

14. *Having become (the Fire) VAISHVAANARA , I abide in the body of beings, and associated with PRANA and APANA, digest the four-fold food.*

ABIDING IN THE BODY OF LIVING BEINGS AS VAISHVAANARA --- The same Supreme Consciousness expresses Itself as the warmth-of-life in all living creatures. That physical structure from which all warmth has gone, is dead. Metabolism creates the body-heat and the functions of the inner organisms continue automatically without any conscious effort on the part of the individual, so long as LIFE is pulsating in the body.

Here, the Eternal Reality is indicated as that mighty LIFE, which, when pulsating through the body, manifests Itself as the 'digestive fire' (*Vaishvaanara*), which assimilates all the food taken in.

I DIGEST THE FOUR-FOLD FOOD --- The digestive power in a healthy living organism assimilates all types of food. The entire variety of human diet is classified under four heads in Sanskrit as food that should be (i) masticated, (ii) swallowed, (iii) sucked, and (iv) licked. Under these four types, we can embrace all kinds of food, vegetarian and non-vegetarian, prepared and unprepared, raw and ripe. All things consumed by the mouth are digested, assimilated and absorbed because of the digestive system and the power in the digestive system is nothing but a manifestation of the All-present Life Principle.