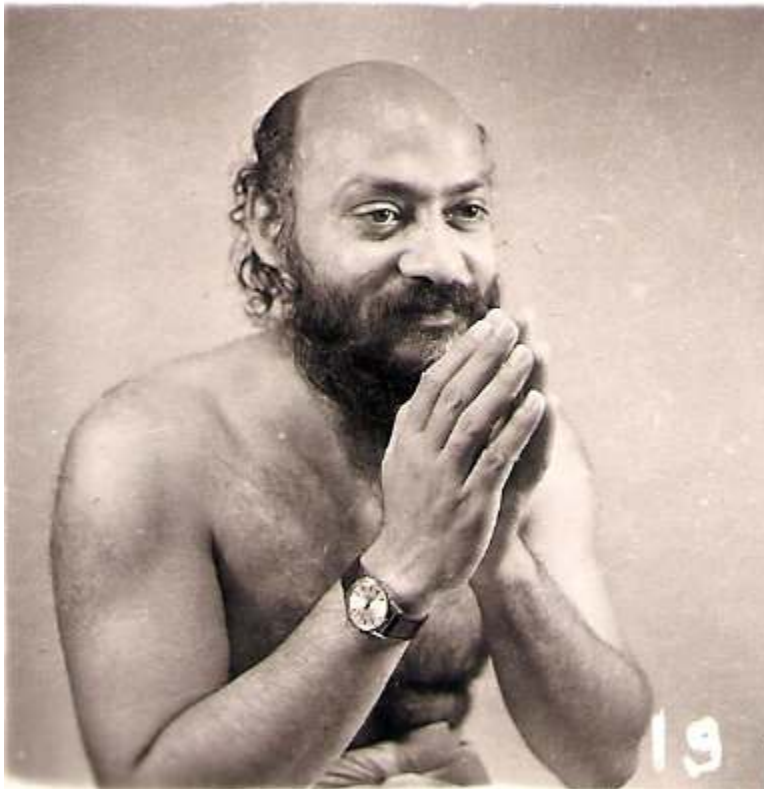


Osho - I had a strong hatred for milk because it is non-vegetarian

Osho - When you are eating delicious food, with spices and all kinds of things, made to be tasty, perfumed, you are losing something that you don't know. You are destroying your taste buds. They are not meant for such strong things; they are very small, and very delicate.

I discovered the real taste of things only when I started following Devaraj's recipes. He has changed my dining room into a hospital. But I love it. Now you can put me into any hospital and they will not be able to do any harm to me.

Three vegetables, almost the same; four slices of bread just toasted and without any butter; and a cup of Indian sauce, chutney -- that's all. But in my whole life I have never been so satisfied with my food as I am now. In India there are thousands of kinds of food Perhaps there is no other country which has so many different varieties of food: each province has its own varieties. I have moved all over India, and I have eaten all kinds of foods. Every state has its own tremendous findings -- perhaps it has taken thousands of years for them to develop certain delicacies -- but all their food, howsoever tasty, is not good, health wise.



My weight was good so I used to look very healthy. But I discovered it only late, that just to look healthy is not health. Now I am healthy -- but my mother comes, and she says every time she comes.... I remind her, "You have told this to me every time you have come:" "What have you done to your health?" and she thinks that I am wearing this long and loose robe just to deceive her. I say, "I am not trying to deceive."

She says, "But I can see your hands on the video. You may be able to deceive others but you cannot deceive me. I have seen you from your very childhood, and you had such a beautiful body." And I can see tears coming into her eyes looking at my food. And don't allow her... because she has been trying persistently for years to bring something, just a little.

I say, "No, nothing doing. My doctor does not allow it. I can take only what he prescribes, I cannot take anything else." But again and again -- and I know why, because she saw me in 1960 when I was one hundred and ninety pounds, and I had a body.... Just yesterday I was talking of Mahavira; I could have competed with Mahavira without any difficulty.

Actually, people used to say that my body... because I used to sit almost half-naked. Just a small wraparound lungi, even in winter, in the coldest places, even in New Delhi. My host in New Delhi used to say, "You are the only person I have seen in New Delhi who is sitting in just a wraparound lungi, with half the body naked and the fan on full. How do you manage it?"

People used to say that my body looked as if cut out of marble. It used to look like that because I was exercising so much: eight miles in the morning I was going for a walk, eight miles in the evening -- at least for twenty years, sixteen miles per day. If you add it all up I think it will come to near about three times around the earth or more.

I have hated milk from my very childhood, but because everybody loved my body, and my family insisted that without milk you cannot remain the way you are, I had been drinking milk against my will. That is the only thing in my life that I have done against my will. And the only way I could manage it was to stop breathing and take the whole glass in a single gulp so that I didn't smell it, because I can't stand it. I have tried all kinds of milks, but I can't stand the smell.

My feeling has been always -- and I told my family" -- Jains should stop using all milk products because milk is just like meat. It is not vegetarian, it is animal food; and it has a double violence in it. From where does the milk come? It is the mother's mechanism, biological mechanism that transforms her blood into milk. You are really drinking white blood."

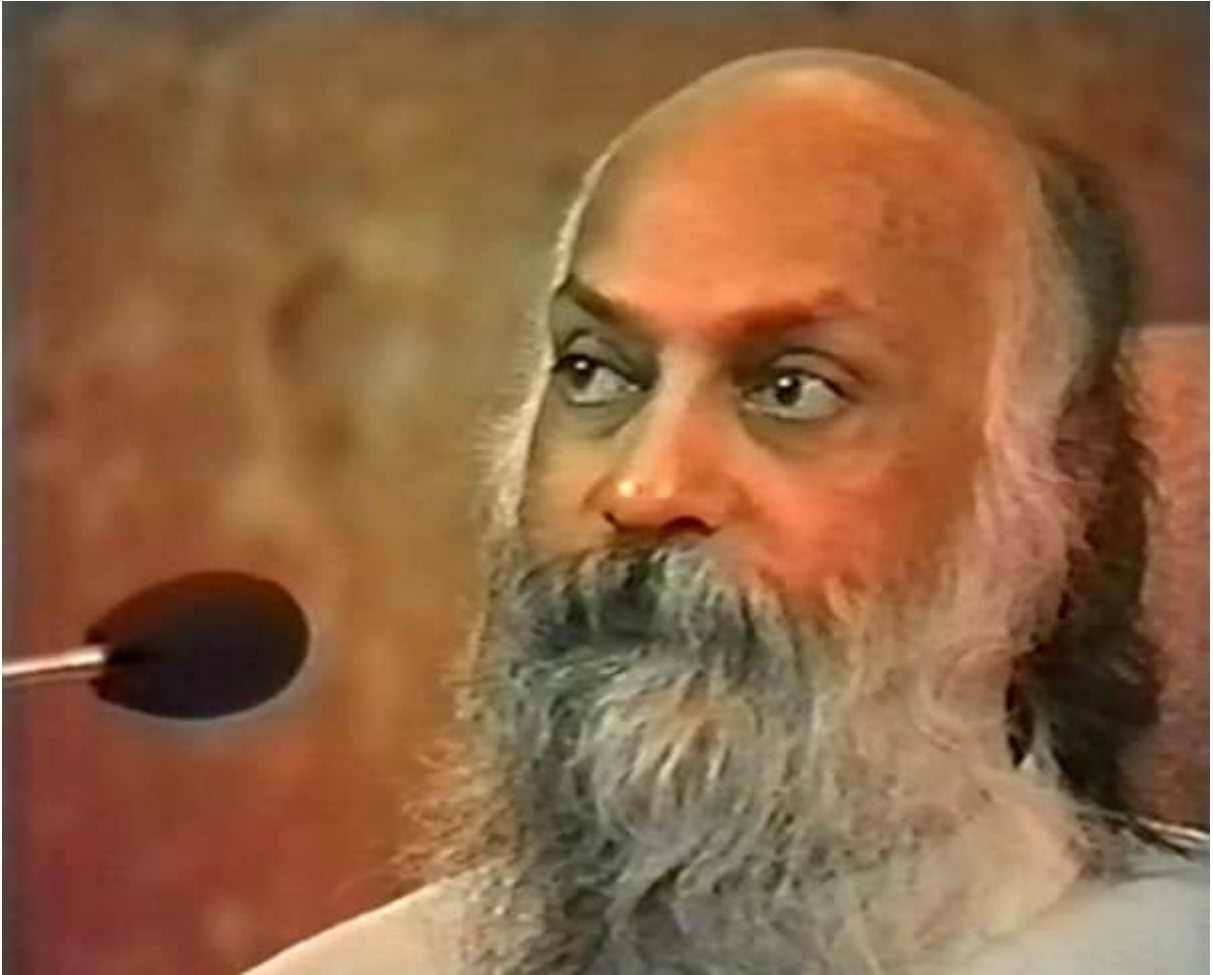
My grandmother used to close her ears, "Don't say such words because then I will not be able to drink it. I will remember 'white blood.' Never do such things to an old woman like me."

Now, Jains cannot live without milk because that is their only vital food ingredient; otherwise, everything is just vegetable. So they eat all kinds of milk products -- butter, ghee, curd -- and all kinds of sweets made of milk. But I had a strong feeling from the very beginning that this was just blood. That's why it increases your blood so quickly, and that's why the child needs only milk; that's enough, that is all his food. The mother's milk provides the child all necessary food; nothing else is needed -- and those are the days of its growth. So milk is a whole food.

On the one hand I had a strong hatred for milk because it is non-vegetarian; secondly, you are depriving the child of the cow or the buffalo. That milk is not for you. The cow has her own kids, and the milk has come to her breasts for those kids, not for you.

You will be surprised that in a country like India which pretends to be non-violent, they kill the cow's kids because the cow will give milk first to the kids; otherwise she will try and kick you and your

bucket and.... Naturally the mother wants her child to be taken care of first. Who are you? Sitting on a small stool with a bucket and trying to milk the cow -- who are you? And the milk is not meant for you.



The cow has no way to know that you have purchased her. She does not understand money and purchasing or anything, but she understands one thing, that her own child is standing there deprived. So what do the Indians do? -- they kill the child, stuff it, and keep the dead stuffed child close to the cow's breasts so she goes on believing that the kid is there. The kid is dead, it is stuffed - all his bones and everything have been taken out -- just to deceive the cow.

And these people believe that they are religious people, non-violent, believing in truth. They are even deceiving a poor cow. And the cow they call "mother cow"; in India the cow is worshipped like a mother. But what strange people: you worship your mother and you kill your brother? And particularly if the child is a male child, then certainly he has to be killed. If it is a female child then she is going to become a cow, so somehow she has to be preserved, but a male child can be killed. But if the cow is your mother, then the bull is bound to be your father, and you are committing patricide! -- killing bulls. And the purpose of this is just to deceive their "mother," whom they worship, for whom they create great political movements. They create riots if somebody kills a cow and continually they are asking the government to stop cow slaughter absolutely.

And what they go on doing is so ugly you cannot believe it. When I saw it for the first time in Calcutta, it was the worst thing I had ever seen. Hindus who call the cow the mother, and who are ready to be killed or to kill anybody to save the mother, do something which everybody in the world has to understand to appreciate how people can be hypocrites. They push a bamboo stick into the cow's vagina when they are milking her. Pushing this bamboo stick in her vagina forces her to give more milk, almost double the quantity. These people call the cow mother and are fighting for her so that cow slaughter should be stopped -- and this is what they are doing to their mother: pushing a bamboo in her vagina just to get the double quantity of milk.

When first I saw it with my own eyes, it became even difficult for me to drink milk with open eyes. But Devaraj has been of great help. He has dropped all milk products -- milk, butter, ghee, everything -- from my food, and I feel really clean. Of course, I have lost weight, but what purpose is weight? I don't look cut out of marble but there is no need to look cut out of marble -- there are enough marble statues.

For the first time in my life I am feeling at ease with food. In India it was impossible because everybody was harassing me: "If you drop milk then there is nothing in the food. If you drop curd then there is nothing in the food. If you don't take butter then you will lose weight." But that weight was causing me all kinds of difficulties. Right now all of my difficulties have disappeared.

My breathing is no longer a trouble, and as my weight has been coming down my back has been getting better. Strangely, since the weight has come below one hundred and thirty pounds, my back is absolutely right. There is no strain at all; otherwise once in a while I used to feel the strain in a certain position. Now in no position am I feeling the strain.

And in my eating the same food every day my taste buds have discovered their sensitivity. I taste more than I have ever tasted, although there is nothing much to taste; but whatsoever there is, is immensely gratifying. I would like you to understand it -- that all spices are deceivers. They are strong enough to force the buds to feel their presence, but the stronger the spices, the duller become your taste buds. When there are no spices, then your taste buds come to their natural sensitivity.

Now, these are two different things: having something delicious because it is in the food, and enjoying something delicious because your taste buds are more alive and more sensitive. The second should be the case. That is why it is so difficult for anybody to understand what I can be excited about. I am excited about my taste buds, not the food. Food has lost meaning; a new meaning has arisen. And I feel that this should be the approach, the right approach. Then just boiled vegetables are so delicious, just bread without butter is so sweet, that one cannot imagine; one can only experience it.

Source - Osho Book "From Personality to Individuality"

http://www.livingworkshop.net/PDF-files/From_Personality_to_Individuality.pdf Page Number 435-437.