

THE GURU CHANT!

Jump! Jump! Jump!
Higher! Higher! Higher!
Breathe! Breathe! Breathe! The Breath
Wellness is the key – Yes! Wellness....
Transmute – Transform –
Transmutation – Transfiguration –
Be in Rhythm – Yes! Rhythm –
Stay with it as we embrace “The Guru Chant” –
Vibratory motions are converging –
Loosen up! Loosen up! Loosen up!
Shake your hands – one at a time –
Relax! Relax! Relax!
Shake your legs – one at a time –
Rub your palms together –
Touch all your joints –
Touch your face –
Touch your body throughout – all parts!
Be polite! Respect self – Honor all –
As we are imploring all to analyze and scrutinize
what we consume – Yes! All in take – A to Z –
Sustenance! Sustenance! Water! Food! Beverage!
Analyze! Analyze! Scrutinize! Scrutinize! Add
to the provided listings ---Make a Chart ---
Yes! A Chart – Wellness is the key – Yes! Wellness –
* Calories, Carbohydrate, Calcium, Fats, Iron, Protein,
Vitamins, Copper, Iodine, Magnesium, Manganese,
Phosphorus, Zinc, Fluorine, Potassium, etc. etc....
Transform life!
Know the supplements needed for assimilation – Yes!
Be apprised – A universal set --- A to Z!
Nutrition! Nutrition!

A – Accra, Achar, Ackee and Saffron, Ackee, Agouti, Alcohol, Alfalfa, Alfalfa Sprouts, Allin-One (Cook-Up Dish), Allspice, Almond Pie (etc), Almond, Aloes, Alu Pie, Alu (Ailoo), Anise Seed, Apple, Apricot, Arepa (Meat Pie) Asparagus, Avocado, -----

B – Bacalao (Salt Fish), Bake (Fried, Roast), Bamboo Spouts (Shoots), Banana (Green/Ripe, Leaves) Barbadee (Granadilla), Barley, Basil, Beans (Fresh/Canned), Beer, Beet, Beef (Fresh/Canned), Benne Balls, Bhaji (Callaloo), Bhigan (Eggplant), Biscuit, Bitters, Black Beans, Black Cake, Black Cherries, Black Pudding, Black-Eye Peas, Blueberries, Bodi/Bora, Bran, Brazil Nuts, Bread & Cheese, Bread Fruit (Pembos), Bread Pudding, Bread, Bread Nut (Chatigne), Broccoli, Bucalaitos, Bush Rum, Bush Tea, Buss-Up-Shut (Paratha- Shredded Roti), Butterflap, Buxton Spice (Mango), Bwah-Kah-No (Congo Pump),

C – Carrot, Cabbage, Callaloo/Callalou, Caraili, Cashew, Cassareep, Cassava (Flour), Cassava (Leaves), Cassava (Root), Cassava Bread, Cassava Pone, Castor Oil, Catfish,

Catsup, Cauliflower, Celery, Cereals, Chamomile, Chan-Chee, Channa (Chick Peas), Chataigne (Breadnut), Cheese, Cheese, Chenette/Genip/Gennep, Cherries/Cherry, Chestnut (Chataigne), Chips, Chocolate, Chow, Cloves, Club Soda, Club Steak, Coco (Cocoa), Coconut Bake, Coconut Milk, Coconut Water, Coconut, Cod, Coffee, Collard Greens, Conch (Lambi), Conch Salad, Conkey/Conky, Cookies, Cook-Up, Corn (Boil-Roas), Corn Bread, Corn Soup, Cotton Seed, Crab (Steam etc.), Crab Back, Crab Cakes, Crab Meat, Crackers, Cranberries, Cream, Creek Water, Cucumber, Cukkoo/Cuckoo/Cou-Cou, Currants Roll, Currants, Curry Goat, Curry Power, Curry, Cush-Cush (Yams), Custard Apple, Cutters, Cutty-Cutty –Soup,

D- Dasheen (Root), Daal, Dahee (Yogurt), Dairy Products, Dallpourie, Dandelion, Danish Pastry, Dasheen Bush (Callalou/Leaves), Dates, Deer (Meat), Desserts, Diet Drink, Doubles, Doughnuts, Dressing, Dried Milk (Klim), Drops, Dry Food (Oil Down), Duck Curry, Duff, Dumplings, Dunks/Dongs,

E –Eggs, Eddoes, Egg Nog, Egg-Plant/Bigan, Eucalyptus – (High Blood Pressure & Cold) Exercise!

F- Farine, Fennel Seed, Fig, Fish Cake, Fish Eggs, Fish, Flax Seeds, Float, Flour, Fowl, Fowl Curry, French Bread, French Salad, Frog Legs, Fruit Juices, Fruits in Season, Fudge, Fufu/Fou-Fou,

G-Garlic Pork, Garlic, Geera, Genip, (Chenette/Guinep), G-Governor Plum, Gin, Ginger, Ginger Beer, Ginger Tea, Glucose, Gluten, Goat Curry, Goat Milk, Goat Soup Manishwater), Goofta (Meat Ball with channa – stewed), Gooseberry, Grains, Granola, Grapefruit, Grapes (Seeds), Greasy Rice, Green Beans, Green Fig, Green Peppers, Green Tea, Greens, Guava, Gums,

H- Havana Sauce, Hale (A long soft pink sweet), Hamburgers, Heart, Herbs, High Wine, Hog Plum (Drink, Jam, Jelly), Honey Dew Melon, Honey, Hops Bread, Hops, Hot Dog, Human Milk, Hummus,

I-Ice Cream, Ice, Icenin (Icing), Iceberg Lettuce, Icing Cake, I-Iguana, Irish Moss,

J- Jam, Jmoon (Java Plum), Jerk Chicken, Jonny Cake (Bake), Juices, Julie Mango,

K-

Kale, Kachori (Kacharu-fried dried vegetables), Kelp, Keshi Yena (Vegetable Pie), King Orange, Kitri (Indian Cook-Up), Kiwi, Klim (Powder Milk), Konki (Conkey), Kurma (Kauranaa- Candy),

L-Labba, Lamb, Lambi (Conch), Lard, Lemon, Lemon Grass, Lemonade (Swank), Lentil Peas, Lettuce, Lime Bud Tea, Limes, Liver, Lobster, Long Mango, Loose Leaf Lettuce, Lotus Root, Low Fat Milk,

M-Macaroni, Mackerel, Maize, Malt, Malts, Mamey Apple (Ma.Mie.Apple), Man Piabba, Mango (Ripe, Green), Mango Chow, Mangosteen, Mauby, Meat, Melons, Metem (Metagee), Milk, Milk Cake, Milk Weed, Millet, Mint, Molasses, Mountain Chicken, Mountain Dew(Babash/

Moonshine), Mozzarella Cheese, Muffin, Mushrooms, Mustard, Mutton (Lamb),

N-Nectarine, Niggaman Rice, Nutmeg, Nuts,

O-Oats, Oatmeal, Oils, Oil Down (Dong), Okra/Ochro/Ochroe-Ochroe & Rice, Onions, Oranges,

P-Paime, Pak Choi, Pancakes, Papaya/Pawpaw, Parsley, Passion Fruit, Peach, Peanuts, Pear, Peas, Pecans, Pie, Pelau, Pepper, Pepper Sauce, Peppermint, Pastelle, Patwa (Small-Fish), Pepper Pot, Pickles, Pig Feet, Pineapple, Pigeon Pees and Rice, Pine Nuts, Pinto Beans, Phoulorie Balls, Picadillo, Pistachio Nuts, Pita Bread, Pizza, Plantain (Green,Ripe,Leaves), Plantain(Pong/Fufu), Plait Bread, Plantain (Flour, Chips),Pocro Water, Pomgramate, Pommerac, Pomme Cite(Pom-See-Tay), Pone, Polish Sausage, Popcorn, Poppy Seeds, Portugal, Potato (Alu), Potato Balls, Potato Chips, Pound Cake, Poultry, Pram, Prune, Prune Juice, Pudding, Pumpkin, Pumpkin (Seeds, Leaves), Pumpkin Pie, Punch A Crema (Punch De Crème), Punchin,

Q-Quashie Bitters (Quashi Bark), ----

R-Rabbit Radish, Raisin, Rashberries, Red Mango, Ribs (Pork, Beef), Rice (Fried, Plain), Roast Bake (Johnny Bake), Roast, Rock Cake, Rolls, Romaine Lettuce, Roti, Rum, Rum Cake,

S-Saeme (Saim), Safflower Oil, Sage, Sahena (Dough, Dasheen & Split Peas), Salad Dressings, Salami, Salmon, Salt Fish Cake, Salt, Salt Fish, Sardines, Sausage, Scallops, Sea Egg, Sea Food, Sea Moss, Sea Weed, Seasonings, Senna, Sesame (Sticks etc.) Sesame Seeds, Sewaian, Shaddock, Shark, Shellfish, Sherbet, Shrimp Curry, Shrimp/Strimps, Skim Milk, Skin Fish, Sling, Smoke Herrin, Smoking, Snails, Snapper, Snow Ball, (Shave-Ice), Soda Crackers, Soft Drink/Sodas, Sorrel (Dried/Fresh), Soup, Soursop, Souse, Spices, Spinach, Squash, Star Apple, Steak, Stinking Toe, Strawberry, Sugar Apple, Sugar Cake, Sugar Water, Sugar, Sunlight, Swank, Sweet Bread, Sweet Broom, Sweet Drink, Sweet Potato (Leaves), Sweet Potato Pie, Syrup, Syrup,

T- Tamarind, Tambran Ball, Tangerine, Tannia, Tatou, Teas, Thyme, Tilapia, Tizam, Tobacco, Tofu, Tomato (Products-cat sup), Tonka Bean, Tortilla, Touillum (Molasses Candy), Trigo (Portuguese Dish), Trotters (Chicken-Foot, Pig Foot etc.), Trout, Tulsu, Tuna, Turkey, Turmeric, Turnips, Turnover, Turtle,

U-Uncum root, Vitamin U (Alfalfa, Cabbage), -Sumach Berries – Diabetes.—

V-Vanilla Wafer, Veal, Vegetable Pies, Vegetables, Vinegar, Vitamins,

W-Waffle, Walnuts, Water Chestnuts, Water Cress, Water Nut (Young Coconut), Water, Watermelon, Wheat Grass, Wheat, White Rum, Wild Pig (Wild Hog), Wild Rice, Woman Piabba,

X- Vitamin X, Fo-Ti-Teeng (Rejuvenating Virtues)

Y-Yam, Yeast, Yellow Dock, Yogurt (Dahee),

Z- Zaboca (Pear), Zeb Grass, Zucchini,

Yes! A to Z

Relax! Take the Breath! Breathe! Ah!

As the “Guru Chant” stimulates and rejuvenates you to “Be” and become Invigorated as you press inward to engage the latent forces within, which will enable you to be vigilant about nutrition and wellness – find the balance – seek out the advice of a health care professional – a licensed practitioner or a nutritionist –Analyze! Analyze! One step backwards – three steps forward. Yes! Three steps forward – We are moving in unison. Yes! Unison,

THE GURU CHANT!

Dedicated to Nutritionist – Ruth (Babs) Wills.

(Continue the work Ruth)

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