

Heart - Sutra 534

Written by Leni

Sunday, 04 October 2009 10:04 -

It is wrong for people not to pay attention to the effects of eating during irritation and agitation. Very strong poisons are formed by this unwise procedure. Many days must pass before the poison will dissolve. It should be remembered that hunger is far better than harmful food. During irritation and excitement I advise milk in all forms as a customary antidote.

Soda strengthens the action of milk. The ability to recognise disquietude is already a considerable step toward the education of the heart. If disquietude occurs, one should be able to nullify it; but often disquietude is confused with fatigue, then let us not overlook musk or certain varieties of phosphorus, the substance that is called sperm oil, and cod-liver and fresh kumiss which are popular among northern people.

Also, you remember to what an extent the Teacher sends rays at night, but even these rays act far more powerfully when they are recognized. The silence of the ancients during meal had a sacred significance. But the understanding of sacredness also comprise the cure. Thus, the heart and the nerves can often be strengthened by a rational partaking of food. We are not Luculluses, but each vital function must be rational. Many workers have poisoned themselves. Moreover, the Chinese sometimes fed the enemy with the liver of an irritated rooster - thus resourceful are human wiles. But in the New World everything must be directed to Good.