

Importance of a Sattvik Diet

Preface

The physical body is the only true medium for performing spiritual practice. The obvious reason is that for God-realisation, which is the ultimate goal of human life, having a physical body is extremely important. For the physical body to remain healthy, the diet has to be nutritious. If the diet is *sāttvik* (*Sattva*-predominant) too, it helps in enhancing the *Sattva* component in the body which helps in God-realisation. This text elaborates on how a *sāttvik* diet plays an important role in enhancing the *Sattva* component.

A *sāttvik* diet makes our body, mind and intellect *sāttvik*; whereas, eating meat and alcohol makes an individual *tāmasik* (Tama predominant). Modern dieticians do not state clearly, which is superior - vegetarian or non-vegetarian diet. Their grasp of the subject fails to transcend the knowledge of vitamins, calories and proteins. This Text elaborates on the harmful effects of eating non-vegetarian food and alcohol, and the distress caused by negative energies through their medium. Today, modern medical science is unable to find the root cause of many ailments. For this, a thought needs to be given to 'contradictory diet', which means eating a harmful combination of two or more ingredients; for example, rice + milk + salt. Many examples of a 'contradictory diet' have been mentioned in this Text. If the importance of a *sāttvik* diet and the harmful effects of *tāmasik* diet are revealed to mankind, it will enhance the lifespan of people.

We pray unto the Holy feet of Shrī Guru - 'May everyone develop the desire to consume a *sāttvik* diet and become predominant in the *Sattva* component'. – **Compiler**

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