

# Conducts during and after meals

## Preface

This Text elucidates some food items and their importance, science underlying *āchārs* (Conducts) to be followed during meals (For example, eating with the right hand, using the hand for eating instead of a fork & spoon, beginning the meals with *dāl* (lentils)-rice, not putting anything in the plate at the end of the meals) and science underlying *āchārs* to be followed after the meals (For example, eating fennel after meals, taking a short nap in the afternoon) etc.

We pray at the Holy feet of Shrī Guru that by following the *āchārs* mentioned in this Text, may the *sāttvikatā* (spiritual purity) in everyone be enhanced through food and may all gain strength from the food to serve the Nation and *Dharma* (Righteousness) - **Compiler**

## Index

Contents	
(Special sub-points under the main point are given here.)	
<b>1. Some food items and their importance</b>	<b>13</b>
<b>2. <i>Āchārs</i> (Conducts) associated with meals (Actual act)</b>	<b>18</b>
<b>3. Science underlying the <i>āchārs</i> to be followed while having a meal</b>	<b>27</b>
3B. Why should we eat with the right hand?	28
3H 2. Why should we avoid drinking water with the hand used for eating?	38
3K 3. Chant God's Name with every morsel of food	45
3L. Avoid talking while eating	47
3L 9. Do not write anything with your fingers on the wet plate used for eating food	55
3L 10. Do not leave the meals midway	56
3L 13. Two <i>jīvas</i> should not eat from the same plate	58
3L 16. Do not wash your hands in the same plate after eating food	60
<b>4. Science underlying the <i>āchārs</i> after a meal</b>	<b>63</b>
4H 2. Do not have a haircut immediately after eating food	71
4H 3. Do not bathe immediately after eating food	72
<b>5. Transformation of the food we eat</b>	<b>72</b>

**6. Should the *jīvās* that are above the spiritual level of 50% abide by the *āchārs* pertaining to meals?**

**73**