

Arya Samaj Newsletter

December 2013 Volume 6 Issue 12

Objective of life

When we are born we are all not born alike. The differences exist as the result of our past and our future depends on what is our present. The object of life is to increase the knowledge and through knowledge the achievement of bliss/liberation/moksha/mukti. One of the best ways of loving GOD is to love our fellow humans and all other creatures, birds etc. Let us be friendly with everybody down to the smallest creature.

One of the important components of moral or good values is non-violence –love for all humans, animals, creatures etc. One of the best ways of loving GOD is to love our fellow humans and all other creatures. Let us be friendly with everybody down to the smallest creature.

In order to enhance our knowledge, search for truth and attain moksha it is very important to have a good healthy body. To keep the body disease free and to have good health depends on many factors like lifestyle, food, exercise, stress, worry, our ethics and moral values etc. One significant aspect is the food intake meaning we need to have a good healthy vegetarian eating habit, abstain from alcohol, drugs and tobacco to help achieve and maintain a healthy weight and have the energy we need to live life to the full to attain the purpose or aim of our life.

How to stay healthy

One of the easiest and tastiest ways to stay healthy is to eat plenty of fruit and vegetables. Legumes and pulses are a great source of protein and they are also low in fat. They're full of fibre and they have a low Glycaemic Index which means they can help you feel full for longer. Beans and lentils are also a useful source of iron. Nuts and seeds are both delicious and nutritious. Try to include these in your meals every day using plain, unsalted unroasted varieties. Dairy foods contain calcium, essential for strong bones and teeth. Milk and other dairy foods are an important source of calcium in the diet and they also provide protein, vitamins A, D and B2.

Wholegrain cereals include all the parts of the natural grain and should provide the bulk of your energy (kilojoules) each day. They contain more fibre and other nutrients than white or refined starchy foods. That means they retain all of their nutrients including dietary fibre, B vitamins, vitamin E and the healthier fats. Variety is the key to a balanced diet. When planning your meals for the week, make sure you include a variety of foods.

Healthy balanced diet eating five tips

- Eat a variety of foods.
- Include vegetables, wholegrains, fruit, nuts and seeds every day.
- Choose healthier fats and oils.
- Try to limit sugary, fatty and salty take-away meals and snacks.
- Drink mainly water. **Heart Foundation**



Importance of being a Vegetarian

So why is it important to be a vegetarian? First and foremost, there are important health benefits in a vegetarian diet. Several research studies suggest a link between longevity and a vegetarian diet with vegetarians living much longer. A vegetarian diet can help in reducing risk of cancer, cardio-vascular and many other diseases. Fruits and vegetables are full of antioxidant nutrients that protect the heart and its arteries. Animal food products are loaded with dietary saturated fat and cholesterol. An average American male on a meat-based diet has a 50 percent chance of dying from heart diseases. A study of a group of French vegetarians found that they had a daily intake of 25 percent less fat than non-vegetarians. Some of the other proven health benefits of a vegetarian diet include significantly reduced rates of obesity, coronary heart disease, hypertension, constipation, and gallstones.

Secondly, the mass production of meat is environmentally damaging, and unsustainable, and going vegetarian can help restore the planet's health. Approximately 70 percent of the grain crop in the US is used for feeding animals being raised for food. It takes 15 pounds of feed to generate 1 pound of meat, and if the grain were given directly to people, there would be enough food to feed the entire planet. Hence the production of animal foods is much less energy efficient than harvesting of grains, vegetables, legumes, and fruits. Animal farming also generates significant amounts of nitrous oxide and methane, which have a significant impact on global warming. Also, it is estimated that a pound of beef takes 2,500 gallons of water, while a pound of wheat takes 25. Hence, production of meat leads to wastage, and rampant water pollution.

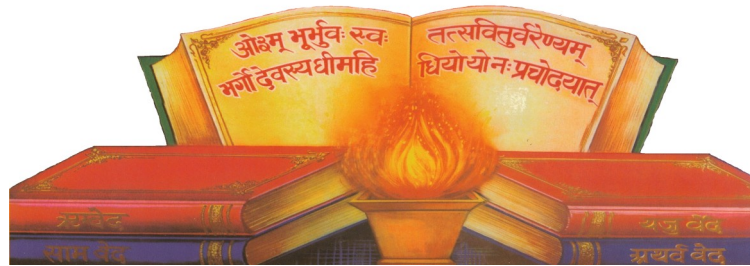
A vegetarian diet can protect you from food-borne illnesses. Vegetarianism reduces the risk of E.coli infection. It is estimated that approximately five percent of cows slaughtered in America for meat contain the lethal O157:H7 strain of E.coli, which can even lead to death. Also, there have been various animal food safety scares over the last few years, including avian influenza in poultry, mad cow disease in cows, foot-and-mouth disease in sheep, and mercury in fish. Therefore, being vegetarian can protect you from several such diseases.

Another important reason to be vegetarian is that it is ethical. Each day, 22 million animals are slaughtered in America to produce meat. The entire life of a captive animal raised for meat is unnatural, and involves abnormal diets for fattening, hormonal stimulation, and the eventual killing, which are totally unnecessary. If animal rights concern you, then a vegetarian diet is a natural choice.

A vegetarian diet can help you save money. Replacing chicken, meat, and fish with vegetables and fruits is estimated to help save close to \$ 8,000 a year. Hence it makes economic sense as well to convert to a vegetarian diet.

There are compelling reasons to turn vegetarian, and the question you should be asking yourself is not why, but why not? With obvious benefits for your health and the planet's, and being a better economic choice, it is no wonder that there is growing interest in vegetarianism today. **Nancy Jason**





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Many people ask what's wrong with eating meat?

Every living being has a specific purpose for its existence. The purpose definitely is other than being killed and eaten by others. We do not have the right to kill or eat animals, birds, fish etc. Just as there are government laws, so there are laws of nature, or GOD laws. If we kill animals that binds us to karma and we will get the reaction. The analogy of karma means 'To every action there is an equal opposite reaction'. So if we doing bad karma, we are binding ourselves more and more to this material world. Also just by seeing a meat or fish dish on your plate does not mean everything is ok, there has been so much violence, brutality, cruelty ,hostility and pain

gone into it before you see the finishing product. If the animal's body is cut, there is blood and if your body is cut, there is blood.

If we do not have the right to give life to a creature we also do not have the right to kill them unnecessarily. A GOD devotee is full of compassion , empathy kindness, gentleness, calmness, and peace and a believer of GOD cannot see anyone suffer even the animals so he/she will never eat meat products obtained by torturing ,harming and hurting animals.

People might then question, but I am not actually killing the animal but just eating, is that wrong too

Manu says all those involved in farming, killing, consenting the killing, helping the killing, carrying, selling, buying, cooking and **eating the meat** of an animal etc are accountable and sinful.

Meat eating has a very bad effect on our spiritual life and we are in danger to become the slave of our own senses, which we never can satisfy. And then in the afterlife it is very likely that we meet the animals we ate or killed. But this time they will be the human and we the animal. In this world we can't do anything without bearing the reactions of our karma. What we have done to others, we have done to ourselves. It's Karma.

Meat eater	Plant eater	Human
Licks and drinks	Sucks and drinks	Sucks and drinks
Sharp, pointed front teeth to tear flesh	No sharp, pointed teeth	No sharp, pointed teeth
Has claws	No claws	No claws
Intestinal tract only three times body length, so that rapidly decaying meat can pass out of body quickly	Intestinal tract 10-12 times body length. Fruits don't decay as rapidly as meat so can pass more slowly through body	Intestinal tract 10-12 times body length. Fruits don't decay as rapidly as meat so can pass more slowly through body
Small salivary glands in the mouth (not needed to pre-digest grains and fruits)	Well-developed salivary glands needed to pre-digest grains and fruits	Well-developed salivary glands needed to pre-digest grains and fruits
Acid saliva. No enzyme ptyalin to pre-digest grains	Alkaline saliva. Much ptyalin to pre-digest grains	Alkaline saliva. Much ptyalin to pre-digest grains
No flat back molar teeth to grind food	Flat back molar teeth to grind food	Flat back molar teeth to grind food
They can see during night	Cannot see during night	Cannot see during night
Can kill the prey without aid of weapons	Do not kill to eat	Cannot generally kill without the aid of weapon
They can digest raw meat easily	Do not eat meat	Cannot digest raw meat easily
Behaviour is generally voracious	Behaviour is not generally voracious	Becomes voracious by eating meat
Do not eat grass	Do not eat meat	Should not eat meat
No skin pores. Perspires through the tongue to cool body	Perspires through millions of skin pores	Perspires through millions of skin pores



Must we kill in order to eat and live.

Vegetarianism was a principle of health and environmental ethics throughout India. Some colonizations radically undermined and eroded this ideal. It remains to this day a cardinal/ fundamental ethic of many beliefs.

Religions in its highest standard preaches vegetarianism, as a way to live with a minimum of hurt to other beings, for to consume meat, fish, fowl or eggs is to participate indirectly in acts of cruelty and violence against the animal kingdom. A sense of guilt persists among people who eat meat.

The meat-eater's desire for meat drives another to kill and provide that meat. The act of the butcher begins with the desire of the consumer. Meat eating contributes to a mentality of violence. Great saints have confirmed that one cannot eat meat and live a peaceful, harmonious life. How can one who eats meat practice true compassion by eating the flesh of an animal to fatten his own flesh?

A vegetarian diet does not include meat, fish eggs etc. Vegetarian families have far fewer problems than those who are not vegetarian. If children are raised as vegetarians, every day they are exposed to nonviolence as a principle of peace and compassion. Every day they are growing up they are remembering and being reminded to not kill. They won't even kill another creature to eat, to feed themselves. And if they won't kill another creature to feed themselves, they will be much less likely to do acts of violence against people.

When a man realizes that meat is the butchered flesh of another creature, he must abstain from eating it.

The greatness of a civilization and its moral progress can be measured by the way in which its animals are treated

Ahimsa, the law of non-injury, is our first duty in fulfillment of our religious obligation.

Medical studies prove that a vegetarian diet is easier to digest, provides a wider range of nutrients and imposes fewer burdens and impurities on the body. Generally vegetarians are less susceptible to all the major diseases that afflict contemporary humanity, and thus live longer, healthier, more productive lives. They have fewer physical complaints, less frequent visits to the doctor, fewer dental problems and smaller medical bills. Their immune system is stronger, their bodies are purer, more refined and skin more beautiful.

Meat-eaters ingest excessive amounts of cholesterol, making them dangerously susceptible to heart attacks. Many scientific studies have concluded that eating meat can seriously damage your health.

The simple fact is that to produce 1 lb of meat, it requires over 16 lbs of grain and many gallons of water. Millions of animals are bred for meat production, if they were not bred and the grain was used to feed people. There would be no poverty in the world.

It's due to ignorance that humans who are made of flesh and blood engage in eating the flesh and blood of other living beings.

Is meat good for us?

It's a scientific fact that vegetarians are healthier than meat eaters. Scientific studies show that vegetarians have a much lower risk of suffering from diseases like cancer, heart disease, high blood pressure and other health disorders compared to meat eaters.

Scientific Studies Support a Vegetarian Diet

A major study reported in the British Medical Journal found that, of 5000 meat-eaters and 6000 non-meat eaters, vegetarians had 40% less risk of cancer and 30% less risk of heart disease than the meat-eaters and were 20% less likely to die of any cause (Oxford Vegetarian Study).

A US study of 50,000 vegetarians showed a very low rate of cancer (Seventh Day Adventist Study, Massachusetts). It has been estimated that by following a low-fat vegetarian diet, the risk of food poisoning is decreased by 80%.

A balanced vegetarian diet is better for humans than one that includes meat (from TIME magazine, July 2002).

An 11-year study of 1,900 German vegetarians has found mortality from cardiovascular disease to be 61% lower in male vegetarians and 44% lower in female vegetarians than the general population.

Hypertension can contribute to heart disease, strokes, and kidney failure. A number of studies have shown vegetarians to have lower blood pressure than meat eaters (Sacks 1974, Armstrong 1977).

The British Medical Association (1986) stated that vegetarians have lower rates of obesity than meat eaters.

Vegetarians have lower rates of colon cancer than meat eaters (Phillips 1980).

There is overwhelming scientific evidence to prove that a vegetarian diet is much healthier than a meat-based diet. Eating meat can seriously damage your health.

What about Protein?

Most people are brainwashed into thinking that meat is the only source of protein. The simple fact is that there is plenty of protein in a vegetarian diet too.

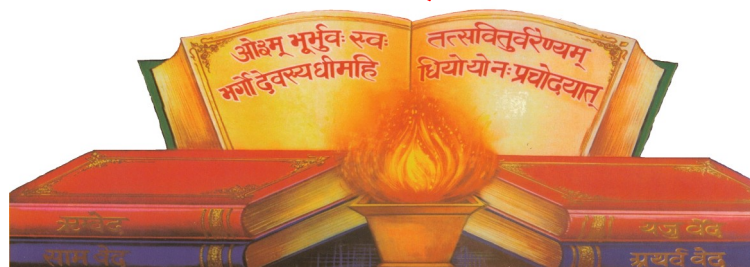
Violence

Is violence related to meat eating? What do all the terrorists have in common? What do all the violent criminals have in common? What do all the murderers have in common? The simple answer is that they are all killers of animals (meat eaters). Have you heard of vegetarian terrorists? Have you heard of vegetarian criminals? Have you heard of vegetarian murderers? How does meat eating make one violent? By killing for a living (meat eating), the human mind develops a taste for killing, which leads to a mentality of violence. The mentality of killing animals spreads to killing humans too. People who kill animals are much more likely to kill people too. This is a fact as the terrorists, and the most violent criminals are animal killers (meat eaters).

The vegetarians don't kill for a living (no meat) and so their mind develops a taste for non-violence, thus a mentality of non-violence. The mentality of a vegetarian is that killing is totally wrong, thus the killing or even injuring of humans is totally unthinkable. **Paramesvara Caitanya Das**



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Dont eat meat

Vegetarianism is the key to good health and happiness. The Hindu view is multi-dimensional, including the ecological, medical and spiritual

Besides being an expression of compassion for animals, vegetarianism is followed for ecological and health rationales

Reasons

In the past fifty years, millions of meat-eaters -- Hindus and non-Hindus -- have made the personal decision to stop eating the flesh of other creatures. There are five major motivations for such a decision:

1. The Dharmic Law Reason

Ahinsa, the law of noninjury, is the Hindu's first duty in fulfilling religious obligations to GOD.

2. The Karmic Consequences Reason

All of our actions, including our choice of food, have karmic consequences. By involving oneself in the cycle of inflicting injury, pain and death, even indirectly by eating other creatures, one must in the future experience the same injury and pain.

3. The Spiritual Reason

Food is the source of the body's chemistry, and what we ingest affects our body. If one wants to live in higher consciousness and love for all creatures, then he should not eat meat etc.

4. The Health Reason

Medical studies prove that a vegetarian diet is easier to digest, provides a wider range of nutrients and imposes fewer burdens and impurities on the body.

5. The Ecological Reason

Planet Earth is suffering. In large measure, the escalating loss of species, destruction of ancient rainforests to create pasture lands for livestock, loss of topsoils and the consequent increase of water impurities and air pollution have all been traced to the single fact of meat in the human diet. No decision that we can make as individuals or as a race can have such a dramatic effect on the improvement of our planetary ecology as the decision not to eat meat.

History

The book *Food for the Spirit, Vegetarianism and the World Religions*, observes, Despite popular knowledge of meat-eating's adverse effects, the nonvegetarian diet became increasingly widespread among the Hindus after the two major invasions by foreign powers. Those actually trained in VEDIC knowledge, however, never adopted a meat-oriented diet, and the pious Hindu still observes vegetarian principles as a matter of religious duty.

That vegetarianism has always been widespread in India is clear from the earliest Vedic texts. These scriptures unambiguously support the meatless way of life.

He who sees that the Lord of all is ever the same in all that is -- immortal in the field of mortality -- he sees the truth. And when a man sees that the God in himself is the same God in all that is, he hurts not himself by hurting others. Then he goes, indeed, to the highest path. *Bhagavad Geeta*

Ahinsa is the highest Dharm. Ahinsa is the best Tapas. Ahinsa is the greatest gift. Ahinsa is the highest self-control. Ahinsa is the highest sacrifice. Ahinsa is the highest power. Ahinsa is the highest friend. Ahinsa is the highest truth. Ahinsa is the highest teaching. *Mahabharat 1 Dr. Jai Maharaj*

Eat Well & Stay Healthy

Food, eaten according to Ayurvedic dietary guidelines, provides energy and good health. The same food eaten in contradiction to these principles can cause discomfort and ill health. The most significant of these guidelines are:

Appropriate Quantity

The amount of food eaten at any one meal is crucial for proper nutrition and complete digestion. Eating too much or too little is equally hazardous to health. The proper amount of food is essential to maintaining good health and attaining longevity. According to *Caraka Samhita*, the stomach is divided into three equal parts. When eating, one part of the stomach should be filled with solid foods (vegetables, rice, grains, breads), the second part should be filled with liquids (juices, soups, water) and the third part of the stomach should be left empty for the movement of air and the *tridosha*.

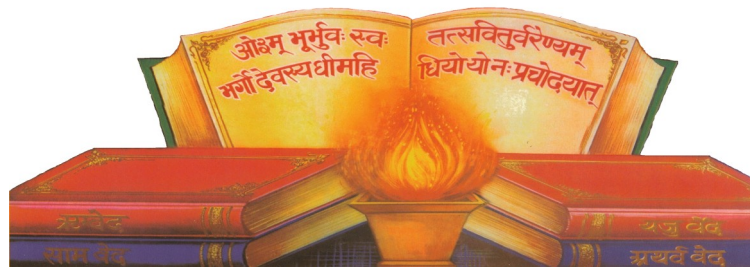
If you are unsure, a simple rule is that it is better to stop when you feel you still have some capacity, as eating less than your maximum ability is always preferable to eating more. Consistently under-eating can produce a gradual disturbance to the *vata dosha*, but over-eating produces an immediate disturbance to all *dohsas*.

Overeating causes obesity and related disorders such as diabetes, heart disease and hypertension, strain on internal systems and organs and *ama* production. A person eating much less food than required eventually loses strength and has less energy and vitality. Functions of the mind, such as concentration, memory and intelligence, become impaired and *ojas* and sensory power are diminished.

People often complain that after meals they feel discomfort, lethargy and heaviness. This is due to either eating an improper quantity of food, or improper types and combinations of foods. *Caraka Samhita* lists the symptoms of eating improperly as:

- Feeling of heaviness in the stomach;
- Disturbance or change in the heart-beat;
- Pain in the back or stomach;
- Discomfort in walking, breathing, talking and/or laughing;
- Laziness or drowsiness;
- Dissatisfaction of any of the senses. Dr. Partap Chauhan





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The Principles of Ayurvedic Cooking

Cooking an Ayurvedic meal is a challenge in itself. Not only is adherence to vegetarianism a factor, but other Ayurvedic rules also come into the picture. However, given the palatable joys of Indian cuisine, taking up this challenge is definitely worthwhile.

Ayurveda does not view the process of cooking as separate from that of digestion and nutrition. That is why Ayurveda always recommends an eating sequence. The focus is on easier digestion and the body's capability of extracting the nutritional essence of the consumed food.

According to Ayurveda, the taste of food is an important piece of information for the body, since every taste has a specific effect. The six major Ayurvedic tastes are sweet (*madhura*), sour (*amla*), salty (*lavana*), bitter (*tikta*), astringent (*kashaya*), and pungent (*katu*). A balanced diet will have healthy combinations of these. Therefore, it is important to include these six while preparing an Ayurvedic meal.

The environment is also a factor when considering an Ayurvedic diet. To avoid contacting season-specific illnesses, Ayurveda recommends diets for different seasons to help the body acclimatize itself seasonally. For example, during summer—which is a *pitta* season when individuals are prone to acne and sunburn—eating cool, light fruits and salads are recommended for pacifying the imbalances of the *pitta dosha*.

Ayurveda advocates eating fresh food as it provides the maximum amount of energy. It advises against eating leftovers and processed food as a daily habit. Not only do stale, processed, and long-preserved food lack vital energy, but they are also difficult to digest. Including a fresh vegetable or fruit juice in your daily diet is highly recommended for good health. It might seem highly impractical for people with a busy schedule to cook fresh daily and not re-heat leftovers, but the comparative long-term health advantages of eating freshly cooked food should be kept in mind.

Ayurvedic cooking principles also recommend that vegetables be cooked rather than consumed raw since cooking improves digestion. Efficient digestion helps vitamins and minerals to be properly assimilated.

These recommendations are applicable to all individuals, regardless of their body type. However, foods might turn out to be beneficial or harmful depending on your body type. Traditional Indian recipes, handed down through household matrons, best illustrate how Ayurveda entered the Indian kitchen to balance both taste and health perfectly. Dr Partap Chauhan



"For as long as men massacre animals, they will kill each other. Indeed, he who sows the seed of murder and pain cannot reap joy and love." **Pythagoras (Mathematician)**

"To a man whose mind is free there is something even more intolerable in the sufferings of animals than in the sufferings of man. For with the latter it is at least admitted that suffering is evil and that the man who causes it is a criminal. But thousands of animals are uselessly butchered every day without a shadow of remorse. If any man were to refer to it, he would be thought ridiculous. And that is the unpardonable crime." **Romain Rolland (Author, Nobel Prize 1915)**

"While we ourselves are the living graves of murdered beasts, how can we expect any ideal conditions on this earth?" **George Bernard Shaw (Playwright, Nobel Prize 1925)**

"To my mind, the life of a lamb is no less precious than that of a human being." **Mahatma Gandhi (Statesman and Philosopher)**

"If slaughterhouses had glass walls, everyone would be a vegetarian." **Sir Paul McCartney (Singer & Former Beatle)**

"It is my view that the vegetarian manner of living by its purely physical effect on the human temperament would most beneficially influence the lot of mankind." **Albert Einstein (Scientist) in a Letter to 'Vegetarian Watch-Tower', 27 December 1930**

"The greatness of a nation and its moral progress can be judged by the way its animals are treated." **Mahatma Gandhi (Statesman and Philosopher)**

"I am in favour of animal rights as well as human rights. That is the way of a whole human being." **Abraham Lincoln (16th U.S. President)**

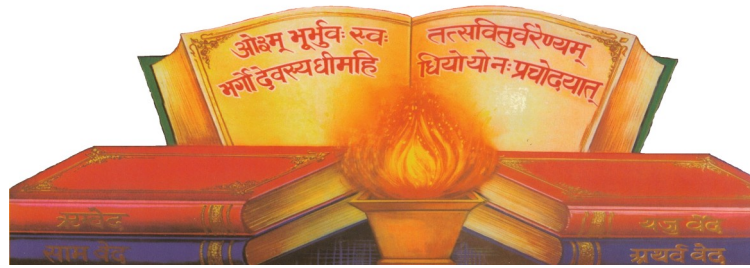
"Nothing will benefit human health, and increase the chances for survival of life on Earth, as much as the evolution to a Vegetarian Diet" **Albert Einstein (Scientist) "Bite-Size Einstein" pg 10 by Mayer & Holms QC16.E5A25**

"Just as we would not like ourselves, our children and even old parents to be killed for someone's taste of tongue, similarly we should refuse to kill other innocent living beings. The way we refuse to eat dead bodies of human beings, we should also not feast on dead bodies (corpse) of other living beings who have eyes, nose, face, brain like us. Who feel pain and pleasure like us. Who feel the same fear and weep in similar manner like we do when nearing our own death. Law of Karma ensures that if we kill today, we would face the killing tomorrow. The only way to escape this is by being kind and compassionate". - **Agniveer**

"Jaisa ann waisa mann" is a well said phrase in Hindi which means that your mind is what you eat. Food is a very essential part of a person's life. Some people eat to live but most of us live to eat. Let's not live to eat but eat to live. Muskaan Nayyar

A proper vegetarian diet is healthy from birth till old age. Vegetarian Meals Can Make You Healthy, Wealthy and Wise **Prof. Yogindra Das**





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Jaisa Khao Ann Waisa Rahe Mann
Jaisa Hoya Mann Waisa Bane Tan
Jaisa Pio Paani Waisi Bane Vaani
Jaisa Hoe Achar Waisa Bane Vlchar

Sant Kirpal Singh ji

Listen to the stomachs wish list to keep it functioning well

LOVE YOUR STOMACH

Hello , I am your stomach ,do you hear me,
Please be responsive to my urgent knock,
I hope you are listening attentively and are free,
Now lets have a long stomach to heart talk .

Your mouth is the only gateway to enter me.,
Oral and hand hygiene and chewing food right,
Prevents infections and indigestion, you will agree,
Chew your food slowly and take small bites .

You clean your house daily, but what about cleaning me,
Morning on empty stomach drink 3-4 glasses of water,
Sweeping ,mopping toxins and germs ,hydrating it does all three ,
Benefits heart,brain and kidneys ,so please don't falter.

I hate meat,fish,alcohol,drugs, eggs, spicy ,oily ,stale , junk and tinned food,
I love fruits ,vegetables ,high fibre foods ,milk,honey,nuts and yoghurt,
I hate when you don't listen to me , when you get a treat,
Filling me to the brim , puts me in a lot of discomfort.

Long fasting and spicy acidic food makes ulcers in me,
Your mental stress,anger and depression also causes this,
Laughing aloud massages me ,keeps me in great glee,
Exercise and long walks helps me to digest ,I get your loving kiss.

A happy mealtime,no smoking ,no colas ,no binge drinking ,
A gap of 2 hours between your meal and sleep ,please fulfill this urge ,
This keeps me fit ,free of aches ,acid regurgitation and vomiting .
With acid regurgitation ,cough and many other problems could emerge .

Don't eat or gulp your food walking or in a hurry,
Eat at regular intervals ,never crashing in front of the TV,
Keep away from binge eating and very spicy curry and worry ,
Following these tips helps digestion ,this is my humble plea .

To keep me healthy and happy all the while,
You need a healthy and a happy state of mind,
Love all ,forgive all, shun anger, never forget to wear your smile,
I will then always thank you from my heart ,for being so very kind .

LETS NOT LIVE TO EAT BUT EAT TO LIVE

Pushpa Chaturvedi

