

BARDO SPECIAL

Matrix Code R706 for StartOver.xyz (revised 8 December 2018 by Clinton Callahan)

The Bardo Special was invented by E.J. Gold as a way to fortify yourself to be able to avoid being sucked into [shadow world](#) Bardo spaces, and even to escape from Bardo [spaces](#) more fluidly and with fewer scars than is ordinarily possible.

INGREDIENTS

There are no quantities given with this recipe. You will need to formulate the proportions according to your current needs and conditions. There are only four ingredients in a Bardo Special, three physical and one energetic:

1. Creamy Yogurt, such as Greek style
2. Sesame Tahini, ground with the shells still on. This is a darker brownish color, as compared with Tahini that has the shells removed before grinding and has a characteristic tan color.
3. Dark Syrup, such as Rice Bran Syrup, Date Syrup, or Sugar Beet Syrup which in Germany is called Zuckerrübensirup. Neither honey, nor agave syrup, nor maple syrup will suffice as a substitute.
4. Intention. Your conscious intention while preparing and consuming a Bardo Special should focus on the purpose of the ritual of preparing and eating the Bardo Special, namely, to have more [choice](#) about which spaces you inhabit.



INSTRUCTIONS

NOTE: A Bardo Special should be seen as a complete food in itself. Do not think of it, or serve it, as a dessert or as a component of any other meal. Eating a Bardo Special is a ritual. The preparation and consumption should be done with conscious intention. The space should be sober but not stern. Pointless talking should be avoided. Silence or focused and aware conversation is most suitable.



Place the yogurt in a bowl. Add the appropriate amount of tahini and then the syrup. Some people prefer to stir all the ingredients until well blended. Others prefer to stir them slightly or not at all before eating. Either method produces the same results. Eating your Bardo Special slowly and sensually with a [hand carved wooden spoon](#) is quite appropriate.