

# THE EFFECT OF THE FOOD WE EAT

In many spiritual traditions it is much acknowledged that we as humans are composites of what we eat and think.

In this particular talk the emphasis will be focused on food and why we need to desist from eating animal flesh.

The food we eat physically impacts on every fibre of our body including the blood stream, bone marrow and skin texture as well as flesh muscles and metabolism. It also impacts on us extensively on the psychological level including our mode of thinking and feeling towards ourselves and others.

We need to understand that there is nothing that is inanimate in the universe, whether this is a human being or a stone in the street. The difference is a variation – being the degree of life and not the existence of life. For everything in the universe vibrates and is animated with life and is ever becoming something else – slowly or otherwise, but moving towards its ultimate potential.

You conscious and unconscious thinking and the words you utter are generally infused with emotional energy in order for them to have an impact. When the thinking, words and speech have no emotional content, they seldom have any effect. This emotional energy that we utilise daily without thought has its source. How it is derived from its source determines its positive or negative nature and hence the negative or positive impact on an individual or its environs.

The food we eat impacts on the source of this energy reservoir that these emotions derive its strength.

In Hindu philosophy, it is believed that when an animal is killed it expresses fear, unfulfilled expectation, anger, disappointment and will not be blessing us or the world for consuming it. It carries these poisonous substances of negative emotions of anger, agitation fear and powerlessness to name a few and is deposited in its flesh. When the human consumes the flesh, these emotions are transferred to the human body as the food digests through the body to every fibre of the human body. This will include the bones and its marrow, to every organ including liver, kidney, heart and the seven vital glands as well as the chakras that are essential to human development and enlightenment.

The Essenes also explain this by stating that at the point of being slaughtered, the animal due to its unfulfilled expectations draws onto its aura very negative forces or demonic “adamic” entities to its body or flesh. Upon consumption by

humans, these regressive entities are transferred to the human aura – generally locating or positioning around the waist.

Our flesh has the capacity to store in its memory these variant nutrients and energy from the food to its muscle, bone, bone marrow, brain, heart, kidney, liver – and ultimately in our body's memory. When certain memories are rekindled, certain part of the body becomes affected. For example, when you become upset or depressed, it immediately affects the stomach and there is a reaction in the solar plexus area of the body. Each reaction causes an effect on inherent body memory and is capable of either healing or killing, making or breaking a certain part of the body.

The question people ask is how do people who are not vegetarians lead normal life? The issue here is what is normal life? What about the depression ratios and the level of mental illness coupled with crime rates in the world? Compare the vegetarian and animal loving persons in the world as compared to others? What research has shown is that those countries that are predominantly vegetarians and have love for animals are more peace loving and less violent in their actions and thinking than those who are not. Nutrition magazine also claims through research that vegetarians have fewer incidences of anxiety and depression and are generally much happier than non-vegetarians.

It could be noted that whilst food affect us at different levels, two easily identifiable are the effect on muscle memory – affecting day to day routines patterns including waking up, eating, etc.. and Bio memory – effect on our thinking, feeling and mood swings. How we face difficult situations and react to conflict situations.

How would vegetarian food help you to awaken the inner consciousness? Our food and our emotions are closely associated. Human society in all cultures share food to show friendliness and this is also replicated in the animal world. The body is naturally designed for the vegetarian food. Its inner mechanism for feeling, thinking and speech are designed to function with vegetarian diet. The continual dumping of non-vegetarian food into your body has consequences.

With vegetarian diets, the thinking becomes more subtle, attitudes towards the world changes and aggression is limited. Higher and more refined attitudes are generally expressed.

Humans were originally herbivores, but started at a certain stage in its development to started killing animals for safety and as a result started eating and offering them for rituals also. The lateral / horizontal movement of the jaw proves this. Carnivores animal have only vertical jaw movement. Also the

length of intestines tract is approximately 12 times that of the torso is as that of herbivores. Nature has designed our bodies for vegetarianism and the agitation, depression and fear experienced will drastically drop and enhance the human experience on this planet if we desist from the eating of the flesh.

The energy with which you think, act, speak will be aligned with nature. The kind of food we eat has become a calamity to humanity. The food getting is unclean on these three counts:

- 1) We steal the flesh of the animal by killing and taking its flesh for food without the consent of the animal (consent of human owners - yes, but not the animal).
- 2) The nature of the animal flesh is infested with negativity due to feeling it expressed as its life expectancy is cut short.
- 3) The people who handle it are unclean as a result of the killing and handling, hence it has been impure through touching.

Even though plants have life, the level of negative emotions or suffering expressed as it is sourced for food does not affect negatively the significant majority of humanity at this current level of evolution. The degree of life in the plants different and as the human body at its current level of physical and spiritual development is designed to consume it.

A time in the human evolutionary scale may occur when we longer need to consume these as we can draw the nutrients we as humans need directly from the sun, air and the liquids we partake as the plants do.

Hence one of the Ten Commandments states, "thou shalt not kill" – and this is as relevant to the animal kingdom as much as it applies to humans. We need to remember also that in the Judo Christian version of the creation myth, the various elements, entities and things were created in the first five days, with the warm blooded animals and humans being created on the sixth day. On the seventh day God rested. On its path of return – the need to find or reconcile with his "Maker", the human needs to move towards God and thus in doing so, we go back each stage at a time by consuming less or none of the flesh of the sentient beings that were immediately created before him or her. In this case the warm blooded animals were created just before man and particularly on the sixth day. Hence, we need to forgo its consumption during this cycle of human development and in particular at this the Aquarian age.

May the Almighty bless and guide you as we progress along the path of return.