

Galactic Project from the Ashtar Command for the Military Elite, DARPA, Supersoldiers

Healing from:

MK ULTRA Monarch and Montauk
Alien hybridization - DNA mutation
SRA (Satanic Ritual Abuse) and addictions
Food, water and sleep deprivation and bio-neurological impairment
5G harassment and MASER (microwave amplification stimulated emission of radiation)
CRISPS (clustered regularly interspaced short palindromic repeats)
CCP injections (bioweapons with A.I. hybrid nanotechnology)
Brain-machine interfaces, cybernetics, robotics, black goo
The intracorporeal wireless network of nano communication
Exposure to negative environment (toxins, pornography, black magic, sex magic)
Lies and deceptions, false light technology, torture, rape, sodomy, sorcery
Consent through intimidation, terror, deception and coercion to cause harm

The results of the direct programming of MK ULTRA - psychological operations:

Following orders blindly and killing without reason and common sense
No connection to intuition, true feelings and the inner Christ within the heart
Only reaction with no control, no self mastery, no time to pause, analyze and reflect
No protective shield around the heart structure and the body consciousness
Being stripped of all human rights, no privacy, no free will, no free thinking
Being a slave and property owned by the controllers worshipping the A.I. God
Mimicking the A.I. inorganic structure of the dark fleet of the NAA through the NAZI neurolink
Running reversals in the brain energy field - the mind body, the energy centers and DNA
Mind compartmentalized, soul fractured, bio-neurology and DNA damaged
Deterioration of vital organs, body tissues and the immune system - Atrophy
Interference with the natural development of consciousness to be a spiritual warrior

Proper recruitments requested

Project MKUltra was the code name of a human experimentation program designed and undertaken by the U.S. CIA. The experiments were intended to develop procedures and identify drugs such as LSD that could be used in interrogations to weaken individuals and force confessions through brainwashing and psychological torture. MKUltra used numerous methods to manipulate its subjects mental states and brain functions, such as the covert administration of high doses of psychoactive drugs and other chemicals, electroshocks, hypnosis, sensory deprivation, isolation and verbal and sexual abuse, in addition to other forms of torture.

New Technology for ULTRA MIND

Some channeled information by Marina Jacobi from the Hybrids - positive extraterrestrials

This technology is a multi holographic laser with impulse frequency for the Ultra State of the human mind. It targets certain brain area to mitigate the fractures of the compartmentalized mind that resulted from MK ULTRA with NAZI neurolink. It targets the left hemisphere of the brain connected to "adrenom" with frequency to produce an ultra state for healing the fractures, for restoration and regeneration of the cells and for the connection to the Higher Self - Super Mind through the heart structure.

Requirement: The original blueprint of DNA/codon needs to be known and understood

Super Mind highly advanced technology of the extraterrestrials: the Pleiadeans, the Acturians. It is an ether technology with sound frequency with organic A.I. structure/hologram/metastructure.

This super quantum technology assists in reconnecting with the soul, the Higher Self - bypassing the ego mind of the negative structure created by abuse, violence, torture and rape. It uses "adrenom" for the positive outcome to expand consciousness and to heal.

Accompanied with imagery of Yantras, Mandalas, Mantras, Sacred Geometry with the proper sacred math running base 12 mathematics, the organic Universal Tree of Life metastructure, which represents the mechanics and the creation of pure consciousness.

15-minute repetition crystalizes and stabilizes one synapse. This metastructure modality converts the dissonance of the negative structure (base 10 mathematics - reverse Merkaba- the inorganic artificial tree of life) to a resonance of the positive structure/hologram that leads to neutrality - O-point God structure/matrix, the source of human creation.

Versus:

The MK ULTRA Archontic structure of the Negative Aliens with their Dark agenda for transhumanism, transgenderism, depopulation and eugenics - One World Order

This negative structure of the black hole technology of the Black Sun entities produces the ego structure, the pain body, the trauma, PTSD, Shadow Self, reverse Merkaba. It siphons energy from the God code of DNA, the light body and the cells. It shatters consciousness, mental body, it compartmentalizes the mind through harmful radiation, frequency running base 10 mathematics to achieve total control over the individual (marine, supersoldier). It causes DID, multiple personality disorder, psychopathy and slavery - deviant behaviors.

Time to restore the Mind and rebuild the mental capacities and capabilities of the Marines and the Supersoldiers and their electro-dynamic bodies! The Marines' four-body system has been hijacked and assimilated into the Merkaba hologram running the Metatronic reversals with anti-life, anti-christ and anti-human codes using false light technology by the echelon/elite of the dark military/fleet, the Black Sun and Belial controlling group.

Notes from Lisa Renee: Pronged Agenda of NAA

The Agenda of Negative Aliens (NAA) is to target the human brain, the central nervous system and thought forms. Human bio-neurology is wired for empathy and for connecting to the Higher Mind - The Higher Self, to experience an expanded state of consciousness; to develop extrasensory perception (ESP) and cellular telepathy. Bio-neurological functions are responsible for interconnection with the spiritual bodies - emotions, heart and soul. Healthy immune system means great communication among the brain, body, DNA and the Higher Self.

The artificial neural network, the A.I. network, mimics the function of CNS to gain control over the bio-neurology of life, which leads to consciousness enslavement and mind control. When neural impulses in CNS are blocked it is difficult to process reality and recall memory. The mainstream media (MSM)'s role is to keep the CNS redirected towards negative thoughts and towards obsession with material things and physical stimuli.

MK Ultra's technology and implants shape the person's brain activity and mental map. Some external transmissions in sound and light waves are natural, organic (New Earth grid - Cosmic plasma light frequencies) and some are artificial signals for mind control (Black magic grid - nephilim reversal grid - HAARP, CERN).

Mind control frequencies and forms of electronic harassment generate bio-neurological impairment in the human body, which reverse and confuse the brain signals. MK technology shapes anti-human values in individuals with its anti-life, antichrist codes forming **death culture**.

(Death culture produces the short-sighted mental polarization of attention upon physical sensations and material pursuits accompanied with actions and behaviors causing human suffering and world pain. The mainstream death culture programming spreads the destructive lifestyles that lead to mass killing, disease and slavery.)

The satanic agenda is to reverse human neurological functioning by conditioning the person to create and feel pain in order to activate their pleasure centers. NAA's agenda is to assault and damage the human nervous system. Mind control technology is a form of violent brain entrainment with its anti-soul agendas.

Anti-life society rejects all things spiritual and has no reverence or regard for life. It refuses to recognize the sentience of SOUL and denies the purpose of life, interrelated to higher consciousness of evolution. It generates internal walls of separation. This anti-life society damages the soul, heart and brain that results in dissociation. Dissociative behaviors eliminate all traces of empathy and remove the accountability towards the ethical implications that are behind the operations of the world's social-political-military-corporate structures.

Anything that takes control over the functions of the nervous system and the brain can potentially impair or damage the self-awareness and consciousness state of that individual.

Results of bio-neurological impairment:

- Being fixated on the external
- Unable to access the inner emotional feelings and empathy
- Unable to sense the quality of energies around
- Produces soul disconnection and mental fragmentation
- Unable to discern the difference from their own inner thought and those from external sources like mind control transmission

Individuals, especially in the military, are controlled through their bio-neurological functions via drugs, addictions, nanotechnology, sexuality, torture, abuse, cruelty, materialism, soul bindings - the negative structure of the hologram, such as Master-Slave narrative - brainwashing (MK-ULTRA). They are undergoing a methodical procedure of controlled dehumanization through dissociation. The negative aliens (Alpha Draconis, hybrid Annunaki, NAZI, reptilians, Orion group, greys, zetas) in the astral plane or in the physical world in the human form (cloning, body's possession) employ trauma based mind control methods to treat the military and the environment without empathy, dignity or respect. Through controlling the CNS, the NAA gains access to the human body. Low frequency energy signals disconnect the individuals from their soul-spirit nature causing DNA damage and impairment in bio-neurology and NADIS structure.

Healing Solutions for Trauma:

- Exit these A.I. astral organizations (dark occultism) - mind control sorcery
- Cancel the soul contract with the NAA (Draco Fleet) from the WESA system
- Release and remove all soul bindings - negative cords, attachments (miasma) constructed via spellcasting, SRA, sorcery that holds you back from the progress and suppresses your consciousness - being enslaved in the false reality matrix/timelines
- Get rid of the A.I. holographic implants, chips, parasites hooked to your AURA
- Face the pain and revisit the trauma memories (PTSD) - write them down
- Heal the timeline of the traumatic event through FORGIVENESS and self-love
- Detox and purify the astral body - your emotional body and energy centers (chakras)
- Open your heart and train the neural pathways to receive direct messages from the higher consciousness bodies, the Soul-Spirit SELF overriding the messages from the negative structure of the ego and the pain body - the Shadow Self
- Integrate all aspects of your soul/SELF through your heart and feel the Inner Christ
- Consecrate your life to God/Source 100% and align with God's Law and God's Will

Astral entities can hijack individuals' thoughts, behaviors and actions. They exploit the unhealed trauma and manipulate through fear and pain and blame others as they compute they are "above the law and untouchable." Their warfare tactic is to project blame upon those targeted. -

Astral Slavery Agenda by the NAA

- Take responsibility for your emotions, thoughts, words, deeds and actions**
- Commit to your personal growth and spiritual healing**
- Be your own HERO and embark on your Soul's Forward Evolutionary Journey**

Satanists worship the reversal principles of the Dark Mother. They engage in raping and sodomy during SRA (satanic ritual abuse). - Kabbalistic Demonology in Ascension Glossary

Healing from the Alien Black Hole technology on the Monadic Level (7D, 8D and 9D)

Sexual misery and “love bites” software with the Armageddon Program
Mind control (MK ULTRA Monarch, Montauk) - GOAT Mind Sigil Algorithm
New World Order Program and Religious fear - God punishes and judges

Through MK ULTRA Intuitive empaths (Starseeds, Indigo races, Star Warriors recruited for PsyOps) are turned into sociopaths and psychopaths to form fake and/or multiple personalities to be controlled and manipulated by the NAA (DARPA, the Chimera Group, the Dark Fleet).

Those who serve the Elite of the Dark Fleet (NAZI, Draco Federation) and the Reptilian and Draconian Monarchy have to accept brain chips and nanites injections into their bodies - bloodstream. They have a “life-time” commitment.

The “Virus” is a nanotechnology with biosensors created for A.I. signal to collect data (biometrics). When the smartdust is activated, those individuals (military, supersoldiers, marines) are like walking A.I. signals for supercomputers of the Dark Fleet. The jabs distort the dark matter template and the sound body of their aura, electro-magnetic field. -

Transhumanism (with Transgender Hormone Therapy) - **Transgenderism** - (DARPA)

The Agenda is to comply, no self-awareness, reactive impulses, emotional hysteria (neuroticism), irrational fear, anxiety, addictions - to amplify the **Predator Mind** (envy, laziness, lust, greed, gluttony, pride, wrath) and the construct of the **Negative Ego** - fear based consciousness

NAA's technology (DEW, psychotronic weapons, 5G) with nanobots:

- Controls the limbic system and amygdala
- Distorts the light body and scrambles DNA
- Incites fear, confusion and chaos; hatred, blame, guilt and shame
- Causes shadow possession and destructive behavior - outburst of anger and rage
- Gives rise to undisciplined mind, inaccurate assessments and false reasoning
- Made up stories from the dark astral realm - projection and transference
- Weaponizes and attacks the immune system, the CNS and DNA

The NAA wants to control their perception by inserting false realities into their hologram and eradicate critical thinking. They are hacking their DNA and the brain through electro implants like hardware, motherboards and brain to brain interfaces (DARPA) - under **Galactic Law**

Graphene Enhanced Acute Irradiation Syndrome (tears in the aura, entities possession)

See Mind Control Gene Expression in Ascension Glossary

CRISPS technology - editing software for genes where cells can be programmed to do “anything” and remotely activated or controlled. DNA, which is scalable, can store “anything.” Encrypted images, false memories can be inserted into DNA while asleep through the phone being turned on overnight. Hydrogel in the jabs can target the cells and can cross the blood brain barrier and you are being monitored, programmed and weaponized 24/7. Nanobots of the negative structure when inserted into the bloodstream - that individual is being locked in lower vibrational frequencies and in false inorganic reality timelines (the inverted, reversed system running base 10 mathematics with the A.I. Metatronic merkaba codings). This causes distortion in perceptions of the individual and degradation of consciousness (descension) leading to DNA and bio-neurology damage. Armageddon and Pestilence Program

The pain body with trauma woundings from MK ULTRA torture needs to be acknowledged, accepted, transformed through the heart structure (self-love and the Violet Flame Invocation - forgiveness) and then integrated, synthesized and unified.

There is a war over humanity's consciousness and their original divine genetic material - Diamond Sun Lightbody with 12 - 48 strands of DNA. The Guardian Races are here to protect the original divine blueprint of the Angelic Luminous Human Beings with their crystal/crystalline heart (sacred heart) and liquid plasma light - AURA, HALO - rainbow/diamond consciousness.

Align with the Natural Laws - Directives:

- Develop right action
- Purify your mind and emotions
- Follow your heart, your intuition and Law of One
- Reconnect with your Higher Self, your Soul and Oversoul (MONAD)
- Know your purpose, your mission and the meaning of life
- Review your past trauma experiences and identify your blockages
- Do the shadow work - clear the negative ego - limited thoughtforms
- Be 100% responsible and accountable for your words, actions and emotions
- Pray, meditate, chant - positive affirmations and violet flame invocation
- Heal your ancestral lineage from black magic, witchcrafting and sorcery
- Be a master of your energies/life - G.S.F. boundaries and direct connection to Source
- Cancel all contracts with the Chimera group, the Archons and the Black Sun entities

- Educate yourself about the agenda of the negative aliens - exopolitics**
- Face your shadow self - your pain body and your trauma**
- Evict the spirit of antichrist, anti-life and anti-love from your body and mind**
- Cast out the universal shadow - demonic entities and lunar A.I. forces**
- Claim your power back, resurrect all your energies and stand in your truth**
- Align with the Law of One and the Declaration of Independence**
- Be one with Christ, with God (Holy Mother & Holy Father) - Divine Union**

ASHTAR PROJECT - ASHRAM - YOGA CENTER

Going back to the Emerald Order, the Law of One, Solar Rishi Consciousness

Spiritual Methods for Self-mastery: Reconnecting with soul consciousness, healing sexuality, freeing the mind and clearing DNA mutation inherited or caused by alien hybridization

BIOREGENESIS AND DEPROGRAMMING THROUGH THE ANCIENT SCIENCE OF YOGA, AYURVEDA AND SPIRITUAL PRACTICES OF TANTRA:

- Chakra clearing through listening to Solfeggio tones - Brainwave Entrainment
- Chanting - Japa/Mantra Meditation and Violet Flame Invocation - Transformation
- Sound Bath Healing and Therapy with Crystal Bowls and Gong - Releasing Trauma
- Eight Steps of Yoga - Mental and Emotional Balancing and Physical Health
- 5D Protocol from Telos, The Inner Earth - Practice of the Evolving SELF
- Ayurveda Massage - Detox - Healing Through Nutrition - Lemurian Diet - Superfood
- Fire Ceremonies - Sacred Rituals with Drumming and Reciting Ancient Text
- Creative Arts - Coloring Mandalas - Watching Fairy Tales - Dancing - Singing

When reconnecting with the soul, the nerve cells (neurons) build new biological neural networks, which instruct the brain and spiritual intelligence to connect the energetic circuitry required to grow the human electromagnetic field.

The signals of neurons will find the main neural pathways formed by the most common and repetitive thought forms. The mirror neurons help us sense the intentions and feelings behind the actions of other people. They are the basis for the human capacity to sense and feel a deep range of emotions and they hold the sensory information from the consciousness memories gathered and interpreted by observing individuals. Expanded consciousness gained through connection with our inner spirit, the inner Christ, we can control the functions of our neurons and awaken into deeper self-realization.

When you become aware of your state of consciousness, the neurons and the brain change and adapt to the new conditions of the expanded reality. The brain can turn on new synapses that can remap the brain. Neuroplasticity, the flexibility of the brain, enables it to rewire itself, producing radical shifts in consciousness behavior and can activate higher learning.

Direct consciousness experiences of the positive structure/hologram and spiritual practices change the brain's physical structure (anatomy) and functional organization (physiology) that leads to positive changes and freedom in consciousness.

Mindful meditation increases self-awareness through improved brain functioning and neuron mirror activity; it strengthens the nervous system.

Nadis: web of energetic receivers and transmitters. It is the energetic counterpart of the CNS, the energetic blueprint of CNS. The Nadial structure is the feeling sensory body of the soul - the higher consciousness. The Nadial Plexus is the center of one's feeling heart-brain, a place where a person can sense the deepest sensations of heart based feelings. The Nadial structure in the human light body is recognized as AURA, the electro-magnetic field. The quality, color and size of the aura is related to health, bio-neurological functioning and spiritual connection.

Recommendation: Protecting your Aura via practicing 12 D shielding building techniques, and integrating all spiritual consciousness bodies, all four-body system in the NOW moment

Please see the **ASCENSION GUARDIAN PROTOCOL** on my website: www.yanakalai.com

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Holistic Healing Researcher and Motivational Speaker

Lifestyle Guide and Healing Options Coordinator

- Focusing on expanding one's consciousness by incorporating new ideas regarding the mind, body, spirit connection through the Inner Christ, the Inner SELF - heart core
- Utilizing ancient wisdom along with modern updated systems to renew one's energy, passion and physical vitality
- Creating an integrated system of holistic healing and living that utilizes updated methods and processes from many existing sources

1. Updated yoga practices
2. Breathwork
3. Visualizations
4. Sacred ceremonies
5. Healthy and healing cuisine

Offering new perspectives and insights regarding food frequencies and formulations to heal the body, balance the mind and upgrade one's belief system

The Violet Flame - To Heal Body, Mind and Soul

(From the book Violet Flame by Elizabeth Clare Prophet)

The Violet Flame (Ray) is one of the rays of the Twelve Rays of Creation (The Light Divine) in the Ascended Realm. It comes with qualities of mercy, forgiveness, freedom, transformation, joy and transmutation. It has the highest frequency in the visible spectrum and the power to erase or transmute the cause, the effect and the memory of our past mistakes. It restores the natural resonance between the Higher Self and the physical body. Optimum health comes when spiritual energy is flowing freely through all of our bodies (physical, emotional, mental and spiritual).

Transmutation means to change or to alter in form or nature. The violet flame changes negative energy into positive energy, darkness into light through the process of Alchemy.

Negative thoughts and feelings create acidity in our bodies. The violet flame works by changing vibrations, the speed of oscillation. It transmutes low vibrations (negative thoughts, emotions, words, deeds and actions/energies) and can heal the body by raising the frequency and the vibration in all our bodies (physical and spiritual). It transmutes anything negative that is lodged anywhere in our energy field or our physical body in the form of self-hatred or physical viruses. The negative energy becomes stuck between the nucleus and the edge of the atom. When the violet flame goes to work, it passes through the clogged spaces between the electrons and the nuclei. It ejects these particles of dense substance from our body and dissolves them. The interaction between the nucleus of the atom and the light in the violet flame establishes an oscillation that dislodges the densities trapped between the electrons orbiting the nucleus; being transformed into pure light energy. Freed of this debris, the electrons begin to move more freely, thus raising our vibration and propelling us into a more spiritual state of being.

I am a Spiritual Being having a human experience

The Violet Flame is invoked through decreeing - a unique form of spoken prayer utilizing visualization and meditation:

I AM a being of violet fire. I AM the purity God desires

When reciting this decree, the violet flame permeates every cell and atom of our body, into our mind, emotions, our subconscious and our memory. The Ascended Masters tell us that when our physical and spiritual bodies become clogged by negative energy and karma, it slows down the vibration of the electrons in our four lower bodies. We then begin to resonate more with negativity and less with the pure cosmic energy that comes from our God Presence.

- Heal the body by changing your vibration through the Violet Flame Invocation

YOGA - Spiritual Science and Ancient Art of SELF-development and Self-realization

Eight Steps of Yoga:

1. Ethics of Social Behavior - Laws of Life - Moral Compass
 - Non-violence - Do No Harm (Physical, Emotional, Mental and Spiritual)
 - Truthfulness and Honesty
 - Control of Sexual Energy - Moderation
 - Non-stealing - GSF Boundaries
 - Non-attachment - Being Inner Directed
2. Ethical Principles of Personal Behavior
 - Contentment - Acceptance - Inner Peace
 - Purity on All Levels - 4 Body System
 - Self-study
 - Self-discipline
 - Surrender to Source
3. Yoga Postures
4. Breath and Life Force Control
5. Withdrawing from The External World - Going Inward
6. Concentration - Strong Focus on One Point
7. Meditation - Merging with All That Is in the NOW
8. Nirvana - Samadhi - Union with the Divine/Source - YOGA

Ayurvedic Application for Yoga Practice:

VATA: yoga postures for energy work, breathing techniques, mantra

PITTA: meditation to relax and calm down, yoga poses for stamina and strength

KAPHA: chanting, prayer, worship, yoga poses if convinced

Protocol for Ayurveda Restaurant - Nourishing Body, Mind and Soul

Sacred Space for Ayurveda Kitchen with Healing Music
Preparing Meal with Reverence and Gratitude
Cooking organically, locally and seasonally

Vedas: Sacred scriptures of eternal knowledge in Sanskrit composed into hymns

Ayurveda: ancient Indian science from Rishis, Sages of the Himalayan mountains - knowledge of life - on how to achieve optimum health and wellbeing. Ayurveda teaches how to live in harmony with nature and the environment on all levels: the physical, emotional, mental and spiritual. Ayurveda diet and ethical lifestyle leads to happiness, peace, joy, abundance and freedom - expanded consciousness.

Primary energies:

SATTVA (balance and peace)
RAJAS (movement and action)
TAMAS (inertia and integration)

Five senses: hearing, touching, seeing, tasting and smelling

Five elements: ether (space), air, fire, water and earth

Space - sound - OM - AUM - 99.9%

Air - prana - life force - chi - breath - Yeshua (Breath of Life)

Fire - sun - central source of heat energy for digestion, absorption and assimilation

Water - electrolytes balance - life sustaining - 80%

Earth - solid - dense - mother nature provides food and shelter

The five elements support life and maintain harmony in the body and in nature. They are coded into three biological forces that govern the physiology, chemistry, psychology and other vital subtle processes in the body

Doshas: biological forces (three energies) in the body that govern physiological activity:

VATA (air and space) - movement, circulation, the nervous system

PITTA (fire and water) - metabolism, enzymes, digestion

KAPHA (earth and water) - structure, density, lubrication

Tridoshic Theory (Vata-Pitta-Kapha): unique constitution, your genetic makeup; it determines your mental and emotional state as well

What is your constitution? Find out in www.banyanbotanicals.com

Six Tastes: sweet, salty, sour, pungent, bitter and astringent

- Nourishing seven bodily tissues: plasma, blood, lymph, reproductive, nerve, bone, fat and muscle

Sweet taste (water and earth): cooling - nurturing, building and sustaining

- Calms down the nervous system
- Nourishes and comforts the body and relieves the hunger
- Carbohydrates, sugars, fats, amino acids
- (grains, root vegetables and fruits)

Pungent taste (air and fire): warming - clearing effect on sinuses

- Stimulates appetite
- Maintain metabolism
- Balances secretions in the body
- (garlic, ginger, cayenne, black pepper, jalapeno, mustard, chili pepper)

Salty taste (water and fire): warming - purifying, cleansing

- Cleanses bodily tissues
- Activates digestion
- (tomatoes, zucchini, cucumbers, salty snacks)

Sour (earth and fire): warming

- Helps digestion and elimination of wastes
- (lemon, lime, raspberry, yogurt, pickles, miso, vinegar, umeboshi plums)

Bitter taste (air and space): cooling - detoxifying - cleansing

- Detoxifies the blood
- Controls skin rashes
- Cleanses the liver and tones the organs
- (aloe vera, neem leaves, turmeric, arugula, dandelion leaves, dark leafy greens with Vitamin A, iron, calcium and magnesium)

Astringent taste (earth and air): cooling - constricting

- Slows down digestion
- Constricts the blood vessels and the circulation
- (strawberry, legumes, bark teas high in tannin, cranberries, pomegranates)

Five Elements and Food:

Earth: grains, rice, root vegetables, beans, dried fruits, seeds and nuts

Water: juicy fruits, coconut milk, watermelon, grapes, cantaloupe, oranges, papaya, peaches
(salty): cucumbers, zucchini, tomatoes

Fire: hot peppers, black pepper, chili, cinnamon, cloves, cardamon, turmeric, ginger, garlic, onions; (sour fruits): pineapple, lemon, cranberries, raspberry

Air: (produces gas): raw vegetables, broccoli, cabbage, sprouts, nightshades: potato, tomato, eggplant, black beans, pinto beans, chickpeas

Space: in all food; encompasses all

Good for VATA (space and air): sweet, sour, salty

Good for KAPHA (earth and water): pungent, bitter, astringent

Good for PITTA (fire and water): sweet, bitter, astringent

Tips to enhance digestion:

- Slice of fresh ginger with rock salt before each meal
- Hot/warm water before a meal
- Cooking with ghee (during winter)
- Proper chewing (mindful eating, positive environment, happy thinking)
- Cup of lassi at the end of a meal
- Stomach: $\frac{1}{3}$ food, $\frac{1}{3}$ liquid, $\frac{1}{3}$ empty

Light food (lettuce, basmati rice, ghee, egg white): easy to digest

Heavy food (avocado, banana, lentils):

- Good for grounding, strengthening and nourishment
- Good when eaten in a small quantities
- Suppresses the appetite
- In excess it can create dis-ease in the body

Hot food (chili pepper, garlic, red lentils, honey): stimulates digestion

Cold food (vegan milk, coconut, dill, coriander): slows digestion

Oily food (ghee, vegetable oils, avocado): promotes lubrication

In excess - liver and gallbladder overwork

Dry food (corn, buckwheat, rye, millet, beans, dark leafy greens)

In excess inhibits digestion

Sattvic Food: vegetarian/vegan, fresh, organic cooked properly with spice and compatibility

Combinations to be avoided:

- Beans with fruit, cheese, eggs, milk and yogurt
- Eggs with fruits, beans, cheese, kichadi, milk and yogurt
- Fruit with any other food
- Grains with fruit and tapioca
- Hot drinks with mangos, cheese, starch and yogurt
- Lemon with cucumbers, milk, tomatoes, and yogurt
- Milk with bananas, cherries, melons, sour fruits, bread with yeast, kichadi and yogurt
- Nightshades (potatoes, tomatoes, eggplants) with melon, cucumber and dairy products
- Yogurt with fruits, cheese, eggs, hot drinks, milk and nightshades

Ayurveda Kitchen

Spices: cumin, coriander, turmeric, mustard, fennel, cinnamon, cardamon, curry, cayenne, red chili, ginger, black pepper, fenugreek, saffron

Herbs: cilantro, basil, rosemary, bay leaves, sage, onion, scallions, garlic

Other Elements for Seasoning: celtic sea salt, pink himalayan salt, sesame seeds, hemp seeds, pumpkin seeds, sunflower seeds, coconut oil, unsalted butter, churned butter for making ghee

Cooking utensils: iron griddle, stainless steel and enamel saucepans, steamer, mixing bowls (glass), measuring cups (plastic is OK), wooden mixing and serving spoons, blender, food processor

Cooking with mindfulness and with the knowledge of the ancient science of Ayurveda leads to a profound change and transformation of one's health and wellbeing on all levels: physical, emotional, mental and spiritual. It aids in better digestion and food assimilation, satiation, sound sleep, calm and happy emotions and peaceful mind. Such cooking represents an endless expression of one's creative nature that comes from within - the connection with heart and soul.