

Recipe for Stress and Distress

Especially for cold weather! - {updated: 15 Jan 2026}



VINYASI

JAN 10, 2026

As a homeless person, I have to deal with the cold every night when I sleep out on the street in my cot (which I've lined the bottom with a foam sleep mat). And this cold weather is stressful.

Well, I recall a story told by Charlie Lutes in which he was driving up a mountain road in the foothills of the Himalayas during the winter and he encountered a small group of holy men walking down the road dressed in the sky (or sky-clad as they are called, literally; in other words, naked sadhus) holding only a begging bowl "without a stitch on" as Charlie put it. And when he asked Maharishi (Mahesh Yogi) about them, Maharishi said that their bodies are so alkaline that whenever they sit down in the snow, they melt the snow around themselves.

So, this inspired me to pick up where I had left off of developing my recipe for the ingestion of borax. It only needed one more ingredient to make it completely palatable and that was sugar.

So, now, my recipe is the following:

- Drinking water
- Borax
- Sea salt
- Cream of tartar
- High quality sugar

This is the order in which to add these ingredients into a water bottle adjusting to taste.

- Take lots of vitamin C. I consume lozenges, but it almost doesn't matter what format. Choose whatever works best for you.

You may also have sitting, at the bottom of this **plastic** water bottle, a short strand of pure silver wire four nines fine (99.99% purity) for imparting a few ions of silver into this beverage to lessen the burden which your immune system has to carry in its constant battle against germs and viruses.

Philosopher's Stone

VINYASI · DECEMBER 13, 2025



[Read full story](#)