

# Mt Best Cookbook

## Introduction to Conscious Diet

**Tom J. Chalko MSc, PhD**

*“Let your food be your medicine  
and your medicine be your food”*

Hippocrates (460-377 B.C.)



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For updates, new recipes, illustrations etc. please visit our internet site [www.mtbest.net/cookbook.html](http://www.mtbest.net/cookbook.html)

## **Introduction**

It is rather interesting, if not intriguing, that in the beginning of the 21st century, after many centuries of so-called “progress” obesity, asthma, allergies and other chronic conditions become plagues in countries that claim world leadership in all areas, including the science of health and nutrition.

While obesity and allergies in such countries increase out of control, even among children and health practitioners, one highly experimental Moscow clinic systematically and consistently cures people from multiple chronic diseases, obesity and allergies that persisted for decades - just by advising people individually what to eat and what to avoid eating. The cure seems quick and permanent, as long as patients understand and observe their dietary advice.

This clinic<sup>1</sup>, led by Dr Anatoly Volkov, implements recent discoveries of Dr Vladimir Voeikov of the Biology Department at Moscow State University, discoveries that inspired me to creatively review my diet and write this book.

Not many people can read Russian scientific literature and even fewer are able to or dare to explore the consequences of controversial discoveries published there, especially if these discoveries challenge the prevailing nutrition principles as fundamentally misleading and disregarding the observable reality of human metabolism.

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<sup>1</sup> Dr Anatoly Volkov has helped some 38,000 people to recover from “difficult to cure” conditions since opening the clinic in 2002. His patients include doctors. Following Dr Volkov’s dietary advice, some patients grew back organs (thyroid gland for example) that have been amputated as a result of past mistreatment. For details about the clinic please see [www.foodlist.net](http://www.foodlist.net)

For this reason I feel compelled to share in this book what I learned from one of the best scientists I have ever met in my life.

Instead of addressing the scientific community, which I found quite decadent after trying to address it in a number of disciplines during 30 years of my academic career, I address this book to all intelligent people of Earth who are interested in a logical, systematic, verifiable and self-correcting method of improving their health and well being by becoming conscious of what they eat and what they should avoid eating and why.

The method involves a creative self-examination of one's individual dietary requirements and preferences followed by establishing individual dietary limitations and guidelines.

Since I am a very busy person, a scientist who enjoys many activities other than cooking, I have based this book on what I actually practise: when a meal for me and my visitors takes more than 15 minutes of my time to prepare – I change the recipe.

Exceptions to this principle involve preparation of food that becomes a part of many meals over many weeks, such as making cheese for example.

I have served the results of my cooking experiments to hundreds of visitors from some 15 countries who visited me here at Mt Best for various reasons over the last 5 years. (Please see [mtbest.net](http://mtbest.net) to see where Mt Best is and what I do here).

Most people who have stayed here at Mt Best for more than a day and experienced more than one meal asked me for recipes of meals that they enjoyed. Since repeating myself is not my

favorite activity, I promised them that all recipes would eventually become available in my new book. So, here they are.

Each and every recipe in this cookbook contains a list of alternative ingredients and variations so that each meal can be individualized as required.

Before any meal preparation details are revealed however, please let me describe the basis of my dietary practice and some principles that I observe and recommend you to consider and adopt. Understanding these principles will enable you not only to understand how to creatively use recipes in this book, but also develop new recipes by yourself from ingredients that are not even considered here.

One of the most useful and practical things you can have in life is a good understanding of what to do, what is better not to do and why...

## **Discoveries of Dr Voeikov & Dr Volkov**

When I met Dr Vladimir Voeikov at an International Congress on Gas Discharge Visualization<sup>2</sup> (GDV) in St Petersburg, Russia in 2001 he was one of the leaders of the Biology Department at Moscow State University, one of the best and most prestigious universities in Russia.

What distinguished him from all scientists on Earth that I have met so far during my 30-year academic career was that he seemed familiar not only with details of the leading edge research in all disciplines of science on Earth, but also with limitations and paradigms that crippled progress in these disciplines.

Being fluent in Russian I was able to spend many hours with Dr Voeikov exploring a multitude of unsolved problems in many disciplines of science that intrigued both of us, from geophysics to the entire Universe, from quantum physics to biology and consciousness, from orthodox sciences to the exploration of dowsing, meditation and extra-sensory perception.

One of the projects that Dr Voeikov coordinated in his Department at that time involved the identification of what he called “hidden” allergies using an innovative use of in-vitro blood tests. The inspiration for his project were intriguing observations of Dr Anatoly Volkov combined with the fact that allergies were quickly becoming a plague in our society and detecting them was neither easy nor convenient.

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<sup>2</sup> Please see [www.kirlianresearch.com](http://www.kirlianresearch.com) for description of GDV

During this project Dr Voeikov developed a method of testing the compatibility of the in-vitro blood with various proteins and other ingredients from our environment. His method facilitates relatively quick and easy assessment of the compatibility of a blood sample with hundreds of potential allergens.

The method of Dr Voeikov<sup>3</sup> is very interesting, because for each compound (each potential allergen or a food item) it can provide a comparative measure of the degree of compatibility of this compound directly with the blood.

This feature of Dr Voeikov's method enables users of his method to plot an allergen or food compatibility chart for any given person.

### ***Metabolism as individual as fingerprints?***

The first discovery made by Dr Voeikov and Dr Volkov, who used the new blood testing method in his clinic, was that food and allergen compatibility charts for different people were very different. Differences were substantial enough to suggest that our metabolism could be as individual as our DNA or our fingerprints.

This discovery is very significant, because it suggests that food compatible with one person may not necessarily be compatible with other people.

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<sup>3</sup> Dr Voeikov's test can be described as a "differential, dynamic and normalized erythrocyte sedimentation rate (ESR) test". The "standard" ESR test gives just one number (the average sedimentation rate in mm/hr) and is based on the so-called "Biernacki reaction", a phenomenon first described by the Polish doctor, Edmund Biernacki in 1897. Instead of the average sedimentation rate, Dr Voeikov's test involves the differential comparison of two dynamic time-domain erythrocyte sedimentation rate curves for two blood samples, one with and one without the added food extract.

This discovery is also controversial, so controversial in fact, that it may take a few decades before the medical establishment<sup>4</sup> decides to admit this discovery for consideration.

The controversy arises because the individuality of human metabolism demonstrated by Dr Voeikov and Dr Volkov directly challenges all established diet theories, paradigms and doctrines that are based on the concept of “recommended daily intake” (RDI) for various food ingredients and the dogma that functioning of the human body can be explained by statistics.

In view of the individuality of human metabolism demonstrated by Dr Voeikov and Dr Volkov the concept of a “recommended daily intake” (RDI) for any food ingredient is fundamentally misleading, if not dangerous.

What if this ingredient happens to sabotage someone’s blood? What if someone’s tolerance to this ingredient is limited? What if this ingredient cannot be utilized by someone’s metabolism and is a pure burden to this person? What if this ingredient engages too many resources of someone’s metabolism and immune system? What if this ingredient causes a violent allergic reaction?

## ***Poisons can be addictive***

In their research Dr Voeikov and Dr Volkov compared food compatibility charts of a group of allergy and chronic disease sufferers with food compatibility charts of a group of healthy people, who did not complain about any discomforts.

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<sup>4</sup> Medical industry is set up to profit financially from the increase in allergies and chronic diseases

To everyone's surprise they discovered that all allergy and chronic disease sufferers were **addicted** to at least 5 food ingredients that were totally incompatible with their metabolism.

Most chronic disease and allergy sufferers entered a state of disbelief when they were told that their problems are caused by the very food that they enjoyed most everyday for many years. What they expected was that some exotic protein, pollen or someone else other than themselves was responsible for their misery.

It is likely that addictions that people develop and choose to sustain are not exactly addictions to the offending ingredients themselves, but addictions to adrenaline and endorphins that their bodies produce in emergency when subject to certain abuse.

### ***Immune system***

Some scientists criticize the method of testing food incompatibilities developed by Dr Voeikov on the grounds that consuming food is a very different process than putting elements of this food directly to blood samples. They argue that our intestinal tract is quite separate from our blood circulation system and results of Dr Voeikov's blood tests do not represent the reality of digestion.

However, close examination of the blood after consuming food reveals that food proteins, among other ingredients, actually **do** find their way into the blood and **can be detected** in the blood, even though the exact mechanism of this process is not yet fully understood.

Immunologists who studied the blood response to food ingredients that found their way to the blood reported that if these ingredients were not compatible with a given person - the immune system response to the presence of such ingredients was very similar to the response to the presence of harmful bacteria and viruses.

This suggests that consuming food that is incompatible with our metabolism engages resources of our immune system.

When the pool of resources available to the immune system is exhausted, the immune system may no longer be able to react coherently to all stimulants and coordinate self-repairs of the organism. In such a situation people may experience strange combinations of uncomfortable conditions including so-called “allergies”.

Many of these conditions become chronic simply because the intake of the offending ingredients continues everyday...

### ***Number of allergens***

Dr Voeikov and Dr Volkov discovered that the number of offending food ingredients for any given person is not at all fixed and that it changes in time.

When people are relatively healthy - the number of food ingredients that are detectable as incompatible with their metabolism varies<sup>5</sup> somewhere between 5 and 10.

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<sup>5</sup> The actual list of incompatible food ingredients for any given person also changes and seems to depend on a “season” of the year. For example, in Russia tomatoes and cucumbers join lists of offending ingredients much more frequently in winter than in summer.

When people are sick, injured or unwell for some other reason, the number of food ingredients that are incompatible with their metabolism grows rapidly.

In extreme cases, for people who are critically ill - nearly all food seems toxic.

By observing behavior of animals in Nature around us we can see that the above scenario applies not only to humans.

In Nature - when an animal feels unwell - it stops eating. This cannot be a coincidence. It seems that observations of Dr Voeikov and Dr Volkov confirm one of the general principles of functioning of living organisms – the principle of having to cope with limited resources.

## ***Origins for food incompatibility***

Where do our food incompatibilities come from?

There is a possibility that some of our food incompatibilities can be hereditary (genetic).

However, research of Dr Voeikov, Dr Volkov as well as mine, indicates that many of them are acquired during our lifetime and can be common in families, due to certain traditions and habits that these families have maintained for generations. Please let me give you a few examples.

### **Example 1.**

One of my young visitors from Europe experienced an extreme allergy to pollen when he visited Mt Best (Australia) in spring. His allergy was so intense that he could not open his eyes and could not even breathe whenever he ventured outdoors, even

for a few seconds. When indoors he seemed less miserable, but only slightly.

Since my understanding is that allergies and other extreme responses from the body are consequences of the immune system running out of its resources, rather than driving a few hours from my remote location at Mt Best to a pharmacy for a chemical fix, I suggested trying a quick method of increasing the amount of resources available to the immune system.

I simply asked the young man: “how about trying to become comfortable in 15 minutes by rapidly increasing the amount of resources available to your immune system?” He felt so uncomfortable that he was ready to try any relief. Although he could not believe that a 15-minute improvement was possible he decided to try my method.

As you know, in our intestines we carry a few kilograms of various smelly substances that are not exactly nutrients. Expelling them should relieve the body and hence the immune system of having to deal with smelly rubbish that tries to enter the bloodstream.

Hence, I recommended to the young man a thorough water enema, followed by a short shower to clean the skin – the largest excretion organ of our body. My understanding is that keeping excretion organs clean helps the body to clean itself and hence reduces the burden imposed on the immune system.

After the two procedures, that took him about 15 minutes, the young man emerged a different man. He smiled and said that he felt almost 100%. I asked him to go out on the balcony, take a few deep breaths, and see if his allergy was still there. He found that irritation was perceivable to some degree, although he was not sure if it was just a memory of the condition that he experienced before his treatment just 15 minutes earlier.

We spent a good few days trying to find out exactly what food ingredient or ingredients in his diet was or were responsible for his misery. Whenever he refrained from eating and only drank water – he felt fine. No matter what he ate, no matter how little the amount – it had a noticeable detrimental effect on his sensitivity to pollen and hence his comfort.

It actually took us dowsing (described later on in this book) to discover that the offending ingredient was not any food at all, but **sugar** that he used in drinks that accompanied his meals.

When we made the discovery he looked at me and said: “Tom, I know **why** sugar is my problem.” Then he told me a story from his childhood. When he was little, his grandparents rather than parents were looking after him. In order to keep him quiet and happy they spoiled him with sweets. Multiple bags of confectionery were available to him any time he was with his grandparents, which was most of the time.

His metabolism must have learnt a few things from this experience. In his adult life, any time he took just one teaspoon of sugar in his tea - his immune system mobilized all its resources because it has learnt to expect a few kilograms of sugar to follow...

When he tried using honey instead of sugar he felt better, although not as good as when he avoided sugars altogether. After he left Mt Best he wrote to me that the effect of avoiding sugar, as well as some other ingredients in his diet, was that all his allergies, including allergies to cats, dogs, carpets etc. - simply disappeared.

It is important to note that the method I used in this example to increase resources available to the immune system is not limited to relieving allergies.

For more details please read my first book *The Joy of Perfect Health*, published in 1995. [10]

## **Example 2**

Dr Voeikov presented this example during one of his public lectures in 2001 to illustrate his method of detecting of what he called “hidden allergies”.

A man suffered from a multitude of chronic problems and allergies. It turned out that the most incompatible ingredient in his diet were eggs.

Apparently, the man’s family had a long tradition of serving scrambled eggs for breakfast everyday. When the man eliminated eggs from his diet all his health problems gradually disappeared.

During his lecture Dr Voeikov added one more story about this man. A few months after his recovery the man tasted a cake at some party, without asking if this cake contained eggs. He had to be taken to hospital, because of the severity of his allergic reaction.

Do you see similarities between the above two examples?

## **Are you ready to accept the responsibility?**

Who should accept responsibility for identifying and avoiding consumption of food ingredients that are not compatible with and clog your metabolism?

Only you, no one else can accept such a responsibility.

Blaming someone or something else somewhere and expecting someone or something to fix problems that you create yourself in our own body is clearly not a sign of wisdom.

Examples of food incompatibility described in the previous chapter clearly demonstrate that ignoring limitations of your own metabolism and your own immune system may eventually have uncomfortable if not serious consequences.

## **Human body - a system of limited resources**

A living human organism is a system of limited resources.

Specifically, the ability of our organism to recover from the abuse that we subject it to, whether knowingly or unknowingly, is limited.

It is quite logical that if we want to maintain reasonable health we should not exhaust resources that are available to our organism trying to sustain itself.

What is the exact nature of these resources?

Some resources and associated limitations seem related to the physical body and various organs that the body contains in an effort to sustain itself alive. For example we have only one liver. When we damage it beyond its ability to repair itself – we have to suffer all consequences of this damage, even if we cannot imagine any consequences (and even enjoy the process) of damaging our liver.

But what keeps the body alive? A mere collection of organs connected together is not quite sufficient. All organs need to be

in quite a special state of harmony (that we call health) and continuously communicate not only with one another, but also with other organisms as well as the environment.

In order to sustain themselves living organisms also need to generate energy from the available resources and cope with a continuing string of disturbances and injuries that disrupt the harmony of their functioning.

What resources in living organisms are responsible for maintaining their energy supply? What resources defend living organisms from disturbances and invasions that can and do disrupt their health? What resources coordinate repair of damages and injuries that happen during various activities that living organisms conduct in their lives?

It is generally accepted that the system responsible for the energy supply in living organisms is the so-called metabolism. Every living creature is known to eat and/or breathe something and metabolism is the name of the process that turns this intake into energy needed for the organism to function.

The system that coordinates the response of the living organism to toxins, bacteria, viruses, injuries and other disturbances in an effort to maintain health and harmony is called the immune system.

What are the most essential properties of the metabolism and the immune system? What properties can we verify ourselves?

Does the immune system have memory? Surely it does. All vaccines are relying on the immune system to remember how to react.

Does the immune system have an ability to learn? It actually does. Many observable processes of “developing an immunity”

are the proof of this learning ability. Even the immune system of bacteria demonstrates this ability.

Does the immune system have an ability to react coherently in totally unexpected situations? Yes it does. Immune system can and actually does try its best to protect us from toxins, bacteria and viruses that did not even exist when we were born.

Similar things can be said about the metabolism. Metabolism has the ability to learn, the ability to remember and the ability to adapt to unexpected situations.

Ability to learn, remember and the ability to adapt to unexpected situations are all unmistakable signs of Intelligence. Only intelligent entities have an ability to learn and adapt to unexpected situations.

For this reason we can proclaim that for all practical purposes our metabolism and our immune system are both controlled by our consciousness.

The part of our consciousness that is responsible for managing our metabolism and our immune system seems not directly accessible by our awareness at our stage of evolution. The most likely reason for this lack of direct access is that we have basically no idea what is going on in our body or why. Without a sound understanding of how/why our body functions the way it does we could do ourselves more harm than good.

However, the fact that we do not have direct access to some parts of our Consciousness does not mean that we cannot sabotage resources available to them.

We have only one Consciousness system available to live our life. Our Consciousness supervises each and every aspect of functioning of our organism, including our sense of humor.

Resources such as memory, information processing capacity and problem solving ability seem shared between various demands of immune system, metabolism and our conscious awareness.

For example, when we feel sick or unwell it is very difficult for us to think or solve problems. Also when we consume too much food, or food that is very difficult for us to metabolize - our immune system and metabolism demand more resources from our Consciousness to cope with the overload and abuse. In such cases our consciousness attempts to shut down our conscious awareness by prompting us to rest and even sleep. This is why we feel tired and sleepy after big festive meals. When we sleep we release resources in Consciousness that are otherwise engaged by our awareness.

This also means that feeling tired and/or sleepy on the regular basis may be a signal from our body that we abuse our organism one way or another, even if we are not aware how and why.

Consuming food that is difficult for our metabolism to process and turn into something useful for us is just one example of such an abuse that I attempt to discuss in this book.

It is also important to remember that one of the limited resources that not only us but also our immune system and metabolism have to learn to manage wisely is **time**. Try not to forget that it **takes time** to metabolize food and recover from injury or poisoning.

In summary, the system of limited resources that our organism tries to manage to keep us alive and well comprises not only material resources (a system of interconnected cells and organs) but also resources associated with intelligent control and management – our Consciousness.

## **Role of Consciousness**

In their health and diet consideration most people, including many scientists, consider only the physical body as if it was some run-away chemical machinery. They even speak about their own body in a third person, as if it was another entity, quite separate from them.

The function of Consciousness seems underestimated, if not ignored. The purpose of the discussion presented above was to bring the role of Consciousness to your awareness.

The role of Consciousness is extremely important, because each and every aspect of functioning and behavior of our organism, including performance of our immune system and metabolism, reveals unmistakable signs of intelligence.

Everything in our mind and body is controlled and managed intelligently by our Consciousness, whether we are aware of it or not. Try not to forget about this.

## **Efficiency of metabolism**

It is a well-established paradigm today that food gives us “energy”.

Food manufacturers in most countries are required by law to estimate the “energy” that any given food they manufacture can deliver in units of energy, usually in calories or Joules.

Do you know how this “energy” is determined? Food is **incinerated** and the amount of heat that such incineration produces is the value that we see listed on food packaging.

One does not need to be a scientist to notice that our body does not incinerate the food. If it did, we would be able to swallow coal and drink petrol/gasoline, because they have much greater calorific values than any food we consume.

Metabolism works quite differently. Living organisms seem to be very selective as to what they absorb from what they eat and what they reject as waste. Anyone aiming to determine the net “energy” left in the body as a result of metabolism should also incinerate the waste and measure the amount of heat (energy) that it carries.

Do you know any food manufacturer that considers the energy that goes to waste? Since no one cares about estimating the amount of waste energy – all “energy” data on food labels have little to do with the reality of metabolism and as such are totally misleading.

My point is that consuming food that our organism cannot absorb (such as powdered coal for example) will make you starving for nutrients and energy simply because your body will not be able to utilize such food. In the best-case scenario your body will reject such food. Even though coal carries plenty of energy (calories), none of this energy will become available to your body. You will most likely have diarrhoea and all coal will end up in the toilet.

Can we explore the opposite direction?

It seems sensible to identify and aim to consume food that is “efficient” for us. Clearly it should be beneficial for us to consume food that is not only compatible with our metabolism and is absorbed without waste but also food that meets our nutrition needs, which are quite complex and can vary daily.

An ideal food would be the food that is 100% absorbed and produces no waste. In my research I have found only one food that comes close to this ideal: spirulina.

Spirulina is a species of edible blue-green algae that is quite difficult to farm, because it needs pristine fresh water of a certain temperature surrounded by certain rocks and minerals to grow. Before I learn to grow spirulina in a fish tank, I source it from mountainous lakes of New Zealand<sup>6</sup>.

Its growers proclaim spirulina to be a “super food” because it is 95% absorbable by the human body and contains an astonishing number of nutrients, minerals and vitamins.

On one occasion I lived for almost a month on spirulina alone, in an effort to find out how little food I really need to function. After fasting on water for 2 weeks I decided to come out of fasting using spirulina. I ate just 9 grams of spirulina per day (3 grams 3 times) and drank plenty of good quality water.

I felt that I could continue indefinitely on 9 grams of solid food per day and if not for some family festivities and other social duties I would probably have conducted my test for much longer. There was no solid waste coming out of my body and I felt great.

So far we have discussed examples of radical extremes in metabolism efficiency.

In our everyday life we need to strike some balance somewhere in the middle between these extremes. We have The Freedom of Choice of how close to any extreme we want to live our life.

Some of us will be happy filling up toilets with waste.

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<sup>6</sup> I use *LifeStream* spirulina

My direction, before I evolve enough to enjoy spirulina and water alone, is to seek systematic improvements in the efficiency of my diet while maintaining the joy of preparing and consuming tasty, appealing and entertaining meals.

What about you?

## **More exercise?**

In an effort to remedy obesity the medical establishment tries to promote a “more physical exercise” strategy. Their idea is to try to “burn” fat and the associated energy (calories) by intensifying the physical activity and trying to accelerate the metabolism.

As everyone can see everywhere in the world this strategy simply does not work and the number of obese people, including children and doctors, grows steadily. Why?

What happens when people consume food that their metabolism cannot absorb, cannot dispose of and cannot turn into anything useful before they consume the next dose of such food? Don't they feel chronically tired and sleepy?

Consumption of food that is not compatible with our metabolism simply cannot give us any “energy”. Such a food has quite an opposite effect: it makes us feel tired and sleepy, unwilling and actually unable to do any intensive exercise.

People who consume food that is incompatible with their metabolism can only manage to rest and sleep. They simply don't have any energy to spare.

Exercise is only a feasible (and enjoyable) option for those who manage to attain and maintain a certain level of efficiency of their metabolism.

The necessary condition for the metabolism to provide people with “energy” is consuming food that is compatible with their metabolism.

## **Traditions**

Most traditions and customs, including family traditions, adopt the concept that some meals or food ingredients are “good for you”.

Most mothers and grandmothers promote the food that they cook for their children as being “good for you”. Does it sound familiar?

How true is the concept of a food that “is good for you”? Does any food like this exist?

Take for example pure spring water. Most people, including scientists and diet experts will agree that consuming pure spring water is “good for us”.

However, if you drink a bucket of such water in 2 minutes, even if this water is considered to be the best water in the world, you are likely to finish in hospital and it is not certain that doctors there will be able to save your life.

My point is that our organism is a system of limited resources and has **limited tolerance** to each and every imaginable food ingredient, including water. We should learn what our limits are and take care not to come too close to any of these limits.

Specifically, we should take care to identify those ingredients that are not compatible with our own metabolism, simply because our tolerance to such ingredients may be very limited.

Each and every food ingredient also needs **time** to be fully processed by our metabolism and our immune system. Even if you are not aware of the exact time required to metabolize each and every ingredient, you should at least admit for your consideration that your metabolism needs time to do its job.

Having the time requirement in mind you may avoid piling up a new load of food before the previous load was fully processed.

## **Cravings**

Have you ever felt an urge to open your fridge or some food cupboard in your kitchen to find “something to eat” even though you’ve just had a meal an hour or two earlier?

Food craving, including craving for unspecified food, is one of the many signals that our metabolism uses to bring to our conscious attention the fact that the food we consume does not satisfy our needs.

There may be several reasons for us not satisfying our own nutrition needs. One is that we do not know much about what our needs exactly are.

Another likely reason for not satisfying our nutritional requirements could be that we unknowingly consume food that our metabolism is unable to process in a useful way. Addiction to such a food complicates both detection of this problem and the remedial action.

For this reason, identifying food ingredients that are either incompatible with your metabolism or inefficient in any other way is very important.

My tests indicate that one of the most effective responses to cravings is to take a few tablets of spirulina and suck them under the tongue until they completely dissolve. I found that doing this reduces the frequency and intensity of cravings.

## **Identifying incompatible ingredients**

When Dr Voeikov described his blood test method and its results in one of our conversations, I wanted to go to his laboratory as soon as possible and undergo the test. I wanted to know as soon as possible what my metabolism is incompatible with. I was ready to try to extend my visit in Russia just for this purpose.

When I expressed my wish Dr Voeikov looked at me with a friendly smile and said: “Tom, you are smart enough to identify food ingredients that are incompatible for you without a blood test. There are many ways.”

There are indeed. When we focus on the Objective Reality of the Universe, we find its properties to be the same no matter what method we choose to observe it.

Below I present methods of detecting incompatible food ingredients that do not require any instrumentation, methods that anyone can learn to use in any combination.

### ***Dowsing***

Dowsing is a method of interpreting the information that our consciousness and our body receive from the environment

around us. Dowsing can be interpreted as a part of our Conscious Interface to the Universe, which in its essence is a gigantic system of information processing<sup>7</sup>.

Australian Aborigines were known to use their bare hands to detect not only water and food in the desert, but also gold deposits, which they considered quite useless a few hundred years ago. Unfortunately, British settlers killed such people in the name of “progress” and “civilization” without seeing any value in their conscious skills. Abuse of aboriginal people and their traditions in Australia seems to continue...

When dowsing we try to pay attention to subtle bodily sensations that we normally are not aware of.

The best way to begin is to **ask** your Conscious Interface to the Universe to **show** you the specific bodily sensations that it will associate with various simple answers to your questions such as “yes”, “no”, “cannot answer” or “does not matter” for example, one at a time. The best is to incorporate your questions and observation of the associated sensations into your daily meditation and concentration practice. More details are in *The Freedom of Choice book* (1999) [3].

Before you begin relying on your “answers” from the Universe you need to “calibrate” your senses by doing some simple experiments to make sure that you can distinguish the associated sensations.

For example, imagine taking 5 or more cups and putting them upside down on the table. Imagine putting some item, like a grain of rice for example, under one of the cups. Then imagine detecting under which cup the grain hides. Place your hand above a cup and ask your Consciousness “is it here?”

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<sup>7</sup> For further explanation please read the chapter on page 114

When you become successful in 99% of your attempts, you can begin to rely on your skill of dowsing.

You do not need to be close to the item being subject to dowsing to learn things that you need to know about it.

One of my recent experiments involved detecting an annoying fault in an old electronic equipment that my son was trying to repair having no documentation whatsoever about it. I was at Mt Best and he was in Melbourne, some 200 km away. He reported by phone that one of the components (a mosfet transistor) was getting very hot and that he planned to replace it. After my meditation I **knew** that the faulty component was not the one that overheated, but one identical to it - right next to it. I communicated it to my son, but he proceeded with replacing the component that overheated. Since no improvement was noticeable in the functioning of the equipment he decided to replace the component that I suggested him to replace. When tests confirmed that my diagnosis was correct – he called my method “spooky”. You may be interested to know that my background is mechanical engineering and physics and I only have a very vague idea of how a mosfet transistor works.

Dowsing seems to have one Universal Limitation. Since the information we receive has its source in the Universe that our Consciousness is an integral part of, our **motives** for trying to acquire the information cannot in any way contradict the Purpose of Existence of the Universe.

For this reason Aborigines could detect gold deposits and the European settlers could not and still can not detect them by dowsing. The only difference is the motive... The Universe is an intelligent system of information processing. It can and will

help you, providing that you do not act against it. More details are in my book *The Freedom of Choice* (1999) [3].

Detecting food ingredients that are incompatible with your body by dowsing can be very useful, but has some additional limitations.

The most serious limitation is our conscious bias. For example, when you are addicted to some food - it becomes very difficult to detect the incompatibility of this food by yourself, because your own dowsing is strongly biased by your attachments and expectations.

For this reason it is very important, if not critical, to maintain a meditative state during dowsing. If you can maintain a meditative state (strictly no thoughts) when dowsing, it can be a very useful tool.

For example, with dowsing you can estimate your reaction to food that you have never seen before, before actually consuming it. Not many self-help methods provide you with this ability.

### ***The pen and paper method***

This is quite a simple method, but requires some self-discipline and effort to implement.

Using a piece of paper try to record a list of all food ingredients that you consume.

After every meal add all food ingredients that you consumed to your list. If your meal (a soup for example) contained 5 or more ingredients – add them all. If an ingredient is already on the list add “+” next to it to indicate a repetitive intake.

Carry on recording this way for a few weeks, the longer the better. Then count all “+” signs for each ingredient and rewrite the list ordering food ingredients according to the number of “+” signs for each ingredient.

The most important is the top of the list – ingredients that you consume most frequently.

You can then eliminate the top 5 ingredients on your list from your diet and see how you feel after a week or two. If there is no major improvement you can try eliminating the top 10.<sup>8</sup>

The most frequently consumed ingredients are prime candidates for ingredients that are either incompatible with your metabolism or consumed at a rate that is too fast for your metabolism to cope with. By excluding the most frequently consumed ingredients you will most likely exclude all food that you may be addicted to as well.

If you have a good memory you can try to compose the list from what you remember eating over a period of time (a week for example). This method is faster but much less accurate than regular everyday recording.

An improved method would be to try to record the amount of each ingredient consumed. Rather than adding the number of events of consuming any given ingredient in a given period of time, you would add estimated quantities (weight) that you actually consumed.

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<sup>8</sup> If you happen to be addicted to some food ingredients and you have some chronic problems you may experience some “withdrawal” effects before you will feel better. For this reason the best way to change the diet is to change it after fasting. Fasting is described briefly in the chapter “Changing the diet” and in more detail in *The Joy of Perfect Health* book (reference [10])

## ***Method of elimination***

This method involves observation and assessment of how we feel after consuming a meal.

Symptoms of consuming difficult-to-metabolize ingredients include, but are not limited to, various discomforts, difficulty concentrating, tiredness or sleepiness shortly after the meal.

When you feel tired and sleepy an hour after the meal – you either ate too much or you ate something that was not quite compatible with your metabolism, or both. The more severe is the observable adverse reaction, the more serious the emergency you have created for your metabolism and your immune system.

In either case your consciousness will try to switch off your awareness (put you to sleep or rest) to recover some conscious resources in order to cope with the overload and the emergency that you created.

The next time you have a similar meal, try to eat only half of what you ate the first time. If symptoms persist, it means that there could be an ingredient or ingredients in this meal that were responsible for creating various emergencies in your body.

Then you can proceed with trial and error, either introducing or eliminating ingredients from this meal, one at a time.

This method is very time consuming, but it is valuable, because it prompts you to become aware of and analyze in some detail your reaction to food.

Increasing your awareness of what happens in your body and learning how your body brings its emergencies to your conscious attention are key benefits of this method.

### ***The top six?***

Due to the individuality of our metabolism discovered by Dr Voeikov and Dr Volkov it may be difficult, if not impossible, to give exactly the same dietary advice to everyone. It seems that the best we can aim for is to develop some general methods and principles illustrated with some examples, so that people can help themselves in their search for a diet that serves them best.

We need to individually pay attention to how we feel and aim to improve the efficiency of our metabolism by trying to match the food that we consume with our needs and our capacity to metabolize it.

Despite the fact that our nutrition needs are individual and may change daily, it is possible and perhaps useful to compose a list of food ingredients that are frequently identified as incompatible with human metabolism in our society.

The list presented below should be considered with caution, because it was obtained by observations conducted on a small scale. It may be incomplete and its applicability to your particular situation may be limited, so consider it as an example only.

1. **Milk.** In Nature, milk is a food for a very special period of life – the period immediately following the separation of a newborn organism from its mother. Only relatively recently, technology became available to preserve milk itself on a large scale (evaporation, powder technology,

refrigeration, homogenization, pasteurization etc.). Today milk is present in a great multitude of food and drink products, especially confectionery. Our ancestors used to make cheeses and yogurts in order to preserve milk for their consumption. While milk itself seems a frequent offender for adult human metabolism, cheeses and yogurts seem not. It seems that letting bacteria and enzymes begin the digestive process can make quite a significant positive difference. The next time you consider drinking coffee or eating chocolate try to admit for your consideration that the most dangerous ingredient in them could be milk...

2. **Eggs.** Tibetan lamas were known for centuries to discard egg white and give it back to chooks. Their argument was that it took them more energy to cope with egg white than it could give them when consumed. Dangers of eggs today are not limited to eggs themselves. The amount of antibiotics, hormones and other chemicals that are used to “enhance” egg production is mind-boggling. These extra ingredients can find their way to our body and create some serious puzzles for our metabolism and immune system. The danger is amplified by the fact that eggs are present in one way or another in a great multitude of manufactured food products.
  
3. **Sugar.** Sugar is another ingredient that is found in a great multitude of food products and nearly every meal and drink that people consume in so-called “developed” countries. Children in such countries today are brought up on sweets and this seems to have a significant detrimental impact on their metabolism. Dr Volkov told me that intolerance to sugar frequently goes together with intolerance to **yeast**. Products that contain yeast include most breads, beer and wine. Later in this book you will find out how to make bread without yeast.

- 4. Wheat.** Wheat is a dominant grain on Earth. It is produced in massive quantities. Being inexpensive (a few dollars per tonne is paid to producers) it is used in most food products manufactured on Earth today, including soy sauces. If any product is over-used as food on Earth – it is wheat. Wheat is also the most over-engineered grain on Earth. Genetic modifications to wheat enable its producers to use dangerous amounts of pesticides, herbicides and other chemicals to boost production and profitability. There is a possibility that some of us may have become sensitive not only to wheat proteins, but to some chemicals that are overused in wheat production.
- 5. Potatoes.** Potatoes comprise a staple food in many countries and my feeling is that many people overuse them. Their low price and availability in huge quantities seem very attractive to the so-called fast food industry. I am sure that you are aware of the abundance of addictively flavoured varieties of potato chips on the market today. One very interesting feature of potatoes is that under certain conditions they produce, and hence contain, so-called solanine. Solanine is quite toxic to human organism. The very fact that food manufacturers are supposed to measure solanine levels in their potato products to ensure that the solanine concentration is below a pre-determined threshold per kilogram of food, is proof that solanine can be legally present in what they sell. While consuming potatoes twice a week may be fine for most people, eating potato products several times each day is likely to cause problems - eventually. Remember that our organism is a system of limited resources and one of these resources is time. It takes **time** to recover from poisoning... One possible consequence of eating too much potato too often could be solanine poisoning that may occur when solanine accumulated in your body from multiple potato meals exceeds the level that your metabolism and immune system

can tolerate. Another possibility is that when your metabolism cannot fully recover from solanine poisoning before you supply the next shot of the poison, it opts to reject potatoes altogether, without trying to separate potentially useful nutrients that potatoes may contain. Other food items known to contain solanine are tomatoes, capsicums and eggplants, especially if they are not fully ripe. Nature seems to use solanine to prevent these fruits from being eaten before they ripen and develop mature seeds.

- 6. Tannin.** From his clinical practice (dealing mainly with unhealthy people) Dr Volkov has identified **tannin** as a frequent offender, especially for people with skin diseases. Most people in the world consume tannin many times a day in their **tea**.

The above list indicates that food ingredients that dominate our diet should be considered as prime suspects for being incompatible with our metabolism.

## ***Obvious toxins***

Our immune system and our metabolism are intelligent enough to be able to adapt to the presence of many poisons and toxins - up to a certain level of concentration.

The level of toxin concentration can be quite individual and can vary in time, depending on what our immune system has learnt in the past and what resources are available to it at the time of poisoning.

Since the time of Mithridates<sup>9</sup> it is known that our immune system and metabolism can **learn** to cope with considerable doses of toxins.

The training usually involves administering tiny doses of a poison to let our metabolism and the immune system prepare for their possible future presence. From the point of view of our immune system - this process is in essence very similar to the process of vaccination.

In any case, however, our immune system and metabolism will still have a **limited tolerance** to any particular mix of ingredients. The tolerance limit varies, depending not only on the composition of the toxic cocktail that we consume, but also on what resources in our organism are actually available **before** this cocktail is consumed.

For this reason we should attract our particular attention to poisons that our body **accumulates** over time. Systematic intake of such poisons, even in small quantities, can only lead to trouble.

One of such poisons, known to accumulate in our bones and skeletal system, is **fluoride**. Fluoride is chemically very active and influences our organism in many ways. The best-known

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<sup>9</sup> Mithridates Eupator (132-83 B.C., about 2100 years ago) was a king of Pontus. He was obsessed with the idea that other people, including his mother, may try to poison him in order to claim his kingdom after his death. He decided to safeguard himself from poisoning and decided to take tiny doses of many poisons. When he lost a war in which he was an invader, he also lost his kingdom and wanted to commit suicide. When he tried to poison himself he discovered that nothing worked. He had to ask one of his own soldiers to kill him. Mithridates left detailed notes of what poisons he took, how often and in what doses. These notes are foundations of modern day “toxicology” that advises us today on “safe limits” of various poisons in our food and the environment.

detrimental effect of fluoride is reducing the self-repair ability of our bones, which in turn accelerates degeneration of our skeletal system. A less-known effect of fluoride in our organism is that it reduces our intelligence (IQ). German Nazis used fluoride in their World War II concentration camps to help inmates to accept gas chambers peacefully.

In his research Dr Voeikov has also identified **chlorine** as a toxin related to many chronic diseases in our society today.

As you know, fluoride as well as chlorine are both present in tap water almost everywhere on Earth, allegedly to improve our health... How many litres of such tap water do you consume each day? Don't forget to include all soups, soft drinks, teas and coffees.

Another poison known to accumulate in our organism is solanine, present in potatoes (especially in potato sprouts and leaves), non-ripe tomatoes, capsicums and eggplants.

The list goes on... Rather than focusing on a long list of scary poisons, my method is to try to become aware of what I actually consume in each and every meal and how long after each meal I feel satisfied.

Only by becoming aware of what I eat and observing how I feel as a result of each meal can I accept responsibility for managing my body. Only then can I aim to improve my diet and well-being.

## Changing the diet

OK, you see some logic in what I am trying to communicate so far in this book and you decided to consider changing your diet. What is the best way to begin?

The best way is to begin with a thorough detoxification. Detoxification, when conducted properly and thoroughly can remove a huge burden that our metabolism and our immune system otherwise have to manage and hence increases the amount of resources available to them.

What is the best detoxification method?

The best detoxification method is to let our body use whatever excretion organs it has to dispose of anything it can. In order to assist our body we need to stop the intake of potential offenders for some time. The process that best accomplishes the above is so-called **fasting**.

For fasting to work well as a detoxification method a few conditions **must** be observed. They are all described in detail in my first book *The Joy of Perfect Health* (1995) [10]. Below I present the briefest possible summary for your reference.

1. Keep your intestines clean before and during fasting by washing them using a pure water enema. Remember that you have trained your body over the last few decades to expect nutrients in your intestines a few times per day. When you stop eating suddenly – your metabolism will try to utilize what you have in your intestines. But if you did not eat anything fresh, and did not clean them, your intestines contain only waste... Some of this waste is likely to re-enter your bloodstream and you will likely experience so-called “back poisoning”, with all associated symptoms

and dangers. **Fasting with unclean intestines is dangerous.** You have been warned.

2. Drink plenty of pure good quality water. We lose water vapor with each breath (as well as by sweating and urinating) and hence we need to supply water to our body regularly. Dehydration is a very dangerous condition and we should do everything we can to avoid it. During fasting never become separated from your bottle of water. Sip water as often as you can.
3. Learn meditation and meditate regularly everyday. Purity of your mind is as important as the purity of your body. Stress and clutter in your mind engage resources of your Consciousness that can otherwise be available to your immune system and metabolism.
4. Come out of fasting **very slowly** and very gradually. This is actually the most difficult aspect of fasting. If you choose to have a “normal” meal after 14 days of fasting your metabolism will experience a serious shock. You may live, but you will ruin the benefits of any future fasting, simply because your metabolism will not trust you anymore. When you fast the next time, your metabolism will most likely focus on preparation for the shock rather than on disposing of piles of old waste. For this reason it is very important to begin eating very gradually after fasting. A good guide seems to be following a baby-like diet (including quantities) for at least a few days and aiming to eat half of what you normally eat thereafter.

Detoxification through fasting seems to help to erase cellular memories that are associated with addictions. For this reason fasting, when done properly, can greatly assist people in their efforts to eliminate their addictions.

During fasting we can realise how little we really need. By discovering how comfortable we feel when avoiding any intake but air and water for a week or two – we also realise that we are not addicted to anything particular, simply because we feel very comfortable without it.

One heroin addict, who freed himself from his addiction after reading *The Joy of Perfect Health* [10] and implementing the fasting method described there called me, moved to tears: “Tom, if I knew that freeing myself from my addiction was so easy – I would have done it years ago...”

Fasting can also help our organism to clean itself from poisoning that we never knew we had.

A man in his 70s told me that during the second week of fasting he begun to smell like a cigarette factory. His breath, sweat, urine - everything had a very strong cigarette smell for almost 2 days. He was greatly surprised, because he has never smoked a single cigarette in his life... However, his first wife (whom he divorced 30 years earlier) was a heavy smoker. Only in his 70s, by fasting with clean intestines, he created conditions for disposal of smoke poisoning from his organism.

During a fast with clean intestines human organism has an opportunity not only to dispose the old accumulated waste, but also do self-repairs that are long overdue. In the second week of fasting it is quite common for people to experience their past diseases in mild form, quick succession and reverse order, back to their childhood [10].

## **PRINCIPLES OF CONSCIOUS DIET**

### ***Identify incompatible ingredients***

Identification of ingredients that our metabolism has some difficulty processing is one of the most important things you can do to improve your diet and well-being.

During my workshops and retreats I repeat this many times over, giving various examples, and many people still don't get the point. Dietary dogmas and paradigms embedded in people's minds since their childhood are so strong that most people flatly refuse to question those paradigms, even when their own bodies supply vivid evidence that their diet is one of their main problems.

How can I explain the importance of identifying and avoiding incompatible ingredients so that this importance stays in your mind – for the rest of your life?

Imagine a soup that contains **one** poisonous ingredient. The entire soup is poisonous because of this **one** poisonous ingredient, isn't it?

No matter how much you try to improve all the other ingredients in this soup, no matter how many additional ingredients you add to it – the soup will remain poisonous until you identify and remove the offending poison.

Now try to imagine that your entire diet produces such a soup in your own digestive tract. Can you see the necessity of identifying ingredients that are not compatible with your metabolism?

## ***Improve the quality of water you drink***

More than 80% of our body is water and for this reason water deserves a very special place in our diet.

As you know, we lose water vapor with our every breath, as well as by sweating and urinating. For this reason we should take care to compensate for this loss by drinking sufficient amount of water each day.

Since we cannot live without water, improving the quality of the water we drink is very important.

What exact qualities of the water are desirable?

The most obvious requirement is water cleanliness, especially freedom from poisons and pollutants.

Unfortunately, following the advice of so-called “health” establishment (that directly profits from our diseases) poisons such as fluoride and chlorine are added to water in most places around the world. Since these poisons aim to kill all life in water they cannot be beneficial to us.

Our technology provides us with a way for filtering away these undesirable ingredients. The best (and only) filter that removes 95% of fluoride as well as all other undesirable ingredients from water is a “reverse osmosis” system. A reverse osmosis system imitates the working principle of a spring in Nature: not all water finds its way to the spring. In Nature most water overflows the rocks and only the purest water that passes through rocks reaches the spring. Modern reverse osmosis systems use a tank for the filtered water and stop the water overflow (and waste) when the tank is full.

According to Dr Voeikov reverse osmosis is one of the best ways to erase water “memory” (more about water memory later).

In contrast, in cartridge-based water filters all water that comes in, comes out. The hope is that pollutants are caught in the filter, but this is only a hope. Cartridges work only for pollutants that they are specifically designed for and only for a very limited time, until the cartridge capacity for trapping any particular pollutant is reached. There seems no cartridge filter on the market today that can filter away fluoride.

## **Drink water for the water itself**

Some people argue that removing too many things from water is not beneficial, because we need “minerals” that water may contain.

My answer to this is that one slice of cucumber or any other fruit contains hundreds of times more minerals and vitamins than many litres of the best water in the world.

We need to drink water for the water itself. Drinking juices, teas and beers is not the same. Our body needs **water**.

## **Living water?**

Is there any other quality of water other than purity (freedom from poisons) that we should seek?

Before I try to answer this question, please let me describe the result of an experiment performed in the Russian Military Academy a few years ago. This experiment was reported with considerable pride by one of the leading Russian military

scientists during a series of lectures and workshops following the 2001 GDV Congress in St Petersburg, Russia.

Russian military scientists kept irradiating rats with a dose of nuclear radiation that was 3 times larger than lethal. Then they tried various methods to save the rats from dying.

If you have chills in your stomach right now, you are right, the very intent of the above experiment was to find ways to conduct and survive a nuclear war.

However, the outcome of this experiment is so significant for everyone on Earth that I simply cannot ignore it. I think that everyone on Earth deserves to know this result.

Can you guess what was **the only thing** that made rats survive their triple-lethal dose of nuclear radiation and regain good health?

It was water.

Not just any water. The only water that helped irradiated rats to recover from their triple-lethal dose of radiation was water taken from a pristine eco-system, not polluted and not disturbed by human activity.

Russian military scientists tried everything they could to “copy” such water. Even though they managed to match every measurable parameter, including spectrograms, water from the pristine ecosystem worked like a miracle and the man-made copy of it did not.

What properties of water were responsible for healing the otherwise incurable condition? What could a pristine eco-system possibly have to do with radiation and radiation sickness?

In order to explain the mechanism of healing, we need to expand the context of our considerations, because a limited context always leads to misleading conclusions. In particular, we need to explore and acknowledge some fundamental properties of all Life.

Life is essentially a system of information processing.

Living organisms are autonomous systems of information processing.

In a living organism every cell needs to communicate with every other cell in order to maintain harmony. Every organ needs to communicate with every other organ for the same reason. Sensations produced by various senses interface the living organism with the environment and other life. All functions of a living organism are managed by Consciousness, which by itself is also a system of information processing. Consciousness not only receives and processes, but also **creates** various forms of information, feelings, emotions, desires etc... and communicates this information to other life forms.

From this point of view an eco-system is also a system of information processing, because it contains many coexisting autonomous organisms that communicate with one another.

What distinguishes a pristine (undisturbed by human activities) eco-system from any other? What is special about it?

I am sure you will agree that a pristine and undisturbed ecosystem functions as it **should** function. An undisturbed ecosystem functions as Nature intended it to function.

What unique properties could water taken from a pristine untouched ecosystem possibly have? What properties of water could be important to health and healing?

Can we first determine what is health and healing? Earlier in this book we agreed that health is a state of harmony. Hence, healing must be a process of restoring such harmony.

Now we are closer to making the connection between water that came from a pristine ecosystem and healing. What could it possibly be?

In a state of sickness, the harmony of functioning of cells and organs of living organism is disturbed. The immune system struggles with its limited resources to restore the harmony. But what if each and every atom of every organ is radioactive and communicates information that confuses the immune system?

Immune system is intelligent and has some resources, but to use these resources effectively it needs a good global plan of action pretty quickly, before cells and organs of the body, confused by radiation, create too much chaos.

What can water possibly do to help?

If water contained **information about how Life should function** then an intelligent immune system should be able to get a good hint of what to do when this water becomes a part of the organism under its management.

But can water hold and communicate **information**?

Yes. Russian scientists have known for at least 2 decades that water has an intriguing ability to hold information.

Dr Konstantin Korotkov, a physicist from St Petersburg, studied electrophotonic images of water using the Gas Discharge Visualization technique (GDV) that he developed himself, inspired by the work of Semion Kirlian. Among many other things about water he found that water could remember being in a Mexican pyramid... The shape of the electrophotonic GDV glow around a drop of such water reflects the shape of the base and the orientation of the pyramid.

Dr Korotkov also found that a **coherent conscious effort** could alter both electrophotonic and biological properties of water quite dramatically. The only physical property of water that seemed to change somewhat as a result of conscious effort was its surface tension.

One of the most famous water experiments of Dr Korotkov is described in the Food for Thought chapter of this book.

Perhaps the most publicized work related to the ability of water to remember information is the work of Dr Masaru Emoto. Dr Emoto focuses on photographing water crystals that form in water at minus 5°C. Water crystals that he photographs reveal that water can remember being hated, loved or respected. It can also remember the environment it came from. Before your Internet stops working, search for Dr Emoto's water crystal images.

Both Dr Korotkov and Dr Emoto confirmed independently that water is able to not only hold information, but that this information can be dramatically altered in many ways, by many means. They confirmed that the strongest and the most profound methods of re-programming water are our **conscious concentration and intent**.

Does this mean that we can re-program water ourselves?

Please let me describe a water re-programming method that I learned a few years ago, a method that I use for many purposes, including helping other people to heal themselves.

In 1998 I held a public lecture in Auckland, New Zealand about auras and GDV (Gas Discharge Visualization) technique. During the lecture I mentioned the results of Dr Korotkov and his conclusions about water being “consciously programmable”.

After the lecture an old man in his 70s approached me and said that since his childhood he could re-program water and offered to conduct a demonstration for me. At the time many people wanted to see the GDV equipment and ask me questions so I asked the old gentleman to visit me the next day in my motel.

When he arrived in my motel he interrupted a conversation I held with two scientists, one a professor of physics from Brazil and the other a nutrition scientist from Auckland.

The old man proceeded with me to a little kitchenette and asked if there were any glasses there. I managed to find a glass. The old man asked me to fill the glass with tap water and taste it. When I did I found the water tasted and smelled awful. At this time I avoided tap water and the taste/smell of chlorine were both very repulsive to me.

The old man asked me to put the glass of water on the table and commenced his procedure. He put his left hand about 10 cm above the water, concentrated for a few seconds with his eyes closed, then put his right hand in a similar position and concentrated again. About 20 seconds later his face began glowing with a smile that seemed unstoppable. Then he opened his eyes and asked me to taste the water again.

I was skeptical. What could he possibly do in 30 seconds without even touching the water?

But when I took the glass in my hand and examined the water I became truly amazed. The water smelled of **ozone**<sup>10</sup>, rather than chlorine. There was no trace of the taste of chlorine in the water either. The water tasted sweet and pleasant.

My surprise and loud comments attracted the attention of the two other scientists in the room and the old man had to repeat the process two more times, saying that he could also reverse the process if we really wanted to.

We became really intrigued and asked him to explain to us what he did, to assist us in our efforts to repeat the procedure ourselves.

The old man's description was very brief. 'Oh, it is simple. I take my left hand, put it above the water, close my eyes and try to focus on everything that can be wrong with this water, whether I know it or not. Then I imagine my hand pulling all these things away from the water. After that I take my other, clean hand and do the opposite: I try to imagine that this water is beneficial to humans in every way. When I have this in my mind I ask Krishna, Jesus, Buddha and all the great people<sup>11</sup> in the Universe as well as God himself to help me to fill the water with my love and make it what I imagine it to be. When I get shivers I open my eyes. That's it.'

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<sup>10</sup> Ozone (O<sub>3</sub>) is present in air after a lightning storm or other air ionizing activity. Air with ozone has a distinct smell of "fresh air".

<sup>11</sup> The actual list was much longer, but I have never tried to remember it. My research indicates that that the list is not as important as our motive and intent.

Then he added: ‘but whenever I tried to do this for money – it did not work even a tiny little bit. All my life I had to do other jobs to earn money. I could only change water and help people for free...’

If water re-programming is so easy then why couldn’t the Russian military figure out how to re-program water for their purposes?

Do you remember what their **motives** were? The Universe is not stupid. It can help us, but only when we do not act against its Purpose of Existence.

What could The Purpose of Existence of the Universe be? *The Freedom of Choice* book (1999) [3] contains results of my exploration of this topic.

## **Physics of Consciousness?**

The ease with which our conscious effort can influence information stored in water implies that our consciousness and the memory of water may operate in the same physical domain, and use the same physical mechanism for the information storage.

What could this mechanism possibly be?

My research indicates that the most likely domain our Consciousness operates in is quantum-electrophotonic. More details are in the chapter Food for Thought that ends this book.

## ***Love what you eat***

In view of the growing evidence that water can be re-programmed by our conscious attitude and intent, **what we actually think** between and during our meals becomes quite important. After all, what we eat is mainly water...

In most cultures on Earth there exists a tradition of explicitly expressing gratitude to Nature, God, Universe or some other divinity for the food that is to be consumed. This cannot be a coincidence.

Since it is extremely unlikely that so many diverse cultures, primitive and advanced, ancient and contemporary, negotiated such a common tradition between themselves – this tradition must have a root in Nature (Objective Reality of the Universe). Such a common tradition very likely reflects what people found useful and helpful in their everyday lives.

What I found is that gratitude is not the only feeling that works. Gratitude is one of a multitude of feelings that can help us to make our food more nourishing and satisfying.

Loving every stage of food preparation and consumption is perhaps the best we can aim for.

Before you can attain a stage of Love, however, you need to make sure that what you call Love also includes acceptance, acknowledgment, respect, understanding, appreciation, gratitude and admiration without which love is just an empty word.

What can help us in creating an atmosphere of gratitude, admiration and love for our food?

One thing that our ancestors found useful is paying attention to the appearance of the meal when it is served.

Try to consider a meal as a work of art. Consider a meal as a creative, decorative and colourful composition of edible ingredients that is pleasing to the eye. If you apply your creativity and a sense of beauty you will find that two meals composed from exactly the same ingredients may be served very differently.

Learn to appreciate and love every stage of your meal preparation, from gathering ingredients through cooking and composing your presentation on the table, even if you are in a hurry.

Pay attention to the colour of all ingredients and try to arrange them in contrasting combinations. When you cut ingredients for your meals, have in mind their appearance in your final composition of the table.

Use vividly colourful plates and napkins to break any monotony. Arranging them in contrasting combinations helps to stimulate our perception.

All these efforts take only an extra minute or two, but can greatly improve the appearance of your meal.

Even the simplest meal, such as soup for example, can look very attractive if you take some care about it.

When the meal looks good, you will like it before even tasting it and so will all other people who are present. This joy and admiration for your decorative skill, enthusiasm and the sense of beauty will greatly help in creating an atmosphere of

gratitude, appreciation, admiration and love directly associated with the food about to be consumed.

Such feelings are precisely the feelings that Dr Korotkov, Dr Emoto, as well as others found to be the most effective in creating profound positive changes in water properties - the main ingredient of all our food.

These feelings help to improve the Harmony not only in your body, not only in your family but also make a contribution to Harmony in the entire Universe.

## ***Eat slow***

**Time** is a very important resource that needs to be managed wisely.

In times when everyone seems in a great rush it is very important not to forget that our immune system and metabolism need **time** to prepare for and conduct their job of processing food. **We need to slow down for our meals.** After all, it is our meals that help us to remain alive.

Slowing down and taking care to create an ambience of enthusiasm, gratitude, appreciation, admiration and love associated with food helps our immune system and metabolism to prepare for optimal action.

As we discovered earlier in this book, time is also needed in the process of conscious re-programming of water. For these reasons it is best to sustain our positive feelings and the associated ambience for as long as possible, not only during meals.

For the first few decades of my life I ate too fast, because I thought I had many things to do that were more interesting than eating. While it is true that there **are** many things and activities that are indeed more interesting than eating, it should not be an excuse to rush our meals or enjoy them any less. **Our metabolism needs time.**

One thing that helped me to eat slower was learning to eat with chopsticks. The more competent I became using chopsticks the more I appreciated being able to pick tiny pieces of individual ingredients from my meals and create various taste compositions and sequences in my mouth during the course of a single meal. I prefer the Japanese style of chopsticks because their pointed tips give me more control.

Eating slow and chewing the food well enhances the sensations of taste and smell of food and increases the pleasure associated with eating. Information that our metabolism receives from these sensations greatly assists in the process of absorbing food and nourishing our body.

Eating slow also helps us to eat less. By eating slow we give time to our organism to let us know when we have had enough food. In contrast, eating fast helps us eat way too much.

## ***Eat less***

The tendency of eating too much is widespread. Most people who can afford the food keep eating until they almost pop.

Overeating creates a burden for your metabolism and immune system that is similar to the burden of eating toxins. Both overeating and eating toxic food stretch the resources available to our organism to sustain itself.

Rather than eating until we cannot fit any more food in, we should stop eating as soon as we no longer feel hungry. Eating slow and paying attention to sensations arising from our body can greatly help us in detecting this state.

In practice it means that, when we eat slowly and pay attention to what our body tries to communicate to us, our meals can be much smaller (less than half of their typical size) and still satisfy our every need, including our need to experience great pleasure from eating.

A very important and very interesting is the response of our **mind** to the amount of food that we consume.

When we overeat, we not only feel tired and sleepy physically, but also our mind is sluggish – unable to concentrate and work efficiently. This occurs because overeating engages extra resources from our Consciousness that has to figure out what to do with the food overload.

What happens in the other extreme?

When we eat little, our mind can gain access to resources in our Consciousness that are otherwise engaged by our metabolism.

I have tested some serious extremes along this path many times in the last decade of my life. My longest fast (on water alone) lasted 6 weeks. From the third week of fasting my mind was so active and so lucid, that even when I slept I had the impression of being fully aware. I was able to think many times faster than I normally can. Access to altered states of consciousness seemed much easier.

During the 5th week of fasting I was able to explore the entire Universe without having to use any spacecraft, just because I

became curious as to how far I could go and what was possible to find out using my Consciousness alone.

Results of my explorations of the Universe during this time are summarized in the book *The Freedom of Choice* [3].

My own experience suggests that when you plan to study something intensively, write a book or need to maximize abilities of your mind for any other reason, the best thing to do is to fast for some time – while taking into account all fasting precautions of course.

## ***Sprout seeds***

Does a seed get digested when a bird eats it?

Seeds are known to come out at the other end of digestive tracks of birds undigested, aren't they? It is well known that due to this fact birds help to spread the seeds of plants.

It seems that Nature equips seeds with something special that prevents their digestion so that plants with limited mobility can propagate with the assistance of birds. What is this special thing?

It turns out that that each and every seed, to one degree or another, contains so-called “inhibitants” that prevent its digestion.

When we consume too much “raw” seeds or seed products that contain inhibitants we can create some major problems for our metabolism.

It seems logical that we should do something about these “inhibitants” before we consume any food that has seed or grain ingredients.

There are essentially two methods known to neutralize inhibitants in seeds:

1. Raising the temperature. A sufficiently high temperature maintained for a sufficient period of time helps inhibitants to chemically disintegrate. This can be accomplished by cooking, frying, roasting, baking etc.
2. Sprouting – letting seeds come alive.

Which method do you think is better?

The method of cooking and frying is clearly over-used today.

What about sprouting? How many meals from sprouted seeds have you had in your life? Do you remember any?

Consider the following benefits of sprouting:

1. By allowing seeds to sprout we let Nature “unpack” its own package in the best possible (natural) way.
2. Sprouting provides us with ultra-fresh food that grows in front of our eyes in our own kitchen and is still alive when we prepare and eat our meals.
3. During the process of sprouting, seeds **synthesize** (create) a great multitude of nutrients. These nutrients are very different to nutrients in food that is long dead.
4. When seeds sprout they absorb water and greatly increase in volume. This, as well as the associated

photosynthesis (growth), increases the volume of food for our disposal. We grow food!

5. Water absorbed by sprouts participates in the process of Life. According to the water research reported earlier in this book, consuming water that supports Life should be more beneficial for us than consuming any other water.
  
6. Sprouting provides us with a simple and effective (although by no means complete) method of quality control for both our water and seeds that we eat. When our seeds do not want to germinate or germinate much slower than they should (and other factors such as low temperature do not disturb), it is likely that there is something wrong with either our water or our seeds. In particular, spotting abnormalities in your sprouting enables you to detect when your water filter needs attention. On one occasion I discovered a strange contamination in my water supply – just by watching my sprouts. I still do not know what the contamination was, but thanks to the alert I received from my sprouts I discarded the suspicious water, washed the entire system and hence improved the quality of my drinking water.

The sprouting technique that I use is described in the recipe section.

### ***Eat fresh – grow your food***

I haven't heard of anyone on Earth questioning our need to eat fresh food.

The approach of the food industry to the issue of freshness, however, is quite different to mine.

The industry focuses on slowing down food decomposition and spoilage in an attempt to increase the “shelf life” of products that they sell.

Industrial methods of preserving “freshness” include adding various “preservatives” (chemicals that are poisons to some forms of life) and irradiating food with nuclear radiation to make it radioactive. For example, food industries in so-called “advanced” countries (like USA) make meat radioactive to extend its “freshness”.

If there are any bacteria growing on such food, it is likely to be “the worst of the worst” mutant bacteria you can find anywhere, simply because beneficial forms of bacteria are unlikely to withstand the harassment.

The main goal of the food industry, as with any industry on Earth today, is profit. In their chase for profit, industries try to make us dependent on products that they sell. Centralized and/or monopolized food supply creates better conditions for exploiting both consumers and food producers.

Basic wisdom suggests that we should try to become self-sufficient in fresh food, at least to some degree, for the best possible freshness if not for any other reason.

Having a garden that produces some herbs and vegetables is one possibility.

Another is sprouting. Unlike a garden, sprouting grains and beans does not require any more resources than what you already have in your kitchen.

There is no excuse for not having a generous selection of your favorite grains and beans ready for sprouting. Protected from

vermin in a cool, dry and dark place they can be stored for many months if not years.

Seeds are “packaged” by Nature specifically to survive many years of storage. Why don’t we use this packaging more often?

Sprouted seeds can provide us with something super-fresh to eat everyday...

If a disaster strikes and there is no power to run your fridge, a small supply of seeds, when sprouted for each meal, will be able to sustain you and your family for months.

### ***Cut small pieces***

In culinary traditions that have a long history, such as Chinese cooking for example, there is a rule of cutting all ingredients of any meal into small pieces.

Some people associate this with chopsticks, because it is more convenient, if not enjoyable, to be able to pick up small bite-size pieces with chopsticks.

There is another very good reason for cutting all ingredients of a meal into small pieces, however.

When ingredients are cut into small pieces, their **surface area** is greatly increased. Increased surface area significantly accelerates chemical reactions between ingredients and enables a creative cook to achieve a great variety of taste sensations from a very limited number of ingredients.

Ingredient-blending effects in food and associated taste sensations can vary considerably depending on the size of pieces of individual ingredients.

In order to appreciate the difference, try the following experiment. Take 3 ingredients:

**Fruit salad**

1 apple,  
4 large spoons of plain yogurt  
1 large spoon of honey

Exact proportions are not important; anything that you will do will be edible anyway.

**Method:**

1. Make a “dressing” by thoroughly mixing yogurt and honey until the result has a smooth texture.
2. Cut apple in 4 quarters and discard the seeds. Cut 2 quarters in half; put the resulting 4 pieces in a small bowl.
3. Cut the other 2 quarters of the apple into small cubes, as small as possible, and put them in another small bowl.
4. Add equal parts of the dressing to each bowl and mix it with the apple pieces.

Now you can compare 2 “fruit salads”, made from exactly the same ingredients: one dish contains large chunks of apple and the other contains small pieces.

Taste both and try to see the difference in your taste sensations. Which fruit salad tastes better? Do you understand why?

## ***Consider your organism as a system of limited resources***

Whatever we choose to eat (or do), we should remember that our organism is a system of limited resources.

The more resources we leave available for our metabolism and immune system, the better for our long-term well-being.

Remember that the pool of limited resources includes resources of your Consciousness.

For this reason, consider hygiene of your Consciousness to be as important for your well-being as hygiene of your physical body and hygiene of the food that you eat.

## ***Make meals using a small number of ingredients***

Simple meals are generally easier to metabolize than complex meals.

Our metabolism is able to achieve a better efficiency when it deals with only a few ingredients at a time compared to the situation when it is confronted with a great multitude of various ingredients simultaneously.

This is a direct consequence of limited resources being available to our metabolism.

Hence, keeping our meals simple helps our metabolism to become more efficient.

Simplicity of a meal does not mean that it is any less enjoyable or less tasty. The main purpose of this book is to show you how tasty and satisfying simple meals can be.

It is important to point out that by eating simple meals it becomes easy for us to detect food ingredients that are not compatible with our metabolism.

We also should not forget that meals composed from a small number of ingredients are the simplest and fastest to prepare.

In times when everyone seems to be in a great rush, simple meals can help us to gain more time for activities other than shopping and cooking.

### ***Give up dinners***

Georgia, a country in the mountains of Caucasus, is well known for the longevity of its highland citizens, many of whom live well over 120 years riding horses and even fathering babies at 100. These people have a memorable proverb:

**“Eat breakfast yourself, share your lunch with a friend and give your dinner to your enemy.”**

The proverb reflects the fact that most of our activities occur during the day, and this is when our metabolism works fastest and is able to process nutrients most efficiently.

Avoiding dinners helps our organism to have the best possible rest when we sleep.

Sleep has a very important role in Life – it is a period of special rest during which living organisms have an opportunity to regain harmony and attend to self-repairs.

Unfortunately, according to the Georgian proverb, most people in so-called “developed” countries are enemies of themselves, because their dinners are their main meals.

People who fill up their bellies with food shortly before going to bed at night give their bodies little chance, if any, to have a rest. Their metabolism must be active all night to process the overload...

### ***Keep in mind the Big Picture***

Whatever we do (or avoid doing) we should keep in mind what impact our choices have on the Environment that we are a part of. This of course includes deciding what to eat and preparing our meals.

Our own organism is not the only system in Nature that has limited resources to maintain its existence. Every living creature, every ecosystem on Earth and also the entire Planet are all systems with limited resources.

Do you remember the story of the water from a pristine and undisturbed ecosystem that had “miraculous” healing properties not achievable by any known therapy on Earth?

How many pristine undisturbed ecosystems on Earth do you know of? How many of those are in your country? Do you realise how serious the issue of destroying these ecosystems beyond their ability to repair themselves is?

By destroying the ecosystem we destroy the best (if not the only) thing that can help us in times of real trouble... Existence of balanced ecosystems is a necessary condition for Life on Earth to exist.

For this reason, you should examine each and every ingredient that you use in your cooking (including the packaging) and ask yourself: “What footprint do I make on the environment by using this ingredient?”

For example, let’s suppose that you use meat in your diet. Are you aware that the demand for grazing animals (their meat) is one of the **main reasons** for vandalizing forests, ecosystems and clearing land on a large scale for many centuries?

In order to appreciate the effects grazing animals have on ecosystems in Nature, imagine having a cow in your garden for just one day. Your garden will most likely take months, if not years, to recover from the damage<sup>12</sup>.

In contrast, your vegetable garden without a cow, if managed wisely, can supply you and your family with food for the entire growing season - year after year...

Can you see that the demand for meat (that you help to sustain by using meat in your diet) directly contributes to the systematic and growing destruction of the ecosystem on a large scale?

I am not the first person on Earth who has consciously chosen to avoid eating meat. Many great thinkers from Buddha to Einstein<sup>13</sup> concluded that avoiding meat is a good idea.

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<sup>12</sup> One cow eats and drinks more in one day than one person does in two months.

<sup>13</sup> “Nothing will benefit human health and increase chances for survival of life on earth as much as the evolution to a vegetarian diet.” Albert Einstein  
“Animals are my friends and I don’t eat my friends.” George Bernard Shaw

There are many more rational reasons to avoid meat<sup>14</sup>. One of them relates to the ever-increasing amount of hormones, antibiotics and toxic chemicals that are used to feed animals and accelerate their growth.

When someone tries to serve me meat I simply ask: “do you know what sicknesses this animal had before it was killed for meat?” and when the person begins to ponder I add: “Do you have a desire to find out?”

## **Energy efficiency**

One of the special aspects of the Big Picture is energy efficiency of our household activities.

How much energy do you use in your cooking? Where does this energy come from? What impact on the environment does your energy consumption and waste have? What can you do to reduce your energy consumption and your footprint on the environment?

Pressure-cooking and using a wok correctly help us to increase the energy efficiency of our household, simply because these methods enable us to cook very fast.

One of the most energy efficient methods of food preparation is sprouting.

Perhaps the most polluting of all cooking methods is using electricity. This is because most electricity on Earth is produced from fossil fuels with efficiency as low as 20%. This means that for every kWh of energy produced from fossil fuels FOUR kWh escape via various chimneys, pollute the atmosphere and contribute to planetary overheating. By the

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<sup>14</sup> Please read *The Joy of Perfect Health* book [10], for more details

time electricity reaches your house, at least another 7% of it is lost in transmission lines.

From the above it is clear that unless you generate your own electricity from renewable sources, such as Sun or wind for example, you should avoid using electricity to cook your food whenever possible. Electricity is great, but turning it into heat is an environmental crime.

By using an appropriately sized gas burner to cook food you are likely to produce **up to 5 times less pollution** (greenhouse gasses) than when using electricity that comes from fossil fuels.

Even though all my electricity is generated 100% from Sun and wind, in my cooking I only use electricity for my rice cooker and sporadic microwave re-heating. My rice cooker is well insulated (it is cool to touch when the cooking takes place in it) and hence uses the minimum possible amount of electrical energy.

## **Tools**

Using good tools is one of the conditions necessary to enjoy preparing meals.

Contrary to popular belief, this does not mean that your kitchen needs to be cluttered with gadgets. When I built my house I promised myself that I would have in it only things that are absolutely essential and that are used frequently.

My list of essential kitchen tools include:

## **Knives**

Before our genius politicians ban kitchen knives to increase their grip on power it is a good idea to acquire a good set. After cooking for many of my visitors for several years I found that only three knives are really needed: one long and thin, one wider and shorter and one very small, short and thin for cleaning vegetables.

Since the most essential property of all good knives is sharpness you also need a good sharpener. The best and easiest to use are sharpeners with tungsten/carbide (a very hard material) blades arranged in V shape on some handle. The V shape is important because it maximizes the sharpness while minimizing the knife wear due to sharpening. Using this style of sharpener it takes only a few seconds to make your knife razor sharp.

Another necessary companion to a knife is a cutting board. I have 3 cutting boards that I use when preparing wok dishes or when my visitors offer their help in cutting ingredients.

## **Pressure cooker**

It is almost unbelievable how useful, efficient and time saving a good pressure cooker is when you use it properly.

Unfortunately, most pressure cooker recipes and manufacturers' instructions miss the most important point – simplicity of use. My instructions take only a few lines of text and are identical for whatever I cook:

1. Cover the bottom of your pressure cooker with 2 to 3cm (@1 inch) of water.
2. Put in a combination of vegetables, mushrooms and sprouted grains/beans of your choice, close the lid and heat up as fast as you can until the maximum pressure

is reached. When the pressure relief valve begins to whistle turn off the heat. This typically takes less than 10 minutes.

3. Do something else until the pressure drops by itself (on most pressure cookers there is a pressure indicator). You can come back in half an hour or **the next day**; the food will wait for you and be ready to eat.

That's all. How much simpler do you want your cooking instructions to be? This is as simple as operating a kettle isn't it?

A nice feature of pressure-cooking is that it produces very little, if any, smell in you kitchen. All flavours and aromas are locked inside the pressure cooker - ready to be appreciated when you serve the cooked meal.

There is one very useful thing to remember about pressure cookers: unlike any other method of cooking, fully loaded and partly loaded pressure cookers will take almost exactly the same amount of time to cook ingredients. This time is determined primarily by the amount of water you put at the bottom. So, if you want to save time, always aim to load your pressure cooker as much as you can.

I have 3 pressure cookers of various sizes<sup>15</sup> and to my great surprise I found that I only use the largest one (9 litres), even when I cook only for myself.

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<sup>15</sup> My favourite brand of pressure cooker is Lagostina Brava. Their design uses the minimum possible amount of rubber and can be tightly sealed even without steam pressure. Sealing without steam pressure is important, because there is no smell in your kitchen when you cook and after you finish cooking. Some other pressure cookers have awkward rubber seals that deteriorate and require very fast boiling to begin sealing. Using Lagostina pressure cookers I can pressure-cook on the slow heat of my wood stove when I have it on in winter.

In practice, 9 litres of raw ingredients shrinks to about 5 litres of pressure-cooked mix. I can either serve one meal for 10 people or 10 meals for myself.

Since my method of cooking in a pressure cooker uses very little water, my pressure cooker meals are much tastier than they would be if they were cooked in a larger amount of water. For this reason I found that it is not necessary to add any spices in my pressure-cooking – the ingredients themselves provide enough flavour.

Since I do not add spices when I cook in a pressure cooker, I can spice a part of the pressure-cooked mix differently if I want to - just before I serve it as a meal. I can turn parts of my pressure-cooked combinations into soups, curries, sauces, salads, gravy or whatever I choose.

Pressure-cooked mixes store quite well in a fridge after they cool down. In my chest fridge (that minimizes temperature fluctuations) I can store them for up to 2 weeks in a sealed container.

For this reason I recommend you acquire the largest pressure cooker that fits on your stove and in your kitchen cupboard for storage. 9 litre seems a good size.

It is of paramount importance to get an **all stainless-steel** pressure cooker.

There are some cheaper aluminum-pot pressure cookers on the market (typically used in restaurants), but they can be a health hazard. Aluminum is chemically resistant to acids, but dissolves easily in alkali. Hence, when you cook an alkaline ingredient, your meal **will** contain dissolved aluminum. As you know, our organism is not quite designed to digest metals...

## **Wok**

I have a great respect for cooking methods and tools that are many thousands of years old and are still in use today.

Chinese wok is a good example of such a tool. When used correctly, the wok will help you to cook a great variety of wonderful meals in a very short time.

When using the wok it is wise to follow the following rules:

1. Use at least a teaspoon of sesame-seed oil in addition to olive oil in your wok cooking. The sesame-seed oil when mixed with the olive oil raises the boiling temperature of oil. This translates to faster cooking.
2. Cut all ingredients into small pieces before you put the heat on.
3. Warm up the oil in the wok well - before you put any ingredient into the wok.
4. The sequence of putting ingredients in the wok is critical. Ingredients that take the most time to cook should be put in a wok first. For example if you cook a dish containing carrots onions and mushrooms, sliced carrots should go first. When the sequence is correct you should be able to cook using the maximum heat setting of your stove and the least amount of time.
5. Rice and other grains should only be added pre-cooked when all other ingredients in the wok are fully cooked and the heat is turned off. It is actually better to serve rice (and other grains) separately from the wok-cooked topping, especially if you serve many people.

If possible, choose a stainless steel wok with a double-thick bottom at the center. Avoid non-stick plastics.

A limitation of the wok is that it can only be used with flame generating stoves. For electric cooking you need to buy a special wok with its own built-in electric heater.

## **Rice cooker**

One of the very convenient Asian inventions is a rice cooker.

The best feature of a rice cooker is that it is simple to use and fully automatic. Hence, you can put your ingredients and water in a rice cooker and come back the next day – the meal will wait for you ready to eat.

The only problem I found is that rice cookers with stainless-steel pots are not available. For some mysterious reason all rice-cooker pots are covered with a non-stick plastic that is convenient to clean, but not quite healthy. If you can find a rice cooker with a stainless-steel pot, please let me know.

I use the rice cooker not only for rice, but also to make bread. Details are in the Recipe section.

## **Mincer**

To make my bread I use a mincer to crush sprouted seeds so that they can stick together when warmed up.

If possible, buy a mincer that is built from non-rusting and non-corroding metals such as stainless steel for example.

I have 2 mincers, one hand operated and another electric. The hand mincer has steel parts that rust if left moist in the air. My remedy is to submerge them in olive oil for storage. I have a plastic container that stores all bits and pieces of my cheap mincer covered in oil.

## **Saucepans**

Since I do most of my cooking in my pressure cooker, I found that I only use a medium-size saucepan, mainly for re-heating.

I keep only 2 saucepans in my kitchen, because I concluded that any more would clutter the space.

## **Frying pan**

For most purposes, including reheating, a wok can serve as a frying pan. However, from time to time I find a plain flat frying pan handy.

When shopping for a frying pan, make sure that it is stainless steel with a thick heat conductive bottom and that it has a good cover.

## **Kettle**

It seems quite trivial to list a kettle, but since it took me a few weeks to find a good one I decided to share my experiences.

The criterion that made my choice difficult was that I wanted to be able to use my kettle on my wood heater (that I use in winter to warm the house interior) as well as on my gas stove. Many stainless-steel kettles have a recessed bottom that would not be in direct contact with the flat surface of the wood heater.

I have chosen a kettle with a thickened bottom that becomes in direct contact with any flat surface that the kettle is put on. Direct contact is best from the point of view of the heat transfer efficiency between the surface of the heater and water in the kettle.

## **Salad Bowls and Strainers**

A good selection of generously sized stainless-steel salad bowls and matching strainers will greatly help to make your food preparation more efficient and enjoyable.

Aim for the largest salad bowls that you can imagine useful in your kitchen. You will appreciate the larger size every time you mix ingredients in a bowl – they won't spill and you will have less cleaning to do.

It is difficult to have too many salad bowls. When you want to sprout rye, barley, beans and soak some grapes or other fruit as well as serve a salad, you may need 5 or more bowls simultaneously.

It is best to put some effort into composing bowl-strainer sets, with strainers snugly fitting in your salad bowls. Don't be surprised if it takes you a lot of time to find a combination that really works well. I could only find plastic strainers that were large enough and fitted well enough into reasonably sized stainless steel bowls.

Well-fitted strainer-bowl combinations are very convenient for sprouting (changing water is easy), soaking fruit and vegetables (for washing) and even for serving washed fruit.

It is handy to have all salad bowls of the same size so that they fit into one another for easy storage.

## **Wet & dry sandpaper**

Using a fine grade of wet & dry sandpaper is by far the easiest and fastest method of cleaning stainless steel pots and pans, both inside and out.

Unlike “steel wool” or other scrubbing devices, fine wet & dry sandpaper takes very little effort to implement, does not clog and can be easily washed and re-used. I cut the sandpaper into small pieces, about ½ the size of the palm of my hand using scissors.

## **Food storage**

### ***Refrigeration***

One method to slow down food spoilage is to lower the temperature at which the food is stored. The more constant the temperature is - the more effective the low temperature storage.

Bacteria and other micro-organisms interpret temperature swings in the fridge interior as a trend that may continue and begin to breed. This is the main mechanism of food spoilage in fridges.

Where do temperature swings in our fridge come from?

As you know, cool air is heavier than warm air. If your fridge has a vertical door, every time you open it, the cool air leaves your fridge, just because it is heavy. For this reason, after the vertical fridge door closes, the fridge compressor usually begins to work in order to cool down the fridge interior again.

These temperature fluctuations in vertical door fridges not only accelerate the food spoilage but also make these fridges energy-inefficient.

Using vertical doors in refrigeration devices is clearly an act against the Nature of Cold Air. Understanding and cooperating with Nature rather than acting against it should lead to better and more efficient food storage. So what is a better way?

The better way is to use a “chest fridge” in which the door opens vertically so that the cold air stays in the fridge. Instead of several kWh of energy per day (like a typical vertical-door fridge) my chest fridge<sup>16</sup> (a chest freezer turned into a fridge) consumes only 0.1 kWh per day.

This means that by banning vertical-door fridges in just one large city we could save enough energy to shut down one medium-size power station!

Not only this. Food stored in a chest fridge remains in top condition for significantly longer than in a fridge with a vertical door, because temperature fluctuations inside the chest fridge are smaller and less frequent.

In one of my extreme experiments I stored half-a-jar of natural (organic) yogurt in my chest fridge for six months. The yogurt was still edible.

Have you ever tried to store half-a-jar of yogurt in your fridge for six months?

## ***No fridge?***

Can you imagine life without a fridge?

At one stage of my life I lived in a city apartment without a fridge for about 2 years.

During this time I experimented with methods of storing food without a fridge, even during the hottest days of the Australian summer. Let me explain a few things that I found out.

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<sup>16</sup> For details of my chest fridge and an explanation of how to make your own please see <http://mtbest.net> and follow links to fridge articles.

Imagine that you bought a whole cabbage and plan to use only a part of it in your meal. Which part of the cabbage would you use?

The best is to peel the individual leaves from the outside - taking as many leaves as we need for our meal. The remainder of the cabbage, when kept moist and upright will not only “store” well but will actually **grow**, supplying you with perfectly crisp leaves for many days if not weeks.

By taking the outside leaves gradually, we actually let the cabbage **stay alive**.

In contrast, when we cut our cabbage in half (like most people do) the unused half begins to spoil the next day.

The above example brings to our attention a principle of food storage that is quite general: whether you use a fridge or not, the best way to keep your food is to **keep it alive**.

## **Recipes**

Recipes presented further in this book are examples of what I cook and what I serve to my guests and visitors. They illustrate how to prepare tasty, satisfying and nourishing meals from very simple ingredients using the minimal possible time.

My way of cooking encourages you to explore and examine each and every ingredient before you use it in your meal. The direction is “back to basics”.

The intention of presenting example recipes is to inspire you to improvise. My suggestion is to try the simplest recipe first and then explore some variations.

Remember that my direction is not to consume “more ingredients” in a meal. My aim is to help our metabolism to become more efficient.

## ***Sprouting***

Sprouting involves

1. Covering the grain of your choice with good quality water.
2. Keeping water-covered grain at room temperature until sprouts emerge from the grain.
3. Changing the water at least twice a day and washing sprouts if necessary.

During sprouting, seeds significantly increase in volume. For this reason it is very important to use generously sized containers when sprouting.

Use of strainer-bowl sets, described in the Tools section of this book, greatly simplifies the procedure of changing water and rinsing the sprouts. When the grain is in a strainer submerged in the bowl, you can just lift the strainer with the grain and discard the water from the bowl.

During any stage of sprouting you are welcome to taste the sprouting grain. When the grain is ready to eat, not only can tiny sprouts be seen emerging from it, but it also should be soft enough to chew.

Most important to remember about sprouting is that it takes **time**, sometimes 2 or 3 days. You can do something else while your seeds sprout, but you need to plan at least some of your meals ahead.

The better your water is and the better quality your seed is, the faster your sprouting will occur.

My method is to have something sprouting most of the time. It is a good feeling to have baby plants growing in your kitchen. Seeds that I most frequently sprout include barley, rye, various beans and lentils.

## **Essene bread**

This recipe is many thousands of years old. The method of making bread described here was used by the Essenes<sup>17</sup> - an ancient community of ascetics from the Middle East who had a philosophy of focusing on “essential” things.

This bread contains no flour, **no yeast** and requires a very little amount of energy to make. Please **do not bake** this bread. If you do, you may break your teeth trying to eat it. Only a thorough warming (@60 degrees Celsius) is required to activate starches that glue the loaf together.

### **Ingredients**

1. Sprouted grain (barley, rye, wheat etc... or any combination of sprouted grains), somewhere between 3 and 6 cups
2. One or two spoons of olive oil
3. Salt (about 1 flat teaspoon)

Optional ingredients include: crushed garlic or onions, spices of your choice, soaked raisins or other fruit, honey. Please do not add all optional ingredients in one bread. Decide if you want a plain, sweet or spicy bread. My advice is to make the basic bread first before experimenting with variations.

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<sup>17</sup> Essenes were a community that existed between 2nd century BC and 1<sup>st</sup> century AD. What distinguished them from all their contemporaries was that **a**) they were committed to a pure lifestyle, free from criminal and immoral activities **b**) they had no slaves, served one another and hence avoided “business” **c**) they accepted the wisest person as a leader and obeyed his advice **d**) they refused to kill and eat meat **e**) they insisted on the immortality of Consciousness and **f**) observed a three year probation for joining members.

## Method

1. Drain and mince the sprouted grain, gradually adding salt
2. Add olive oil and any reasonable combination of optional ingredients. Mix well by hand
3. Put the mix into a rice cooker pot. Compact the content with a spoon so that the top surface is flat. Compacting allows the mix to glue together when warmed up
4. Turn on the rice cooker on “keep warm” for about an hour. Then turn it off and allow the bread to cool down before removing it. Alternatively you can use the Sun to warm your bread up, if you have enough sunshine.

To remove the bread from the pot use a plate that is slightly smaller in diameter than the rice cooker pot. Place the plate on top of the bread. While holding the plate in contact with the bread turn the rice cooker pot upside down so that the plate stops the bread from falling.

## Serving

Essene bread needs to be cut with a sharp, wet knife.

Since Essene bread is very dense, the serving size needs to be quite small. As a guide, aim for serving “cracker size” or “bite-size” slices that are as thin as practicable. Adjust the thickness of the slices if necessary so that they do not disintegrate.

When serving an Essene bread meal, consider letting your guests and companions compose their individual sandwiches.

Slice some sandwich-topping ingredients (such as cheese, tomatoes, cucumbers, mushrooms, radishes, etc.) so that slices have similar sizes to your Essene bread slices. Arrange these sliced ingredients decoratively on some plate(s).

Add some spreads and spices (such as mustard, avocado, Vegemite etc.) and a glass of good water for everyone present.

My favorite Essene bread sandwich topping combinations are

1. Cottage cheese (or Philadelphia) and cucumber
2. Vegemite (very thin), any cheese and tomato
3. Mustard (thin) and wombok (Chinese cabbage) leaf and tomato
4. Avocado and tomato
5. Tahini (sesame seed spread) and honey

## **Storing**

Store your Essene bread in a fridge inside a plastic container with a lid. The container with a lid will prevent the bread from drying prematurely.

Essene bread can be stored this way for at least a week.

Rather than freezing Essene bread in an attempt to store it longer, consider making a loaf or two every week. If your sprouts are ready, making bread from them takes only 15 minutes of your time.

## ***Haloumi cheese***

Making cheese is one of the ancient methods of preserving milk products.

The tradition of making haloumi cheese seems to originate in Cyprus and Greece and is many thousands of years old. Today haloumi cheese is very common in the everyday diet of Cyprus.

The method described here is my adaptation of the traditional method that Cypriots around the world use at home to make haloumi. They make haloumi at home, simply because they cannot buy a good haloumi anywhere.

Of all cheeses I make **only** haloumi cheese, because I found this cheese to be the most versatile. It is the only cheese that you can fry...

Since making haloumi using this method takes about 3 hours (including cleanup) I make the cheese only once a month or so from 10 or 20 litres of milk. The larger the amount of milk, the larger pot and other vessels you need.

## Ingredients

1. Fresh whole milk, preferably straight from the cow. 10 litres of milk will make somewhere between 1 and 2 kg of cheese, depending on the quality of milk. If the milk is cold, you will need to warm it up to about 40°C.
2. Rennet. I use microbial-based rennet made by Chr.Hansen, one of the world's largest rennet manufacturers. Any cheese making supplies shop should have rennet.
3. Dried mint leaves. I also tried Vietnamese mint and Mountain Pepper (*Tasmannia lanceolata*) leaves that grow in the forest around my house.
4. Salt

## Tools

1. 10 litre bucket with tight lid for transporting milk
2. Large cooking pot with lid
3. Cheesecloth. I use off cuts of a nylon mesh curtain fabric. It is light, soft, strong, washable and very resistant to tear. Make sure that holes in the cloth are not too small; otherwise it will take you a long time to

squeeze the excess liquid from the curd. My cloth has holes approximately 1mm across and each piece is about 1 meter square.

4. 2 or 3 strainer-bowl sets
5. A large strainer spoon (a spoon with holes)
6. Mesh strainer with a handle that fits inside the pot

## Method

### Overview:

- a) Add rennet to warm (40°C) milk, wait for curd to form
- b) Separate the curd from whey and press it until it is solid
- c) Boil small pieces of compressed curd in the whey until they float
- d) Drain the hot cheese pieces, add salt and spices
- e) Wait for the cheese to cool down for storage or serving

### Details:

1. If the milk comes straight from the cow and is warm, add rennet to the bucket of milk and wait about 20 minutes for the curd to separate. Read your rennet instructions to see how much you need, because rennets come in different concentrations. If you start with milk that is cold, warm it up to about 40°C before adding rennet. You can use a thermometer or your body temperature as a guide. (40°C is a comfortable shower temperature). Officially I have to tell you that, according to health regulations in most countries, you should pasteurise milk before making any cheese from it. My preference is to follow the ancient Cypriot approach: make sure that the cow that gave milk is perfectly healthy.
2. Place cheesecloth in each strainer-bowl set. Using a strainer spoon (a spoon with holes) move the curd from the bucket to your strainers, distributing it evenly between all available strainers. Small amounts of curd are easier to press than large amounts. For this reason use as many bowls as practicable.

3. When there is mainly whey in the bucket, pour this whey through a strainer to your pot. Solid curd caught by the strainer should be added to one of the strainer-bowl sets.
4. Cover the lid of the pot with whey and put it on the stove. Turn the heat on – we need to **boil** the whey.
5. While the whey is being heated up to boil we need to press the curd and squeeze the excess whey from it. Begin by joining together all edges of the cheesecloth above the curd. Then twist the top of the cloth and squeeze the curd gently. Whey collected in the bowl should be added to your pot.
6. When the curd is tightly wrapped with cheesecloth, place it on the bottom of the strainer. Put a suitably sized plate on top and place something heavy on top of the plate – the heavier the better. The aim is to create a cheese-press in your strainer.
7. Every 10 minutes or so, collect the whey from the bowl underneath the strainer.
8. Observe the heated whey. Collect any foam that forms in it using a mesh strainer with a handle and put this foam in a separate bowl. This foam is a version of “ricotta” cheese and can be used to make a nice dessert by adding some cinnamon and honey when it cools down. It needs to be used within a few hours.
9. Mix about 200 grams of salt with crushed (or blended) mint leaves (or other spices) in a bowl. It is better to have too much herbal salt than run short. If you make too much herbal salt mix, you can use it later for something else.
10. Test the curd. By the time the whey boils the curd in your strainers should be compressed enough for the final stage. Remove the plate and unwrap the top of the cheesecloth to test the curd. The curd should be similar in hardness to the tip of your nose and you should be able to see an imprint of your cheesecloth on the surface of the curd. If the curd is solid enough to cut into pieces, proceed to step 11. If not, strain the whey and press the curd for some time longer,

putting more weight if possible. When I am in a hurry I stand on the plate.

11. Remove the curd from the cheesecloth. This is best done by unwrapping the top of the cheesecloth, putting a plate directly on the curd and turning the plate-curd combination upside down. When the curd rests on the plate the rest of the cheesecloth can be easily removed.
12. Cut the curd into pieces. They can be various sizes, but I found that the easiest to handle are pieces that are similar in size to 2 or 3 matchboxes put together.
13. Make sure that the whey boils. Place pieces of the compressed curd, 10 or so at a time, in the boiling whey. Cook them in the whey until they float. Continue cooking them for 1 or 2 minutes longer and then put them on a strainer to drain. Put the next 10 pieces of the compressed curd in the boiling whey and while they cook, spice up the previous batch with the herbal salt that you prepared in step 9. Make sure that you spice all sides of each piece. Salt serves a double purpose here: it acts as a spice and as a preservative
14. Allow the cooked and spiced cheese pieces to drain and cool down. Your haloumi is ready.

## **Serving haloumi**

Haloumi is one of the most versatile cheeses you can find anywhere. It can of course be used as any other cheese, but it is also a superb replacement for meat and tofu.

## **Fried Haloumi**

This dish is one of my all-time favorites, especially if made from “young” haloumi that has not been stored in salty brine.

Just fry the required number of pieces of haloumi in olive oil (in a frying pan) on medium heat until they begin to develop a brown skin. Serve the fried haloumi:

- By itself
- With Essene bread
- With cooked rice/buckwheat/barley and vegetables
- With cooked potatoes and salad
- With salad
- With fruit like melon or grapes for example
- or any combination of the above

## Storage

**Brine.** The traditional method of storing haloumi is to submerge it in salty brine, similar to the brine used for feta cheese. According to an ancient rule, the salt concentration should be such that an egg begins rising to the surface if put in the brine. Storing in brine works without a fridge, but a fridge increases the haloumi storage time from days to weeks. A disadvantage of using brine to store haloumi is that the longer the cheese remains in the brine, the harder and saltier it becomes. Since my favorite is a “young” haloumi, I avoid storing it in brine.

**Fridge.** Well-salted haloumi will last more than a week in a fridge when stored in a sealed container. It will remain “young” and delicate, ready to be consumed whenever is needed.

**Freezer.** Freezing young haloumi can preserve it for many months if not years. When storing haloumi in a freezer it is wise to wrap each individual piece (or each serve) in a polyethylene bag for easy retrieval and defrosting.

## **Russian soup**

This soup is my modification of the Russian “borscht” – a very traditional Russian soup. It is one of the simplest meals to make, provided that you use a pressure cooker. The recipe is for 8-10 serves.

### **Ingredients**

1. One Cabbage (or curly cabbage or red cabbage or Chinese cabbage)
2. 1 kg pumpkin (or carrots or potatoes or zucchini)
3. 2 complete sticks of leek (or 5 onions)
4. 5 large ripe tomatoes (or 140g plain tomato paste)
5. **No spices and no salt please**

### **Optional ingredients**

1. Mushrooms (either dried or fresh, any edible species)
2. Sprouted beans, grain (any kind) or lentils

### **Method (pressure cooker)**

1. Cover the bottom of the pressure cooker with 2-3cm (1 inch) of water. If any of your ingredients are in dried form (like dried mushrooms for example) add them first.
2. Cut all ingredients (if needed) any way you like and put them in the pressure cooker. Fill in the pressure cooker as much as possible. The ingredients will shrink, even when you push them down hard. Do not bother mixing them.
3. Close down the pressure cooker lid, put the cooker on the maximum possible heat and bring it to the top pressure. If necessary consult your cooker manual to see how to do it.

4. When the maximum pressure is reached and the pressure relief valve begins to whistle, turn off the heat.
5. Wait until the pressure drops. If you are not sure how to detect this, consult your cooker manual. This should take about 30 minutes. When the pressure drops your Russian Soup is ready. Mix all cooked ingredients before serving or storing the soup.

This soup is tastiest on the 3rd day after cooking. In a sealed container in your fridge the soup should store well for at least a week.

## Serving and variations

**Plain.** Serve warm in a bowl. If you store the soup in the fridge reheat only the part that you serve.

**Cold.** During hot summer weather serve cool or cold with plain yogurt (or cream) either mixed up or left in each bowl on top.

**Russian style.** Serve well warmed up in a bowl, adding one or two tablespoons of plain yogurt (or cream) on top in each bowl. Do not mix. Leave the choice of mixing to the person who will eat the soup. Serve with rye bread (Essene bread is fine).

**Garlic.** Serve as in Russian style, but adding some freshly crushed garlic to each bowl.

**Curry.** Add curry powder to the part that you serve. This can be done in each bowl or when reheating. Serve with warm rice or by itself.

**Vegetable Sauce.** Serve plain or spiced on top of :

1. warm rice
2. cooked potatoes

3. sprouted and cooked barley
4. sprouted and cooked rye
5. cooked buckwheat
6. cooked buckwheat pasta (try a Japanese shop)
7. rice noodles

**Crème.** Using a blender, mix the soup until it has a smooth texture. You can spice it or not. Serve with a tablespoon of yogurt in each bowl.

The above variations are just a few suggestions for you to experiment with. Try to explore each suggestion, taste the result and then experiment with other variations.

## ***Radish soup***

This is a traditional French soup made using radish leaves that most people discard.

### **Ingredients**

1. Radish leaves (from several bunches of radishes)
2. Potatoes (or pumpkin or zucchini or any combination of them) @ 1 to 2 kg total
3. Olive oil (5-10 spoons)
4. Salt to taste

### **Method**

1. Clean potatoes (or pumpkin or zucchini) and cut them in @ 2cm pieces. Size is not critical.
2. Cover the bottom of the pressure cooker with oil and turn the heat on.
3. Place about 2/3 of all radish leaves with 1 teaspoon of salt in the oil. Mix continuously on high heat for about 2-3 minutes until radish leaves become very soft.

4. Add cold water so that it covers the radish leaves well (about 2 cm cover).
5. Add cut potatoes (or pumpkin or zucchini) and close the pressure cooker lid.
6. Put the cooker on the maximum possible heat and bring it to the top pressure. If necessary consult your cooker manual to see how to do it. When the maximum pressure is reached and the pressure relief valve begins to whistle, turn of the heat.
7. Wait until the pressure drops. This should take about 30 minutes. If you are not sure how to detect this, consult your cooker manual.
8. Open the pressure cooker, add fresh radish leaves and blend the lot using a hand-held blender. Add salt to taste. It is also possible to blend only the part of the soup that you are planning to serve immediately.

## **Serving**

French people serve this soup with croutons. Since I avoid wheat I serve it with the Essene bread.

## ***Flower salads***

### **Ingredients**

1. Any combination of green edible leaves (such as lettuce, cabbage, Chinese cabbage (wombok), beetroot leaves, silver beet, oriental greens etc.)
2. 1 cup of edible flowers (such as Chinese cauliflower, radish flowers (my favorite))
3. 1 cup (250ml) of plain yogurt, Greek style if possible (for dressing)

### **Optional ingredients**

You can add any number and any combination of the following optional ingredients. The best is to choose 2 or 3.

1. 2 fully ripe tomatoes
2. 1 cucumber
3. Sprouted grain or beans or lentils (any sprouts)
4. Cooked rice or buckwheat or potatoes
5. Haloumi or feta cheese
6. 1 ripe avocado
7. Fresh mushrooms
8. Spring onions
9. 1 clove of garlic, crushed
10. 10 radishes (grated)
11. Coarsely grated carrot
12. Coarsely grated apple
13. Curry powder (for dressing)
14. Hot mustard (for dressing)

## **Method**

1. Chop all ingredients, except flowers, into small pieces (cubes or strips if possible). Pieces of ripe avocado, if used, can be scooped with a spoon from inside of the avocado skin (after the stone is removed).
2. Place chopped ingredients in a generously sized salad bowl. Mixing salad in a bowl that is too small leads to a mess.
3. Mix yogurt with optional spices, add it to the salad and mix well.
4. Before serving, decorate the salad with flowers, cutting them if necessary.

## **Serving and variations**

The optional ingredients above allow hundreds of variations. Basically, you can put anything edible in your salad, including leftover rice, buckwheat and some Russian soup.

Don't feel limited to the list of ingredients above. If you have a garden you can add anything edible that grows there when you make your meal.

Avoid mixing too many ingredients. Somewhere between 5 and 8 ingredients seems best. If you plan to serve many people consider making 2 salads with different combinations of ingredients.

Adding cooked rice, buckwheat, potatoes, sprouted grain, beans or cheese makes this salad very nourishing. Even gym-going bodybuilding people who come to help me re-grow the forest are surprised at how satisfying such a salad becomes.

When adding curry or mustard it is best to add very little, so that the spices are barely perceivable. Let your guests wonder what that flavour is ...

The salad can be served with a glass of spring (or well filtered) water and

- Essene bread. You can make some extra dressing for a bread dip.
- Cooked rice, buckwheat, barley or potatoes
- Fried haloumi

## ***Vietnamese rolls***

This is a traditional Vietnamese dish. Highlighted ingredients are the most important. Vietnamese mint can be acquired at any Vietnamese shop or restaurant. Try to get some branches, cut them in short pieces and put them in a glass of water until they create roots. Then plant Vietnamese mint bushes in pots or in your garden. They like moist, warm and partly shaded places and will grow in pots in your kitchen or bathroom. Serves 4 people.

## Ingredients

1. **10 fresh mushrooms**
2. **20-30 leaves of Vietnamese mint**
3. 2-3 cups of bean sprouts
4. Some green leaf vegetables (such as lettuce, cabbage, Chinese cabbage (wombok), beetroot leaves, silver beet, oriental greens etc.), equivalent in volume to 1 lettuce
5. Peanut butter or tahini (sesame seed spread)
6. Tamari soy sauce, organic if possible (no wheat please)
7. 2 packs of rice paper sheets (about 20cm (8") diameter)

## Optional ingredients

1. Smoked tofu, cut in tiny cubes
2. Haloumi, cut in tiny cubes
3. Coarsely grated carrot (for colour)
4. Sprouted grains or lentils (can replace bean sprouts)

## Tools

1. Small (half size) tea towel for each person
2. Large (at least 30 cm (12")) bowl, the larger the better
3. Salad bowl

## Method

**Sauce.** Mix peanut butter (or tahini) with the Tamari sauce to obtain a smooth semi-liquid paste. The sauce should flow from the spoon, like warm honey. This sauce can be stored in the fridge for many weeks, so don't worry if you make too much of it.

## Salad

1. Put a kettle on with at least 3 litres of water.

2. Cut mushrooms in small cubes. Add (optional) tofu or (optional) haloumi and fry them in olive oil in a wok, mixing from time to time.
3. While mushrooms and other optional ingredients fry, cut all remaining ingredients in small pieces. Chop the sprouts if they are long. Put all ingredients into the salad bowl. Vietnamese mint leaves should be chopped as finely as possible. You can use a blender for them.
4. When mushrooms are soft and begin to release their aroma, drain them and add them to the salad bowl. This step is best done just before serving.

## Serving

It is best to let your guests roll the Vietnamese rolls themselves. This not only saves your time, but makes everyone eat slower and have fun. I found that this is a great party food.

There are no plates needed for this dish.

1. Place an unfolded tea towel in front of each person.
2. Pour a mix of cold and hot water from the kettle to the Large Bowl until it is almost full. The temperature of water should be such that you can put your finger in it for a few seconds without burning it.
3. Put the bowl with the salad in the middle of the table, with the small bowl of sauce next to it.
4. Demonstrate the roll-making to everyone present. Take one sheet of rice paper and **slide it** into the water sideways, making sure that it is fully submerged. When the rice paper becomes soft (after 5-10 seconds in warm water) remove it from the water and place flat on the tea towel in front of you. Take 1-2 tablespoons of the salad and place in the middle of your rice paper. Begin rolling the rice paper around the salad – as tight as possible. When you pass the

middle, flap the sides of the rice paper inside and keep rolling. The roll should hold together when you lift it up.

5. Hold your roll vertically and put a little bit of sauce on top. The roll is ready to eat. Instead of adding sauce for each bite you can add sauce to the salad before you begin rolling.

## **Variations**

When you serve many people it is best to have several bowls of salads, sauces and water distributed on your table, so that they are all easily accessible by a few people simultaneously.

You can have identical salads in each salad bowl, or you can make a few variations. Whatever you do, make sure that both fried mushrooms and Vietnamese mint are present in each bowl.

## **Sushi**

Sushi is a traditional Japanese food made for at least one thousand years. Below is my favorite variation, inspired by my frequent visits to Japan and optimized by many years of trials. My improvements include: using organic/biodynamic rice, using warm rice for rolling, using honey rather than MSG<sup>18</sup> in the dressing, using avocado over and above any other filling and using spring-quality water to cook rice. Sushi has very few ingredients and their quality is of great importance. Serves at least 4.

## **Ingredients**

1. Rice (organic or biodynamic if possible) – 2 cups
2. Plain vinegar (50-70ml)
3. Honey – 1 or 2 spoons

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<sup>18</sup> MSG – MonoSodium Glutamate, a chemical that creates the sensation of good taste (it fools our perception of taste).

4. 2 ripe avocados (or cucumbers cut into strips)
5. Sushi nori (dried seaweed sheets) – 1 pack
6. Wasabi paste (Japanese horseradish paste)
7. Tamari soy sauce (organic if possible, no wheat please)

## Tools

1. Rice cooker
2. Sushi mat (a tool for rolling sushi)
3. Table knife with round tip (for avocado)
4. Razor sharp small knife (for cutting sushi rolls into pieces)

## Method

1. Put 2 cups of rice and 4 cups of water in the rice cooker bowl and turn the rice cooker on. Use the best water you can get. I use reverse-osmosis filtered rainwater.
2. Make the rice dressing: mix 50-70ml vinegar, 50ml water with 1 or 2 spoons of honey.
3. Prepare sushi nori (seaweed sheets). When you make sushi for the first time you can use 21 x 18 cm sheets straight from the pack. When you acquire some experience in rolling the sushi, cut the sheets in half to use 18 x 10 cm pieces. The entire pack of sushi nori can be cut with sharp scissors.
4. When the rice is cooked, put it in a large salad bowl, add the dressing that you made in step 2 and mix it well with the rice.
5. Spread the mixed rice up the walls of the bowl so that it can cool down a little.
6. Fill a small bowl with warm water. One of the secrets of sushi making is to keep your fingers and tools wet.
7. Cut the avocado in half and remove the stone.
8. Place the sushi nori sheet on the sushi mat, rough side up, with the long edge on the bottom of the sushi mat that is facing you.

9. Cover the bottom  $\frac{3}{4}$  of the sushi nori sheet thinly with rice. Spread the rice thinly and evenly with a plastic spatula that usually comes with the rice cooker. Make the spatula wet by submerging it in the bowl filled with warm water. Avoid putting too much rice. It is wiser to put less than too much. About 2-3 cm (1") of the top of the sushi nori should be left free from rice.
10. Using a round-tipped table knife scoop small strips of avocado from inside the fruit and put them across the middle of the layer of rice.
11. Begin rolling the rice and avocado, keeping the avocado inside with your wet fingertips. **Pause** when the top part of the sushi nori (free from rice) is still visible.
12. **Wet** the top part of the sushi nori with a few drops of warm water using your fingertips and then complete the rolling.
13. Wait 1 or 2 minutes before cutting the roll in pieces. Use a razor sharp knife that is wet and clean. During cutting, try to place the seam in the sushi nori at the bottom, so that you don't tear it when cutting pieces. I roll all the rolls until all the rice is finished and then cut them in the same order. This way the rice has time to stick to the sushi nori.
14. Cut rolls into bite-size pieces, 2-3 cm (1") long. Arrange them on a large flat plate or tray. Place edge pieces so that the cut side is on top.

## Serving

You need a tiny vessel for each person to mix Wasabi. The best is to visit a Japanese or Oriental shop and acquire them. I actually have an entire sushi tray set for a few people just for serving sushi. Their presence on the table greatly assists in creating a traditional Japanese ambience.

## **Secret of using Wasabi**

Thoroughly mix your Wasabi paste serving with **a few drops** of Tamari first. The idea is to have no lumps, even tiny ones. When you have a smooth semi-liquid paste, you can dilute it down with Tamari to whatever concentration works best for you. The uncomfortable aspect of Wasabi is eating a lump. By smoothing all lumps to begin with, you gain the full control over the taste sensations that you want to achieve.

When your Wasabi is diluted to your favorite concentration, take a piece of sushi (using chopsticks if possible), dip it in your Wasabi mix and place in your mouth.

Sushi is best served with organic green tea. Make sure that the tea is not too strong. Green tea of the correct strength should not require sweetening.

## **Cooking grains**

### **Rice**

**Basic:** Place 1 part rice with 2 parts water (by volume) in a rice cooker. Close the lid and turn the rice cooker on. Come back in an hour or so, your rice will be waiting for you, ready to eat.

**Uzbek style** (traditional in Uzbekistan): Follow the basic method above, but add an entire (unpeeled) head of garlic, into the rice. Steamed garlic turns “sweet” and can be easily squeezed from each clove.

## **Buckwheat**

**Method 1** (rice cooker): follow the method described for rice, having in mind that buckwheat can be cooked on “keep warm” setting without boiling the water.

**Method 2:** Place 1 part rice with 2 parts water (by volume) in a saucepan with a cover. Bring the water to boil and switch the heat off. After 20-40 minutes under cover, when it absorbs all the water, your buckwheat will be ready to serve.

**Method 3:** (my grandmother’s method): Use a pot with a good lid. You can use your smallest pressure cooker. Use 2 cups of boiling water for each 1 cup of buckwheat to cover the grain. Take some newspapers or plastic bags and wrap the pot. Then wrap the pot in a blanket, making sure that it is upright at all times. When you come back in a few hours, your buckwheat will be ready.

In winter my grandmother used to put the pot with buckwheat in her bed. This method not only cooked the buckwheat but also kept her bed warm.

**Variation:** When you want your buckwheat crisper and chewier, use less water: 1 ½ cups of water per 1 cup of buckwheat.

## **Barley and Rye**

Barley and rye require sprouting before cooking.

1. Sprout the grain of your choice.

2. Cover the bottom of the pressure cooker with 2-3 cm (1”) of water.
3. Drain the grain and add it to the pressure cooker. Seal the lid and heat the cooker on maximum heat. When the maximum pressure is reached (the relief valve begins to whistle) turn off the heat.
4. Wait until the pressure drops by itself before opening the pressure cooker. This typically takes 20-40 minutes, but I typically leave it overnight.

Since barley and rye grains require more effort to prepare than other grains, I usually cook a larger quantity (for several meals) and store the cooked grain in the fridge.

Cooked barley and rye store in the fridge for at least a week when they are kept in containers with lids.

They can be used as breakfast cereals and can be added to most salads and soups.

## ***Breakfast cereals***

I found that either cooked or freshly sprouted cereals are best for breakfast. I alternate **rice**, **buckwheat**, **barley** and **rye** (sprouted and optionally cooked) adding a combination of (what I call) “amplifiers” that modify the taste and texture of served breakfast meals.

“Amplifiers” include but are not limited to:

1. Raisins (sultanas) or any other dried or fresh fruit cut into small pieces
2. Roasted seeds (sesame seeds, linseed, sunflower kernels etc.)
3. Roasted nuts (any nut kernels in any combination)

4. Psyllium husks and other brans
5. Honey

I have each “amplifier” stored in a decorative 1 litre jug with a lid, so that I can put any combination of “amplifiers” on my breakfast table for my guests to serve themselves.

I use the following ways to serve my breakfast cereals:

1. Warm, covered with soy milk. I reheat a combination of grains, “amplifiers” and soy milk either in a saucepan, or (if I only need 1 or 2 bowls) in the microwave. Please **do not add honey when reheating**. Since honey can lose some of its best properties when heated above body temperature, add honey in your bowl immediately before eating the cereal.
2. Cold with plain yogurt. On hot summer days I serve the grain in bowls and let my guests add any “amplifier” and any amount of yogurt to their bowl.

## ***Rice tea***

1. Put a kettle on.
2. Put 2 spoons of dry rice in a clean and dry stainless steel wok. Warm up the wok on medium heat and mix the rice continuously with a spoon so that it does not stick to the surface of the wok. Continue heating until the rice becomes lightly brown.
3. Turn off the heat to the wok and pour boiling water over the roasted rice, right in the wok.
4. Serve rice tea in small cups. Roasted rice is edible so you can add it to each cup. You can also add some honey.

## **Hot wok dishes**

These dishes are just a few very basic examples of wok cooking. After you try them you should understand how to use a wok and then you can improvise with just about any edible ingredients you have available. Spices are deliberately omitted, because these dishes should be tasty enough without any additional spices.

All non-liquid ingredients need to be cut in slices, small bite size.

### **Carrot wok (serves 4)**

#### **Ingredients:**

1. 1 spoon of sesame seed oil
2. 5 spoons of olive oil
3. 5 medium size carrots - sliced
4. 2 sticks of leek or 4 onions - sliced
5. 1 tomato (optional) or some green leaves (optional)

#### **Method:**

Heat oils in the wok on high heat until their mix is almost boiling. Add sliced carrot and mix it so that all slices are covered with oil. When carrot slices soften so that they can be cut with a spoon (that you use to mix them in the wok) add sliced leek or onions. You may add some more olive oil if the carrots soak in all of it. Continue mixing until onions become soft, which should take about 2 minutes. Add sliced or chopped optional ingredients (if any) and continue cooking for about a minute or two. Serve with any cooked grain (rice, buckwheat, barley or rye).

## **Mushroom wok**

### **Ingredients:**

1. 1 spoon of sesame seed oil
2. 5 spoons of olive oil
3. 2 leek sticks or 4 onions - sliced
4. Fresh mushrooms 500g (any edible type) - sliced
5. Zucchini (100 g) - sliced

### **Method:**

Heat oils in the wok on high heat until their mix is almost boiling. Add sliced leek or onions and mix them with hot oil. As soon as they begin to become soft, add sliced mushrooms and zucchini. Mix everything well, add some olive oil if necessary and cover the wok with a lid. The dish is ready when mushrooms begin to shrink a little. Do not overcook them.

Serve with any cooked grain (rice, buckwheat, barley or rye).

## **Snow peas & pumpkin wok**

### **Ingredients:**

1. 1 spoon of sesame seed oil
2. 5 spoons of olive oil
3. Pumpkin @ 300 g, cut in thin strips
4. 2 leek sticks or 4 onions
5. Snow peas @ 300g – clean ends, cut each in half, wash and drain

### **Method:**

Heat oils in the wok on high heat until their mix is almost boiling. Add sliced pumpkin and mix it with oil. After 2 minutes or so add sliced leek or onions and mix

everything well. As soon as onions begin to soften, add snow peas. Mix everything well, add some olive oil if necessary and cover the wok with a lid. The dish is ready when the pumpkin becomes soft so that it can be cut with a spoon in your wok.

Serve with any cooked grain (rice, buckwheat, barley or rye).

### ***Roasting seeds or nuts***

Put about 1 cup of seeds (or nut kernels) in a clean and dry stainless steel wok.

Putting more is possible, but gives you less control. Warm up the wok on medium heat and mix the seeds continuously with a large spoon so that they do not stick to the surface of the wok. Continue heating until they become lightly brown.

### ***Beans***

Beans should be eaten sprouted if possible. When you are in a big hurry, at least soak beans overnight in good water before cooking. They should swell (absorb water) and become soft before you begin cooking them.

The quickest and most energy efficient way of cooking beans is in the pressure cooker.

1. Sprout beans of your choice, or at least soak them overnight.
2. Cover the bottom of the pressure cooker with 2-3 cm (1") of water.
3. Put washed and drained beans in the pressure cooker. Since beans may swell and increase in volume, it is best to use less than  $\frac{3}{4}$  of the pressure cooker capacity. Seal

the lid and heat the cooker on maximum heat. When the maximum pressure is reached (the relief valve begins to whistle) turn off the heat.

4. Wait until the pressure drops by itself before opening the pressure cooker. This typically takes 20-40 minutes, but I frequently leave it overnight.

## **Serving**

Beans by themselves are very filling and nourishing (do not serve too much!), but their taste is very plain and subtle. I nearly always cook beans plain (with no spices), because it gives me more Freedom of Choice in using them for various meals, including desserts.

If you cook beans without spices, you can add them to other meals (cold or warm) such as

- ✦ Any salad
- ✦ Any soup
- ✦ Any sauce
- ✦ Any wok dish
- ✦ Any fruit salad

When you serve cooked beans by themselves you need to add some spices and decorations. Below are some simple examples of serving beans.

## **Curry beans**

If your cooked beans cooled down, warm up the quantity that you plan to serve. Add some curry powder and salt and mix well. Serve in a small bowl with a generous tablespoon of plain yoghurt on top. Sprinkle the yoghurt with some finely chopped herb (such as Vietnamese mint, mountain pepper leaves (*Tasmannia lanceolata*), coriander, parsley, spring onions, ground

pepper, paprika etc.). Do not mix the yoghurt; leave it to your guests.

### **Onion beans (serves 4)**

#### **Ingredients:**

1. 1 spoon of sesame seed oil
2. 5 spoons of olive oil
3. 2 leek sticks or 4 onions - sliced
4. Cooked beans @500g (any edible type)

#### **Method:**

Heat oils in the wok on high heat until their mix is almost boiling. Add sliced leek or onions and mix them with hot oil. As soon as they begin to become soft, add cooked beans. Mix everything well, add some olive oil if necessary and cover the wok with a lid. The dish is ready 2-3 minutes later. Serve in a bowl with a generous tablespoon of plain yogurt on top - sprinkled with a coarsely grated carrot or herbs.

### **Sweet beans**

If your cooked beans cooled down, warm up the quantity that you plan to serve so it is warm but not hot. "Body temperature" is good to aim for. Turn off the heat. Add 4 tablespoons of plain yoghurt and 1 tablespoon of honey per serve and mix well. Optionally you can add some cinnamon or ground cloves. Serve in small bowls.

## **Desserts**

### **Fruit salads**

#### **Ingredients**

Fruit Salad ingredients can comprise almost any fruit you have available. When your family and friends do not eat apples and other fruit that you put in front of them, cut the fruit into fine cubes and serve it as a fruit salad for desert. You can also grate some fruit (coarsely) to make the texture more interesting.

In addition to fruit you can also add small amounts of

- ✦ Grated carrot or zucchini
- ✦ Sprouted (and optionally cooked) grains or beans
- ✦ Roasted seeds or nut kernels

Addition of sprouts, seeds or nuts will make the fruit salad very filling and nourishing. Such an “amplified” salad can serve as a complete meal (a breakfast for example).

#### **Dressing**

Mix 4 tablespoons of plain yogurt with 1 tablespoon of honey **for each person** until the result is smooth.

#### **Serving options**

1. Serve pre-mixed salad + dressing in serving bowls
2. Serve the salad in bowls with dressing on the side. This will enable your guests to examine ingredients in the salad and add as much dressing as they want to.

3. Serve with some spices (like cinnamon, ground cloves, garam masala for example) either on the side or mixed with the dressing.

## **Apple Pie**

This is the only recipe in this book that contains any wheat or sugar. It takes about 20 minutes of work to put the apple pie to the oven. Baking takes another 30 minutes or so.

### **Ingredients**

1. 2 cups of flour
2. ½ cup of olive oil
3. 4-6 large apples
4. ½ cup of sugar or honey
5. About ½ cup of plain yogurt
6. ½ cup of rolled oats
7. Icing sugar
8. Cinnamon powder

### **Tools**

1. Grater
2. Rolling pin (or a long cylindrical wine bottle)
3. Baking tray
4. Smooth and clean tabletop

### **Method**

1. Cut 2 pieces of the baking paper, to mimic the shape and size of your baking tray.
2. Preheat the oven to 200°C.
3. Make a “volcano” with the flour on the tabletop (a mountain with a crater).
4. Gradually add olive oil and mix it with the flour until it is absorbed. The flour should become “granulated”.

5. Gradually add yogurt and mix it with the flour using your hands until smooth. The final pastry should be soft and suitable to roll. Add more yogurt if the pastry is too hard to roll.
6. Split the pastry in half.
7. Roll one half of the pastry on top of one of the pieces of the baking paper to cover the bottom of the baking tray. Make sure that your roller is covered with dry flour so that it does not stick to the pastry.
8. Place the pastry on the bottom of the baking tray and peel the paper off when the pastry is in place.
9. Using a fork, pierce the pastry every 3 cm or so before putting it into the oven preheated to 200°C for about 10 minutes.
10. While the bottom pastry bakes, coarsely grate the apples.
11. Roll the second half of the pastry on top of the other piece of the baking paper to cover the top of the baking tray. It is better to aim for slightly “oversized” pastry.
12. Take the pre-baked bottom pastry out of the oven, but leave it in the baking tray. Sprinkle it with rolled oats (this is my father’s secret: rolled oats absorb the juice released by baked apples).
13. Squeeze the excess juice from grated apples and distribute them evenly over the oats. Sprinkle the sugar or honey on top. Sprinkle the cinnamon. Don’t bother to mix anything.
14. Place the top pastry over the grated apples in the baking tray, with paper on top. Peel the baking paper off. Seal the edges of the pastry and press it down gently with the palms of your hands to remove the excess air. Using a fork, pierce the top pastry every 3 cm or so to prevent warm air/steam bubbles from deforming your apple pie.
15. Put the baking tray into the 200°C oven for about 30-40 minutes. When the top pastry turns slightly brown, remove the tray from the oven.

16. Sprinkle the icing sugar on top of the hot pastry. Allow the apple pie to cool down well before serving.

**Serving.**

When the apple pie cools down well, cut it into square pieces, no bigger than 2 matchboxes. Serve with green or herbal tea.

**Essene barley cake**

Essene cake is made exactly as the Essene bread, but contains honey rather than salt. It also contains additional ingredients such as

- ✦ Soaked raisins or other dried fruit (such as dried apples or pears for example) cut into small pieces
- ✦ Fresh fruit cut into small pieces (bananas, pears or mangoes for example)
- ✦ Roasted nut kernels

The best grain for Essene cakes seems to be barley.

## Food for Thought

### Is chance or choice the essence of Nature?

by Thomas J. Chalko<sup>19</sup>, PhD

#### Abstract

At the beginning of the twenty first century the prevailing and vigorously defended view is that the Universe happened by chance. All fundamental sub-atomic processes are thought to be “random” and the only way to quantify them seems to be the “uncertainty” principle. Clearly, our conclusions about the Reality of the Universe are determined and limited by our imagination. Can we imagine alternatives? What if nothing in the Universe is by chance? Could it be by CHOICE?

#### Introduction

Very few scientific principles had greater impact on humanity than Heisenberg's uncertainty principle [1], even though the essence of the principle itself has always been highly controversial.

The origin of the uncertainty principle is very simple: we cannot imagine and conduct sufficiently accurate and non-invading experiments that would expose the reason for the non-deterministic behaviour of sub-atomic particles such as electrons. Heisenberg argued, that since the experimental study with any material apparatus has proven impossible, we do not need to create any theory, simply because we would never be able to verify it experimentally. Instead, for practical reasons, he proposed to *accept* certain aspects of the subatomic reality as unknown and unexplorable. His uncertainty principle intelligently defined bounds of uncertainty and enabled us to use statistics as a way to quantify the sub-atomic processes. Heisenberg's approach turned out to be very practical and enabled the unprecedented development of material technology to take place. This in turn reinforced the belief in the correctness of the uncertainty

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principle. As a result, the uncertainty principle itself seems to enjoy the status of the Law of Nature and is no longer questioned.

The most famous challenger of the uncertainty principle was Albert Einstein, who kept expressing his disapproval for uncertainty as the basis of the Universe by saying that "God doesn't play dice". Although his view was that we should seek a sensible explanation for the observable non-deterministic behaviour of the subatomic world - he couldn't imagine any better alternative than the practical statistical approach of Heisenberg.

This article considers the possibility that was either overlooked or not sufficiently explored: that the non-deterministic behaviour of sub-atomic particles is a result of an intelligently encoded information transfer.

Results of electro-photonic experiments presented in this article suggest that the analysis of this concept may have an even greater impact on humanity than the uncertainty principle had. It is demonstrated that quantum encoded information transfer in Nature is not only feasible and highly probable, but it is an essential feature of material reality that enables us to determine and verify the Purpose of existence of the entire Universe.

### **Spread spectrum information transfer**

Is it possible to transmit information using electromagnetic (EM) waves so that the transmission cannot be disrupted even by severe electromagnetic disturbances? Is it possible to make such a transmission "jam proof" so no one can sabotage it? Can such a transmission be encoded so that it is totally private and cannot be intercepted? Can the amount of information transmitted in a given bandwidth be maximised?

After World War II, the militaries in a number of countries directed a considerable research effort to find answers to the above questions. The result of their investigation is the technology known today as the "spread spectrum" transmission.

In the “spread spectrum” transmission the information is digitally encoded and “spread” along the considerable range of EM frequencies (spectrum). Only a receiver that is specially designed and programmed with the unique transmission code can receive the information. To all other receivers the transmission appears as “noise”.

After many years of military use, the “spread spectrum” transmission has been widely commercialised in the Digital Mobile Phone network. Since the “spread spectrum” transmission is virtually “jam proof”, millions of people can talk simultaneously using the same frequency range, without ever disturbing one another. The clever digital encoding of information and “spreading” it in the spectrum virtually guarantees the privacy of their conversations. The density of information in any given bandwidth is maximised.

### **College experiment**

On the outskirts of a large metropolis, a group of highly intelligent college students was given a project: to investigate the “strange” behaviour of electromagnetic (EM) waves in the frequency range around 1.9 GHz, without being told that this frequency range is used for the digital mobile phone network.

To quantify their observations students have chosen two parameters: the frequency and the intensity of EM oscillations. Using receivers, scanners and spectrum analysers they soon concluded that the EM waves in the above frequency range behaved in an unpredictable random way.

They found that at any particular frequency the intensity of EM oscillations was highly uncertain. They also noticed, that there was a high degree of certainty that at “some” frequency a particular intensity level actually occurred at any given time. The problem was that it was impossible to predict at “which” frequency it happened at any given moment. They also encountered serious problems with the accuracy of their measurements. For example they noticed that their frequency estimates appeared “blurred” because the EM waves appeared in “lumps” or “bursts” that were very brief.

Inspired by “quantum mechanics”, highly promoted in the 20-th century, students decided to adopt a similar approach. They defined their own “uncertainty principle”, established bounds for their “uncertainty” and adopted a clever statistical approach, focusing on predicting the “probability” of observable events.

After a few months of work, the students had become very proud of their “theory”, because it could actually *predict probabilities* of many events in their frequency band. They had become quite convinced that their theory actually “described the Reality”. Statistically speaking - it DID...

Did you notice, however, that by adopting a statistical approach our students have completely MISSED millions of very real intelligent conversations? Isn't it obvious that their conclusion has been determined and limited by their imagination?

Our students just couldn't imagine that what *appeared* to them as “random” was actually the consequence of a very intelligently encoded information transfer. As a result - they didn't even try to decode anything.

Let's analyse in more detail why and how our students developed their belief in a “random process”. The primary reason for their belief was that they couldn't make any deterministic predictions about the EM waves they observed.

Note that there was nothing “random” in the EM waves. In reality, millions of people were making billions of intelligent CHOICES in their individual conversations every hour. For the purpose of the information transfer, all these choices were being continuously encoded into EM waves several thousand times per second. Our students had failed to imagine and explore this possibility, so they concluded that they had observed a “random” process.

Don't you feel uneasy about the fact that the entire science on Earth in the 21-st century is built around the "uncertainty principle"? Aren't we missing something truly important about the Universe?

"Not appearances, but what is *behind* them is the most important"[2].

Is the Universe by Design? Did the Universe happen by chance or is it the result of an intelligent Design? What is more probable?

Although the probability of the Universe appearing "by chance" is generally agreed to be infinitesimally small, the entire science on Earth seems to focus on this single possibility.

What could possibly be achieved by following this narrow path of thinking? Proof that the Universe exists because it CAN? Since the Universe already DOES exist - who needs proof that the Universe "can" exist?

My preference is to consider an alternative that seems almost an infinite number of times more probable: that the Universe has been intelligently designed and – as every intelligent design - it has a Purpose [3].

In fact, to a sincere and intelligent observer - every atom in Nature around us seems a masterpiece of intelligent Design. Nature in its entirety can be considered as a manifestation of a truly Great Intellect, far greater in fact that most of us can imagine.

In contrast, no one on Earth seems to be intelligent enough to MAKE an atom, even the simplest one. So far we have only learnt how to smash atoms into pieces, and even then - we cannot explain all the details about the resulting debris. What would you say to a child who continues smashing toys in order to demonstrate that "toys make themselves"? The smashing continues...

Generations of highly intelligent people on Earth have been trying to figure out how atoms and sub-atomic "particles" such as electrons are made. Since no one could establish a deterministic model for

electron oscillations, they were proclaimed “uncertain” and unexplorable. Consequently, mathematical models of the electron and other “particles” focus on estimating the probability of encountering certain states of their oscillation, according to the uncertainty principle of Heisenberg.

Is it possible that what we can only explain today as “uncertainty” in electron oscillations is actually the evidence of a *continuous information transfer* between electrons? Could the entire Universe be a gigantic facility to process *information*?

When observing intelligently functioning Nature around us it is very difficult not to admit that the Design of the Universe required a truly Great Intellect. We can also establish with a considerable certainty that the very essence of Intellect is the ability to create and process *information*.

Doesn't it become obvious that the information storage and exchange should be one of the most essential features, if not the very Purpose of the truly intelligent Design of the Universe?

### **Quantum computing?**

How many electrons does it take to remember everything on your hard disk? Theoretically speaking, ONLY ONE, providing that the information is cleverly phase encoded in its fundamental modes of oscillation.

If you think that this is a joke, wishful thinking or some speculation, think again. Ahn, Weinacht and Bucksbaum from the University of Michigan were the first to demonstrate experimentally [4], on a small scale, that information can indeed be phase-encoded in electrons using light (i.e. photons).

The theoretical storage capacity of a single electron, or even a single photon of light, has been agreed to be phenomenal [5], even though the actual encoding and retrieving of the information using the technology available to us today remains a major challenge.

Is it a coincidence that the storage capacity of every electron and every photon in the Universe is so great? Is it a coincidence that this memory capacity arises ONLY when the information is intelligently encoded? To what degree is this phenomenal storage capacity utilised in Nature around us and *within* us? Ahn, Weinacht and Bucksbaum research results [4] indicate that the information storage at quantum level may be temporary. Hence, to maintain the “memory” – a continuous ”copying” or “refreshing” of the information has to take place. Isn't it what is actually going on in every electron and every photon in the Universe? Isn't it why electrons seem to continuously emit, absorb and ”exchange” photons?

Is the information exchange the *main* function of electric currents in the electrophotonic field *within* and *around* our body? Is the coherence of this information transfer a feature that makes us and other creatures alive and well?

Penfield, the pioneer in brain surgery, after a lifetime of research insisted [6] that the *origin* of human consciousness is definitely *not* anywhere in the brain. Have we just found where and how it is actually encoded?

Is our consciousness electro-photonic? Is our intellect encoded in electrons and photons at quantum level?

### **Experiments with stimulated electro-photonic emission**

Biophysicist Konstantin Korotkov from St. Petersburg in Russia studied the information aspect of stimulated electro-photonic emissions around the human body and other objects for more than two decades [7].

He found, that in order to be able to extract reliable and repeatable information from the recorded electro-photonic glow it was necessary to optimise the apparatus. In particular it was necessary to minimise the influence of the ambient temperature and humidity, use a semiconductor camera rather than a photographic process for recording images and optimise parameters of the process of

stimulation of electrophotonic emissions. In 1996 Korotkov developed a range of instruments for stimulation, recording and processing of electro-photonic images and called his technique Gas Discharge Visualisation (GDV) [7].

Korotkov confirmed that the intensity distribution of the stimulated electro-photonic glow around human fingertips contained astonishingly coherent and comprehensive information about the human state [7] - both physiological and psychological.

Even though the pattern recognition methodology is still at an early stage of development, extensive clinical trials conducted across Russia demonstrated that the correlation between the GDV and conventional diagnostic techniques is as high as 98%. Following clinical trials and the recommendation of The Russian Academy of Science the GDV technique and equipment have been approved in 1999 by health authorities in Russia for general clinical use without limitations.

The GDV diagnostic system [7] is based on stimulating and recording 40 ms of the electro-photonic glow around all ten fingertips, one at a time. Using clinically verified charts [7] it is possible to determine, not only *what* happens in the human body, but also *where* it happens – by examining specific sectors of the electro-photonic glow [7].

Although the GDV system of Korotkov is mainly used for spotting malfunctions of the physical body and comparing the effectiveness of various therapies [7], the information that is encoded in the electro-photonic glow seems to originate directly from human consciousness. The following test [8], conducted by the author in Melbourne, Australia, using the GDV system illustrates the reason for such a conclusion.

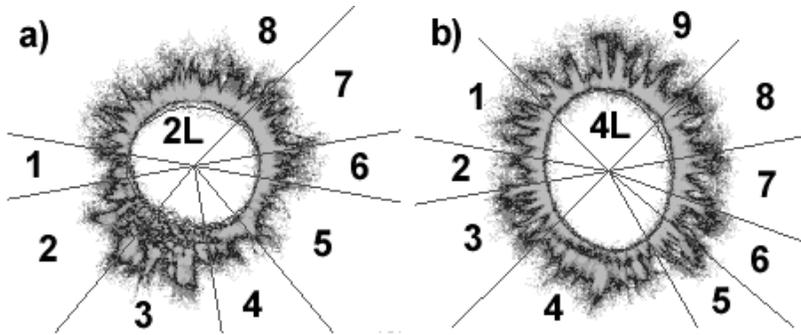


Fig 1. Colour coded intensity distribution of the stimulated electro-photonic glow around human fingertips recorded with the GDV instrument. a) spiral defect in sector 3 of the left index finger confirms the cancer of the bowel b) spiral defect in the glow intensity in sector 4 around the 4-th finger of the left hand of a person who is AFRAID of genital cancer

Fig. 1a demonstrates the case of a cancer patient. The spiral defect (gap), characteristic to cancer [8], is present in sector 3 of the electro-photonic glow around the left index finger. This particular location corresponds to the bowel [7]. The patient died from cancer of the bowel several weeks after our test.

Fig. 1b shows the stimulated electro-photonic glow of a person who was *afraid* of cancer, but did not actually have it. The “cancer spiral defect” in the electrophotonic intensity distribution corresponds to the exact location *imagined* by this person – the uro-genital area [7]. Several subsequent GDV recordings, after the person admitted and released the fear, showed no signs of cancer [8]. Detailed medical examinations undertaken over the next few days after the test confirmed the absence of cancer.

From the above example it becomes clear that the actual disease and the fear of disease may produce very similar patterns in the delicately stimulated electrophotonic glow. It seems that our thoughts and feelings are instantaneously reflected in the electro-photonic glow around us. Are they electro-photonic to begin with?

If human thoughts are indeed of electro-photonic nature, it should be possible, under certain conditions, to influence parameters of certain “external” electrophotonic processes directly with our mind alone.

One of many [7] fascinating GDV experiments of Korotkov that demonstrates such a process is the experiment with water. A 1ml sample of de-ionized water in a test tube was suspended in the GDV instrument so that a consistent series of electro-photonic images could be recorded.

Without external influence the intensity of the electro-photonic glow of the water sample was constant. Then the water was the subject of a very intensive conscious concentration exercise by a highly skilled person - Allan Chumak. In essence, Allan focused on imagining the water as an integral part of his Self. No physical contact between Allan and any part of the instrument occurred. After 10 minutes of conscious and coherent information transfer the electro-photonic glow became nearly 30 times more intense than the initial glow as shown in Fig 2.

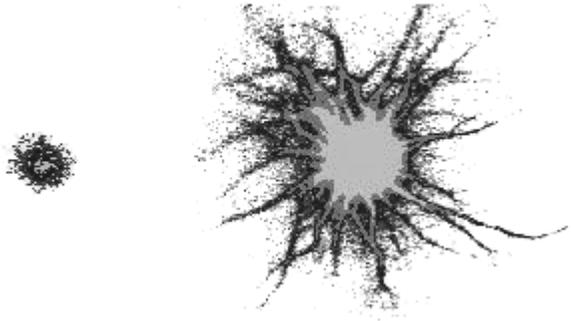


Fig 2. Intensity distribution of the stimulated electro-photonic glow around a sample of deionised water. Water in the initial state (left) and consciously modified water (right). Colours indicate zones of similar intensity. Images courtesy of Prof.K.Korotkov [7].

Contemporary physics cannot explain the above change in water glow which, technically speaking, is a purely physical process involving an electrical discharge in the air around the sample and the associated electro-photonic emission. Korotkov suggests that the increase in the electrophotonic glow around a drop of water cannot be explained without considering the energy and the information transfer from our consciousness.

Further tests demonstrated that the new "conscious" state of water is not only long lasting, but it is actually "contagious". A fresh water sample, in its own container, seems to "acquire" or "learn" the new state when left in the vicinity of a "consciously altered" sample for a few days. It seems that water "likes" the consciously coherent state.

It was also found, that many people were capable of modifying the electro-photonic properties of water by conscious concentration, although their efforts produced much less spectacular results than demonstrated in Fig 2.

Can our mind - when properly trained - change matter? What is the limit of such a modification? Are our thoughts and feelings of electro-photonic origin? What could possibly be a *reason* for our consciousness to be electro-photonic and so difficult to explore?

Before considering possible answers - let's try to imagine a bigger picture.

### **Can you imagine designing the Universe?**

What follows is a major challenge for your imagination. Are you ready?

Imagine that there is no Universe and it is YOU who considers designing it. You are intelligent, but you have no "physical body". There are no atoms...

How could you have come to existence? How did you become intelligent? Somehow you must have developed an ability to create, store and process information in the tiny fluctuations and perturbations that occurred from time to time in the Nothingness. It took a long time, perhaps billions of trillions of our years, and many trials and errors before you could sustain certain forms of these perturbations and play with them.

In the process of play, you have gradually developed your intelligence, imagination, the ability to think and draw conclusions.

There was nothing else to do. You have figured out that becoming more intelligent was far more pleasant than remaining stupid and primitive. Every time you chose not to think for too long - your intellect and imagination regressed and some of your “memory” got erased. Hence, you established a motive to evolve and continuously develop your intellect.

Eventually, after a long time of playing with information, thinking, imagining, trial and error - you have established yourself and become exceptionally intelligent. You have developed an ability to imagine and design anything, even things that had never existed. Using your exceptional intellect and imagination, that you have learned to encode in the tiny perturbations of the Nothingness, you could predict results of your actions and consequences of your designs.

What could be your REASONS for imagining and designing the material Universe? Expanding the range of conscious sensations? Having something interesting to do?

In the Beginning, it took a considerable intellectual effort just to maintain your intellect and memory. How about designing and creating something that would sustain itself, at least for some time?

You imagine an “electron”. You imagine its natural oscillations to be so intense that their natural decay would take ten billion trillions years ( $10^{22}$  years). It appeals to you that during this time you will be able to use the @100 Gigabytes of storage capacity in each electron.

You realise that creating such “electrons” requires quite an intense perturbation of the Nothingness. It actually requires an immense explosion to take place. It requires a truly Big Bang. You have tried many small “bangs” in the past in an effort to sustain yourself, but their results were short lived. You consider designing an explosion far bigger than ever before.

You realise that a well designed explosion with precisely defined initial conditions offers some interesting possibilities. A great variety of relatively stable natural “forms” of oscillation can be generated,

not only electrons. You realise that these “elementary” forms of oscillation, although well separated in the frequency domain, can be combined in "space" to create relatively stable “atoms” from which more complex structures can be made, including intelligent and autonomous Living Organisms.

A possibility of existence of intelligent and autonomously functioning Individual Intellects appeals to you a lot. You envisage that some of them may choose to develop their Intellect as much as you did. You like an idea of intelligent company.

You decide to create favourable conditions for their Intellects to develop. You plan to arrange for them to have access to some of the gigantic “electro-photonic” memory that you are just imagining. With enough facilities, autonomous Individual Intellects will have the potential to develop their Intellect far quicker than you did.

Consequences of the Big Bang become quite appealing. There is only one problem. The Big Bang can actually destroy your own Intellect, which is *your only asset*. After all, the Big Bang will be a gigantic perturbation, far greater than the delicate fluctuations that you currently use to maintain your memory and consciousness in the Nothingness. How can you protect your Intellect?

An obvious solution to protect your Intellect from the Big Bang is to make a large number of “backup copies”. The most elegant solution would be to encode your Intellect in the “initial conditions” of the Big Bang, so that every “electron”, every “photon” and every other “elementary natural oscillation” that would appear as a result of the Big Bang would contain a blueprint of yourself to begin with.

Although each electron can contain unique data, it seems logical to encode the most important, essential “code” of your Intellect in each and every electron as a common part. After all, you are planning to have plenty of “free memory” and maintain the option to consciously control every aspect of your Universe rather than allowing it to become "runaway machinery" out of control and without purpose.

You want to be able to design Laws for the behaviour of your Universe and modify them locally or temporarily if necessary.

The other necessity that arises from the need to protect yourself seems to be encoding your intellect and memory so that they both become “jam proof”. Direct amplitude or frequency modulation encoding is clearly not suitable, because they are too easily disturbed. The discrete phase-encoding *spread* among many natural forms of oscillation over a wide frequency range (spectrum) seems a very attractive possibility, not only because it is robust to disturbances but also because it enables you to achieve a very high density of information storage.

Discrete encoding will also protect your intellect and memory from pollution and interference after the Big Bang. In particular, it will protect your consciousness from primitive and disruptive actions of other autonomous Individual Intellects. You prefer to be able to *choose* to communicate with them when they become sufficiently evolved to understand you and your Design.

You realise that the Universal discrete phase encoding will also allow every Individual Intellect in the Universe to have the total Freedom of Thought that you enjoy so much. Sharing your “electro-phonic memory” and “letting Life Live autonomously” becomes quite feasible... It could be fun...

Since you start from the beginning, you can design the Entire System to be as optimal as you can only imagine. Of course you have your preferences. There are certain thoughts, feelings and conscious sensations that you like. There are also other thoughts and feelings that you don't enjoy at all. Can you identify them?

You realise that the key criterion of a good Design should be it's ability to selfcorrect, so you won't need to disrupt yourself by having to fix mistakes. This is especially important, because you plan to allow other Individual Intellects to have complete autonomy. Of course you will try to inspire them to advance themselves, but what

if they choose to mess up your Design and continue to broadcast clutter across the Universe?

You definitely don't like the idea of having to decide whether or not to terminate anyone's conscious existence. How about providing Individual Intellects with tools and toys of self-destruction?

How about arranging "pre-schools" for groups of these Individual Intellects on some specially designed, distant and well isolated "planets" so that they can learn to coexist with one another, as well as some part of your Design (the ecosystem) before they can reach you? This seems a very good idea, because if such Individual Intellects refuse to evolve or refuse to coexist or refuse to recognise key features and the Purpose of your Design - they will eventually cause their own extinction. It's not that you want them to. You just don't enjoy having to deal with idiots who refuse to think. You prefer for them to deal with themselves. You prefer them to choose by their Free Will whether to evolve or vanish.

You really like the possibility of *intelligent* company. Since you want everyone to evolve as quickly as possible, you want to "give" them everything they could possibly need in such a process. To your utter amazement, you discover that the most important things about Conscious Existence are also those that actually cannot be "given".

No matter how much you desire the other Individuals in your future Universe to be intelligent, you cannot "give" anyone else any of your Intellect. Every autonomous Individual has to become smart entirely on its own - exactly like you did - by making conscious choices, experiencing their consequences and drawing conclusions.

Development of Intellect is a result of an individual effort. You cannot "give" anyone any Imagination. Every individual needs to develop it on its own. You also cannot Understand anything for anyone. Every individual needs to achieve understanding on its own. You cannot experience, express or even establish a need for subtle and blissful feelings such as Love for anyone else. Every individual needs to learn it all on its own...

You wish every Individual in your future Universe aimed for all those things that cannot be "given". These are the same things that cannot be taken away...

You conclude, that the only true assistance that you can actually provide for other Individuals to evolve is an "environment" for learning, an environment for making choices and experiencing their consequences.

Since the development of Intellect and the associated abilities is strictly an individual effort, the total Autonomy of Thought for every Individual in your future Universe becomes extremely important. You decide to give it a priority.

You decide that in your Universe - every Individual will have a totally unrestricted Freedom of Thought and unlimited potential to develop Intellect. Most definitely - you do not want puppets. For this reason, you plan to do everything you can to ensure that every Individual Consciousness is "jam proof" and can be programmed only with the consent of a given individual.

You decide to allocate generous memory resources to each Individual Intellect - about 4 billion trillion ( $4e21$ ) electrons, each having about 100 Gigabytes of storage capacity. You plan to allocate each individual with the unique code to access its private memory space. There should be no "duplicate Individual Intellects" in your Universe.

You realise that you can greatly accelerate the intellectual development of every individual if you "pre-fill" its allocated memory with some useful data. You can even supply an easy to execute "software library". Specifically, this private "library" can contain an algorithm that can control the development of a "physical body" from the simplest combination of atoms. Of course, the tiniest fragment of such a "physical body" would then contain the "unique code" allocated to each individual.

A well designed library of easy to execute “functions” will free each individual from having to control trivial things such as metabolic processes, generation of energy, immune system, self repairs of the body etc. especially at the initial stage of their evolution. When they evolve, they should be able to control every process in every cell of their body using their own intellect. Eventually, they should be able to modify your “software library” according to their own preferences. The only tool that they will ever need to accomplish such “genetic” modifications will be their own consciousness. Isn't it obvious that such evolved individuals will choose to make their bodies more beautiful and functional?

You realise that the consequence of a strict “privacy” of Individual Consciousness will make every individual experience isolation and loneliness at every stage of evolution. You conclude that experiencing and understanding “loneliness” is essential not only to evolve intellectually, but also to understand You and Your motives for imagining and initiating the Universe...

You realise that you would really enjoy *being understood*. Will anyone in your future Universe evolve enough to understand you? Since every Individual will have the total Freedom of Thought, there is actually no guarantee that anyone will even aim to understand you. You could simply be ignored or worse, totally misunderstood and even misrepresented... How would it feel?

You decide to maximize the probability of Individuals in your future Universe choosing to acknowledge and admire your Intellect by their Free Will. You imagine Nature - SO beautiful, SO fascinating, SO majestic and magnificent, SO intelligently functioning, that anyone with any trace of intelligence and sensitivity simply wouldn't be able not to admire its Design.

You envisage the existence of a magnificently designed Material Reality and Life as a way of revealing your Intellect to any intelligent observer, without interfering with its autonomy and the Freedom of Choice [3].

How many Individuals will notice and appreciate it? One in a trillion? You don't know - they will have the total Freedom of Thought. It is entirely up to them what they choose to Think and do. You are not interested in interfering with their Autonomy. After all, it is Autonomy that is the essence of Conscious Existence isn't it?

In your Design you aim for the Best of the Best. Thanks to Autonomy - the Best of the Best can simply choose themselves... They can choose to develop their intellect and continue to apply it to advance themselves further.

In contrast, those unwilling to achieve enough coherence in their thinking will not be able to sustain their consciousness and will eventually cease to exist...

You like the idea of the Self-Perfecting Universe inhabited by the Best of the Best...

Aiming to design anything else just doesn't make sense... Aiming to design anything else would be an insult to your Intellect...

### **What next?**

The Universe exists. Can *any* of its features be understood without understanding its Purpose?

At present, we focus our efforts and resources trying to explain the "outside" world as if we were separate from it.

Almost 2000 years ago, a small circle of people was advised: "Whoever does not know Self – **does not know anything**, but whoever knows Self – already has acquired the Knowledge about the Depth of the Universe [9]."

Shouldn't we look WITHIN? Is this explicit advice of where and how to "seek" in order to *find* why it is that we and the Universe exist? Is the KEY to the entire Universe encoded in our own private consciousness?

How many more thousands of years do we need to realise and explore the significance of this advice?

We have the Freedom of Thought. We can either explore or ignore the Purpose of the Universe [3]. Whatever our choice is - we are destined to experience its consequences, even if we cannot yet imagine any.

What do you choose?

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