

# SATSANG

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**Vegetarian Diet  
Nutritional Vegetarian Cooking  
Nutritional Vegetarian Cooking Course Outline  
From Vasant's Correspondence**

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**Cover**

Sprouts are complete food which need not be  
complimented by any other foods.

# Vegetarian Diet

Excerpts from Vasant's Discourses in Europe

## Question:

Why is vegetarian diet preferred?

## Answer:

It is for you to decide what diet you should adopt. You have to study the consequences of meat-eating and decide for yourself. Let us try to examine the question from different angles.

Nature endows each creature with requisite anatomy that is suited to its stage of development. Examine the set of teeth in a human being and compare it to a carnivorous animal. Man has flattened molars while in the carnivorous animal they are pointed. The canines in a carnivorous animal are long, while in humans they are short. In man the incisors are fully developed, while it is not so in a carnivore.

If you examine the intestines you will notice that the length of intestines as compared to the distance between mouth and anus is much larger in a flesh-eating animal than in man. This throws some light on what a man is supposed to eat as he is constituted by nature.

This question may be examined from another angle. Every creature is naturally attracted to its food. When a tiger sees its prey or a cat sees a mouse, it will jump to snatch the prey and eat it. How many of us have that feeling when we see a cow? As against this, when a person goes to a fruit orchard he is attracted to the fruits and would like to eat them.

These days another problem has cropped up due to population explosion in several countries. Supposing we produce X units of

nourishment from one sector of land; we will need five to seven times the quantity of land to produce the same units of nourishment from flesh diet. Firstly, the animal has to be fed on the crop and the vegetable protein is to be transformed into animal protein. This involves more cultivatable land and it is not available. This is simple economics.

You become what you eat. You become what you think. Food exerts a great influence upon the nerves, brain, and mental activity. Stimulating foods excite the nerves. Even sharp, too spicy vegetarian foods have that effect. It is likely that our susceptibility to anger is increased by the wrong type of food. It is better to eat food that will contribute towards a peaceful mind.

The sun is the supplier of energy to all vital phenomena on our planet. When we eat vegetables and fruit, the solar energy stored in them is released for our nourishment. We get the energy in a direct manner, firsthand. This is live food. We can eat them raw or cooked with some seasonings. They are rich in vitamins and minerals. When we eat flesh of a dead animal, we get the energy second-hand. The cattle first feeds on cereals or grass and gets it firsthand and stores it in its body.

Doubt may be raised that vegetables and fruits lack protein which is needed by our body. However, we can get these from cereals, milk products, and nuts. These things constitute the diet which helps control our emotions.

How do we utilize the energy released from the food we eat? Even if a person sits silent, his heart, liver, kidneys, etc., are functioning. His metabolism needs the energy to continue to function. This he gets from the



food he eats. A person also has to move. Energy is consumed in the muscular work. For people who have to do hard jobs involving muscular activity, the energy consumption on this count increases. This means that the food input is likely to increase. Any increase in food puts more strain on the kidneys, liver, etc. If it is fleshy food, then there is a corresponding increase in metabolism requiring more energy consumption. As the quantity of food increases, much more energy is consumed for its digestion. If it is a meat diet, then the dross increases, thus putting more pressure on the heart. The aim should be to increase the energy extraction without increasing the food input. A meat diet leads to accumulation of substances that kidneys find difficult to eliminate.

When an animal is being slaughtered it knows that the last moment is approaching and it gets angry with the killer. It is gripped with fear. The fear and anger seeps through the whole body and impinges on the atmosphere. Any person who eats the flesh carries the resultant effect to his own body. This statement may appear fantastic, but it is true.

People who have advanced in meditation can immediately feel the difference in concentration if they eat the wrong food or eat it in a wrong manner. The same vegetarian food, if it is not served with love, if it is served in anger, if it is cooked in a state of disgust, will carry the effect to the person who eats it. The tranquility of his mind is more likely to be disturbed.

The most important aspect of meat-eating is, however, the Karma aspect. As you sow, so you reap. This law is inevitable. "Thou shalt not kill" is the command. You

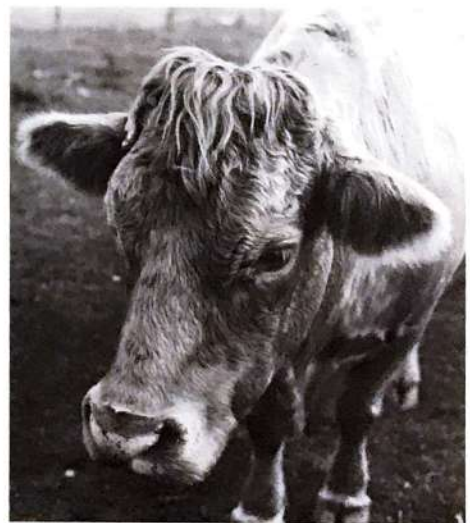
have no right to take life, especially when you are not in a position to give it back. In a vegetarian diet, there is the least violence involved, from the karmic point of view. The expression of love should manifest towards all God's creation. A yogi views himself as a part of creation and does not entertain any thought of violence against anyone.

**Question:**

The work of the liver is facilitated when the food is structurally similar to human tissues. Thus, a meat diet may be advisable on this count.

**Answer:**

Soon after the animal dies, the original structure is destroyed. The new structure that is formed is much at variance from the point of view of "protein makeup." Hence, the argument is not correct.



# Nutritional Vegetarian Cooking

*David Sawyer  
Charlottesville, Virginia*

We begin with an attitude of love, which is the one indispensable ingredient of every successful recipe. The first two weeks of the course concentrate on basic cooking techniques and recipes which can generally be enjoyed by anyone. The third week starts with a more pure diet. Cooking without cheese is encouraged because it is of a mucous nature, itself disease producing. The direction of the course in the final weeks is toward more and more simplicity – the art of non-cooking or raw food diet.

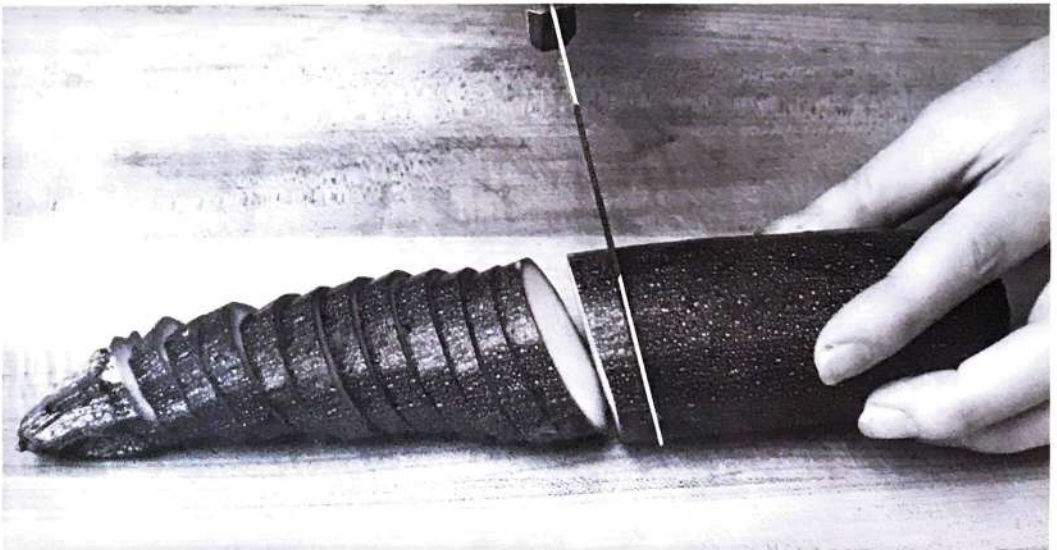
The ultimate goal is sprouted seeds and grains and freshly juiced vegetables or fruits. Any type of seed one can think of is fine, provided it is of high quality – uncontaminated from poisons and has high germination (90% or better), e.g., lentils, mung, alfalfa, aduki.

Wheat and rye are most common. Radishes are a spicy sprout. Sprouts are complete food which need not be complimented by any other foods. In the earliest stages of their growth, these foods contain the highest level of energy possible which at this time is the most easily assimilated by the body. Sprouts are also a rich source of enzymes which are vital for digestion.

Fresh and diced vegetables and fruits are also high in enzymes and vitamins and are easier to digest than regular vegetables, raw or cooked.

Juices are an excellent way to cleanse and purify the body of poisons.

A base of carrot juice in combination with any of the following is a good cleanser: celery, cucumber, spinach.



# Nutritional Vegetarian Cooking Course Outline

## SYLLABUS

### Week One:

Introduction

Why Be A Vegetarian? (Karmic reason; health reasons)

Types of Vegetarianism

First Things First: Spiritual Cookery

[Do *Homa* before you start cooking to purify the atmosphere] (Cooking with love)

Cooking in Season

Food Combining

Bibliography

Some Basic Cooking Techniques

Cooking Meditation

### Week Two:

Some Main Dishes

Vegetable Pie

Casseroles with Sauce

Pizza

Cooking in Homa atmosphere creates love vibration

Agnihotra Homa

### Week Three:

More Main Dishes

(Emphasis on non-dairy recipes)

Veggie Burgers

Sauceless casserole

Tofu Pie, Tofu Spread

Samosas

### Week Four:

Herbs, Juices for Healing, Raw Foods

Salads, Seeds, Nuts, Sprouts

Dressings

Advantages of Raw Food Diet

Other Homas



### Week Five:

Vegetarian Feast

Review

Junk Foods

Breads

Review



# From Vasant's Correspondence



A house was purchased near here for *Homa* Therapy centre. The following message was sent.

Agnihotra Press Farm  
Randallstown, MD

Oct. 20, 1982

OM

Let the house be full of love. Then it does not matter if it is simple. If it is clean and the vibrations are those of love let it be simple.

Do all disciplines and you will see Grace pervade in all areas of your life.

Make all efforts now towards self-discipline. You say you are busy and of course it is true but set aside the timings of meditations. You will find you have more time because you will lose less time as a result. You need every meditation timing to give you strength. Be very disciplined now.

Continue all the disciplines as much as possible. Even when you are working you can observe some of the time. You will find this burden on the mind greatly reduced. If you strictly observe all disciplines whenever possible you will see great improvement in health and emotional nature.

We are nearing a very difficult time. You can tell the people with whom you are friends that you are doing this healing fire for several hours. If they want to come to experience then let them come on that day.

We are asked to do simple things. If we do them Grace is given. Nothing is taken from us if we don't do them but what is given when we do is so great a gift. We must do what is given to us to do. We are so fortunate to be the recipients of such Grace at a time like this.

Difficulties beset us when we do not follow directions. If we follow them, if the person giving directions was reliable at least, we will reach our destination. Normally directions given will be the easiest, simplest and quickest route to where you are going. Otherwise we have to find our own way relying on trial and error. It is beautiful that the way has been shown to us again and again.

More Yajnya. You can do it in public now, more and more. Don't care what people think. It is no time for that now.

Health can improve with one hour *Homa* daily.

We are fortunate today to have such a method of healing. Of course if you continue to abuse your body with bad foods or cigarettes, alcohol, drugs, etc., you will find contradictions in your lifestyle. You will have to



choose one way or the other. At that point Agnihotra will aid in making a right decision. Life's problems catch up to you quicker, the faster you live your life.

If you go into the right habits it becomes so simple. There should be a yearning in your heart for this. It is such a simple thing. Do not discard it. It is easy to fall back, to miss a meditation time, to neglect to take a shower before Agnihotra. If it comes like this you call someone who is regularly doing all the disciplines. See if you can spend a day with them. This is helpful for you in your case. Reach out for help from others doing the disciplines if you begin to fall down.

First support each other. Regular Satsangs, even if there are two people, will help you. Then contact new people who have shown interest in what you are doing. Have them over for Agnihotra. Call and arrange a time for them. If it is separate or in a group let them come.

There is much trouble in the world. There will be less trouble for you if everyday you meditate carefully at the timings given. Now and then you may have to miss for some reason but make the effort to do all you are able to.

Do not worry about having faith. You just do the meditation timings and other work you are asked to do. Then the rest unfolds from within.

So many people suffer now in the world. Everyone has his own karma. You may look at someone and think, "How ideal their life is." Then you do not know what troubles they already have, what is to come to them. So never look at the next person and think like that. Envy does no person good.

Through Grace everything will be made smooth for you. The time is difficult but if you do the disciplines things will improve greatly.

Be grateful for every way in which someone helps you. Do not expect others to help you but always be grateful when they do. Similarly when you need help do not hesitate to ask for it but do not demand it. Be humble in your approach towards soliciting help from other people. Always be grateful. Remember that.

Practice humility. By practice I mean quietly do things for others and do not mention small things that disturb you.

We are really on the brink now. We have seen the beginnings of it for several years. Now so much destruction is there, terrible things. *Now the earth crumbles under man's hand but the earth fights back.* Nature will be restored. Now it is simply upheaval.

Destruction is vast and you can see it everywhere. It will be so distinct a difference soon between *Homa* garden and ordinary farming. The *Homa* gardens will grow lush and full. Harvest of crops will be plenty, more than enough, while right next door people's plants will be dying and they will not know why. So we go now with *Homa* therapy farming, of course, using organic garden techniques. The ash will feed the soil in such a way as to provide plants with essential nutrients missing due to pollution.

We go to farmers with this *Homa* technique. So much work to be done in all parts of the world now.

There will be a host of new diseases coming. It will astonish scientists, doctors. These

diseases will be something no one has seen before. Medical technology will be at a loss for cures for such diseases. It is already of concern. It is already happening, not just here, but the whole world, all countries.

Agnihotra ash offers a viable solution, a cure to such things as skin irritations of unknown causes, internal disorder, etc. Agnihotra ash taken twice daily acts as a preventive medicine and has a superb effect on the entire system.

Total destruction can be averted. Man can recover what has been lost. He need not lose all. We must approach this tense situation with all understanding and love for mankind. *At the same time we must be strictly scientific in administration of solution.*

*Agnihotra is ancient science.* It is not a meditation. It is not religion. Anyone can apply it to daily life and still continue following his own religion and cultural customs and beliefs. Work is nonstop now.

People should be exposed to *Yajnya* as much as possible. You can invite people to your house for meditation.

More emphasis needs to be placed on diet. Any food to which you are attached you should give up for a period of time. Then see the effect not only in the mind for having mastered a discipline but on the physical body. What effect did this food have on your body when you ate it? How do you feel upon having done without it? Many times you will find you no longer want that particular food.

Any difficulties physically will be overcome by proper diet and rest.

We should start eating more raw foods. Let us add vegetables to our diet regu-

larly. Let us gradually reduce the amount of cooked food we eat. You will notice change. You will have more energy. You can keep to one cooked meal daily after a while.

We have to accept that none of us is perfect. We have flaws or faults but if the heart is pure that is all that matters. So we need to rise above finding faults in others. There is so much to be learned about ourselves. So let us turn inward to better ourselves rather than outward to change someone else.

So easily we forget Daan, Tapa, Karma and Swadhyaya. It is a constant effort to be made and all Grace along the way.

This is a time of great intensity. There is little time to sit and dream. Go ahead with your lives. Make use of your talents and abilities. It is important now to utilize all "free time" for this work. Of course if you go out to a movie or sometimes watch TV it is O.K. if it is not a habitual thing. Work on your gifts. Develop them.

Music and meditation are beautiful together. *Yajnya* only enhances the music sound.

To rise much higher with single effort do all actions out of love. Discipline your children out of love. The child will feel that and it will adhere to the discipline much quicker because it senses love is behind that. You can be firm but still be gentle.

Let Agnihotra be the teacher. Just discipline and Agnihotra. That will teach you that very little effort is required.

Speak less and less. In times of trouble silence is the only aid. Keep one hour silence each day, preferably mornings, if possible.



If someone you go to turns you away then best to let it be. Don't go back again and again for the purpose of teaching Agnihotra. Agnihotra will go in spite of such people.

One person says something bad about another person. We all have to rise above that. Our feelings, our emotions often get in the way of clear judgment so all of us must try to curb this behaviour so that we have only love for our neighbor and not hatred, envy, lust, greed and intolerance. One need not be a saint to realize the effect of such behaviour on another. There is little time left for anything. Where is the time to become anxious or upset? If you take the time to create a harmonious atmosphere then you do the work as guided.

You must do the best you can under all situations. If someone speaks bad about you remain silent. Don't become angry. When you become angry you throw away the power given to you by *Shree*. Keep silent when you feel anger. You must train yourself. Proper diet will of course make a difference.

It is of great urgency that I tell all this. You have to live in this world and go through joys and sorrows as everyone else. Still you are given a special chance, a wonderful blessing which will fill your whole being with light. You have had glimpses of such a time. That time is near.

You have to always think life is short. Even if you live for a long time still it is short life in itself. So say, "How can I be better in this life?" You have to think like that.

In this world we have much to contend with. Life is not easy. Through Grace of Avatar we are uplifted and given golden opportunity which comes once in many lifetimes.

You have so much Grace. Now you will begin to shine. Let nothing keep you from the truth. Let nothing stand in your way.

From now things begin to change. You will see one by one predictions made will come true.

I have been so busy moving all over now. Time is near. We can not afford to sit back and wait for disaster. We must try to prevent disaster and strengthen the people. We are moving quickly from one place to the next. Now there is no time to waste. We have to use all time to do as we are guided.

If you are asked to do something don't question it. Just do it, unless of course you do not understand what is told to you.

Man tries to become happy by detaching from his intellect, e.g., taking tranquilizers, pills of "happiness." This is not correct. Man should use his intellect to detach himself from the impressions of day-to-day life. This is the right use of intellect.

Training in perseverance is good. It helps heart, lungs, etc. One can make use of it in spiritual training, e.g., steadily chanting of Mantra, etc.

Blood takes on every color which we produce in the mind and carries it to the body. Therefore it is necessary to cultivate and preserve in the mind the clear, pure attitude of the spirit so that the bodily atoms get pure. This helps the welfare of surroundings.

OM

Hallelujah,

*Vasant*