki Purana. The beloved of Kalki who is incarnation of Lakshmi lives at an Island, or by the water. Dwipa Simha, the Island of the Lion. Astrology: Kalki can only be the one whose Birthday/Tithi falls on Dvadasi of Sukla Paksha. This amounts to just 12 days per any given year furthermore as it can only be the day of the Lord Sri Maha Vishnu (Chaitra Dwadashi) this amounts to just one day each year or 100 days in the last century. South Indian astrologers have analyzed Puranas extensively to try and foretell the time of birth of Kalki. The signs described in the Kalki Purana are as follows: The moon will be in Dhanishta nakshatra, Aquarius, suggesting he will be wealthy, acclaimed and swift in action and thought. The sun will be in Swati, the nakshatra of the sword. Jupiter will be in Purva Ashadha nakshatra, Sagittarius. The Ascendant Lord will be in Purva Ashadha nakshatra, also Sagittarius, suggesting invincibility and early victory. Saturn will be exalted in Libra, predicting a balance between justice and the sword. Ketu, lord of horse-headed Ashwini, will be exalted in Scorpio, suggesting he will descend atop a great white steed. The Puranas describe the date as twenty-one fortnights from the birth of Krishna, which itself falls on Janmashtami in August. This would put his descent at Vaishakha, between April and May. At this time, the father of Kalki is foretold to be overwhelmed by the incarnation of Godhead that he sees as his son. This places Kalki under the sun sign of Aries or Taurus. Bhavishya Purana: The Savior of the entire universe, Maha Vishnu will be born on Margashirsha Month, Krishna Ashtami, 8th day after the full-moon day. Islam: By some members of the Ahmadiyya Muslim Community, Kalki Avatar is believed to be the Islamic Prophet Muhammad; some of the Muslim scholars and a few of the Hindu scholars also argued that kalki is mentioned indicating Muhammad in some Hindu scriptures. Jesus is also an incarnation of Vishnu.



Chapter: Urban Monk Diet - Hydration

Zen Master quotes: Once we get hydrated, it's the water that makes us move, do the things we do. We have been dehydrated for millions of years. Enlightenment can be achieved by hydration, drink two gallons a day. Shut the fuck up, and drink some tea. Bring the energy of tiger within down, bring the energy of the dragon up. This is avatar work. Dehydration: Initially, when we are dehydrated, the pee and poop doesn't run through water. The body is made up of at least 98% of water, if not 100%. Pressure is applied, through air within the body, to release toxins. This takes up lots of prana, or qi. The body doesn't have enough energy to sustain, hence it's always tired. The prana is used to digest the food hence there is not enough energy for higher self. Currently, we only tap into 5% of our mind, reduced from 10% a few decades ago. The conscious mind is

the rest of 90 - 95%. Add outside food, that is not cooked by self, and the qi deprecates much more. There are micro energies in the food, that the body needs to digest. We take on energy of the person that cooks up food. The cure for this is hydration, drink at least 2 gallons of water a day. Cultivation: According to the hidden doctrine of the monks and gurus, always be cultivating. Always work within yourself. The outside world is a manifestation of how we feel within. If the body is not happy within, it creates chaos outside. Why is this person happy? Then we start competing, a reaction of the tiger energy. Stop fighting, and find peace within. Bring up the dragon, the picture you see in all Chinese restaurants, however they have lost the art of hydration. 24 hour release cycle: Once we chose the vegan and hydration path, the body excretes all toxins within 24 hours. This is due to the fact there is enough water in the body, to push the pee and poop out. Meat stays in the body for a very long time, especially beef. Candy is another form of food, that stays within the corners of the body. The body is always trying to excrete it out. With enough water, food comes out much easier, by the water weight. Hence, one meal a day is a great way to increase removal of toxins. Wait before all the past day food is excreted out, before eating another meal. Drink a gallon of water in the morning, hot preferably because it adjusts with the body temperature. Cold water needs to be processed by the body, bringing down the temperature to match the body heat. Don't eat anything before drinking the gallon. Measure the peep and poop, and eat when the body is completely flushed. This way, the mind, body and soul is always cultivating, every day.

