

**SUPERPOSITIVITY
NUTRITION**

SUPERPOSITIVITY NUTRITION

*How to Eat & Be
Superhealthy Forevermore*

VICKRANT MAHAJAN



Superpositivity
BOOKS

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BOOKS

(A wing of Superpositivity Foundation)

books@superpositivity.org
www.superpositivity.org
www.superpositivitybooks.com

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Yes Thank You Universe

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Conscious Choice

This is a book about activating the energy of conscious choices in life. Commensurate with the theme, you will find a stylistic variation in this book:

- ~ It is a global practice to write you, us, we and they in lowercase but I in uppercase. I realise that it's an unconscious usage, an unaware assertion of one's supremacy. For, if i is uppercased then so should you, she, he, they. Why not make it simpler? By applying the same rule to all personal pronouns. So, throughout this book, i have consciously used i in the lowercase.

Acknowledgements

For the immeasurably beautiful gift of life, i am ever-increasingly grateful to:

The Universe and its energy, that lives on infinitely in my consciousness.

My parents, Veenaa and Sham Kishore Gupta, and my sister, Niddhi Gupta, for their unlimited love and support.

The 108 billion human beings that have ever lived, the 7.5 billion that live today, the trillions of plants and the octillions of other life forms throughout the cosmos, who have all contributed to my superawesome journey on this planet. I am the oneness of them all.

Introduction

As i have mentioned in the book *Superpositivity*. “The sum total of all the 150 positive qualities in the Universe is Superpositivity”. And one of those qualities is healthfulness. Which simply means that a person cannot be superpositive without fully accomplishing the state of healthfulness. Only someone who is optimally healthy can optimally enrich the world. That’s why it is imperative that every person who loves their life and values their contribution to the world must also place the highest emphasis on physical health and wellbeing.

Superhealthfulness is based on what i call the ONE Principle: Outlook, Nutrition & Exercise.

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Out of these, i'd say outlook is 50 percent, nutrition is 30 percent and exercise is 20 percent of the health spectrum. Outlook is the sponsoring energy of it all, and for a person to be superhealthy, one has to have a superpositive outlook. Humanity has an innate tendency to blame extrinsic factors for every situation but it is superimportant to realise that nobody controls your outlook but YOU. So nobody else can fix it but YOU.

This is where science, medicine, food and fitness industries have their limitations, and it is imperative that each one of us accepts the fullest responsibility for our outlook in life and tries to suffuse it with forevermore growing positivity to enjoy a state of superhealthfulness forevermore.

Research has proven that the more positive a person, the greater their immunity and overall health parameters. And the highest level of positivity is a practise called Superpositivity. I'd request you to visit www.superpositivity.org and read the book *Superpositivity* (which you can read for free on that website) or do the Superpositivity

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Course (for free) at www.superpositivityschool.org, to understand how to develop a level of positivity that would naturally fortify you from all disease. much before it occurs. Always remember that half of your health is determined by your thoughts, words, feelings, and your overall approach to life — only once you fix that will you truly activate the state of optimal wellbeing.

While outlook is one half of the health pie, the other half — the physical one — has two major constituents: nutrition and exercise. Though exercise is very important, it is nutrition that is the sacrosanct aspect of health and is the foundation upon which the structure of wellness is truly built. So, in this book we'd talk about the essential elements that comprise an all-encompassing approach to food and eating called Superpositivity Nutrition.

Superpositivity is like an open-source software of inspiration that draws upon the highest practices, expressions and performances by a cross-section of entities

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in the whole cosmos. A star adds as much to the energy of superpositivity as a tree and a flower contributes as much as a human being. Similarly, Superpositivity Nutrition draws upon the best nutritional practises and research around the world to create a framework that leads to optimal physical wellbeing. Superpositivity Nutrition is a synthesis of nature and science, instinct and research, and is built upon my personal experience over the last two decades.

I have applied the elements of Superpositivity Nutrition to establish a state of natural, disease-free, medicine-independent health all my life, besides accomplishing a podium finish at the topmost male-modelling pageant in the country, creating over a dozen fitness-related Guinness World Records and becoming the motivation mentor of some of the topmost wrestlers and boxers in the world.

Essentially, Superpositivity Nutrition is not a diet but a philosophy. It has a twin

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objective: health promotion and disease prevention. Just like darkness is the absence of light, disease is the absence of healthfulness. Superpositivity Nutrition aims to encourage an ecosystem of eating that promotes the highest level of health and fitness in the most natural way possible. And it is obvious that once health is present in abundance, then disease would automatically stay away.

It is estimated that there are over 3,000 diseases that owe their genesis to food — or more specifically, to the way people eat. Diet-related chronic diseases are the most common cause of death in the world and present the biggest challenge to the human race. And research has found out that 80 percent of cases of heart disease, 90 percent of cases of type 2 diabetes and about one-third of cancers can be avoided completely just by adopting a healthy diet and lifestyle.

Now, it's very important to understand that deep, long-term results take time to

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manifest. In fact, research estimates that among older adults, it may take a year and among those suffering from chronic ailments it may take even three to five years to reap all the benefits that accrue from healthy, conscious dietary changes. That's why it is superimportant that Superpositivity Nutrition not be seen as a fad diet to be experimented with for a few days or weeks, but as one's philosophy and approach to food over an entire lifetime. Once that resolve is in place, then, as science tells us, it is possible to live one's entire lifespan — whether it is 75, 100 or beyond — in the most healthful, disease-free, autonomous way possible, regardless of one's genetics or life circumstances. That is my vision for humankind, my intent for each one of you, and the singular purpose behind this book.

As i mentioned earlier, Superpositivity Nutrition is not a diet but a philosophy. Once we centre ourselves in the understanding and practice of this philosophy, then

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superhealthfulness would flow organically and manifest naturally in our life forevermore.

Superpositivity Nutrition can be best understood from the root term SUPERPOSITIVITY which, in this context, is an acronym of 15 letters, and each of those letters stands for an element of eating. Let's go over each of those elements one by one.

*The feeling with which we eat is also the most
powerful nutrition we draw from food.*

Element # 1

S = SUPERPOSITIVE FEELINGS

Since their arrival on this planet, human beings have been obsessed with food. And have sought to draw their energy from food. From its vitamins, minerals, and nutrients. But the thing is: it's been a one-way association so far. Why not make it a two-way exchange? Give and take. Like every other transaction. Why not venture to give energy to food as well?

Every superpositive person is a giver, and the dynamic of giving applies to food as well. Now most people associate food

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with only macronutrients, micronutrients and calories. But at the truest level, food is an exchange of cosmic energy. Before we can take anything from food, we must learn to give to it. And the greatest form of giving that we can impart to food is the energy of gratitude and appreciation.

The very act of expressing gratitude to food and to all those who have enabled it to come to us raises its nutritional value immeasurably. And sparing a few moments to appreciate the shape, texture and aroma of food makes it that much more nourishing and life-affirming. Before eating anything, i simply close my eyes for a few moments, join my hands and say a heartfelt Yes Thank You Universe and when i complete my meal, i again say Yes Thank You Universe to gratefully appreciate the very opportunity of that meal. There are countless entities that have toiled to get that food on my plate. I collectively acknowledge their contribution by saying Yes Thank You Universe. And then while eating, too, i stop once in a while and say it a couple of times, even if silently. It's

SUPERPOSITIVE FEELINGS

like stopping on a highway to appreciate the bends and turns. And enjoying the journey, not just the beginning and ending. Essentially, it is about accepting food with a superpositive energy. And once one eats with consciousness for the joy that every morsel brings, then all the health benefits will automatically ensue.

I say Wow several times during the meal to express aloud my appreciation for the meal and to make food feel more uplifted as well. Come to think of it, the food that we eat is an entity filled with life — that's how it supports and sustains our life! But the way most people eat shows that they view food as an inanimate entity, as a lifeless object. It's almost as if they are snatching and tearing away at food, without any respect for the life contained in it. I have come to understand that the energy that we give is the matter that manifests, and that applies to every aspect of life, whether it be work, relationships or food. If we nurture each of those aspects of life with the most positive feelings, then they'd flourish immeasurably.

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At our home, it is my mother who prepares most of the meals because cooking is her passion and she simply loves preparing food for the family. And as a small acknowledgment for her invaluable contribution to my wellbeing, i always compliment her generously on her cooking “Wow Ma, this dish is yummy”, “Wow i love the way you’ve made it.” In fact, i don't recall a single meal in my entire life when i haven't given profuse appreciation to the maker of that meal, even if it meant meeting the chef at a restaurant and complimenting them in person. Once i infuse food with these superpositive feelings, then every meal becomes a celebration and an uplifting experience unto itself.

I pour as much energy in appreciating the food and its maker as i do in consuming it or digesting it. You see, most people's interaction with food happens post eating, once that food is in their system. But in my experience, the pre-eating energy activation is even more important. Most conventional approach to food has been about its physical interaction. But i believe, the

SUPERPOSITIVE FEELINGS

energy with which we come to the dining table, the feelings with which we look at food, smell it, touch it and embrace its existence is much, much more important. And that energy comes into play before we put even a single morsel into our mouth. And it doesn't have to be a long-winded ritual for that. In fact, you don't even have to say any words, if you don't feel like. Just the act of joining your hands in silent gratitude, taking a loving breath or closing your eyes in deep, unspoken communion with the food would be equally beautiful.

All it takes is a few seconds before your meal, a few seconds during and a few seconds after. All in all, it'd add 15 seconds or so to the overall meal duration. But in my opinion, those few extra seconds are the key distinguishing factor between those who use the energy of eating simply to survive and exist, and those who use it to thrive and excel — and become superhealthy forevermore.

*Food is a great blessing of the Universe upon us.
But we are a great blessing upon food as well!*

Element # 2

U = U & FOOD ARE EQUALS

When our relationship with food is built on the foundation of superpositive feelings, then we eventually transcend the sense of superiority that we have assigned to food or the dominion that we believe that it has over us. After years of observation, here's what i have firmly come to understand: the ultimate state in a human being's relationship with food is friendship. Neither to resist nor to covet. But to befriend. I believe true friendship can only be between equals. Or, more appropriately, between entities who view

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each other equally. If one approaches the other more powerfully, or the other feels overwhelmed by the former, then that's not true friendship. And doesn't last long. You have to raise your power to match that of the other to activate the fullness of that partnership. Otherwise, it is going to remain a partial partnership: that of unequals. It applies to food as well.

Let's say, Robert's weakness is ice cream. Then ice cream has a sway over Robert, a grip over him. Honestly, Robert will not be able to fully enjoy ice cream. Because he will be too busy indulging his craving to really enjoy its essence. He'll be too overpowered by the taste to truly relish it. In an imbalanced way. In an intolerant way. And that's also the reason people develop food ailments. Because every ailment emanates from intolerance. In medical terms, disease is equated with intolerance. Sugar intolerance. Gluten intolerance. Lactose intolerance. And so on. On the other hand, people who eat with consciousness are neutral to it. They are tolerant to that taste. Irrespective of how strong or overwhelming it is.

U & FOOD ARE EQUALS

Also, transcend any bias or prejudice towards any food. Superpositivity does not come from saying: "I don't like aubergine!" Or, "Black lentils are the only dish i don't like!" Or, "I like everything but cabbage!" Keep going, keep growing till you befriend every dish, every condiment, every vegetable. And you get to the point where you give equal respect to every food.

I have seen that many health articles interestingly begin with titles like "The latest evil food" or "The newest superfood." The irony of food is that what's evil today will be a hero tomorrow. Or, what's a hero today was a villain someday. In the human world, bestowment is in a constant state of flux. Butter and cream were vilified yesterday and are being hailed today. It's good to know but even better to be aware. Knowledge keeps changing but awareness is ever constant. Zero food is evil, zero food is hero. A balance of both is optimum. An openness towards both is ideal.

Every relationship in life truly flourishes when it is based on equality and respect. Always

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remember that in the Universe, there are zero favours to give and zero favours to receive. There's only an exchange. A free and flowing exchange. A pure exchange. Between parents and children. Wife and husband. Sister and brother. Eater and food. At times, you will be the sun. And at times the earth. At all times, be appreciative of food's role and of your own role as well. Because, ultimately you both are equal partners in health.

You see, whenever you eat something, you enter into a partnership with it. From health and an evolutionary point of view, it is meant to be a partnership between equals. But have an objective look at humanity: it is reeling under the weight of food. It is allowing itself to be consumed by the assault of eating. People have learnt to covet or deify food but not respect themselves and their own capacity to process that food. You see, food is beautiful. Always has been. It is a great blessing of the Universe upon us. But here's one thing we've never quite realised: we are a great blessing upon food as

U & FOOD ARE EQUALS

well! If we were not around to appreciate and accept food into our bodies, then what would be the purpose of all that food? So, appreciate food — and yourself. As equals. And, believe me, that's the day health will start appreciating you as well.

*Once we learn to control the portions of our food,
we'd also learn to control our actions in life.*

Element # 3

P = PORTION CONTROL

It is never a food by itself but the inordinate and uncontrolled amounts of it that one eats that makes it disagreeable to one's system and eventually leads to weight gain. I have seen that most people unconsciously heap food onto their plate without any regard for its proper quantity. Their plate overflows with an unchecked quantity of food and to compound things, they consume multiple, unconscious servings of that food. In my early adulthood, even i was one of them.

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I used to fill up my plate with rice and put very little by way of vegetable or lentils. Also, there was copious amounts of emotional eating that i'd do. Because my mother is such a great cook, she'd make all this amazing food and lovingly insist that i eat multiple servings of it. Being an acquiescent son, i unprotestingly complied with her requests, and as a result, i spent all my teenage years and early twenties feeling bloated after every meal. Thankfully, my metabolism was very high, and i never put on any excess weight. Yet i have to admit that all my early life, i unwittingly allowed my stomach to be treated like a garbage bin — and suffered a lot in the process.

It was not until i was 24 that i discovered the merit of portion control. I started preparing for the Mr India modelling pageant and earnestly started doing fitness training. One of the things my instructor had me do was to eat food in measured quantity, because obviously i had to be in top physical shape. And once i started doing that, it had a transformative effect on me.

PORTION CONTROL

For the first time in my life, i ate and enjoyed pretty much everything — so long as i adhered to food in its most natural state and in its correct portion size — and actually became leaner and fitter in the process.

Here's a simple tip that i have been practising for the past 20 years, and it has helped me keep my weight at a steady constant while enjoying an unlimited array of foods: i try to eat everything (except oils, nuts and sugary foods) in the denomination of 100 grams. Let me give you an example of how it works.

Let's say i am eating rice. Now, with most people, they heap rice onto a plate. And it is invariably more than what they need or should eat. While i take a standard stainless-steel or glass bowl that has a capacity of 200 grams. Very simply, i fill that bowl with cooked rice to half, and there you go — that's a standard serving of rice, as per almost all reputed health agencies. Now that's not to say that i'd never eat more than 100 grams of rice in one go. On occasion, i do eat more than that, but it just enables me

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to be conscious of the quantity that i am eating. And if my body is still hungry, i just go in incremental portions of 100 grams. (I will talk more about this in element # 13: In Touch with Fullness.)

I apply the 100-gram-portion concept not just to rice but to fruits, vegetables, legumes, grains, dairy, and pretty much all that i eat. It enables me to eat everything without going overboard. And as someone has beautifully said, "In moderation, everything is awesome."

Research after research has proven that increased portion sizes inadvertently lead to overeating and consequently, weight gain. Just the simple tip of using smaller bowls, spoons and plates can lead to people eating up to 40 percent less food than they unconsciously do if they use larger dishes or cutlery — and feel just as contented.

For those who are new to portion control, what would help is to get a kitchen scale or measuring cup and weigh every food item before one consumes it. After two or three weeks, one's natural instincts would get sharper,

PORTION CONTROL

and one won't have to weigh food every time before eating.

Also, when eating out, one should insist on half portions because restaurants typically serve food in sizes that are three to four times larger than standard serving sizes.

All in all, portion control is about heightened awareness about the quantity of food one eats, and once one has abundantly practised it, one would realise that it is the biggest step in weight and health management.

The slower one eats, the healthier one gets.

Element # 4

E = EAT SLOWLY

We've all pretty much grown up hearing the advice: "Chew your food 32 times." But we've seldom paid attention to it. I have seen that people who suffer from indigestion or food-related complications are invariably those who treat food as a gulp-and-gone activity. These are people who chew their food only three to four times before swallowing it and who finish their entire meal within a few minutes.

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You see, when we chew food, enzymes are released in our mouth, and the more we chew, the better those enzymes interact with our food, thus enabling us to absorb optimal nutrients from it.

To make sure that i chew my food properly, i have a goal of spending 20-plus minutes per large meal and 10-plus minutes per snack, even if it is something as basic as a bowl of yogurt. I also pause several times during my meal, take a few deep breaths and say a joyful Yes Thank You Universe to ensure that i am performing the act of eating as slowly and consciously as possible, and rather than wanting it to be over and done with, i am enjoying the experience of eating to the fullest.

Once again, there is a very strong connection between portion size and the speed at which people eat. It could be understood with a simple analogy. If someone has a million dollars, and they go out shopping, they'd spend at a much swifter pace than someone who has just hundred dollars and goes out shopping.

EAT SLOWLY

While the former would have an instinct to buy too much too soon, the latter would be way more measured. The former might put things in their shopping cart that they don't even need, and their plentiful resources would impel them to be wanton. While the latter would deeply introspect and ponder, taking their time going through the aisles and reading the product information carefully before committing to any purchase.

This analogy applies most glaringly to those who go for uncontrolled servings of a food and those who exercise strict portion control. When someone knows that they have a large quantity of food on their plate, their natural tendency would be to gobble down all that food at a faster clip. I have done it myself and have seen it happen way too often to know how true it is.

On the other hand, ever since i have been exercising portion control and telling myself that that is the only amount of food i would have for the meal, then my brain naturally slows down

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my hand and eye movement, and consequently, my mouth starts to move slower and chew food more as well.

Research upon research has established the connection between a fast eating rate and increased adiposity in adults as well as children. In a nationwide study of middle-aged women in New Zealand, it was found that there is a very strong association between speed of eating and degree of obesity — to the extent that fast eaters were up to 115 percent more likely than slow eaters to be obese!

One of the best practitioners i have seen of slow eating is my father. Even without knowing the science behind it, he has always eaten at a slow pace, taking 5 to 10 minutes longer than my mother, sister or i to complete any of his meals. And the result is that his weight has been a constant — give or take a pound — for the last 61 years, even with literally zero exercise!

It has been scientifically proven that eating slowly leads to an increase in fullness hormones produced by the brain, thus

EAT SLOWLY

prompting the body to be contented with a lower amount of food than if one were eating at a fast pace. Besides, the body is able to absorb nutrients much better if the food is chewed more and thus eaten at a slower pace. And the more nutrients it derives from food, the stronger it becomes. In short, one could say that the slower one eats, the healthier one gets.

*Paint your meals with the widest types of food —
and with the brightest colours of health.*

Element # 5

R = RAINBOW OF FOODS

I have seen that most people are pretty rigid and exclusive in the foods that they eat. They have a very narrow, limited and predetermined range of foods and they seldom step out of that range to include a wider spectrum of foods.

Now there's a reason why nature has created an entire spectrum of colours within the food chain. Just like a box of crayons is replete with the full range of colours, the healthiest plate is packed with a rainbow of

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colours. It is because every colour is blessed with certain micronutrients that are predominantly available to foods with that colour. It is not merely a coincidence or freak occurrence that different plants have different colours. It is because plants contain unique pigments called phytonutrients which give them their colour. Every colour is associated with specific nutrients and health benefits. For example, the colour green is packed with iron, the colour orange is packed with vitamin A, the colour brown is packed with vitamin B, the colour yellow is packed with vitamin C, the colour red is packed with potassium, the colour white is packed with calcium and so on. The deeper and fuller a plant's colour, the surer one can be of its rich nutrient contents.

Almost all colourful fruits and vegetables have anti-inflammatory and antioxidant effects that positively impact our health. Phytonutrients protect us from chronic diseases, including cardiovascular disease and many types of cancers. When it comes to health benefits, it is

RAINBOW OF FOODS

important to understand that zero colour is superior to any other, which is why a balance of all colours is most important.

Now to understand the vitamin, mineral and antioxidant content of every food individually and to meet your daily requirements of micronutrients would require extensive research. So, to make it simpler, you should aim to eat the whole rainbow of colours every day, or at least one food per colour every day of fruits, vegetables and other natural foods to ensure that you are getting an optimal intake of vitamins, minerals and antioxidants.

Here is a list of foods of every colour to enable you to paint your own plate in the hues of a rainbow:

Green: spinach, leafy greens, beans, broccoli, asparagus, cabbage, cucumbers, grapes, lettuce, peas.

Red: tomatoes, cherries, red carrots, pomegranates, red peppers, apples, watermelons, strawberries.

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Orange: sweet potatoes, papayas, oranges, apricots, peaches, orange carrots, mangoes, muskmelons, tangerines.

Yellow: lemons, yellow peppers, pineapple, corn, ginger, potatoes, pumpkins, butternut squash.

Purple: blackberries, blueberries, eggplant, figs, plums, passion fruit, purple cabbage, beetroot.

White: onions, garlic, turnips, mushrooms, cauliflower, cashews, sesame seeds, white beans, milk, yogurt, cheese.

Brown: almonds, walnuts, peanuts, hazelnuts, chocolate, pecans, cinnamon, brown rice, whole-wheat bread.

By eating a rainbow of foods, you'd be supplying your body wholesomely with a cross-section of vitamins and minerals, and as research tells us, micronutrients that are naturally available in food are far better and are absorbed way better in the body than the most sophisticated pills or

RAINBOW OF FOODS

supplements available in the market. In the long-term, that's your best insurance against nutrient deficiency and disease.

Perhaps the best health advice that ever came my way was "Eat a rainbow every day". And that one simple practise has ensured that i paint my meals with the widest types of food — and with the brightest colours of health, thus enjoying my life to the fullest.

*A plant-based diet is the most natural way to live
the philosophy of superpositivity.*

Element # 6

P = PLANT-BASED

Almost 15 years ago, i turned vegetarian for spiritual reasons. And i have been a vegetarian ever since. But here's my take on the veg/nonveg debate in the world: i firmly believe that every person is entitled to their choices, and nothing in the world should ever come to an us vs them flashpoint. Those who eat nonveg are not committing any sin, contrary to what most people think, and neither are those who are eating vegetarian food by themselves doing any

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virtue, so we must take moral judgement out of the picture here.

I do admit that the amino-acid profile or the protein quality or the iron absorption of nonvegetarian food is slightly better than vegetarian food but having said that, when most nonvegetarians use the argument that vegetarian food is not rich in protein or doesn't have much natural strength, then that couldn't be farther from the truth. I have researched extensively the science behind food, and i have designed my own meals in a way that i consume 140 grams of protein every day purely from plant foods and without any artificial supplement whatsoever.

Nonetheless, my only recommendation of keeping your diet plant-based revolves around the quality of compassion. The journey of superpositivity is about infinite lightness, love and empathy, and eating the flesh of another bird, insect, animal or aquatic creature strongly interferes with those feelings. As i said earlier, i am not trying to promote Superpositivity Nutrition as a fad diet or a better diet than any

PLANT-BASED

other existing style of eating. In fact, as I've said earlier, Superpositivity Nutrition is not a diet at all — it is a way of life. And only those who are on the path of superpositivity and intend to optimise their relationship with food in the most positive way possible are requested to embrace it. And clearly, eating a plant-based diet suffused with the most superpositive feelings is the most natural way to live the philosophy of superpositivity.

Besides, nutritionally speaking, there are compounds called phytochemicals that are the most powerful antioxidants that are available only in plant foods. In the book *Blue Zones*, which documents the food habits of communities around the world that consistently reach triple digits and live longer than anyone else, the author Dan Buettner says that the biggest commonality among all these groups is that over 90 percent of their daily nutrition is plant-based — and that is one of the biggest reasons for their longevity.

Now, there is a difference between plant-based and vegan. While most people use these

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two terms interchangeably, there's a slight distinction between the two. Plant-based means a wholesome vegetarian diet that is flexible enough to include dairy and honey while vegan is strict enough to exclude all animal products, including dairy and honey. Both styles of eating exclude all forms of poultry and meat.

I was on a vegan style of eating for two years, and to be honest i completely loved it and still do. However, last year, i reverted to the lacto-vegetarian style of eating — that is, i reintroduced dairy into my diet. Because i live in a family where most of the cooking is done by my mother and both my parents love dairy, and i felt that my restrictive style of eating was causing way too much inconvenience to both of them. My mother would invariably have to cook two versions of the same curry — one without dairy and one with it. And it just added way too much to her workload. So, one day, i resolved that since one of the key elements of superpositivity is to be sensitive to others, i must honour my situation and readily accept dairy

PLANT-BASED

products that are part of the food that is offered to me. While i still don't go out of my way to buy and consume dairy yet i have let go of the restrictiveness around it and i accept its presence if it is an ingredient in my diet.

Please note that one of the key leitmotifs of superpositivity, as well as Superpositivity Nutrition, is sensitivity to your surroundings and your unique life situation. And if too much restrictiveness interferes with your family's or loved ones' wellbeing, then you must deeply introspect and bring about changes that allow for spontaneity, flexibility and openness while still honouring the principles of a plant-based, meat-free diet — or, if you live in a region where access to fruits and vegetables is limited, then as *Blue Zones* informs us, “go for at least a 90 percent meat-free diet”. Flexibility combined with compassion is the key here, and, as i have seen, they both can be integrated naturally and wholesomely into your food spectrum and eventually in your life.

*Don't just drink water —
learn to optimally hydrate.*

Element # 7

O = OPTIMAL HYDRATION

Most of us are too focused on the three major macronutrients, that is proteins, carbohydrates and fats. But if you were to ask me, i'd say that the biggest macronutrient of all — the one that supplies us with the greatest health — is water. I have always been a conscious drinker of water all my life, and i attribute that as the biggest contributing factor to the lifetime of healthfulness that i have enjoyed. Now most of you would be aware of the 8-glasses-per-day

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advice that is generally given on health platforms. But research tells us that 8 glasses or 2 litres of water per day is on the lower end of the spectrum.

My own experience as well as watching the hydration habits of some of the fittest people in the world has brought me to the understanding that there is a much better way to calculate the quantity of water your body needs to stay optimally hydrated. And that is to multiply your weight in kilograms by 0.45. For example, my weight is 70 kilograms and so my optimal water intake would be 70 times 0.45, that is 3.15 litres. So, to stay optimally hydrated, i need to drink around 13 glasses of water every day. My strategy for that is very simple. I keep a 1-litre water bottle by my work desk and refill it thrice every day to accomplish my water quota. And just like i remember to eat slowly, i also make it a conscious point to drink slowly, taking two to three sips every now and then to infuse my body with a steady supply of water throughout the day.

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Sipping water a little bit at a time is very important because it prevents kidneys from being overloaded. Now, i know many people have a tendency of forgetting to drink water through most of the day and then chugging bottleloads of it in the evening to compensate for it. Such an erratic pattern of drinking can be very harmful to health in the long term because of the renal overload and also because the water is not absorbed very well in the body in this case.

Drinking anything more than a glass of water at a time makes a person's urine output unusually high and anyway that water slips right through the digestive system, eroding some valuable nutrients along with it. In fact, research tells us that we should avoid drinking lots of water (say more than a glass) in one go on an empty stomach — and it should ideally be accompanied by some nutrients for it to be optimally absorbed into the body.

However, for most of my life, even i used to drink copious amounts of plain water

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throughout the day, unmindfully. I'd read multitudes of articles that just spoke of the merits of drinking water without shedding much light on the optimal way to drink it. I was never aware that there is something called overhydration, and it can be as harmful to the body as dehydration. All i was concerned with was ticking off my daily quota of a gallon a day, even if at all times, it was plain water, and even if at times it meant drinking most of that water in a 6 to 7-hour window.

It was only when i got to know the science behind infusing water with nutrients that i transformed my drinking style. In 2015, there was a study published in the *American Journal of Clinical Nutrition* that found out that a high-electrolyte content enables greater absorption of water in the body. Electrolytes are minerals like calcium, potassium, sodium, magnesium that are present in our blood and that affect how our body functions. The simplest way to replenish them is to add a few slices of lemon or a few pieces of fresh fruit to a container of

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water and to keep sipping that water throughout the day. Ever since i have started doing that, i can tell that my body is not just drinking water but is doing much more — it is optimally hydrating.

*Protein benefits our muscles,
fats lubricate our bones
and carbs fuel our cells —
but sharing nourishes our soul.*

Element # 8

S = SHARE YOUR MEALS

The very essence of superpositivity is that it has to be shared with the world. And that applies to food and eating as well. I learnt from my mother when i was a little child that food is only sustenance when it is consumed alone — but it becomes nourishment when it is shared. I can barely recall a meal when she did not keep aside a portion for the neighbours, guests, passersby or stray animals seeking food.

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And she always insisted that my sister and I sit down for every meal with the family and partake of the joy of eating together, regardless of how busy any of us were.

I have come to the understanding that the best habits in life, whether of work or of the stomach have to be consciously trained, and the shared communion of meals, whether with family or friends, is a habit that you must try to accomplish every day.

And if you live by yourself, then just like my mother, please make it a point to share a portion of your meal with other creatures and natural elements, even if you don't have a human to share it with. Trust me, the very act of sharing will make the experience of eating immeasurably meaningful and joyful.

The luckiest people are those who have others to share their meals with, whether it's parents, partner, siblings, children or friends. And it's not just about the conversations during a meal but the shared feeling of deep communion that makes the experience of a meal

SHARE YOUR MEALS

much more nourishing. Let me share with you that the one nutrition practice which i am absolutely proud of, in fact, has nothing to do with any special ingredients, diet or style of cooking. It is much, much simpler yet something that i have hardly seen anyone else do. And i have been doing it ever since i was in college.

I always offer the opening bites of every meal to my parents — first to my mother and then my father — before venturing to put food in my own mouth. I used to do it with my ex-wife as well while we were married. And if there are guests over, i try to do this practise with them as well — provided they are comfortable with it! And of course, i offer them a spoonful of food from their own plate using their own spoon.

On many an occasion, i have received flak for this practice, and some people have laughed in my face, finding the practice “kiddish”. But nonetheless, i try to ensure that before i eat, i must offer food to everyone else sitting at the table — and honestly i don’t know

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about them but it makes me feel absolutely wonderful about the meal, and i enjoy it optimally after that.

We've already discussed that flexibility is a key component of Superpositivity Nutrition. It's great to have preset timings for every meal, but it's even more wonderful if you could wait an extra 10-15 minutes before starting your meal, because one of your family members is away or is attending to important work. It just goes to show that you value the nourishment of togetherness as much as the nutrition of food.

With most other aspects of nutrition, we can ostensibly measure the benefits — for example, what are the proteins, carbs or fats we are getting from that food or what are the vitamins and minerals we are deriving or what are the antioxidants that we are absorbing. But with sharing, the benefits are intangible.

There is a deep, uplifting feeling that comes from giving and that has to be experienced to be understood. I know protein benefits our muscles, fats lubricate our bones

SHARE YOUR MEALS

and carbs fuel our cells — but sharing nourishes our soul. Without it, food would still give you power but with it, food would give you purpose — the purpose of adding to the love and happiness of our species and of all creation forevermore.

*Superpositivity is receipt of the whole.
And so is Superpositivity Nutrition.*

Element # 9

I = INCLUSIVE & WHOLE

Superpositivity is unconditional. It is receipt of the whole. Not selection of the part. Or, only the "best" part, while cringing at the "not-so-nice" part. The chillies, the turmeric, the garlic, the salt, the oil, the herbs are as much a part of the dish that you are eating as the main ingredient. You see, the air that you breathe is only 20 percent oxygen. 80 percent is nitrogen, hydrogen, methane, and other gases. How can

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we breathe only oxygen! And biologically too, it is not just the 20 percent but also the remaining 80 percent that contributes to our sustenance. Similarly, in the chicken dish that you are having, it is not just the chicken but the onions too that are playing their part. Don't look at them with contempt or treat them like a pariah.

I have seen that many people pick on their food. They will keep the ginger aside. Or the chillies aside — the “not-so-nice” parts aside. True strength always exists in whole, and that applies to food as well. It has always been my conscious endeavour to eat foods that are inclusive and intact rather than extracted or isolated.

Research tells us that it is the additive and synergistic effect of compounds present in different parts of a food — any food — that contributes to its optimal health benefits rather than any of its nutrients consumed in isolation. Such a food that is eaten intact and is zero processed or minimally processed is called a whole food.

INCLUSIVE & WHOLE

Building upon that understanding, i always go for a whole fruit rather than concentrated juice. Or i always try to eat whole grains rather than processed, refined ones. Or when i am eating almonds, i consciously try to eat them with skins intact. Or when i am eating lentils, i try to eat whole lentils rather than split or skinned ones. You see, whole fruit contains dietary fibre which is simply not available when you extract juice from it. Or almond skin is rich in polyphenol antioxidants, which is again not available when we deskin almonds.

Most natural foods are packed with nutrients in every part of their being, whether it's the skin, flesh or seeds. We spoke about phytonutrients earlier — the most phytonutrients are found in the skins of plant foods. By doing away with the skin, we also do away with the most nutritious part of that food. According to Yale University researchers, a diet of zero or minimally processed plant foods close to nature, and in their whole form, is decisively associated with health promotion and disease

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prevention. In fact, it applies to all plant foods: the more whole a food or the less processed and isolated it is, the more fibre and nutrients it has, and the more health benefits it bestows upon the eater.

In the year 2016, i created over a dozen fitness- and sports-related Guinness World Records. And it's not a coincidence that i'd also resolved to transcend my food cravings (which i will talk about in element # 14) and eat only whole, natural foods for that entire year. I got so much energy and clarity from that holistic nutrition that the records were an easy breeze.

So, whenever possible, try to go for a whole food rather than isolated parts of it. And if you can't eat the skin raw, then try to use it in another ingenious way: for example, using the outer covering of the orange in the infused water we spoke about earlier or cutting the covering into small rinds and using them in fruit and vegetable smoothie.

The possibilities are endless, and it all depends on our intent to make whole foods an

INCLUSIVE & WHOLE

integral part of our nutrition. Someone has beautifully said, "As we eat, so we become." If we eat inclusive and whole, our life shall become inclusive and whole as well.

*Once we learn to eat with complete attentiveness,
then we'd learn to live our life with complete
attentiveness as well.*

Element # 10

T = TURN OFF DISTRACTIONS

Many years ago, when i became more conscious of my actions, i resolved to never carry my phone or any other electronic device to the dining table. I have seen that the phone is a constant mealtime companion for most people and they keep checking their messages or social media updates as they eat. Some even keep talking to their family, friends or business associates as they eat.

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Invariably, such people eat at a faster speed — and often consume larger servings of food than their body actually requires. This is what is called unconscious eating, which is the number one cause of diet-related ailments. And it is equally common among children and adults. In fact, over the years, i have seen an ever-increasing number of children that refuse to eat without watching their favourite cartoon or musical — and their parents gladly indulge their wilfulness. Some of those infants are adults now — with a clutch of ailments they and their parents wish they never had.

In life, it's very important to be firm and have a zero-tolerance policy when it comes to health habits — keeping mass-media influence at bay while eating should be one of them. Seems like a pretty innocuous thing, but given the damage that it does to a person it doesn't have a substitute. In fact, it is not just about physical health but mental health as well. Because i have seen that a lack of focus when it comes to the most elementary actions in life

TURN OFF DISTRACTIONS

eventually leads to a lack of focus in one's work and life purpose. It's the atomic actions that are the building block of life. Once we learn to eat with complete attentiveness, then we'd learn to live our life with complete attentiveness as well.

Also, i have a policy of not discussing any untoward occurrence in general, and especially while having a meal. Most people discuss politics and current state of affairs, and invariably, it leads nowhere, except that tempers flare, people get more and more divided, and eventually food is eaten in an almost hostile atmosphere. What ultimately gets compromised is the sanctity of the gastronomic experience.

"Energy flows where attention goes" is one of my favourite quotes, and it is we who ultimately decide where our attention has to go: in a negative direction or a positive one? One of the best policies is to stay silent if something negative is being discussed and reinforce if anything positive is being discussed. Always remember that just like air is enriched by the

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level of oxygen dissolved in it, food is enriched by the level of attentiveness dissolved in it.

Besides, as a consciousness practice, i don't watch television or listen to radio while eating because it tends to take away from the mindfulness of eating. It is my goal to focus on the experience of eating with all my senses fully engaged in that beautiful process.

Many years ago, i spent time at a Buddhist monastery in Ladakh called Mahabodhi, learning meditation. Some of the best revelations happened to me in their spartan dining room that was devoid of all modern mass-media distractions. And it is there that i learnt that eating and meditation are not different acts — in fact, eating itself is a meditation, once we become fully immersed in it.

I know many people who read a newspaper or a book while eating — and they usually end up eating more or less than their body optimally requires. That is because they are eating with their mind and not with their

TURN OFF DISTRACTIONS

body. And on the path of Superpositivity Nutrition, that is something that must be rectified.

As we've already discussed in element # 2, we and food are equals and eating is not the be-all and end-all of life. Yet eating is one of the most life-supporting endeavours that we undertake, and thus it must be performed with singularity and attentiveness, without any distraction whatsoever. Because, ultimately, the energy we give is the matter that manifests in our life.

*Only when we stay in a state of conscious flow does
true balance — and health — accrue in our body
and in our life.*

Element # 11

I = IT'S ALL ABOUT BALANCE

Most people have an insular approach to life, and that reflects in their approach to food as well. Their association with food springs from the latest fad diet: high-protein, high-fat, low-carb, and so on. They believe that they should singularly focus on only one large macronutrient, whether it's protein, fat or carbohydrate, and exclude the other nutrients from their food ecosystem altogether.

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Such an approach is massively detrimental to health because it eventually creates an imbalance in the body.

You see, the composition of the human body is such that it thrives on balance. Every nerve, muscle, tissue and bone is equally important to it. Similarly, all macronutrients and micronutrients are equally important to it, and it does not like to be deficient in any of them.

While a clinical style of eating — where we count and measure every nutrient down to the last calorie or microgram — is not required, yet most people are completely oblivious of the nutrition profile of the foods that they eat or they sorely neglect the quantity of nutrients that their body must be supplied with on a daily basis. While in the short-term, nothing would be adversely impacted, in the long-term, such an approach would create a clutch of deficiencies in the body that could eventually lead to disease. So what you should aim to accomplish vis-à-vis Superpositivity Nutrition is to supply the body every day with

IT'S ALL ABOUT BALANCE

the barest minimum level of all essential nutrients.

Broadly, there isn't a one-size-fits-all recommendation when it comes to food, and these numbers vary massively depending on one's age, weight, gender, activity level and fitness goals. But if your goal is just to be generally active and healthy, here's what you should aim for vis-a-vis the three major macros: go for around 1 gram of protein per kilogram of body weight, around 0.6 grams of mostly unsaturated fat per kilogram of body weight and around 3 grams of carbs per kilogram of body weight.

Let me emphasise that these values are not writ in stone but are broad benchmarks that you should try to naturally (and uncoercively) accomplish every day. And, regardless of what the fad diets say, please don't make the mistake of excluding any of these three macros from your food, because they all have an equal role to play in the health spectrum and together they will create optimal balance in your body.

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Also, in case you don't get your intake macros and micros on any given day, or let's say you eat canned beans instead of unprocessed, or white bread instead of whole grain, then i'd request you not berate yourself for having done so. Because if you are committed enough to ensure that such dietary aberrations are occasional, then your body is considerate enough to naturally bring you back into a state of equilibrium.

Just like the sun is unaffected by the unseasonal clouds that come in its way, or a river is unperturbed by the sudden bends it has to manoeuvre, you too should be unaffected by the occasional gastronomic digressions that you'd have to undertake, unless you want to be clinically obsessive about every morsel you eat — which in itself is an eating disorder called orthorexia!

As Buddha once said, "Happiness comes from balance" and that applies to health as well. Always remember that food, like life, is about spontaneity and flexibility, and only when we

IT'S ALL ABOUT BALANCE

stay in a state of conscious flow does true balance — and health — accrue in our body and in our life.

*Our body is a mini-cosmos, and like the source from
which it comes, it loves variety too.*

Element # 12

V = VARIETY IS KEY

The Universe loves variety — look around, from the sky to the ground, and you'd know how true it is. There are over a quadrillion life forms on our planet and over 8.7 million species, and they have all emerged from the Universe's love for variety. Our body is a mini-cosmos, and like the source from which it comes, it loves variety too.

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We have already spoken about the importance of eating a wide variety of foods spanning a cross-section of colours, shapes, textures, tastes and groups. In fact, it is so important that I'd even say that the wider the variety of natural foods that you eat, the healthier you will get. In fact, the WHO recommends that at least 20 biologically distinct types of foods be eaten every day for optimal health. And these foods have to cover an entire spectrum of fruits, vegetables, grains, legumes, nuts, seeds, herbs and spices. They may sound like a lot, but you can easily accomplish the goal of 20-plus biologically distinct foods every day.

Here's how I do it: I eat at least 5 different kinds of nuts and seeds every day, at least 5 different vegetables, at least 2 different fruits, at least 2 different grains, at least 1 yogurt, at least 3 different legumes, at least 5 different herbs and spices and at least 2 different vegetable oils every day. So, essentially, I eat at least 25 biologically distinct foods every day, and I try to mix and match and introduce an ever-wider

VARIETY IS KEY

variety every few days. For example, there are at least 30 different kind of vegetables that are grown and available in our region. Since it is my conscious endeavour to keep my food spectrum as broad as possible, i try to eat all those vegetables over a one-week period to keep my vegetable intake at its most eclectic and varied.

But then, as we've learnt by now, Superpositivity Nutrition is not just about food — it is about the entire experience of eating. And as my own experiments have taught me, the more eclectic and diverse the process of eating, the more enjoyable that experience. And there are actually a few very simple practices that enable me to accomplish that variety. There are three very simple and inexpensive table mat sets that we have at home. Every now and then, i intersperse them or i mix and match them in different arrangements to create visual variety at the dining table. Or i use different sets of plates or at times, i even serve food on banana leaves to create a new sensory experience. At times, i eat the entire meal with my non-

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dominant left hand and at times, i sit on a different chair than usual to add variety to the experience.

Also, it is imperative that one not be stuck on or limited by a particular style of cooking because limitation is something every superpositivity practitioner has to consciously overcome. It doesn't matter if you are cooking your vegetables Thai, Indian or Continental style so long as you are honouring the other components of Superpositivity Nutrition that we have already discussed. Even if you prefer a certain style of cooking or table arrangement, every now and then experiment with a new style to honour this essential element of Superpositivity Nutrition and in fact life: variety.

Look at it this way: if the Universe did only one thing, only green would have existed on this planet, not red or blue or any other colour. Birds would not have existed, only mammals. Meadows would not have existed, only deserts. Peace would not have existed, only conflict. Abundance would not have existed, only scarcity.

VARIETY IS KEY

Love would not have existed, only hatred. And, above all, 500 billion galaxies would not have existed, only one. But the fact that all of this does, and much, much more, is a testament to the Universe's appetite for the infinity of expression — and its love for variety.

*Let satiety be the natural yardstick
on which to base eating.*

Element # 13

I = IN TOUCH WITH FULLNESS

In a way, we've already discussed this in the third and fourth elements of Superpositivity Nutrition, that is portion control and eating slowly. Once you are honouring those two elements, you'd be automatically led to this one. Yet it is so important and so overlooked by most people that we must place concerted emphasis on it.

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Most people eat till their face is stuffed — and beyond. But the healthiest people that i know have the awareness to stop much before that. They are completely in touch with the fullness that their body feels moment by moment or morsel by morsel. This is also why one should pause every now and then while eating a meal. In fact, midway through my meal, i pause for a few seconds, completely taking my hands off the cutlery and the plate and just basking in the fulfilment of the food that i have already eaten. That way, one comes in alignment with the fullness signals of the body.

It is estimated that it takes 20 minutes for the brain to register if the stomach is actually full from eating. That's why it is so important to take 20-plus minutes to finish a meal. Because by the end of those 20 minutes, the brain would have had the time to process the fullness signals from the stomach. And in case it is still hungry, it'd convey so — one could then proceed to give it more food to bring it to satiety.

IN TOUCH WITH FULLNESS

That's why portion control is so important. Most people eat more because they have been trained when they were younger to not waste any food on their plate — which is a good thing because food is too sacred and valuable a resource to be wasted. However, because most people unconsciously heap a lot more food on their plate than their body needs, they labour under pressure to finish that food, regardless of the signals that their body is giving them.

In many cases, people force — or rather torment — themselves to eat even if they are not hungry because either an unapproving adult is monitoring them or their own inner guilt is keeping surveillance on them. This is where a measured 100-gram serving of food we discussed in element # 3, Portion Control, would keep you steady as you navigate the choppy terrain of eating. That amount of food even a healthy preteen can comfortably finish, let alone an active, healthy adult. And the beauty is that with that controlled a portion of food on one's plate, one won't be under any pressure

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whatsoever to eat beyond their natural satiety level. And within a meal, one can keep going in increments of 100 grams, depending on how hungry one's body naturally feels, even if it means 2-3 servings of a certain food.

Most of us base hunger on base emotions like guilt, fear, shame, hankering, anxiety, stress, and so on. That is the sponsoring energy with which we unwittingly approach the realm of eating, and that unconsciousness drives how we form most of our decisions around food. While it's infinitely better to let satiety be the natural yardstick on which to base eating — especially for those of us who have the privilege and blessing of surplus food and can make conscious choices about what to eat.

So as you are eating slowly and are in alignment with your body's natural demand — which varies from day to day, depending on your physical regimen or hormonal changes — provide your body with the food it naturally needs, rather than what your calorie calculator or diet guru says. Listen to your body's natural

IN TOUCH WITH FULLNESS

wisdom (and once you are observing all the elements of Superpositivity Nutrition, it'd become an innate part of you), then you'd neither undereat nor overeat but you'd eat to the point of fullness — or rather to the point of health-fullness.

*The stronger a craving one overcomes,
the more creative energy becomes available
for more meaningful things in life.*

Element # 14

T = TRANSCEND CRAVINGS

The approach that most people have to food is pleasurable foods eaten covetously. But the approach that superpositive people have to food is nutritious foods eaten pleasurably. The former comes from craving while the latter comes from consciousness. The former leads to weakness while the latter leads to strength. As we've

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already discussed, we and food are equals. That means neither of us have any dominion over each other. We are neutral and balanced towards each other.

We have already discussed that Superpositivity Nutrition essentially involves eating an entire spectrum of plant foods, including bitter and sweet foods, without any restriction or prejudice whatsoever. The highest level of health would be established within you only if are able to eat any food under the sun, whether it is bitter melon or milk chocolate, without being adversely affected by it whatsoever. But if any food is your weakness, you will never quite know what it is to live autonomously, free from its grip.

Superpositivity means having attained a level of self-mastery powerful enough that one can do or not do anything at conscious will. And that level of self-control applies to food as well. I have seen that people's lack of will is clearly reflected in how often they give in to their food cravings. And their strength of will

TRANSCEND CRAVINGS

can be seen from how resolute and disciplined they are to keep those cravings at bay.

When i embarked on the path of superpositivity eight years ago, i realised that most of our negativity is trapped in the muscles of our tongue and is expressed in the unpositive words that we speak and the uncontrolled food cravings that we indulge. In order to control the inner negativity, i realised that i must first control my food instincts. So i made a list of all foods that were my weakness, whether it was flatbreads, butter or cottage cheese. And i trained myself to go for at least 40 days without each of those foods one by one. Only once i was convinced that a particular food wasn't my weakness or craving any longer did i reintroduce it into my eating ecosystem.

Particularly, there is one food that i was absolutely addicted to — a North Indian flatbread called paratha — so much so that i had to have it for every meal. To train myself to develop self-control, i resolved that i'd not eat paratha for a full year. It was very tough initially,

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and i'd even dream of paratha at night. But that conscious restraint from a food i loved made my will superstrong, and the result was that year, i created over a dozen fitness-related Guinness World Records. Some might say it was just a coincidence, but i know that the energy i was channelling away from my craving was the Real McCoy. In fact, here's what i have observed: the stronger a craving one overcomes, the more creative energy becomes available for the pursuit of more meaningful things in life.

The healthy disconnect that we develop from food by transcending our cravings turns out to be a very positive thing. We can then objectively eat an entire smorgasbord of nutritious foods without being overwhelmed by or prejudiced against any of them.

So, nowadays, whenever someone asks me for advice on Superpositivity Nutrition, the first thing i request them is to make a list of all their food weaknesses and go for at least 40 days without each of those foods, one by one. And to keep doing so till they have transcended

TRANSCEND CRAVINGS

all their food cravings. Once they've done so, they can reintroduce those foods in their diet, if they want to. Because by then they'd have tasted what it means to live free from the grip of cravings, and they'd have become completely autonomous and balanced in their relationship with every food under the sun. Only then would they get to experience what optimal health truly means.

*Food is good — but the energy that receives that food
is much greater.*

Element # 15

**Y = YES I AM SUPERHEALTHY
FOREVERMORE**

It is befitting that Superpositivity Nutrition starts with superpositive feelings and culminates with the superhealthfulness affirmation. Regardless of the food that i am eating, i visualise and affirm that the food is adding to my state of superhealthfulness. As i've explained earlier, i

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don't look at foods in isolation but synergistically. Rather than anticipating or vainly wishing that a food would contribute to my wellbeing, i invoke that energy through affirmation. I proactively infuse that energy in the food that i am eating by saying before, during and after every meal: "Yes i am superhealthy forevermore, Yes Thank You Universe". It makes me not scared or overwhelmed by any food but form a friendship with it.

Ever since i was a small child, my mother trained me to be respectful of the food that is in front of me. Not every time it was to my liking or preference but by showing that level of respect to food, i was able to create friendship with it, and as a result, i never developed any food intolerance or discomfort.

When i am travelling, or if i am invited to someone's place for a meal, i am open to eating any plant-based food that comes from any source or is made in any style or variety because while eating that food, i consciously centre myself in the activation "Yes i am

YES I AM SUPERHEALTHY FOREVERMORE

superhealthy forevermore, Yes Thank You Universe". I establish a superpositive covenant with it even before eating it. So that food has zero choice but to naturally agree with my system and support its optimal wellbeing. In fact, not just while eating but hundreds of times throughout the day i proclaim this affirmation, to not just wish for superawesome health but to create it freely, naturally and unlimitedly.

We eat almost 1,00,000 meals and consume almost 30,000 kilograms of food in our lifetime. Our proclamation of superhealthfulness has to be spread over each (or most) of those meals. We have to envision that each of those meals is a celebration, and we have to believe that each of those kilograms is making an additive and synergistic contribution to our health.

As i shared in element # 1, Superpositive Feelings, the energy that we give is the matter that manifests. So, in order to be in perfect alignment and concert with the philosophy of Superpositivity Nutrition, you have to emerge

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from the myth that it is food that is making you superhealthy — rather, it is you that are making yourself superhealthy.

The Universe has poured 13.76 billion years of intelligence into the design and composition of the human body. It has not done so that we scrape through life scared of what every morsel is bringing us — but to rejoice in the bliss of an equal communion and oneness with food.

There have existed in the Himalayan caves and in Tibetan monasteries masters who would go without food for weeks. They attained longevity as well as independence. Some ate berries and leaves, some ate whatever wellwishers got them, and some didn't eat at all. They demonstrated that food is good but the energy that receives that food is much greater because it is the energy of infinite consciousness.

So activate that energy by proclaiming emphatically throughout life — Yes i am superhealthy forevermore, Yes Thank You Universe — and, as the laws of the Universe go, superhealthfulness would manifest naturally in your life forevermore.

About the Author

Born in Jammu to Veena and Sham Kishore, Vickrant Mahajan studied commerce at the University of Jammu, publishing at the University of Denver and filmmaking at the New York Film Academy. In 2001, he started his professional career as an editor with HarperCollins Publishers India. In 2003, he won the first runner-up and Mr Photogenic at the Grasim Mr India pageant. In 2012, he made his Bollywood debut with the film *Challo Driver*, which he wrote, directed, produced and acted in. In 2014, he became the first person in the world to speak continuously and unscripted for over 48 hours at a stretch on a single topic.

Among his many Guinness World Records are the longest speech, longest play, largest book signing, largest greeting card, most football penalties in 24 hours, most basketball passes in 1 minute, longest squash rally and the largest underwater painting exhibition in the world.

In 2019, Vickrant was appointed as Team India's motivator for the senior world wrestling

SUPERPOSITIVITY NUTRITION

championship in Nursultan, Kazakhstan — the first time something like this happened in Indian sport. It turned out to be the best-ever world championship for India as it won five medals and had four direct Olympic qualifications. In 2020, Vickrant motivated Team India to its best-ever Olympic qualifying tournament in Amman, Jordan, where 9 out of 13 boxers qualified for the 2020 Tokyo Olympics, setting a new Olympic qualification record for India. At the 2020 Tokyo Olympics, Vickrant's mentee, wrestler Ravi Dahiya, became India's first male Olympic medallist after a gap of 9 years.

Vickrant has authored 35 books, including *Yes Thank You Universe*, *Superpositivity*, *Stretch Yourself*, *The Glacier River Ocean Principle* and *Goalete*. Vickrant is the creator of the Superpositivity philosophy and the first person to use the term Superpositivity in mainstream human consciousness. He presently runs a consciousness organisation called Superpositivity Foundation. He shares the beautiful message of Superpositivity with people all over the world and inspires them to positively express their infinite potential in life.