

Practical Guideline to Food

- Our physical body has been created out of food and is maintained by food.
- Our physical body is the means to connect with this material world. It is like our vehicle to this worldly experience.
- If our physical body is in correct equilibrium and healthy it does not attract much attention. It does not create mental turbulence and permits our mind to be directed towards our higher nature.
- Thus, the food that we eat has a vital effect on our material experience, as well as spiritual growth.
- When the food is correct, the body and mind are healthy, balanced and in harmony with Life.
- When the food is incorrect, the body and mind become unhealthy, dull, heavy and lose the natural harmony with Life.
- Correct food is determined by individual constitution, work, climate, season and overall environment. In other words, our food should be in harmony with our type of body (constitution), our work (physical, intellectual, spiritual, etc.), the climate (warm, cold), season and our environment (food that is produced locally is always preferable).
- When we wish to practice spirituality, we need to customize our diet in such a way, as to optimize the quality and the flow of our prana (our vital energy).
- These are a few basic principles of a diet that will support spiritual practice and growth:
 1. The food should be strictly vegetarian, for evident reasons.
 2. Avoid garlic, onion and eggs. They have a strong obstructive effect in the practice of meditation.
 3. Take freshly cooked food – avoid stale food, that has stayed overnight (or “over-day”). Stale food might fill your stomach, but it will not give you fresh prana. Your mind will be sleepy and downwards-going.

4. Prepare your own food, or take food that has been prepared by a person you feel good with. Remember! The energy, feelings and thoughts of the person that cooks, goes inside the food, and consequently in you. Thus, it is important to take food from a good person.

5. Fast occasionally. Ekadasi is the best day to fast – it happens twice per month, on the eleventh day of the moon. You can simply google it, to know the exact days. Fullmoon is also a very good day for fasting.

During these days, if you can, take only warm water, with a few lemon drops. If it is not possible for you, then for one day avoid grains (wheat, rice, corn, oats, etc.), legumes (lentils, beans, chickpeas, green peas, etc.) and sea salt. That's all! You can eat everything else. Its easy and extremely helpful, physically, energetically and spiritually.

6. Studying a little the science of Ayurveda will help you a lot in understanding what food is more appropriate for you.

7. However, the most important principle in growing wisdom about food is observing!

- Observe your feeling towards a food even before you take it.
- Observe how you feel when you are eating it.
- Observe how it feels during the digestion (the first 2-3 hours).
- Observe its effects during the post-digestion, in the next 10 hours.
- Observe how is your meditation, after a specific food.

This is the main means to clearly understand what food is appropriate, or not, for you and determine the effects of different foods on your body and mind.

Thus, starting by the teachings of the wise, and continuing by your own clear observation, you will be able to customize and optimize your diet, as to achieve the highest results for your physical and mental health, as well as for your spiritual growth.

- *Om Shanti Shanti Shanti* -