

Q UICK

U NIQUE

O BSERVATIONS

T AGGING

E VERYDAY

S UBJECTS



of

Vipin Chand Bomb



Entrepreneur, Philanthropist, Zero Therapy Founder, Strange man, Visionary, Technopreneur, Revolutionary, Mystic, Vegetarian Guru, Eccentric personality ... Vipin Chand Bomb is many things to many people, but to the several thousands of Zero therapy followers he is just Uncle ji.

Vipin Chand Bomb's own quotations and definitions coined by him in seconds over a cup of tea are published here.

His unique skills of keen observation, uncommon common sense, out-of-the-box thinking and critical judgment that help him make the magical diagnosis in his zero therapy, also are the underlying force behind these QUOTES.

His direct and different approach to subjects on hand, cut through the clamor and haze of everyday life and open up our heart, mind and soul to a new perspective on the magnificent and the mundane.

WARNING: So Engaging, Delightful, Witty, Charming, Eye-opening... you may find it Un-put-downable.



A Glimpse of what lies inside ...

"Money is Mon(k)ey – keeps jumping".

"What matters to the body is the matter that goes into the body".

"In marriage, the secret of Harmony is 'Haar Maani' (in hindi meaning - to accept defeat)".



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About the Author

Vipin Chand Bomb has been singularly leading the movement for the recognition of the inimitable power of the human body to heal and regenerate itself. The followers of his Zero Therapy are living laboratories showcasing the miracles that happen when the marvelous powers of the human body and are combined with the power of uncanny observation and uncommon common sense. The book Hot and Cold features first hand experiences of people written in their own handwriting along with their photos and contact details.

The Zero therapy movement itself started from Vipin Chand Bomb's passion for spreading Vegetarianism. Thousands of people have changed to a Vegetarian way of life after coming in contact with him. Many of their experiences and the changes they felt in body and mind are also documented. Vipin Chand Bomb's ground breaking book 'Spiritual Food', using Science, Language and Logic changes the entire meaning of Food as hitherto understood by the dictionary and encyclopedia.

In a singular honour to any Indian citizen, he was conferred the honorary title of Wishva Keerthi Sri Sama Udana Lokattha Chari at Colombo, Sri Lanka. This was jointly signed by the Ven. Agam Maha of Sri Lanka along

with University Chancellors and Ministry representatives.

The Rotary Club honoured him with their highest award 'For the Sake of Honour Award'. His Lectures, Seminars and Interviews have been widely covered in the media, both in India and abroad. The zero therapy website is arguably the largest video site on a single subject by a single person in the world. Apart from Seminars, Videos, Press Conferences and Testimonials, Zero therapy cooking videos and Eco friendly decorations of zero therapy events are also prominently featured.

For his living, Vipin Chand Bomb heads his company U-V Enterprise focusing on heating solutions for Industry and Research. His life mission is propagation of Vegetarianism and a more natural lifestyle for all human beings. He continues this crusade through his weekly interactive Monday lectures, websites www.zerotherapy.com and www.vipinchand.com and through seminars and press conferences all over the country. He is available to address seminars on Zero therapy and Vegetarianism, at his own cost, any where in the world.

Vipin Chand Bomb's fourth book – 'Uncommon Commonsense Diagnosis of Diseases – A non-medical book, must for medical professionals' – is in its final stage and due to be released shortly.

Food for thought

'Healthy' according to the Webster's dictionary means – enjoying health and vigor of body, mind or spirit. It thus is an adjective defining the state of the body at the particular period of time.

"Health is a state of complete physical, mental and social well being and not merely the absence of disease or infirmity", as per W.H.O.

Thus generally we understand 'healthy' to mean good health at any given time. I differ here.

According to me, the word 'Healthy' got its birth from 'heal' + 'thy' (meaning self healing by the body) – the state where the body has capacity to heal itself, cure itself in case of disease. Healthy means that the body has got all the properties at a given time which can take care of any problem which can be physical, mental, emotional – social, business or even career related. The body may fall sick due to some reason, but it is self healing when its healthy (Heal Thy).

This self healing power of a body depends on the food and food and only food that the body eats. When

Hippocrates, the founder of modern Allopathic medicine said, "let food be your medicine" – it was this vegetarian food that he talked of. No proven science in the world gives food like meat, egg or fish to sick people for curing. It reminds me of my standard quote – "What matters to the body is the matter that goes into the body."

Thus food that one eats must mean vegetarian food only.

What is food ?

The dictionary defines food as – "Material consisting essentially of protein, carbohydrate and fat used in the body of an organism to sustain growth, repair and vital processes and to furnish energy.

The encyclopedia says – "Food is any substance usually composed of carbohydrates, fats, proteins and water than can be eaten or drunk by an animal including humans for nutrition or pleasure".

Here the dictionary and encyclopedia have forgotten one point – they only talked about food for humans and animals whereas the universe is divided into two kinds of living things i.e. plants and animals. Plants do need food.

The food eaten by plant is neither meat, nor plant food, nor carbohydrates nor proteins nor any substance.

Their food is air and sunlight. So plants need food, human beings need food. Plants do not eat meat or egg or fish. There are instances where human beings survive with out physical food and they have survived only on sunlight and air. So food means basic necessity for survival may be air, may be sunlight, may be solid, may be liquid but definitely no body needs meat, egg , flesh for survival .

Every word when born, gets the energy from the universe and also gets inherent property. Lets take 'food' and 'fool' - both have male vowel 'o' - yet people get annoyed at the word fool and get happiness at the word food. So the inherent property of food is to make every one happy. When meat or egg is served to a vegetarian he will certainly not be happy and so it cannot be food. Even a meat eater, when colloquially talking says that he ate food along with chicken, mutton...

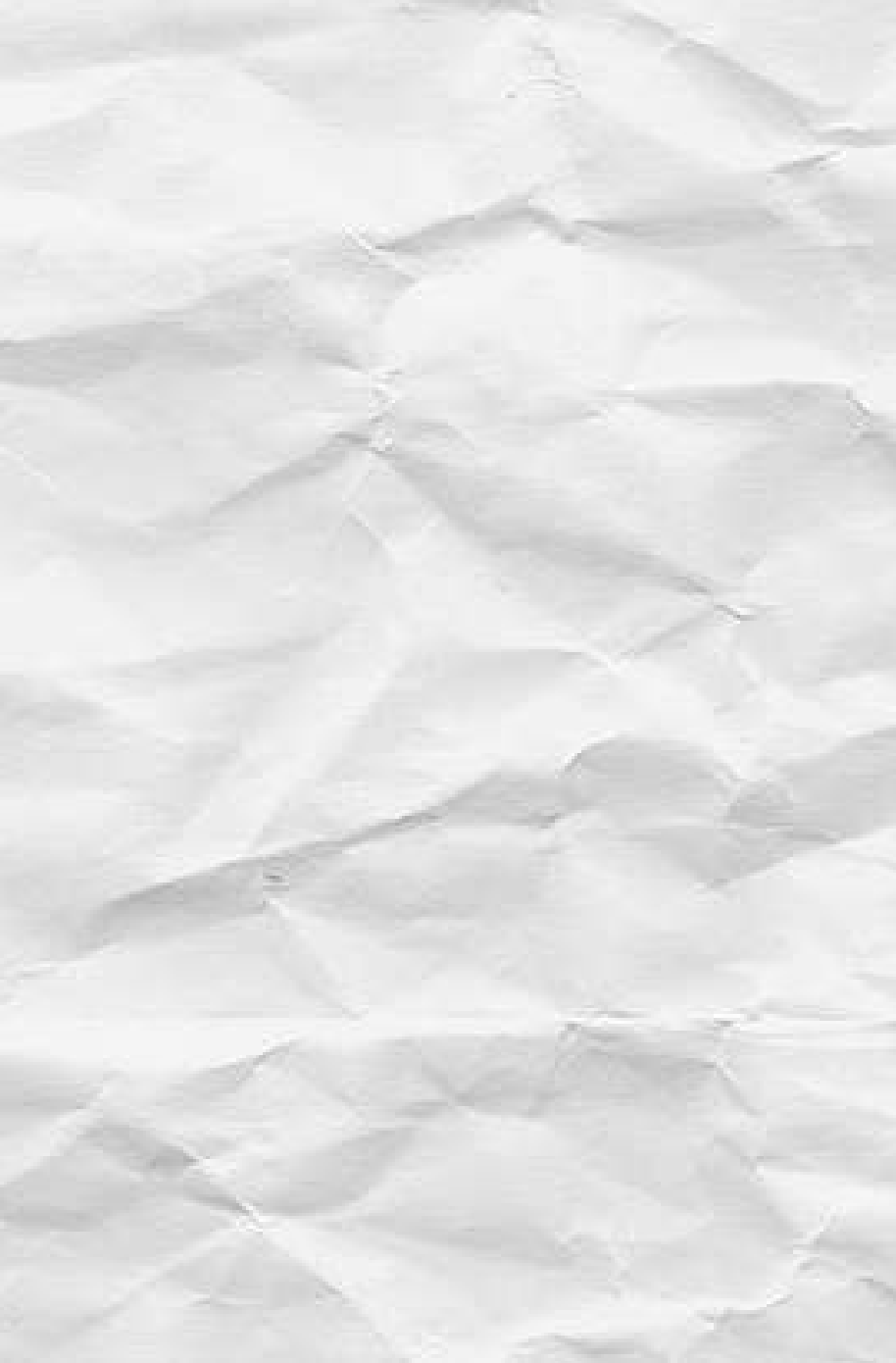
Food itself has its origin from the word fodder - again Vegetarian. Traditional 'Prasadam' or F O O D offered to deity were - (F - flowers and fruits, O - offered, O - out of devotion, D-deity) yet again vegetarian only.

Incidentally the word diet may have been derived from the word deity – flowers and fruits offered.

Even a cheetah who is a meat eater can survive without meat and flesh. One such case that I know of is mentioned in my book 'Spiritual Food'. Even my German shepherd dog was vegetarian from his birth to death.

So food means what is basic necessity of survival – it may be air, it may be sunshine or if eatable – it has to mean only vegetarian food.

- Vipin Chand Bomb



Healthy :
Heal-Thy
(self healing is healthy)

-Vipin Chand Bomb

**What matters to the body is
the matter that goes
into the body.**

-Vipin Chand Bomb

**What matters to the body is
the matter that goes
out of the body.**

-Vipin Chand Bomb

**What we should do is
what we should not do.**

-Vipin Chand Bomb

**Do not meddle with your body,
your body knows the best**

-Vipin Chand Bomb

**Luck can either be
'bad luck' or 'good luck'.
There is no such thing as luck alone.**

-Vipin Chand Bomb

**A meat eater and an egg
eater is always Tense -
Past, Present and Future.**

-Vipin Chand Bomb

Pregnancy

**If the raw material (food)
is spiritual.... finished good (child)
is bound to be spiritual.**

-Vipin Chand Bomb

**Vegetarianism for Human health
and Animal wealth.**

-Vipin Chand Bomb

**Vegetarianism spreads peace.
Spread vegetarianism
for world peace.**

-Vipin Chand Bomb

Success :
Sure access to desire

-Vipin Chand Bomb

Definition of VEG :

V ery

E asy to

G rasp by the body & the brain.

-Vipin Chand Bomb

**Vegetarianism,
a passport to heaven.**

-Vipin Chand Bomb

**Birth place of disease
and good health is the
dinning table.**

-Vipin Chand Bomb

**Go vegetarian for peace,
else we go to pieces.**

-Vipin Chand Bomb

**Ground for healing / curing
of the body is the dinning table.**

-Vipin Chand Bomb

Health is the match.
Dining table is the ground
where the battle is between
tongue (bat) & food (ball).

-Vipin Chand Bomb

Food can make or mar ones life.

-Vipin Chand Bomb

**Eating animals is making
oneself a living,
mobile graveyard.**

-Vipin Chand Bomb

**Emotional health is the software
for physical and mental health**

-Vipin Chand Bomb

'Veg' good for mental peace.

-Vipin Chand Bomb

Tamsik means tama (you) sick.

-Vipin Chand Bomb

**Do not enforce vegetarianism.
Follow vegetarianism and the
whole world is at peace.**

-Vipin Chand Bomb

Patient :

**One who does not have the patience
to wait for knowing the self
healing power of the body.**

-Vipin Chand Bomb

Pain killer :
Pain killer kills the witness of
the pain and not the pain itself.
(suppressing the signal of pain and
not the cause of pain).

-Vipin Chand Bomb

Diet:

**Any food which is easily digested
without side effects is a good diet**

-Vipin Chand Bomb

Wellness :
Modern wellness means
financial welfare of the
seller / company and farewell
of the client/individual.

-Vipin Chand Bomb

Nature :
If you are close to
nature it is good health,
if away from nature it is disease
(body is not at ease).

-Vipin Chand Bomb

If you have will to cure yourself,
you will get cured.

-Vipin Chand Bomb

Food :

F - Flowers and fruits

O - Offered

O - Out of devotion to

D - Deity

-Vipin Chand Bomb

Food :
**Food is the raw material
for health and disease.**

-Vipin Chand Bomb

Depression :
Depression is difference of
pressure – be in the human body,
be in the atmosphere.

-Vipin Chand Bomb

**For every act of creation
there is one common source -
the thoughts and the thoughts.
Food gives the thoughts for
both construction and destruction.**

-Vipin Chand Bomb

Perfume :

Perfume is good for non-zero therapy people who are not near nature but zero therapy followers fume at perfume.

-Vipin Chand Bomb

Look :
Look is like
an attractive cover of the book
whose contents maybe otherwise.

-Vipin Chand Bomb

Problem and solution:
If one goes to
root cause of the problem
the effect is the solution

-Vipin Chand Bomb

Three kinds of foods :

Raja sic(k)

Tama sic(k)

Sat vic(tory)

-Vipin Chand Bomb

**Nature is the factory of God
producing air, water and food
for the human body -
the dwelling of God.**

-Vipin Chand Bomb

**Money is Mon(k)ey
– keeps jumping.**

-Vipin Chand Bomb

Business:
**Business is keeping mind busy
about multiplication.**

-Vipin Chand Bomb

**Think young, you are young
- age does not matter**

-Vipin Chand Bomb

The origin of word 'team'.

A team has to consist of minimum four players. Word team consists of four alphabets. For a successful team there has to be a defense and an attack.

The word team has defense in the form of 'e' (female vowel) and attack in form of 'a' (male vowel).

-Vipin Chand Bomb

T ogether total
E nergy in
A chieving the
M oments goals.

-Vipin Chand Bomb

**Money –
money means many means.**

-Vipin Chand Bomb

**Pro fit:
If the person is a Pro (professional)
and is emotionally Fit,
the organization is under profit.
For emotional fitness 'Spiritual Food'
is necessary.**

-Vipin Chand Bomb

Luggage:
If one is not at
harmony with ones wife,
the wife becomes luggage.

-Vipin Chand Bomb

Mistrust:
When trust gets rusted
it becomes mistrust.

-Vipin Chand Bomb

Con-fuse:
When the brain fuses
(not able to decide).

-Vipin Chand Bomb

Prosperity:
No disparity between
money and no money,
mere happiness in what one has.

-Vipin Chand Bomb

Work:
For workaholic, work is energy.

-Vipin Chand Bomb

Smile has no equivalent,
is a tool for success.

-Vipin Chand Bomb

**Time is a priceless commodity,
can never be purchased.**

-Vipin Chand Bomb

Time:

**Time is not in terms of minutes,
hours or seconds: thinking is time.**

-Vipin Chand Bomb

Computer:
A so called Complete tutor.

-Vipin Chand Bomb

Boss:
I don't know computer operation
for I don't want
any one to command me.
I am the boss.

-Vipin Chand Bomb

Weight :

**Don't bother about the weight, but
bother about waist, which is
store house of waste**

-Vipin Chand Bomb

Motivation:

Locomotive for inner desire.
Its different from inspiration.
No body can motivate others.
It is the self which
has to be motivated.

-Vipin Chand Bomb

**Interest is interesting for one gets
money (interest) without any work.**

-Vipin Chand Bomb

Partner:

Life partner, business partner,
room partner or team partner - basic

Principle is -

each has to part with what
one has for the benefit of the other.

(in the present day it is reverse)

-Vipin Chand Bomb

Happiness:

**Real happiness is in making
all others happy, not by giving
free materialistic value
but by giving right advice
at the right time.**

-Vipin Chand Bomb

A will to get cure will get you cured

-Vipin Chand Bomb

Food :
**Food is the raw material
for health and disease**

-Vipin Chand Bomb

Publicity:

**A method where public of the city
knows one, more than others.**

-Vipin Chand Bomb

Independent:
One who does not inter-depend
on others. All individual.

-Vipin Chand Bomb

Maturity:
Maturity is saturation in any field.

-Vipin Chand Bomb

Marketing:
Selling before the sale is marketing.
Material does not move,
only the ideas move.

-Vipin Chand Bomb

**Master of business management
is one who is an expert
on extension of talk
and never commits.**

-Vipin Chand Bomb

**A good memory is one
which knows
when not to file
and what to file.**

-Vipin Chand Bomb

A will is a
non negotiable document.
Similarly will power is
what one has powerfully thought
and it will get the desired results
which no one can change.

-Vipin Chand Bomb

Advertisement:
Its where the impression created
on the mind is better than
the actual product.

-Vipin Chand Bomb

Mistake :

**If opposite person does not
mistake you for a mistake,
its not a mistake.**

-Vipin Chand Bomb

Product:
A good product never needs
an advertisement. A good product is
its own advertisement.

-Vipin Chand Bomb

Watch:
A good boss
doesn't watch his watch,
but watches the worker
watching the watch.

-Vipin Chand Bomb

Harmony :

'Haar maani' in hindi means accepting defeat. In relationships, the partner who accepts defeat is the winner, that leads to best harmony.

-Vipin Chand Bomb

Greenery:
'Ery' in tamil means lake.
Wherever there is a lake,
greenery takes place
and gives birth to civilization.

-Vipin Chand Bomb

Hereditary:

Derived from the word hair.
In modern science
hair gives the deep character
which is common to each race.

-Vipin Chand Bomb

Medicine:

Med - meddling

i - in

cine - cine style (all artificial)

-Vipin Chand Bomb

Nuisance:
**Disturbing with a
New Sense of Non Sense.**

-Vipin Chand Bomb

Love :

L iving
O ut with no selfish motive is
V ehicle for both partners to sail
in the same boat for
E ternal peace & harmony.

-Vipin Chand Bomb

Subject:
When the object
is not the main feature,
it is known as sub-ject.

-Vipin Chand Bomb

Etiquette:
**Acting against ones
original personality.**

-Vipin Chand Bomb

Common sense:

If one uses all the commonly available senses (five sense organs), he has the best common sense.

-Vipin Chand Bomb

**Personality:
Personal Quality.**

-Vipin Chand Bomb

Income :
What comes in.

-Vipin Chand Bomb

Godown:
Go down (Basement held
the stocks in olden days).

-Vipin Chand Bomb

Knowledge:
Know-ledge 'ledger of knowing'.

-Vipin Chand Bomb

Jealous:

Perhaps the origin of jealous
is from Hindi.

In Hindi z_al means burning.
Burning others and in the process
burning oneself.

-Vipin Chand Bomb

Selfish:
If one who wants
material or knowledge
in his own shelf,
he's selfish.

-Vipin Chand Bomb

Mood:
Mode of the mind is mood.

-Vipin Chand Bomb

Enjoy is - in joy (happiness).

-Vipin Chand Bomb

God:

Generation of heat (birth)

Operation of heat (life)

Destruction heat (end of life).

-Vipin Chand Bomb

Wisdom:
Domain of the wise

-Vipin Chand Bomb

**Inter net:
business of pulling the clients
in fishnet and inter linking.**

-Vipin Chand Bomb

Sleeping:
Deep rest in the nest.

-Vipin Chand Bomb

Saree:
A garment which
covers the total body.
(in hindi sari means total).

-Vipin Chand Bomb

Karma :
Kriya / Karm (action) of past,
present and future, Aggregated

-Vipin Chand Bomb

Simpli city:
Simply simple – no frills

-Vipin Chand Bomb

**Fami ly – jointly trying
to improve the fame of every one
connected is family.**

-Vipin Chand Bomb

Essay and Quotation:

**More than four line is essay,
less than three lines is a quote.**

**An essay can be
written on each quote.**

-Vipin Chand Bomb

**Difference between
crowd and gathering -
Gathering knows
the reason before assembly.
Crowd does not know
the reason for gathering
before assembly**

-Vipin Chand Bomb

Boss:
Boss is one who
does not know anything
but knows how
much others know.

-Vipin Chand Bomb

**Enjoyment:
A department of joy.**

-Vipin Chand Bomb

Maturity:
Maturity is saturation in any field.

-Vipin Chand Bomb

Coat:
Coat means hiding
the originality whether
it is a paint coat or black coat
or a white coat.

-Vipin Chand Bomb

**Event organizer is one
who puts all the events' organs
(ideas, products, man power)
in their place.**

-Vipin Chand Bomb

Receptionist :
**One who receives and is humorist
and perfectionist.**

-Vipin Chand Bomb

**Marketing - 'Maar- kaat'
for personal gain.**

-Vipin Chand Bomb

Research
Re - Search (nothing new).

-Vipin Chand Bomb

Religion :

All Religion is a way of life originating from a civilization and based on the geography and culture of that civilization. Religion means duty towards surroundings - family, neighbor, state, country and the environment.

-Vipin Chand Bomb

**Black magic is
black out..... means nothing
on whom it is performed
but everything for the performer**

-Vipin Chand Bomb

Rebirth:
The birth of the word
rebirth itself means
rebirth accepted universally.

-Vipin Chand Bomb

Scientists see what is seen,
Zero Therapy sees the unseen.

-Vipin Chand Bomb

**Character is directly related to
what one eats.**

-Vipin Chand Bomb

'Tamsik' food gives
re-search or invention
for destruction,
'Satvic' food
gives re-search or invention
for construction.

-Vipin Chand Bomb

Religion:

One who does not get out of his
truth region (area).

-Vipin Chand Bomb

Karma is action replay.

-Vipin Chand Bomb

**Attachment is the root cause
of disappointment.**

-Vipin Chand Bomb

**Detachment is the root cause
of happiness**

-Vipin Chand Bomb

Death is nothing but a change of
home (for the soul).

-Vipin Chand Bomb

**Vegetarianism is a religion
common to all religions.**

-Vipin Chand Bomb

Spiritual Food:
Food earned out of right income
and it necessarily has to be
'Ahimsa' based.

-Vipin Chand Bomb

**Will is a document which has
to be carried out similarly
a strong will power gets
thing done as per will (Bhavana)**

-Vipin Chand Bomb

**Brilliant ideas come only
to a creative mind.
Creative mind is one who is always
ready to recreate new things.**

-Vipin Chand Bomb

Offering a cup of tea
is not hospitality,
offering and sharing a cup of tea
is hospitality.

-Vipin Chand Bomb

**Do not believe any head,
be it religious or political.
Believe your own head.**

-Vipin Chand Bomb

**A judge is not a judge
if he is not able to
judge the right food
for the right judgment.**

-Vipin Chand Bomb

Diplomacy :
Where talking & meaning differ.

-Vipin Chand Bomb

Honesty should not
be a policy because it pays.
It should be a policy to be honest,
not in action alone
but also in thoughts.

-Vipin Chand Bomb

Knowledge is what one borrows.

-Vipin Chand Bomb

Ex minister :
One who has been axed.

-Vipin Chand Bomb

Relative :
**Relative is relatively treated
with respect to direct blood relation.**

-Vipin Chand Bomb

Basic Culture of India
is agriculture based (i.e.) hospitality,
no jealousy, no egoism.
The reason - they leave everything
to nature and hence naturally
their nature is nearest to nature.
In nature there's no greed, no lust,
only love and love.

-Vipin Chand Bomb

**Vegetarianism
for national integration.**

-Vipin Chand Bomb

Mobile:

A person who does not use mobile is mobile in the real sense, for at his will he is mobile.

-Vipin Chand Bomb

Nest :
Where the bird can take
homely rest, it is the nest.

-Vipin Chand Bomb

**Matching of horoscope
means idiot to idiot,
intelligent to intelligent.**

-Vipin Chand Bomb

If a man is at peace
with himself,
he finds peace everywhere.

-Vipin Chand Bomb

Democracy :
Present democracy
is not a democracy in real sense,
but its DemoNOcracy.

-Vipin Chand Bomb

**Let everyone live.
Everyone, let others live.**

-Vipin Chand Bomb

**Lakshmi & Saraswathi
are auxiliary & ancillary
to each other.**

-Vipin Chand Bomb

**Do not take free advice,
for nothing is to be taken free.**

-Vipin Chand Bomb

**Law for politicians is to mend,
bend and if fail amend.**

-Vipin Chand Bomb

Villa ge :
A big villa where
all age group people live.

-Vipin Chand Bomb

**Principle to make a small gathering
look big is to narrow the exit**

-Vipin Chand Bomb

The present day crowd
is not by chance,
but is a sure chance
for people in the crowd
to get money.

-Vipin Chand Bomb

People tend to
Show off when they
have nothing to Show off.

-Vipin Chand Bomb

Food:

**Food changes the thoughts,
thoughts change the world.**

**Lets change the world
by changing the food.
Lets spread vegetarianism.**

-Vipin Chand Bomb

**Intelligence is not to be shown
but is seen.**

-Vipin Chand Bomb

Rules:

**Ultimate discipline in every field
is to be made a rule.**

-Vipin Chand Bomb

Breaking News :
Present reporters make the news,
not report the news.

-Vipin Chand Bomb

**Wealth is not money, it is
tool for money - it can be
intellectual or materialistic**

-Vipin Chand Bomb

**Do not say, Live and Let Live
It is a bit selfish**

-Vipin Chand Bomb

**Bury the past
in the present
for a better future.**

-Vipin Chand Bomb

**Communication is not the
language one speaks;
it is the aura that speaks
and gets things done.**

-Vipin Chand Bomb

Energy:

The word 'energy' has
two female vowels &
one phonetic female vowel,
packed in one word
– without a male vowel, yet energetic.
The reason is, female energy (Woman)
is the creator of the world.

-Vipin Chand Bomb

Friendship:
When both the persons involved
are on the same ship of thought,
it is friend ship.

-Vipin Chand Bomb

Patience..(sense) - in a sense
it is a sense of no anger.

-Vipin Chand Bomb

Conver sation:

**Session of each person trying
to Convert others to his point
of view and nothing is achieved.**

-Vipin Chand Bomb

Anger:
Hanger of shortages in life
- be it love, money, time etc...

-Vipin Chand Bomb

Zero has no start, no end.
All the other numerals (1-9)
have their position relative to Zero.

-Vipin Chand Bomb

Fear is mere insecurity.

-Vipin Chand Bomb

**What one acquires
does not remain long
for its not ones own,
what one achieves
remains forever.**

-Vipin Chand Bomb

**What matters is
not the language,
what matters is what
others understand.**

-Vipin Chand Bomb

**A good communicator is one
who speaks from heart
and not from the mind
— his mind or others' mind.**

-Vipin Chand Bomb

Wisdom is self developed.

-Vipin Chand Bomb

Happiness:
Happiness is state of mind,
it reflects basic character.

-Vipin Chand Bomb

Speed:
Speed is not about
running fast but
right judgment with
speed is important.

-Vipin Chand Bomb

Spiritual:
Spirit of actualization.
(getting the work done
by sheer strong thinking).

-Vipin Chand Bomb