

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, consuming meat and alcohol makes an individual *tāmasik* (*Tama* predominant). In reality, a non-vegetarian diet is not conducive for human beings. God has not created non-vegetarian food for human beings. 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. Alcohol cannot even be categorised as food. This Spiritual text elaborates on the harmful effects of eating non-vegetarian food and alcohol, and the distress caused by negative energies through their medium. We would like to stress here that modern science fails to give due consideration to the presence of *sāttviktā* in food, the way spiritual science does.

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 mixture 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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