

# *How the Sutras Relate to the Kitchen*

1. What is kriya yoga? ~The mind speaks in symbols:the affects of the astral lemon
2. Lists the results of kriya yoga ~5:1 5 kleshas to remove and 1 to promote, Samadhi 6 tastes
3. They are ignorance, egoism, attraction, aversion, clinging to life ~Illustrated by 5 fingers making pastry
4. Ignorance is the source of other 4 ~Soup for active, dormant, suspended, attenuated kleshas
5. Ignorance is 1<sup>st</sup> klesha ~Humpty Dumpty and egg mayo
6. Egoism is 2<sup>nd</sup> klesha ~Leavened bread (chapattis)
7. Attraction is 3<sup>rd</sup> klesha ~Chocolate bread and butter pudding
8. Aversion is the 4<sup>th</sup> klesha ~Butter chicken or seitan..."CHICKEN !!"
9. Clinging to life is the 5<sup>th</sup> chakra ~Long life is good. Noodles symbolize this.
10. When kleshas are weak, sever them. ~Grapes turn to raisins, can't be planted again.
11. Kleshas are to be destroyed by meditation. ~Like a soufflé, we can implode on ourselves.
12. Karma is rooted in the kleshas ~Honey lives on long after our physical body.

**"Receive this food. It comes from thee. If feeds thy temple.  
We are the petals of thy manifestation, but though art the  
flower."**