



Recipes Of Reality Beyond Trap Of Tastefulness

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Intent of Content...

Very early; may be thousands of years back, human intellect could decipher that we are all merely Puppets. The philosophies and spiritualities then ensued, as civilization and culture shaped up organized human wisdom, and they attempted to unravel the *strings* and *sinews*, which make humans do what they do, the way they do. This metaphor of puppetry actually underlines the core and basic reality of human life; in fact all lives.

Puppetry truly represents the embedded design of human life-living and the entrenched relationship between human *Consciousness* and *Causalities* of the world we live in. The human life as a 'reactionary' Media of Milieus was understood. Puppetry therefore, beautifully and amply outlines as how average human life-living is all about how it behaves and acts; mostly unconsciously and subconsciously; depending on how the unseen intuitive 'strings' are pulled. The philosophies and spiritualities since ages have therefore exposed the 'strings' and how they get pulled and have also warned against stupidities-hypocrisies of subconscious intuitive life-living. Modern intellect, especially the 21st century science, has very successfully laid bare the structures and dynamics of all 'strings' that make humans a puppet, by unraveling the mechanisms of the *Substrate*, from where all 'strings' are pulled. It is a huge fortune for 21st century humanity that almost all **Recipes of Realities** have now been very clearly and beautifully decoded and explained, so that modern men and women are no more puppets. These Recipes of Realities not only liberate us from the Slavery of Strings but also make us stand as dexterous chef of life-living; cooking novel and alternative experiences-cognitions of realities, for wellness and prosperity. This book is a humble enterprise to talk not only about *Recipes of Reality* but also the *Realities of Recipes*. It has been written, addressed to

young boys and girls but the author very humbly feels; it should interest men and women of all ages. Thanks and all best...

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Before we begin to talk about food, taste and cooking; I humbly wish to tell you a story. Is it a real story? May be! You decide...

Mouth and Ears were once good friends. The Ears would lend their optimal attention to anything Mouth said. The Mouth always ensured; Ears were introduced only to the best of sounds. Mouth created the musicality; Ears imbibed them and turned the 'beats' into dance of body and mind. Life-living was one long journey of Song and Dance as their friendship blossomed. But; they couldn't live happily thereafter... Why?

Mouth unconsciously *tasted* the sugar of **Self-Consumption** and *cooked* recipes of deception and hypocrisies. Ears unintentionally got hooked up to and binged on **Fake Information**. The close 'neighbors' drifted apart. Ears developed the big fat belly of Distrust. Mouth aligned with Cacophony and incurred the ulcer of ulterior attitudes. The body-mind stopped singing and dancing...

Mouth now asks all unreal **Questions**... Ears listen only to untrue **Answers**...

The Distrust and Disharmony has made Mouth and Ears avoid each other, even as they remain neighbors. They are now confined to their Smart Phones. They share emojis; only on birthdays...

Tragically, it all started and happened, as the once good friends *tasted* and *cooked* things, without caring what it could lead to...

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At The Very Beginning...

There are questions and they are important because they lead to answers. Very naturally; good and right questions alone can journey the destination of good and right answers. Intelligence is not only in finding answers; rather it is primarily in forming genuine and true questions. Questions are almost like the *roadmaps* and you reach right and well only when your roadmap is good and right. Then the inevitable question is – **what is good and right?** How can someone be sure about what is good or bad and what is right or wrong?

Cooking also has the same situation. There are questions, which need good and right answers but before that, you need to know the questions first. Before you ask, what you should cook and how; you also must ask, why should you need to cook at the first place? Before you find answers about what is the recipe of the food you wish to cook, there are questions as, what is good and right food? You need to ask, what actually the idea of a recipe is?

Even before this question, there is a primary question as what food is and what taste, aroma and beauty are all about, which are essential parts of food? So, before we cook, we must have all right and good answers about food, taste, aroma, the aesthetics or beauty of the art of cooking, the science of body's requirements from the food we cook and eat, what is the core construct of the idea of recipe and also about how and how much we need to eat and when?

Cooking, like other aspects of life-living, is both art and science. When we talk of art and science, we must also know about intuitive and non-intuitive realities. Art is mostly *intuitive* and science is generally *non-intuitive*. Do kindly remember the term ‘intuitive’ and its complementing word ‘non-intuitive’, as they are the most important basis of all questions you form and all answers you accept. They lead you to understand a very critical knowledge about twin layers of reality – Surface Reality and Substrate Reality. This knowledge shall ready you to be a genius chef of recipes of reality. We deal with them later.

At the very start, it is important that we briefly talk about and try to understand the very science and art of *questions* and *answers* in your life. It is truly very essential that you understand the significance of questions and answers very early in your life. It may help you understand **what** and **why** we can say something as good or bad and right or wrong. This shall then ensure that you grow up as a truly successful person, as you shall *cook* and *taste* all good and right potentials in your life to create the best recipes of happiness and robustness. Cooking and taste are in a way, a good and easy practical learning method to understand all aspects of realities in your life and living. This cook book very humbly wishes to help you cook and taste all realities, the best way they should, to optimize your life-living wellness.

It is hugely important that you realize and internalize your relationship with the outside world and the universe. This very word and idea called **Relationship** has to be understood deeply, holistically and as early as possible in your life. You are born and automatically; you stand in *relationship* with infinite realities, including your parents, siblings, family, society, identities, nation, earth and the very cosmos. Relationship is an invisible two-way wire or rope of **Cause** and **Effect**, which connects you

with others and everything else gets connected with you, in the big complex world you live.

As you grow and become an adult, your life journey unfolds in two related ways – first you consciously and conscientiously create *new relationships* with lot many novel and alternative realities and secondly; you continuously redefine and rebuild your *existing relationships* with all realities in this big world you live. This *Relationship of You with Realities* has to be understood.

To understand the relationship, essentially; you have to fully understand the *Causes* and *Effects* that connects you with outside world. This cause and effect together are called *causality* or *causation*. Every reality you perceive and live out, are patterns of causality. The big complex world is truly infinite patterns of causality. You are smart and intelligent only when you understand these causalities fully and objectively. Your actions and behaviors are shaped up and decided by these causalities and your wellness and destiny is decided by your actions and behaviors.

Cooking and taste are all about these ‘cause and effect’ connects. As you grow, evolve and begin to unravel life; finally, you shall have to understand, who ‘You’ are, what ‘Reality’ is and how they stand in causal relationship with each other. Cooking makes you understand this very critical idea and reality of causality well in simplest of ways.

It is neither good nor bad that most of the realities have already happened much before you happened. You were born and automatically, your relationship with realities happened as realities were already there, not even waiting and bothering for your happening. You find it tough to *happily* live past the minutes and hours of the day. The cosmos *merrily* passed 14 billion

years, before you were born. So, in a way, your life span has to journey the realities, as they stand in *relationship* with you as you happened.

We can say; life is largely about consciously having good and right ingredients and taste of realities all around you and cooking them to conscientiously create and recreate good and diverse recipes of beautiful, healthy and satisfying *relationships with realities*. How you *cook* relationships (cause-effect) with realities shall decide your health, success, prosperity and happiness. **So, you can say; you need to be a great chef of life, cook it well and eat your way to health and prosperity.**

The reality you accept and believe, are *real* only because they stand in *relationships* with you. In actuality, there is no independent reality, if they do not stand in relationship with you. This is very important and you need to very clearly understand this very early in your life, as you grow up. You, Realities and their Relationship with you are primary learning and knowledge.

As we talked about it earlier, you are born with many relationships with realities, which you may have to consciously revisit, redefine and rebuild, as you grow and mature. You shall also create many novel and alternative relationships with realities to drive you to new experiences and ideas. That is why, you have to understand and accept that *unlearning* old is as important as *learning* new is and both unlearning and learning must go together all along your life. We shall talk in detail about it later.

You must beforehand have complete and perfect knowledge of ingredients, taste and food, before you even begin to think of cooking and eating. It is therefore important that you always ask good and right *questions* to your parents and teachers about all these. There shall be different answers and

you shall have to keep *learning* and *unlearning* them, as you grow in age and information, about realities and their relationships with you and others.

The universe and world outside you only has Information. They are not Reality. Reality happens only when you *cook* and *taste* 'Relationship with the Information'. The world, you journey as you grow and live out, only has **Information**, which you decipher and accept as Reality, through the tools of questions and answers. The questions happen as you were born and naturally, you seek to know and understand your *relationship with information*, already there, billions of years before you are born. The questions happen because you experience new information and seek to understand their relationships with you and your life. You cannot have questions if you don't experience. You may have as many questions as much you experience. The questions you have shall lead and prompt you to seek answers, which in turn shall create new experiences.

Cooking has the same process. You experience new ingredients and inquisitively seek to know how they can be used to create new recipes and new recipes shall create newer experiences of tastes. A *recipe* is a model or pattern of *cause and effect* you create with different ingredients and their proportions. Novel and alternative experiments and experiences of tastes shall lead you unlearn and learn many more recipes. This way, essentially, you cook novel and alternative relationships with the reality of foods and tastes. In a way; you cook ingredients of information into different recipes of realities by creating different relationships with your experiences of taste and beauty.

Therefore, we can say; the right and good questions are those, which make you understand this crucial *Relationship* between **You** and **Reality**. The right and good answers are those, which make you experience and

understand that there are only independent and objective information but no independent and objective reality. **Reality is the type and choice of relationship you make with information.**

Therefore, questions you formulate and choose, the answers you accept as reality and experience them very consciously, to convert them into memory, decide you and your destiny. The questions and answers are all about your relationships with reality and information, even outside and independent of what you accept and believe as reality for you. The same processes are true and right for good cooking and healthy eating.

This idea of *Relationship* has to be understood clearly. Let us understand it with an example. You love your mother so much. There is a *person*, who stands there for you as your *mother*. But, this person you accept and love as your dear *mother*, is not actually a *person* but a *relationship* you have automatically created as you were born. Many other relationships happened automatically as you were born and many others shall happen as you journey your life. These relationships with **Information** in the external world or milieus you move out form **Realities** for you, which you experience.

Before you happened, she was only a person and not a mother. Even after you were born, she still remains a person for many others. This person you know and call as your mother, always stands in so many different relationships with many others. Your mother is a wife for someone, a sister or daughter for other, an employee for someone else and so on. Still, she remains a person, even while she also happens to be in a relationship with herself as an individual.

As a person, your mother is just **Information** but she is never independent of a relationship as she is constantly figured out and referred to as realities

of many relationship identities of mother, sister, daughter, employee, etc. Very naturally, as she is a mother to you, all your questions to her happen because of your relationship with your mother. You also subconsciously accept only those answers, which fall within the domain of this relationship. However, a person – both you and your mother, are much beyond this relationship. Very naturally, all your questions as well as answers must also not be confined and restricted only to your relationship with her and should ideally go beyond. Both you and your mother have to accept this uncomfortable reality.

As you grow and mature, you and your life journey have to understand and accept many questions and answers **beyond** this relationship with reality that you have cooked and tasted for years, without bothering to know and accept that realities transcend relationships and you. It takes knowledge and courage of maturity to accept that beyond realities, stand Information and you and your cooked realities are only recipes of those bits of information, you wish to taste. There are infinite recipes but you have few tastes and too little time (life span) to cook. They all beckon you to experience them. This in short exemplifies the *science* and *art* of You, Reality and Relationships.

The science and art of you and reality are the same in all aspects of life-living, including food, taste and cooking. Therefore, when we now begin to talk about cooking and realities about food, taste and related ideas of eating and joys of recipes, you just need to keep in mind this critical *Information* about the relationship between you and reality. Also, we need to be always aware of the idea known as *Relationship*.

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PREFACE:

Much before you begin to even think of cooking, you need to fully understand some realities, which are primary and fundamental to the very idea of the need to cook. There are two realities, which largely decide *why* you cook, *what* you cook and *how* you cook. These two realities are **Taste** and **Aesthetics** (Beauty). All cooking are done to create a desired taste and appearance, out of available ingredients. But then, beyond that, there is a far more basic and core reality of **Health** and **Nutrition**.

You already know that you don't always need to cook to get health and nutrition. In fact, in most of the cases, cooking compromises with the health and cooking even kills the nutrients available in raw ingredients. Taste and beauty of cooked food may not always be guarantee of good health and nutrition. But then, food you eat must always have good potentials of health and nutrition and cooking should ideally enhance and augment the potentials of raw ingredients.

Therefore, before we begin to talk about cooking, taste, beauty of the appearance of foods and recipes; you need to understand them all in details. It is essential, so that you *learn-unlearn* and optimize the potentials of *good* and *right* cooking and eating practices.

What you need to **learn** very specifically is that primary and core purpose and utility of eating food is to provide good and right ingredients to the *mitochondria* of trillions of cells in your body, to produce energy, which your body and brain needs to survive and work. Ask your parents and teachers about cells and *homeostatic* role of mitochondria in it. It is vital learning for your lifelong wellness.

You are made of 30 trillion cells and the mitochondria in every cell; which can number up to 2500 in a cell; are the *master chef* that *cooks* energy for life of cells and does other important things to make you live well. Then there are over 35 trillion bacteria in your gut, which help you in metabolism and immunity. The mitochondria also have bacterial ancestry. You have to take good care of your mitochondria and bacteria. As you grow, you may like to have a very exciting career in microbiology, molecular or evolutionary biology and help humanity by researching life.

What you have to **unlearn** as early as possible is – what you seek to eat is what your body-brain needs to survive and work well. It is a golden rule of life-living – *what you want is what you seek but what you seek is not always what you need*. This unlearning of the very popular idea about food you love to eat is very important.

Usually, most people eat the type of food they love and relish the taste, aroma and appearance of. However, we all must remember that what we eat should always help us enhance our health and nutrition. If taste and beauty of food we eat are additionally available with health and nutrition then it is ideal. This doesn't happen as most people eat only for taste and beauty and ignore health and nutrition. You need to understand why it happens.

The crucial question and critical answer must be understood. Why it is that what we *seek* is **not** always what we actually *need*. This difference and conflict between our *desires* and *needs* must be clearly understood. To understand this, we have to understand the terms *intuitive* and *non-intuitive*. We have already talked about them and their importance earlier. This knowledge is essential for understanding your relationship with reality. This awareness is singularly vital for your lifelong wellness not only for health but overall success in all walks of life-living.

Broadly, intuitive is what you feel and believe as true and right, without any external evidence, just because it makes you feel good and happy. Non-intuitiveness is often contrary to intuitive feeling, based on objective facts as sufficient scientific evidence; even as it does not feel the way you like and want. Often, what you feel, what you *want* and therefore seek, is intuitive feeling, the evidence of which comes from your own body and brain. Therefore, you don't even bother to entertain any other evidence, different to what your body-mind tells you. Contrary to this, what you actually *need* may be available to non-intuitive perceptions, the evidence of which is available but you have not yet known and therefore you do not entertain.

This idea about intuitiveness and non-intuitiveness, its inbuilt conflict and value of it was handed over to me by my father, when I was only ten years of age. I grew up to experience the true value and different aspects of the idea and I am still experimenting with it. When you grow up, you shall clearly see as why *intuitive* desires and wants, which mass majority of people seeks in their lives, are root cause of loads of stupidities, hypocrisies and unintended (subconscious) wrongs most people do. My father saved me from most of them by introducing me to non-intuitiveness!

Taste, aroma and beauty of food are intuitive experiences and true and right only to you, as your own body-mind gives you the proof of approval. Different people shall have different desires of taste, aroma and appearance, as per the proofs given by their body-brain. Health and nutrition of food is non-intuitive reality, as it is singular and common to all humans. The evidences of true and right health need of food are common and available to all but you have to learn them. They don't come automatic to you like taste and beauty of food you desire.

Health and nutrition needs are clearly defined by proven scientific evidences that it is required for energy to your 30 trillion cells and support to 35 trillion bacteria in your gut. That is why, what you seek is not what you always need. Reality is not only intuitive but a mix of intuitive experiences and the conflicting non-intuitive facts. The conflict between your desires and actual needs shall remain because of ignorance of facts. Knowledge ends all conflicts as it makes all your needs to stand as what you begin to seek.

That is why you should always make a balance between your intuitive and non-intuitive feelings, perceptions and experiences about truth and worth-utility of not only the food you eat but everything else you choose for your desires and wants. That shall help you seek those, you actually need.

You need to understand that taste and beauty, to which we assign so much importance in cooking processes and always *seek*, are only experiences and they are what you *want* only because your perception, belief and cognition were made to evolve since your early childhood to accept their utility and worth. You want to experience only those, which your perception assigns utility and worth. But your perceptions and beliefs about good and right food and eating experiences were decided very early since your birth, not by you but by your parents and the cultures, in which you were born.

This means, your *desires* were decided for you, much before you could actually be in a position to decide what you desire. This means, as you grow up, you need to **unlearn** many old and existing experiences and learn new ones. Therefore, we first need to unravel the science and art of experiencing. Understanding the idea and importance of **experiencing** is critical for your life-living wellness as it usually restricts your journeys to novel and alternative realities. Experiencing should ideally be your

conscious tool to expand your encounters with different dimensions of realities.

What is an experience and experiencing process? You need to ask yourself, *why you experience what you experience*. This is an easy question with very difficult answer to understand. To understand the answer perfectly, you shall need non-intuitive perception, different from the usual intuitive perception, with which everyone is born with. To develop this very essential non-intuitive perception, to unravel many important experiences, you shall require years of acquisition of diverse scientific information about your body-brain and different realities, which the brain creates. However, I try to make you understand this all now with a very simple and easy example.

You already know that your body needs four ingredients to survive and work and all the foods you eat in whatever tastes and appearances of different recipes, they have these four ingredients in different combinations. These four ingredients are – **Carbohydrate, Protein, Fat and Minerals**. First three are called *macronutrients* as they are required in bulk and the fourth is *micronutrient* as it is required in small quantities. The macronutrients are essentially *macromolecules*, made out of different combinations of four basic chemicals called **Carbon, Oxygen, Hydrogen and Nitrogen**. Your body needs the four macromolecules of Carbohydrate, Protein, Lipid and Nucleic Acids to survive and work. Ask your parents and teachers about *molecules* and polymers.

Now, you need to know that what we call experiences, are essentially information, arranged in a certain relationship to fulfill specific body-brain purposes. Molecules of carbohydrate, protein and lipid (fat) are all information relationship and they are coded in specific combination of

chemical ingredients of Carbon-Oxygen-Hydrogen-Nitrogen, to fulfill specific purposes for the cells. Likewise, taste and beauty are experiences, expressing certain information to our brains for purposes crucial for your body. Similarly, molecules are like experiences, expressing required information for the cells in our bodies.

Experience therefore is expressions and communication of information, formed in different combinations of relationships to express realities, which help us survive and work. Experiences are tools to process realities for your brain to decide on follow up action-behavior. Molecules are recipes of realities, made out of raw ingredients of chemicals, creating experiences for communication of information within the cells. The mitochondria within every cell, uses these different experiences of molecules to produce energy and also perform many other roles to survive a cell. As you grow up, you shall understand very well as how not only our body but the entire universe is complex web or plexus of information and their processing. It is important that you familiarize yourself with the idea of information and importance of experiencing as a medium for processing reality.

Now, what you need to understand is the specific purpose of experience in our lives. Experience can be very much understood as the *sentinel* or security guard that stands at the gate of your apartment or house to screen who should be allowed in and who not. In another way, experience can be understood as *barcodes* that you see on most products. The barcode has all information coded in them. A scanner reads them and if they match the details the scanner is programmed to check, they flash the information on the computer screen or your phone screen.

Taste and beauty are very much like these sentinels or barcodes. They are all information. These information coded in an experience is scanned and

read by your brain. If the information of the experience matches with the set of information already programmed in your brain, it allows the food carrying this specific experience to go inside your stomach. The same way, molecules are like barcode and the cells scan them to allow entry inside to be used by mitochondria.

What you have to very clearly understand is the fact that experiences are only the screening of utility and worth. The actual worth is in the ingredients that the screening allows to enter. Taste and beauty screen the worth and utility of the food you eat but the true worth is in the ingredients your food has. Molecules are true information but their actual worth and utility is in the chemicals of Carbon, Oxygen, Hydrogen and Nitrogen they reach out to cells. Taste and beauty are experiences that carry information to your brain to allow the food to go inside your stomach. If the taste is bad or the food looks messy and clumsy, your mouth and gut shall reject them as your brain shall signal them that they are not fit for consumption.

Here, I very humbly wish to tell you that it is very important to understand the similarity and parallel between cooking and living. I accept it is neither easy nor interesting to learn about them. I very sincerely request you that you should spare your attention and interest to know this very core and critical reality about life. You may kindly take help of your parents and teachers to understand it, if you find it difficult. I try to make it as easy and interesting as possible.

You already know the chemical composition of carbohydrates. The generic chemical formula for carbohydrates is $C_n(H_2O)_n$. The protein also has carbon, hydrogen and oxygen but may have additional Nitrogen, Sulphur and Phosphorus. The chemicals common in carbohydrate, protein and fat are carbon, hydrogen and oxygen. They are primary ingredients or

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