

Kriyayoga Research Institute

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DIETARY PRINCIPLES

Transcribed from teachings of Kriyayoga Master & Scientist -

Guruji Swami Shree Yogi Satyam

When we prepare food following the guidelines of the Kriyayoga Food and Diet principles, we not only prepare food that is best for us, but also, the true purpose of eating is fulfilled. Why do we eat food? Contrary to general belief, food is not a complete source of energy. This has been well proven by many people who eat very little but have demonstrated tremendous capacity to do a lot of work.

In The Bible it is stated:

Man does not live by bread alone but by every word that proceedth from the mouth of God. (Matthew 4:4) .

The word of God means Cosmic vibratory omnipotent, omniscient creative principle. And mouth of God means *medulla oblongata*. The *medulla* is the principle entrance for the body's supply of universal creative principle - life force.

There are many realized souls who demonstrated powerful and dutiful life without consuming any kind of food. One example is the non-eating woman saint - Yogini Giri Bala of Bengal, India. She was practising a certain



Yogini Giri Bala
Non-eating Saint



Therese Neumann
Catholic Stigmatist

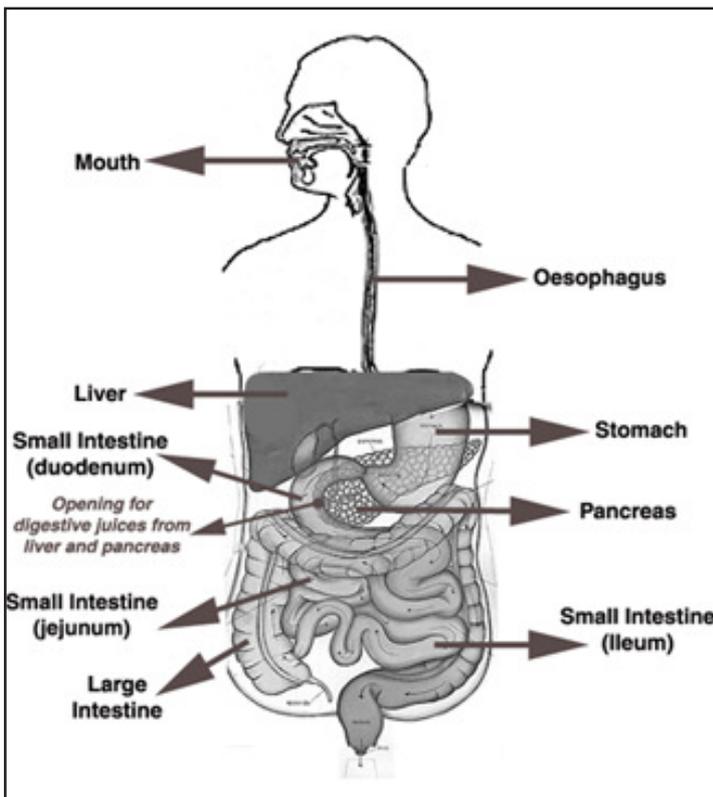
Kriyayoga technique which enabled her to live without eating. A second example is the Catholic Stigmatist of Bavaria, Germany, Therese Neumann, who did not consume food or water from 1927 to 1962. Both examples have been very well written by Paramhansa Yogananda in his autobiography.

**Our principle source of day-to-day energy is
the principle of Truth we live...**

Our principle source of day-to-day energy is the principle of Truth we live. If we live a complete truthful life, then we will demonstrate energy like Jesus Christ, Bhagavan Ram and Krishna, Kabir, Nanak, Lahiri Mahasaya and Mahavatar Babaji. A person living a complete truthful life is always realising his existence beyond time and space.

So, why do we really eat? The real purpose of eating is to fulfill a very important role. As humans, and being more evolved compared to other creations - atoms and molecules, plants and animals, it is our duty to serve them. How can we serve them? When we eat food, we offer good service to the water, air and sky elements are converted to our existence and thus they are uplifted to a higher state of human-consciousness. By this we demonstrate higher service towards food molecules.

Important Guidelines for Intake of Food:



1) We should observe proper time gaps between the intake of food. In general, there are 3 areas of digestion – mouth, stomach and intestines. The food is in the mouth for a very short time. Therefore, only very limited digestion takes place in the mouth. Food takes about 2 to 2.5 hours to be digested in the stomach and 4 to 5.5 hours to be digested in the intestines. The time taken to digest food is dependent on what we eat and

the quantity of food that we eat. In general, we should observe a time gap of 6 to 8 hours between consumption of any kind of food.

2) Adults should refrain from snacking. When we take snacks between meals, extra digestive juices and bile will need to be produced by the system, causing additional strain on the different organs of the digestive system, such as the liver, intestines and pancreas. This causes the respective organs to be overworked and as a result, may cause the organs to malfunction. Other organs may also become affected as a result.

THE FOLLOWING POINT 3) IS FOR THOSE WHO ARE AT PRESENT UNABLE TO AVOID CONSUMPTION OF MILK:

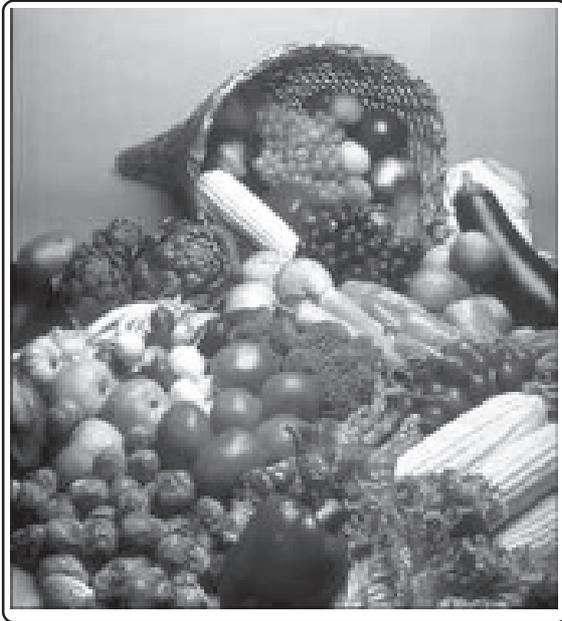
3) Milk and milk products should be limited if not avoided altogether. Intake of milk can cause many complications to arise, if it is not properly digested. Under various conditions, milk is left undigested. The milk protein molecules are small and so, are easily absorbed into the blood system. These molecules are transported all over the body and have a high chance of being deposited in different organs, especially in the lower organs such as the prostate and ovaries, due to gravitational pull. This deposition can cause serious health issues such as tumour or cancer.

Milk should be completely avoided in the following combinations:

- with fruit (Milk is mainly digested in the stomach and requires a low acidic medium for digestion. When taken with fruit, it is quickly transported to the intestine by the pulp of the fruit. As such, only minimal digestion of the milk occurs.
- with any high protein substances such as lentils. Lentils require a high acidic medium for digestion while milk requires a low acidic medium. With the presence of lentils in the stomach, the milk, therefore, is left undigested and moves in this undigested form into the intestine where it is readily absorbed into the blood stream. As described above in a., this can cause severe health issues.

4) All types of grains should be taken as a whole. Lentils should be consumed along with the covering sheath. The covering sheath is essential to hold together the dicotyledonous seeds of the lentils. By removing the covering, we are discarding

the most essential part of the seed- the bond of unity, which serves to hold together the dicotyledonous seed. When we do this, our body reacts similarly. One by one the organs begin to separate from the body and we develop illnesses such as arthritis or problems of the liver and heart. Similarly, it is best to take red or brown rice -



where minimal or no portion of the covering sheath has been removed. Most people are attracted to the whiteness of the polished rice and think that it is cleaner and better. This is untrue. Unpolished rice is best for the intestines and our system as a whole.

5) Vegetables should be consumed in their matured stage, when we can cut any portion of the vegetable and plant it to grow into a tree. Vegetables having a thin peel should be cooked without being peeled.

Examples of such vegetables are potatoes,

carrots and squash. The peels contain essential nutrients that are required by us. Vegetables with a hard peel should be thoroughly rinsed in water before lightly scraping the hard covering.

6) It is best to eat the whole fruit instead of taking juice of fruits. The pulp of the fruit has essential nutritional elements. Fruits should be washed well and eaten along with the peel and seed as far as possible. If the peel and seeds are too hard or rough to consume, they can be softened by boiling in water. Seeds can also be planted to grow into trees.

7) We should take sugar-cane candy (*gura*), in-place of the chemically-processed white refined sugar to sweeten our tea and coffee or any other food substances. *Gura* is having all kinds of minerals and iron we need in day-to-day life.

Most importantly, we should observe the golden rule of eating

only when we are truly hungry...

then we will eat the simplest food that is best for us...

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SCIENCE OF NUTRITION

By Swami Shree Yogi Satyam

Bible: Genesis (1:29 & 30)

“And God said, ‘See, I have given you every herb that yields seed which is on the face of all the earth, and every tree whose fruit yields seed; to you it shall be for food.’

‘Also, to every beast of the earth, to every bird of the air, and to everything that creeps on the earth, in which there is life, I have given every green herb for food’ ; and it was so.”

Purpose of Eating

- To maintain complete health
- To maintain and protect structure and function of Digestive System
- To uplift plants, atoms (i.e. water, air) and radiations to Human consciousness

We should think of the welfare of all food products we are eating.

If our process of eating is not improving their existence, is not enlightening their presence, is not uplifting their glory, then whatever we are doing is called ignorant practice.

Different Types of Visible Creation:

1. Atoms - Stone, water, air, different rays / radiations

- *No Differentiation of Organs*

We are not able to find their brain, spinal cord and different parts but they are blessed by one power; that they are able to maintain their form for many, many years. They do not undergo any process of quick change.

2. Plants

- There is differentiation of organs

Head (Roots)- located underneath the ground and other parts are pointing upwards toward the sky. Because of this, there is some degree of mobility in the plants. However, if there is a flood, or if there is a fire hazard, plants cannot move. They stay there and they are destroyed.

3. Animals

-Head and spine are parallel to the ground and they have more freedom of movement.

The shifting position of nucleus, which we call 'root' (HEAD), creates a big change in freedom. In animals, they migrate. They move from one place to another. If there is an unfavourable condition, they move.

4. Human Beings

-Head (root) is up and everything else is below (like an upturned tree). In this state, we have maximum freedom compared to the three previous types of creation. Therefore, this is the special structure, in which root is up towards the sky, which we call 'head' and the main stem (spine) is downward and other things which we call afferent and efferent nerves and other branches, they are like branches of a tree—they are downward. This special structure is called "**Ashwathahaa**" in the great spiritual text, Shrimad Bhagavad Gita. (15:1)

What is the difference in all?

ATOMS-

In the stone, there is no function of life force. There is only one consciousness which is functional called '**ANNAMAYA KOSHA**'.

This is the structure where life is non-functional or functioning very little (just like the movement of electrons). Life does not have its full function and therefore, there is no differentiation of organs. Then you can consume it easily.

Therefore, when we inhale air, it is immediately mixed with the blood. When we drink water, it is immediately mixing with head to toes and immediately they are uplifted. The mixing of oxygen with all parts of body from head to toes, allows their upliftment from the atom consciousness directly to Human consciousness. We, human beings, have better freedom and therefore these atoms are helped.

PLANTS-

In plants, the life force becomes active.

When life force becomes active then there is differentiation of organs. Now we have to think of the glory of plants. We should not disturb their growth and development. When the plant is growing, let it grow up to the highest, mature stage and then you will realize that as the plant matures it eventually undergoes a natural drying process.

At this stage, we should harvest the plant. Before this, we should not cut the plant. We should not cut down green trees.

When we are protecting plants and helping them to reach their ultimate mature stage then after they dry, we can collect their seeds and fruits. Then use the majority quantity of seeds to cultivate again. This helps their lifestyle. If we cannot cultivate all (sow the seeds) then we can help them by eating the remaining seeds with the understanding that the maximum portion of it should be transferred into human consciousness. In this way we are helping the plant product directly from the plant to human consciousness. We are crossing over the one stage of animal consciousness directly— a leap from plant to human consciousness. In this way we are helping plants.

ANIMALS-

In animals, sense organs and mind become functional. When plants reach to mature stage, we harvest them. We cannot think in the same way for animals.

When you cut and kill the animal, the highest evolved consciousness, which we call sensory organs and mind, are invisible. Senses are invisible. Ears, skin, eyes, tongue and nose— they are not senses. They are the apparatus through which the senses are working. Our sense of vision functions through the apparatus called the eyes. In the same way, the ear, skin, nose and tongue, they are not senses. They are different structures that are associated with the senses.

Therefore, when senses are evolved and functional and mind is evolved and functional, they are astral in nature. You cannot see them. Therefore, when we cut and kill animals, we disturb their complete growth. If we are able to use their senses and mind, and eat that invisible astral portion also, then we can convert animal consciousness into our human consciousness.

Then and only then are we helping them but we are not able to do that. Therefore, killing of animals is a great, great sin. We should never do that because by eating them we cannot help them. We are disturbing their life span. Therefore, we should never have any thought of killing any animals or eating them.

We should help animals to grow. Help birds, cats, dogs, all kinds of animals. We should never create fear in them.

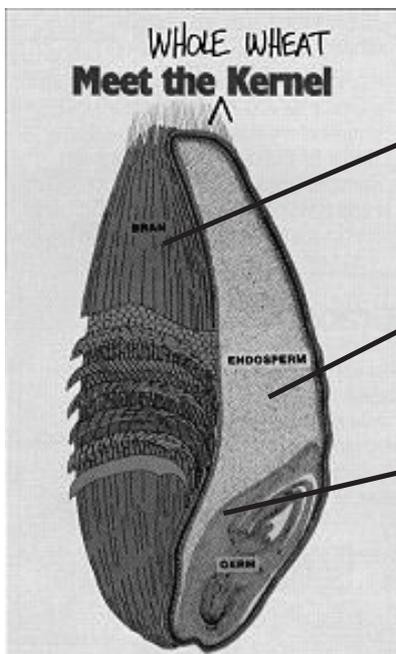
Complete Nutrition

- Major portion of our required nutrition should be received in the form of subtle vibration through the Medulla (Mouth of God). This can be compared to gasoline fuel of a car.
- Food in the form of solid, liquid and gas can be compared to oil used in the car. Therefore, the major portion of daily energy we need should be received through the medulla.
- Our life is less dependent on the food what we eat through the mouth (oral cavity)

Oral Ingestion of Foods

- Eat Complete Foods which are fully mature as much as possible
- Each and every whole grain has complete nutrition what a person requires
- Some grains should be eaten in larger quantities and some in smaller quantities (i.e. Rice in larger quantities vs. sesame or flax in smaller amounts)
- Eating in this style, with the correct idea of uplifting atom and plant creations, will promote good health and will not result in any nutritional deficiencies of any kind (i.e. B12, iron or folic acid deficiencies)

WHOLE GRAINS (i.e. wheat kernel)



Bran

- About 14% of kernel weight
- High fibre outer coating

Endosperm

- About 83% of kernel weight
- Source of carbohydrate and some protein

Germ

- About 3% of wheat kernel
- Dense in nutrients (especially protein)
- Embryo of sprouting section of the seed

What is Hunger?

Hunger is experienced by two consciousnesses within:

- 1. Ego Consciousness**
- and**
- 2. Intuition Consciousness**

Ego's judgement is based on following illusions and delusions while Intuition has perfect knowledge of real hunger (need of food).

Ego practises eating phenomena guided by memory of smell, taste, vision and false reasoning and commits mistake all the time in the process of eating, selection of food, cultivation and production.

Researches done by Ego consciousness are based on temptation. Ego consciousness refers those people whose intuition is dormant.

Blind Mind is always a powerful agent of Ego and always works with the power of temptation.

Blind Mind and senses - all have great strength from Habit.

Blind Mind takes help of exciting blood in the form of anger to do any work.

Five senses and five organs of action, together support Blind Mind with all power.

<i>Sense Function</i>	<i>Organ of Sense</i>	<i>Organ of Action</i>
Hearing (sound)	Ear	Larynx
Touch	Skin	Hand
Vision	Eye	Leg (expands vision by turning around, walking, etc.)
Taste	Tongue	Reproductive Organs (with abuse of these organs one cannot control tongue)
Smell	Nose	Anal Orifice