

KRIYAYOGA ASHRAM & RESEARCH INSTITUTE

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Kriyayoga Reveals Truth Behind Food and Digestion

Through the Kriyayoga practice the true lifestyle in the field of food and digestion is revealed that the food of human beings is mature (ripe) grains, seeds and fruits. The structure of the eyes, ears, teeth and tongue and the length of the digestive tract reveal that humans are truly frugivorous (consumer of fruits and seeds) in nature. Canine teeth, which are very well developed in carnivores, are rudimentary in human beings. Human eyes do not like to see the slaughtering of animals, and ears do not like the cry of animals and the tongue cannot appreciate the taste of meat thrown on the street. They never enjoy chewing the bones scattered at the bank of rivers or in the forest whereas carnivorous animals they enjoy chewing the bones as if it were delicious candy. Human beings can enjoy fruits found on the ground but would never appreciate consuming scattered decaying meat left on the side of a road. International spiritual leader, Swami Shree Yogi Satyam delivered this message to pilgrims attending the Kriyayoga Camp at Mukti Marg in Kumbha Mela.

Swamiji stated that humans only enjoy non-vegetarian foods when it is fried and mixed with certain spices to mask their taste. Carnivores even enjoy rotten and putrefied meat, which cannot be tolerated by human beings.

He further said that the length of the digestive tract in carnivorous animals is very short in comparison to human beings, whereas the digestive tract of herbivores is much longer compared to carnivores and human beings.

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By deep observation it is proved that herbivores are meant to eat grasses and the stems of plants. Carnivores are meant to eat meat and human beings are meant to eat fruits and seeds. In herbivores the longer digestive tract is suitable to digest and absorb grasses and stems. If herbivores are fed a good quantity of fruits and seeds they become sick. In the same way, the digestive tract of carnivores are fit to digest meat and animal parts. If they are fed leaves and stems they become sick. Animal products, meat and organs should not remain for a long time in the digestive system to avoid growth of harmful bacteria and viruses. Therefore, carnivores have a shorter digestive tract compared to herbivores and humans.

Humans have started eating wrong foods due to inhuman and unnatural thoughts. All thoughts and ideas, which increase distance and separation are called unnatural thoughts. These can be erased through the constant practice of Kriyayoga meditation. The consumption of vegetarian food has been accepted more in western countries due to the research studies proving that the consumption of non-vegetarian food (especially meat and dairy products) lead to many illnesses in particular heart disease and cancer.

Kriyayoga classes are conducted at two locations. At the Kriyayoga Camp at Mukti Marg in Kumbha Mela, classes are conducted at 8 to 10 a.m. and 4 to 6:30 p.m. At Mori Road, class is at 11 p.m. to 1 a.m. All are most welcome to attend and participate in the Kriyayoga classes. All classes are attended by people travelling from all over India as well as abroad from countries such as Canada, USA, Brazil, Czech Republic, Russia, France, South Africa, England, Australia, Lebanon, etc.

Taramata (Dr. Zena Bedessee, M.D., C.C.F.P.)
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