

# Frank W. Lotz

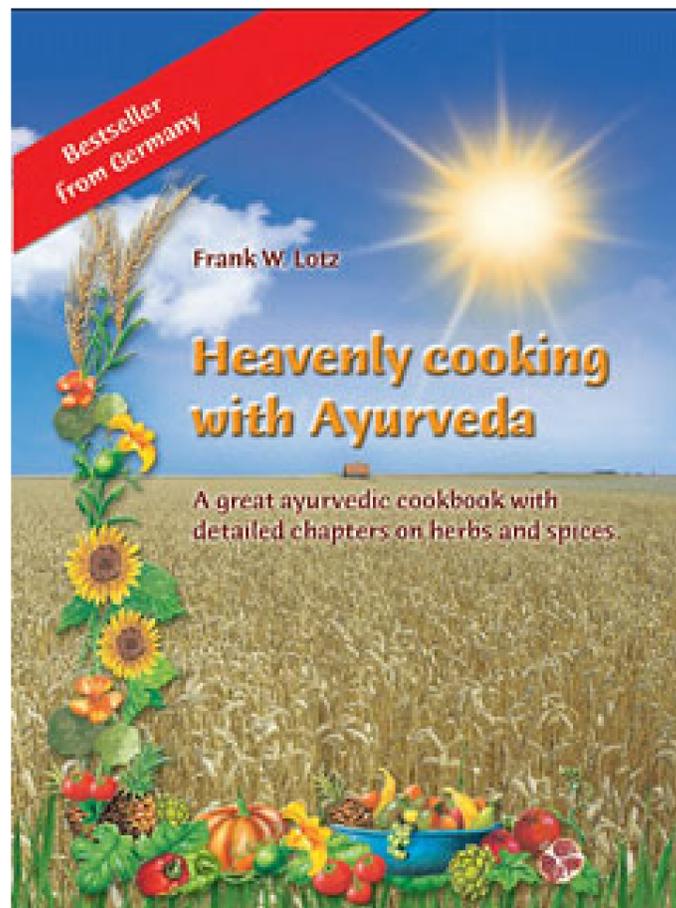
## Heavenly cooking with Ayurveda

Reading excerpt

[Heavenly cooking with Ayurveda](#)

of [Frank W. Lotz](#)

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## Perfect health through eating the right food

Ayurveda is the ancient Vedic knowledge of life. In India, even though it has been handed down in its fullness from generation to generation, during the course of time more and more of the wonderful knowledge was lost. In its entirety this science encompasses the macro-cosmos and micro-cosmos. It contains all possibilities to neutralise problems and to restore perfect physical, as well as spiritual, health. This immense knowledge has been preserved in fragmented form up until the present day. Maharishi Mahesh Yogi, in cooperation with the best Indian ayurvedic doctors, has restored Ayurveda in its totality. The highest committee of Indian ayurvedic doctors, "The All Indian Ayurvedic Congress" describes Maharishi Ayurveda as the best comprehensive ayurvedic system, because it considers all aspects this complete science.

Ayurveda is a branch of the Veda. The Veda has 40 different aspects. Charaka Samhita and the other 5 Samhitas of Ayurveda contain a collection of thousands of years of research, valid for all times. Maharishi's comprehensive system of health care produces, amongst other results, a heightened state of physiological balance. This has been confirmed in numerous studies (from "Human Physiology" by Prof. Dr. Tony Nader).

Since ages past the ayurvedic doctors, known as vaidyas, have said that food is the most important preventive medicine. They consider the whole state of being of a person. This is done with the help of "Ahara", the knowledge of correct diet.

**According to this knowledge, correct nourishment cleanses the body and strengthens the mind. This leads to right action and the natural fulfilment of desires.**

Because Ayurveda can restore the knowledge about correct eating habits, even lifelong bad eating habits can be conquered. Your diet comes into balance if you pay attention to the signals of your body and learn to respect them. Maharishi Ayurveda uses all 40 aspects of the Veda and the Vedic literature for maintaining good health. The most important programmes in Maharishi Ayurveda are Transcendental Meditation and the TM Sidhi Programme, Yoga Asanas, Gandharva Veda (music), Ayurvedic purification therapies (Panchakarma & Rasayanas), Sthapatya Veda (Vedic architecture), Jyotish & Yagya - Vedic astrology. (See Prof. Dr. Tony Nader's book "Human Physiology - Expression of the Veda and Vedic Literature")



Ayurveda



## Vedic views of nutrition

An old ayurvedic saying is, "**If you do not eat correctly then medicine is pointless. Eat correctly and medicine is unnecessary**".

Eating is the easiest and most natural way to stay healthy. To eat the right thing in the right amount at the right time and in the right way helps to prevent ill-health and maintain youthfulness.

How we digest the food is more important than that what **we** eat. Although right food is important, good digestion is the deciding factor. The best food in the world is useless and even injurious if it is badly digested.

Every person has different nutritional needs. In western

countries we tend to make common dietary recommendations. We lay emphasis on the right amount of proteins, not eating too much fat or sweet food and so on. In contrast, Ayurveda may advise, for example, one person to avoid fatty food whilst recommending another to eat it.

The taste of the dishes is extremely important for a healthy diet and is not just a pleasant "extra". With art and music we emphasise good taste, but unfortunately with food we do not do it enough. Research with animals has shown that they choose food that provides their bodies with those elements that are missing. They achieve this through their sense of taste and smell. Apes, for example, can distinguish between more than 300 plants, including many medicinal plants that they use to treat any discomfort. The biggest



effect of food is created from the quality of awareness of the person preparing the food. The second most important factor is the mood when eating the food.



**Grandma Minna says, „Cook and eat with a happy mood and you'll never need a doctor because of food".**

Where the money for the food comes from is also something to take into consideration. For example, food bought

with money earned by a good doctor, who saves human life every day, has a finer quality than that of a drug baron who earns his money through the grief of other people. A basic karmic principle is very distinct here - "As you sow, so shall you reap".

Another influence is right composition of the food. Food should be natural, not genetically manipulated, and, as much as possible, organic and free from poisonous substances. Because this subject is so important, and is something very close to my heart, I have included the following chapter.

## Genetically modified food

Nearly everyone has, at some time, heard Goethe's story "The Sorcerer's Apprentice". The sorcerer's apprentice knew only a fraction of his master's knowledge but wanted to play at being a master himself. He tried to make water flow but only brought himself into mortal danger. It is a similar story with the manipulation of genes. Genetic engineering is made to sound harmless by calling it biotechnology. It should be obvious, even to a person who does not believe in the existence of God, that mankind can hardly create things in a better way than those forces which have produced him. Mother Nature is always ahead of us. This should be a good enough reason to keep away from these areas.

There are enough alarming reports, which can be read, e.g. under [www.Greenpeace.org](http://www.Greenpeace.org), showing that changes made

to the genome of animals and plants are irreparable and the results for future generations are unpredictable. Therefore, you should support those people and organisations that work for the preservation of nature. Only buy food which is pure and is not genetically modified. Now, fortunately, Maharishi Organic Agriculture Ltd. can deliver healthy and natural food of the highest standards of organic quality and freshness.

More information at:

[www.MaharishiOrganicAgriculture.com](http://www.MaharishiOrganicAgriculture.com)

You can find out more about Vedic Honey at:

[www.MaharishiHoney.com](http://www.MaharishiHoney.com)



## Vedic cooking



Ayurveda

A clean and well arranged kitchen promotes clarity and creativity when cooking. It is like a white sheet of paper which is ready to receive colour and form!

Nice pictures and music can be an inspiration and make cooking easier. You can also light a candle. In my kitchen, for example, I have a picture of my master and, before I start to cook, I ask for his blessing. In India there is nice little song which one sings when cooking, which promotes good thoughts. The text is in Sanskrit - Ragupati Rajavaram Patitapavana Sita Ram, Sita Ram, Sita Ram Sita Ram Jaia Sita Ram. It is dedicated to the protector and preserver of the universe, Rama, and his wife, Sita. It brings joy and love in the awareness of the cook. When everything is cooked, I present the food to God before it is served. Somebody who has no relationship to the creator can simply offer the food symbolically to Mother Nature and receive her blessing.

Similar customs are to be found in many societies. In old Russia, for example, even the poorest farmer kept to the custom of setting an extra place at the table for the divine guest. Any stranger who knocked on the door was always granted a meal. The stranger was treated as if he was Jesus and the meal was happily shared with him. If nobody came, the place was a reminder of the presence of God. I recommend saying grace, as a sign of gratitude, before each meal, or pause briefly and meditate for 3-5 minutes. This state of

mind creates a life-supporting mood and also raises the fine material quality of the food.

I very rarely taste the food when I am cooking. I only do it if I am unsure whether it has a good taste. In such a case I test the taste on the tongue, never swallowing the food, and straight away rinse my mouth with clear water. The meal is a gift to the guest, and you should not offer that which you have already used yourself. At the same time it stops you from nibbling too much food yourself! That is the reason many cooks have a weight problem!

However, don't cause unnecessary stress for yourself. Approach the whole thing in a relaxed manner. If one thing or another or everything appeals to you then integrate it into your life. Otherwise cook freely, following Grandma Minna's advice, with fun, heart, humour and good mood, then food, with a little practise, looks after itself. Compulsive obedience to instructions mostly brings the opposite of what is desired.

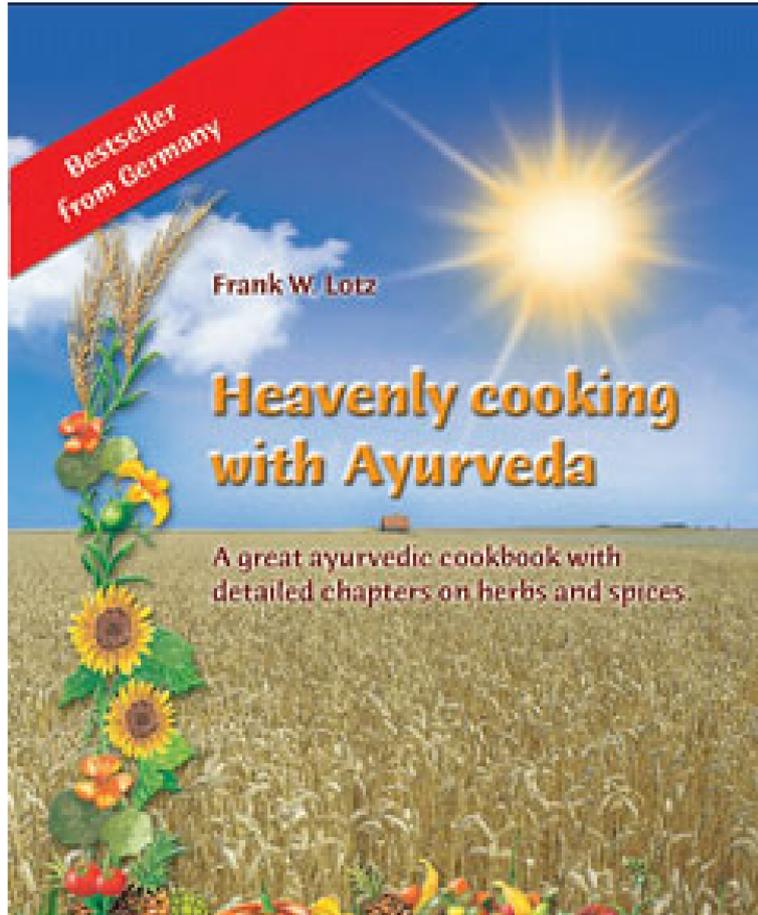


*Grandma Minna says, "When I've finished cooking I take dean spoon and raise it symbolically to the creator. The next spoonful is mine. Then I am certain that it has a good taste".*



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Frank W. Lotz

## [Heavenly cooking with Ayurveda](#)

A great ayurvedic cookbook with detailed chapters on herbs & spices

224 pages,  
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