

Nitya's Amusing Recipes of 1976

From *More Than A Cookbook*, by The Center Family

A Few Recipes from Nitya's Kitchen

Sadhu Masala (medium hot)

Requirements:

- An adult male
- One piece of ochre-colored or white cloth
- One half shell of African coconut (for begging)
- One bamboo staff (medium size – 6')
- Two wooden slippers
- Handful of burned ashes of cow dung, for the forehead

Expose the man for three months to continuous rankle (all sorts of trouble, talks, nagging, pin pricks and the like) until he becomes fully annoyed with wife (if any) and/or with all members of his family and until he wants to get away from anyone known to him. Make him wander without food and proper place to sleep for 6 months. Let him be bitten by mosquitoes all night. Drain away half of his blood through exposure to bedbugs (readily available in India).

When he is physically emaciated and mentally incapacitated, bring him to a swami in one of the ashrams (medium size). Let him be given the charge of cleaning the kitchen and washing the kitchenware for eight months. During his time of simmering in the ashram kitchen, pour into his ear a dozen sonorous-sounding mantras and stuff him with the 15th chapter of the Gita. Bake him alive when the guru is in the white heat of anger.

Pull him out of the ashram with a pair of tongs and cast into the middle of the road. He will make an excellent sadhu for the rest

of his life (make sure he ties a piece of cloth with a knot behind his neck and that he wears a T-string to make him look less shocking).

Guru Jaman

Ingredients:

One person (any sex, age, or size)

If the person is not of exceeding physical charm, he or she should be extraordinary, such as very small or very big, very young or very old, grotesque or weird-looking. Bald-headed middle-aged men with plump cheeks and pot bellies are ideal. If bearded, the bushy one has an advantage over the Ho Chi Minh type. If the person chosen to be fried and sweetened with the guru essence is from an Oriental country, such as India, it is of great advantage that they be ignorant of the spiritual traditions of that country.

A crafty secretary (preferably drawn from the business community of Bombay, Calcutta or Madison Avenue. A Chicago guy is not a bad selection).

A vociferous public-relations agent (preferably with good connections with the public media of the USA. Such a person is sure to make this recipe very spicy and palatable so that it is easily swallowed by all).

One concoction of “instant techniques” promising full attainment after a period of not less than twenty minutes and not to exceed one year.

Several half-baked accounts of miraculous psychic powers.

A pinch of scandalous rumor.

Five jumbo-jet loads of admiring devotees and disciples willing to project their own finest values as existing in the guru-figure.

Blend ingredients, occasionally stirring up disciples; expose them to media and allow to sit with serene smiles on the faces and fingers crossed.

Wisdom Pie

Ingredients:

One pumpkin-like head
Five organs of perception
Five organs of action
Two spoons of emotion
One cup of reason
Two cloves of favorable prejudices
A pinch of salt
One-half cup of the cream of laughter

Boil the pumpkin in a pressure cooker of worries. When it is soft, put into the Guru Grinder. Add the cloves of prejudices, the pinch of salt, and chop for five months. Add the four Great Dictums—That Thou Art, This consciousness is the Absolute, This self is the Absolute, I and the Absolute are one—and blend. Sprinkle in a few drops of humor, pour the blend into a saucepan and cook in the fire of *tapasya*, (for purification through the burning away of dross).