



# Vegetarian Diet for a Yogi

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Food creates emotions and emotions influences our mental and physical health. Hence it is essential to care what we eat. Here is a spiritual guide for not only a BK (one who has surrendered as a godly student), but also for anyone who wish to heal their body by simply having the right, natural and conscious diet.

**Foreword:** *We appeal you to please read the entire article till the end. This can be your first step to a new way of living.*

At Brahma Kumaris centres, brothers and sisters who are completely surrendered eat food which is cooked by themselves. We remain in the state of meditation which cooking the food and also while eating it. This food when stays in our stomach (a body organ), constantly sends conscious signals to our mind that 'meditation made me feel better'. That is the same stage what we had during eating the food, shall be remembered for a long time since the food, especially water present in the food is carrying emotional energies. This energy is very subtle that it only works with our sub-conscious mind.

Since the sub-conscious mind carry our deep sanskaras (nature), it can be said that "[We become what we Eat](#)" (video)

## Why Vegetarian? (Why no onion/garlic?)

Vegetables grow on land, naturally. The land is the provider of food and shelter. Hence in some religions, the land is said as The Mother. Nature is our mother, who provides us with everything in plenty. Fruits and vegetables grown on land have all the essential nutrients for our body. Plus this does not harm anyone. It is naturally grown or can be grown easily. On the other hand, killing of animals is a sinful action. Taking other being's life is a sin, and especially a sin when we have intellect to understand the difference between right and wrong. We human beings have god-given beauty of mind and intellect, which we should use to sustain the natural life in the world, and not harm them instead.

Animals kill and eat other animals to live because survival alone is their aim of life. But we are human beings. Survival is not the ultimate aim. Instead, we have sympathy and compassion for other beings. We are much higher conscious souls than the souls of animals and birds. We should then act as their care-takers, and not kill them to fill our stomach.

Mother nature has given plenty of resources like vast land, where we can grow vegetables, rain due to which they will grow; while science has made farming easy as many harvest facilities are available today. In the interest of everyone, human beings must now understand the importance of being vegetarian and that too conscious with the surrounding.

# Conscious Eating

Preparing the food and eating the food while in a state of peace and relaxation soothes the body and allows the digestive organs to function efficiently as they assimilate and distribute nutrients to the cells. In addition to helping the digestive system, pure thoughts infuse the food with positive energy. This energy enters our cells like a peaceful tune, inspiring them to dance harmoniously. Though this may have been a far-out concept years ago, recent research in quantum physics, as well **Dr. Emoto's research** on the effects of consciousness on matter, supports this concept. All matter responds to the energy of our thoughts. Why not make our food, which is deposited in the body three times a day, sing with high spiritual energy?

## Tips to prepare food while in a good state of mind

1. Take a shower to cleanse the energies you may have picked up during the day. Water refreshes both the body and the spirit. Then turn on some gentle music in the kitchen. Set the intention to make your mealtime preparation a quiet, meditative process. Stay present and enjoy the silence as you chop, clean and cook.
2. Meditate for 5-10 minutes before you prepare your food. In your meditation, nurture a simple thought. For example, "I, the soul, am fresh, pure, clean light." As you meditate on this thought, savour it. Visualise it. Feel it. Experience it. Then enter into your kitchen with the intention to hold that experience and thought as you prepare your meal. Learn RajYoga meditation.
3. Take a few moments of silence before you cook. Invite God into the kitchen with you to pour the pure energy of spiritual love over your food. As you cook, imagine God as a waterfall of divine pure, loving light above you. In each moment, see that light as it pours over your mind and heart as well as the food. Hold this vision as you prepare your meal.

## Tips on the state of mind while eating the food

1. While you eat, simply eat and be fully present. Resist the urge to check your cell phone or search the web. Set the intention to eat calmly. Chew each bite at least 40 times. By counting the bites, you not only improve your digestion but you become present, peaceful and focused.
2. Before you eat, take a moment to become aware that you are a soul and that the body is an instrument that allows you, the soul, to travel through the physical world and experience the sights, sounds and scenes of life on the planet. Eating is a way of filling the body with good, healthy fuel.
3. With each bite you eat, imagine that you are filling that food with pure, healing light. As you swallow, visualise that light pouring into every cell of the body... healing the body and bringing it into balance and harmony.

Set the intention to rest your mind on one simple thought as you eat. As you eat, simply hold the thought, "I am a peaceful soul." Allow yourself to really feel it and experience peace. If your mind wanders, simply come back to that one thought and see if you can hold that for the duration of your meal.

## **What should you Eat? - *A Yogi's Balanced Diet***

Though tasty food is a treat to the tongue, eating is more than pleasure. It is the utmost care for the instrument of the body, the natural world and the delicate balance of all living beings. Below are a few thoughts on the yogic diet.

The yogi understands that pure and virtuous actions create freedom and peace within. Love is the highest intention behind any action. As we raise our vibration spiritually, our conscience won't allow us to harm any living thing on a subtle or gross level. We become mindful of where our food has come from and whether it was cultivated with care and respect.

The world appreciates non-violence. A life of 'ahimsa' or 'non-violence' sweetens the mind and calms the soul. We all would agree that killing or even harming any living being is an act of inhumanness. It can be a challenging leap for those new to the spiritual path but one worth at least trying. Through experimentation, we can see for ourselves the calming effect a kind diet has on the mind.

The deepest truths of life are often the simplest. As we return to our real nature, it makes sense to return to real food. The universe, the elements of nature and our bodies are infinitely intelligent. Fruits, vegetables, grains and nuts in their natural form align us with that intelligence and nourish us with its benefits. Please visit our website [Yogic Agriculture](#) to know more about how we grow and harvest our crops as per the spiritual aspect.

## **Is Non-veg good for Body?**

Do you know that the food carries vibrations? The vibrations are experiences by mind and the soul. There is also a saying that "We are what we eat".

Our body is made of 5 elements of nature (earth, water, fire, air and space). The food given to us by mother nature (fruits, vegetables) are meant to sustain our physical body. This is sattvik (nutritious) intake of food for well being of both - body and the Soul. Naturally grown fruits are recommended by all doctors.

In fact, the reason behind considering non-veg as a food, is that human beings have believed themselves to be a form of an animal who can think and create, in the sense an animal who have got mind and intellect. But we are not animal souls. We have also forgotten the original self - the Soul, that I am a tiny point of spiritual light. Seeing oneself as a body and not knowing the origin, we started comparing oneself with animals. Thus started killing other animals to fill the stomach, or to earn money from their skin and bones. This is not morally right, but we have, out of greed, learned to convince and fool oneself.

## **❖ Listen to Your Heart**

There are countless theories about the ideal, healthy diet. How do we know which one to listen to? The good news is we need only turn within. As we deepen the power of stillness, our intuition raises its volume. With each meal, we can observe the effects of certain foods on our mood and

energy. As we listen, we hear what the body truly needs. It then becomes an act of care to respond and nourish the body and soul with those foods that uplift the spirit, sing into the cells and restore the life force. Each of us is unique, and the map to our highest destination of health, wealth and happiness lies within.

There is no sin in eating non-veg, but it is necessary for you to know why Baba gives divine understandings behind this. The saying is true: *"Food creates emotions. Emotions sponsors thoughts. And know that thought is the food of Soul. We become what we think"*

## ❖ Brahma Bhojan ❖

Brahma Bhojan is simply the food we Brahma Kumar and Brahma Kumaris (BKs) prepare and eat. Why is it called Brahma Bhojan? It is because this food is prepared from the ingredients from Shiv baba's (God's) Bhandara (collection or godown) and it is prepared in the remembrance of Shiv Baba. Brahma is the medium of God (Shiv baba). We take only a little amount from Shiv baba's bhandara which is like taking a drop from an ocean. So the food is not said 'Shiv bhojan' also because 'Shiv' or God is incorporeal and the food is ofcourse corporeal and is for the corporeal body. Hence the name of God's corporeal medium (Brahma) is used to describe this food.

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## Useful Links

Scan the below QR code/s with your smartphone **camera** to visit the link.

General **Articles** (English & Hindi)



**Video:** Vegetarian for Peace & Happiness (BK Shivani)



**Veg Recipes** by Brahma Kumaris (*with Video tutorial*)



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