

Problems with Hamsa

The Hamsa chakra is... where you get troubles like sinus, colds and coughs, and all that... and can result from the drying up of the nose... because of the use of central heating... and may result from dry conditions in home or workplace; Now... what you are doing actually... is to neglect certain laws of nature... like... in London, or anywhere... it's all heated up inside the rooms, too much it is... it's very dry... we all know that in England we have to have a humidifier isn't it. Just leave some water or something, or fill a tub in the bath and keep it open... so there is humidity in the room. Problems can include shooting headaches on one side, or sinus problems, and may result from being overloaded with decision making. One of the symptoms of Aids is a bad Hamsa.

All extreme behaviour from left and right creates problems of Hamsa... like if you eat some fruit... then after that you should not take water. You should take water... after... some carbohydrates... but not anything fried. After taking anything fried... you should not take water - you can take a biscuit... or bread... something like that to dry up your... throat, and then take water.

Now, heat and cold... for example... to take coffee, and then take water is absolutely wrong. Water if you take, then gradually heat it up... and take coffee last... and then don't take water til you have taken some carbohydrates. I mean this is what it is... is the heat and the cold... the combination of the heat and the cold should be understood.

In India, the custom is to eat very hot food... garam garam kha... so garam... they are really garam people. In England they eat so much of cold foods that I am amazed... the amount of ice western people eat, we can't understand. Indiscriminately they'll take ice cream... and after that they'll take coffee... or after coffee they'll take ice cream... before eating ice they'll have hot... that's the worst of all. We don't understand... how to

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discriminate between hot and cold. Food also we should not eat immediately from the oven, sizzling... sizzling food you should not eat - let your juices flow out to digest it... and then eat it... otherwise you'll burn your tongue... your palate... burn everything. So best is to keep a tepid understanding of food also... so water should not be very hot... food should not be very hot.

Indians, Maharashtrians especially, take a Kaduk bath... means with very hot water... this is an absolutely wrong idea. Normally a cold bath is best... but if not possible, then take a tepid water. This will solve one of the problems that you do not expose yourself to too much cold or heat - the temperature is kept the same as the room temperature.

- Jai Shri Mataji -