

17. Pure food

Rajyoga means realizing oneself to be the soul and contemplate about the immeasurable knowledge, unlimited powers and divine qualities of supreme soul as well as the cycle of His creation while walking-moving, rising-sitting, eating-drinking, doing every action to become the king of all senses as well as continuous practice of self-transformation leading to world transformation. Since experience is important in Rajyoga, we have to learn by practicing yoga. The four bases of Rajyoga include the company of supreme soul, the inculcation of divine qualities, pure food and the relationship with Him.

The third basis of Raja Yoga is pure food. There is saying “mind is like the food” meaning food affects a lot to our thoughts and “speech is like water” meaning the water plays pivotal role for our words, which shows the importance of our food and water in our life. So what we eat and drink and what we don't is very important, as shown in the picture.

This becomes clearer when one looks at the anatomy of the human body and compares it to that of a carnivore. Science also accepts human as an animal. From outside, human nails and teeth are not like carnivores, which show that their food is not meat, fish, eggs, etc. All animals except humans eat their natural food according the arrangement in nature. From inside, the length of the intestines of carnivores is 3 to 6 times the length of the body while the intestines of herbivores are 10 to 12 times the length of the body. The length of human intestine to the body is also relatively similar to herbivores. Therefore, since the external and internal anatomy of a human being is similar to that of a herbivorous animal, their diet is vegetarian. Many people do not even consider milk and milk products as vegetarian food. There is also no question in abandoning them.

Science, according to the theory of evolution, believes that the primitive man was a carnivore and that man evolved from ape. Darwin's beliefs assume two things - slow change and diversity, so many scientists today do not accept Darwin's beliefs. Mango tree emanates from mango seed; lion from the seed of the lion, not the fox. In the same way, human being from human seed, not a human being becomes from monkey. This is true and can be proved in all scientific, logical, biological etc. ways. It cannot be said that human beings are carnivores due to the belief of

PURE FOOD

- VEGETABLES
- GRAINS
- PULSES
- MILK
- BUTTER
- NO MEAT
- NO FISH
- NO EGGS
- NO ALCOHOL
- NO SMOKINGS

primitive man. Carnivorous foods also include fish and eggs, as are animal foods. Alcohol is ethanol, which is made by fermenting grains, fruits or vegetables, so it is not a vegetarian food. Anything made from tobacco such as beedi, cigar, tobacco leaves pieces or powder etc. is not human food. Tobacco is also not eaten by other animals, so the tobacco farm does not have a fence. Therefore all these things are restricted in human food. Supreme soul also says that the human soul loses its power i.e. becomes impure. He makes them pure like deity or angel with His knowledge and His power as well as by the efforts of souls. Deities are also human beings but they are with divine qualities. So we do not offer meat, fish, eggs, alcohol, and smoking in the food offered to them because those are not their food.

What if someone's family or someone's habit is not vegetarian? They must study the main basic knowledge, practice Rajyoga and experiment for vegetarian food. They try to leave for some time and for certain food

which can be easily removed. Transformation is possible through determination through the power of knowledge and Rajyoga, of which there are thousands of examples. Alcohol and smoking can also be quit. If we have made a habit, it can also be changed, which requires determination, constant efforts as well as practice of Rajyoga.

At the same time, it is very important to prepare the food with the positive mind set or thoughts. For example, if the food offered to deity in the temple, the same food at home and the same food with the same proportion of all the items is bought from the confectionery shop, then there is a big difference in its taste. The high feeling and spirit of human being while making the food offered in temples to deities is such that it tastes the most delicious. The food prepared at home is with the spirit of love of the members of the family. While the food bought from the confectionery shop contains the spirit of earning money or greed. Our thoughts and emotions also affect even the structure of water molecules. Masaru Emoto of Japan wrote several books on "The Message of Water" after 1999, experimentally proving the influence of thoughts on the water molecule. His experiment also published photographs of the effect of thoughts on water crystals. He proved that our thoughts have an effect on water as well. Therefore an important reason behind the selfishness in our relationships is also our readymade food and water from the market.

Our ancestors had great wisdom and knew all these things. It is said that "a mind is like food and words are like water". Through continuous practice of Rajyoga, with the help of true understanding and acquired divine powers, as well as by experimenting on oneself, the habit of pure food in life can be developed for the health of our body and mind.

Let us practise Rajyoga meditation. We souls are the children of the supreme father supreme soul. He is ocean of knowledge, powers and divine virtues. He does not have His own body so His way of working is unique. We understand ourselves as souls to connect with Him through thoughts and talk. He helps us to solve any problems, situations, people, challenges, and obstacles in our life by touching our intellect, in His daily Murli versions or by making any person or thing a tool. He empowers us by His divine virtues and art of living to transform us into deities or angels. We accept the pure food prepared in His memory. In this way we stay in His Company daily with pure food. He is always ready to help us with His divine qualities. Let us experience His omnipotent association with virtues. Let us make our life stable, cool, calm, immovable and unshakable which is the goal of our human life. Our lives become full of happiness, power, peace and bliss.