

Non Violence & Vegetarianism



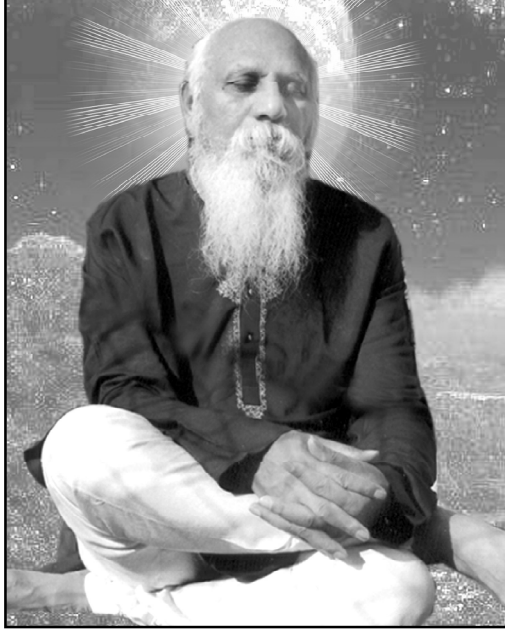
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Non Violence is the Highest Principle
(AHIMSOPARAMODHARMAHA)



Pyramid Spiritual Societies Movement- India

NON VIOLENCE AND VEGETARIANISM



Published by :

Brahmarshi Tatavarthy Veera Raghava Rao

Translated in English by :

K.Bhuvaneshwari

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WHY SHOULD ONE STOP EATING MEAT?

Spiritual leaders and sages of all religions across the world have unanimously declared violence, hatred, and cruelty as sins. They have openly declared and condemned causing unnecessary harm or pain to other living beings, stating that it is a "sin." They considered non-violence, compassion, forgiveness, kindness, and love as religion.

**MEAT IS
DEAD FOOD**



**VEGETARIAN FOOD
IS DIVINE FOOD**



BE A VEGETARIAN -LIVE HAPPILY

Their primary intention is to see the Divine in every living being. They condemned consuming (eating) dead beings as food.

Eating such poisonous and disease-causing meat leads to incurable illnesses. The pain of the disease is such that it feels as though the animals, in their pain, are saying, "As you are eating me, I will eat you too."

All living beings, like us, are creations of God. Can the Creator watch and tolerate His children being mercilessly killed by his own one's? Certainly not! Every human being will have to pay for such actions at some point.

Eating meat by killing living beings is equivalent to consuming a dead body.

MURDER



Grabbing us, who cannot speak, tying neem branches to us, beating us with sticks while shouting 'walk, walk', pushing us down like heros and holding knives to cut off our heads- such human beings, for their sins are accountable before God.

Oh dear brothers and sisters who eat meat! Before you are prepared to eat meat again, please visit poultry farms and slaughterhouses (animal killing houses) to witness with your own eyes the hell like torture, the suffering, and the fear that dance on the faces of these mute beings. Observe how they are being killed.

In shops that sell chickens, they are packed tightly in baskets and iron cages, one on top of another. They are not given any food or water and suffer due to hunger and thirst. Right in front of them, each chicken is slaughtered (killed), and as they watch, they anticipate the hell that is about to happen to them. The fear and terror they experience are beyond description.

Not only that, if we observe the transportation of chickens from one place to another, it reveals how mercilessly human beings behave. The chickens are hung upside down on bicycles, and when their heads get crushed under the wheels, all they can do is silently cry in pain. Some people carry vegetables they bought at the market in one hand and walk with chickens in another hand,

One who kills animals does not reach heaven - Manusmriti

holding them by their broken wings. These are extremely pitiful (heartbreaking) scenes. When will they ever feel compassion for these creatures?

The animals in slaughterhouses can sense what is about to happen to them based on the way they are treated. Goats and sheep are beaten with sticks to force them inside. Cows and buffaloes are poked with sharp sticks, their tails twisted and they are dragged in. Such creatures, once pushed inside, are tied down on blood-soaked (blood-wet) floors. Watching other animals having their throats slit (cut), they imagine the hell that awaits them and wait for their final moments. Witnessing such cruelty that is being caused to innocent, mute beings and not feeling compassion- such a heart must surely be made of stone but nothing else.

Before killing a pig, they bind it with ropes and 2 or 3 people climb on it to drive a long, sharp rod into its heart. It screams with pain and terror which can be heard from a distance. Sometimes when the rod does not penetrate (pierce) the heart, they remove it and drive it into another spot. It takes around 15 minutes to half an hour for it to die. It dies while screaming in pain, its heart torn apart. Some people kill the pig by stabbing it with heated rods, while others tie its legs and mouth with ropes and throw it into the fire, burning it alive.

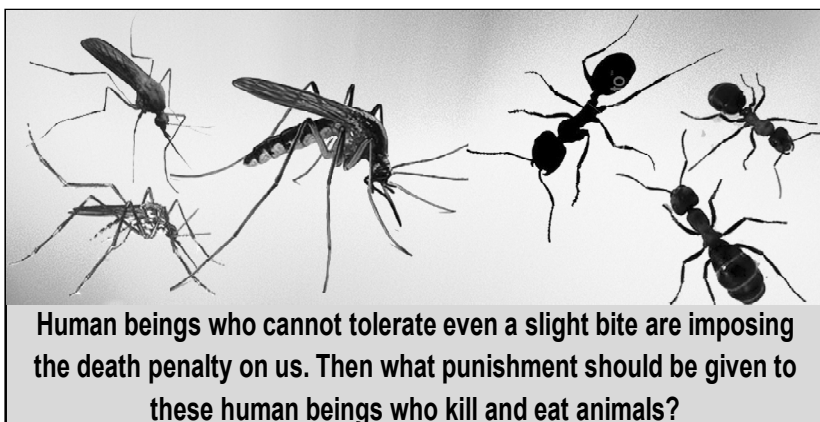
To catch fishes, they tie a worm snake to fishing gear. The worm snake wriggles and draws the attention of fish. The fish moves quickly towards the snake to eat it. When it gets trapped, it is either pulled out and placed in a basket or pierced to fishing wire, the fish continues to wriggle desperately. They don't recognize the fish as a "living creature" even a little.

In Uttar Pradesh, many fishermen eat crocodile meat also.

Only those without love and compassion in their hearts, behave like butchers.

They catch crocodiles, bind them with ropes, and, depending on their needs, cut off their legs and tail. The crocodile wriggles in pain for many days.

If people were to witness the killing of animals, many would undoubtedly stop eating meat. Therefore, those who eat meat must watch the animal slaughtering! The cruelty to animals must end! Everyone should stop eating meat!



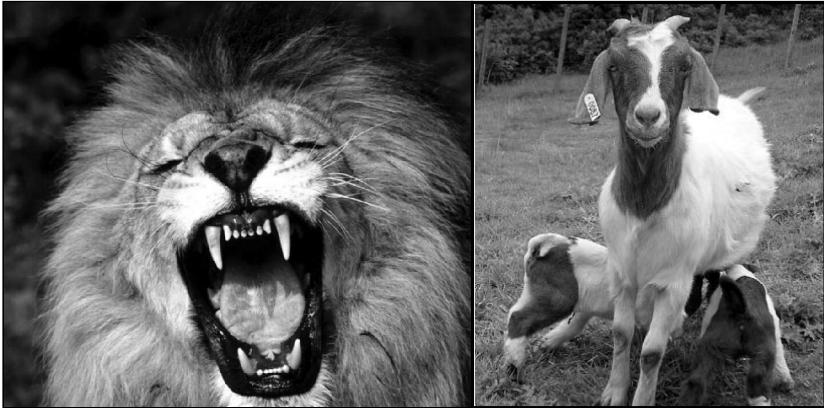
How can a human being, who cannot tolerate even the bite of a tiny ant or mosquito, have the right to kill and torture animals? These tiny creatures are being killed just for biting the human beings. Then what punishment should be given to human beings who kill animals? Think about it once.

Since food reflects our behavior and personality, the food we eat should contribute to our physical, mental, social, and spiritual development. However, It should not lead to mental illness that provokes anger.

The food that God has prescribed for human beings

Acting against nature means rejecting the divine command of God. Those who do so will have to face the punishment pre-

Only when the food is pure, our inner self remains pure.



scribed by God. In the matter of food, one can understand what food God has prescribed for each being based on their body structure.

For example:-

1. Carnivorous animals have sharp claws and teeth, whereas herbivorous animals do not have them.
2. Carnivorous animals swallow food without chewing, while herbivorous animals chew their food thoroughly before swallowing.
3. Carnivorous animals drink water by using their tongues, while herbivorous animals use their lips to drink water.
4. Carnivorous animals have short intestines which enable them to excrete meat that they ate before it decays. Herbivorous animals have longer intestines, which slows down the excretion of food that was eaten.
5. Carnivorous animals have larger livers and kidneys to process and excrete the waste products of meat easily. Herbivorous animals have smaller livers and kidneys, making it difficult for them to handle meat waste effectively.

Eating delicious poison is dangerous.

6. Carnivorous animals have a higher concentration of hydrochloric acid in their stomachs, aiding in quick digestion of meat. Herbivorous animals have lower levels of hydrochloric acid, making it hard for them to digest meat efficiently.
7. Carnivorous animals have an intense sense of smell, and their eyes shine at night, giving them night vision equivalent to daytime vision. Herbivorous animals lack such a strong sense of smell, and their night vision is not so effective.
8. Carnivorous animals produce loud, harsh, and fear-inducing roars. Herbivorous animals produce softer and less alarming sounds.
9. Carnivorous animals' offspring (babies) are nearly blind for the first seven days after birth, whereas herbivorous animals' offspring (babies) have normal vision immediately after birth.

The human body is designed similarly to herbivorous animals like cows, horses, goats, camels, elephants, and giraffes. Except for human beings, no other creature acts against its nature. A lion, even if hungry, would not eat grass, and a cow would not touch meat even if it is starving.

Carnivorous animals survive their entire lives on meat because it is their complete food. However, a human being cannot survive on a purely meat-based diet for more than two to three weeks. On the other hand, with a complete vegetarian diet, a human being can live a long and healthy life.

Recognizing this, human beings should eat vegetarian food as it is prescribed by God and become vegetarians. As observed by many researchers, "Vegetarians not only possess greater strength but also have the capacity to work hard without getting tired and

Eating delicious poison is dangerous.

perform heavy tasks effortlessly." Today, in Britain, over 1 million people are entirely vegetarian and their numbers are significantly increasing. In the United States of America, there are more than 50 million vegetarians in total.

Dr. Jasraj Singh and C.K. Dhawan from Gwalior conducted research on 400 prisoners in Gwalior Jail. They discovered that "among the 250 prisoners who eat meat, 85% displayed stubbornness and an argumentative nature, while 90% of the 150 vegetarian prisoners were calm and cheerful."

Dr. William C. Roberts, a renowned American specialist, stated that "heart disease is more common among meat-eaters than vegetarians in America."

American doctors have also stated that "vegetarians possess significantly higher levels of natural immunity compared to meat-eaters." Meat-eaters often suffer from constipation, leading to causing health issues to themselves.

In slaughterhouses, animals, in their final helpless moments, make desperate efforts to protect themselves and fight for survival. When these attempts fail, their fear and anxiety reach extreme levels, causing their eyes to turn red with anger and foam to emerge from their mouths. In this state, a substance called 'adrenaline' is released in the animal's body, increasing blood pressure and contaminating the blood. When human beings eat such meat, the 'adrenaline' enters their bodies, leading to numerous life-threatening diseases. Moreover, as soon as the animal dies, all life-preserving functions stop, and its dead body becomes a breeding ground for bacteria and viruses, spreading infectious diseases.

You close your noses at the smell of meat, yet eat meat again.

**We are eating excrement thinking, "They will leave us alone."
Yet, human beings continue to kill us and eat our flesh.**



When it enters the human body, it can provoke deadly diseases that will never leave those who eat meat, even until their last stage. One must understand that "Those who eat meat today will one day be eaten by it." Anyone who is moved by seeing the suffering of others will never even think of eating meat.

If a child is habituated to killing animals and eating meat from a young age, he naturally develops selfish behavior, causing harm to others and killing other living beings for his own pleasure. Such a person's behavior will be such that he views hatred, suffering, violence, and killing as not wrong. For someone like this, there is no chance of having emotions such as non-violence, compassion, and good conduct rooted in their heart.

How can a person love his parents when he cannot love animals? This can be understood by the parents only in their old age.

In the world today, violence, hatred, and treacherous thoughts (thoughts of betrayal) are on the rise and the root cause of this is

If slaughtering animals for the sake of taste is considered righteousness, then what can be called as unrighteousness?

meat-eating. Meat-eating fuels desires and lust, which burn like wildfire. The more they are satisfied, the more they intensify. When obstacles arise in fulfilling these desires, anger reaches its peak. This destroys the discernment (judgement) of good and evil and leads one to engage in inhumane actions.

Business with Living Beings

Killing living beings or encouraging others to kill them, or earning and accumulating money through the exploitation of living beings, is never healthy, and one cannot live peacefully.

This is a major cause of the lack of proper relationships in the world. Therefore, it must be understood that the following are not righteous:

1. Breeding and killing fish, birds, and animals for the sake of earning money.

2. Killing birds, animals, and fish for feasts.

3. Organizing and encouraging fights between chickens, bulls, and goats for entertainment.

4. Killing animals for their skin, fat, oils, and feathers to create consumer goods.

5. Capturing birds, keeping them in cages, breeding fish in tanks, and earning money by selling them.



**Is it a justice to
deprive us of our
freedom for your
happiness?**

They say that, "Lord Vishnu took an incarnation of a fish." Then why do they avoid eating fish?

Are chicken eggs a healthy food?



Chicken eggs are not a healthy food. Recent research has uncovered the diseases that arise due to eating eggs. Let us know the aspects found out in that research.

Dr. R. J. William from England initially believed that egg eaters were stronger, but later confirmed that they became more vulnerable to dangerous diseases such as heart diseases, skin diseases, and paralysis.

"How long do eggs last?"

Experiments have shown that "if eggs are stored for more than 12 hours or at temperatures higher than eight degrees Celsius, the internal part of the egg begins to spoil." In such conditions, in the hot climate of India, it takes about 24 hours to transport eggs from chicken farms to sales centers. Therefore, it is not feasible (convenient) to collect eggs and sell them immediately after storing them in refrigerators. As a result, the process of spoiling starts, and the eggs begin to rot. The liquid inside the eggs starts to evaporate through its shell, and then harmful bacteria enter, causing the outer part of the egg to break down and spoil completely. Without proper inspection, eating such eggs which are spoiled within minutes can lead to various diseases.

"Eggs are a primary source of cholesterol."

The primary cause of heart problems and high blood pressure is the buildup of cholesterol in the blood vessels within the walls of the intestines. Eggs are a primary source of cholesterol,

Fish and meat are prohibited for those who have decided to walk the path of the divine.

followed by meat and fatty substances. Eating 100 grams of eggs daily leads to cholesterol levels in the body that are 2.5 times higher than what is needed.

Additionally, eating meat and eggs reduces the body's ability to fight toxic substances in the bloodstream. This leads to a weak immune system, making it difficult to protect against even minor diseases. **Some American and British doctors have described "Eggs are equivalent to poison for human beings."**

Any eggs are not vegetarian food.

There are two types of eggs: 1) Those laid by species that produce offspring (chicks) through laying eggs, and 2) Those that do not have the possibility of producing offspring (chicks) through eggs. Hens can lay eggs even without being in contact with roosters during their youth. These eggs can be compared to the



menstrual cycle found in women. Just as women excrete waste material every month, hens lay eggs at regular intervals. These eggs are also waste products released from the hen's reproductive system.

Business men, with the intention of making excessive profits, Are labeling these eggs with misleading names like "vegetarian eggs" or "non-violent eggs." Both types of eggs, regardless of whether they are from hens or their chemical composition, are the same. If categorized, such eggs can be considered as immature, dead, or as those that died after being laid. In any case, both types of eggs possess harmful qualities.

Many people are unaware of the severe torture inflicted on hens to produce a large number of eggs for quick commercial profits. In the poultry industry, to maximize profits, hens are kept in extremely harsh conditions and are put through cruel practices that can be understood only by those who witness them. The horrific conditions under which hens are forced to lay eggs result in



fear and torture being absorbed into the eggs. When such eggs are eaten, this fear and torture are absorbed not only into the digestive system but also into the bloodstream.

Eggs laid by hens in these conditions are neither naturally laid nor laid willingly. To make them lay eggs without interruption, hens are given hormone treatments and injections to lay egg production. As soon as the eggs are laid, they are placed in an

The animals we kill and eat cause a distinct foul odor (bad smell) from our bodies. When animals see us, they fear and run away from us.

incubator (a device used to hatch eggs) where the natural process of 21 days is reduced to less than 18 days to force the chicks to hatch prematurely.

As soon as chickens hatch eggs, male and female chicks are separated. Female chicks are raised in specially designed environments to grow rapidly. They are kept under artificial lighting, simulating long daylight, to keep them awake and make them eat continuously, aiding them to lay eggs faster. Instead of being allowed to roam on natural ground, they are confined to small cages where they don't even have enough space to stretch their wings. These conditions make them injure each other leading to wounds, anger, and suffer due to gruesome tortures.

When eggs are laid, they roll into a slanted mesh tray, denying their instinctive satisfaction of hatching eggs. This is deliberately done because, according to the industry, "If hens don't sit on their eggs, they will lay the next egg faster." Thus, these hens are made to live their entire lives in cages. Due to a lack of physical exercise, their organs become inactive. To maximize egg production against nature's order, they are fed a special mix of fodder (cattle food) combined with dry fish. Once their capacity to lay eggs is over, they are sent to slaughterhouses. How can eggs collected under such circumstances be considered vegetarian?

The Atharva Veda (8.6.23) prohibits eating meat and the living being produced from eggs in the following words:

"Ye ammaam maas madanti paurusheyam che ye kavi gourhan khadanti keshvastamlo navyaamsi"

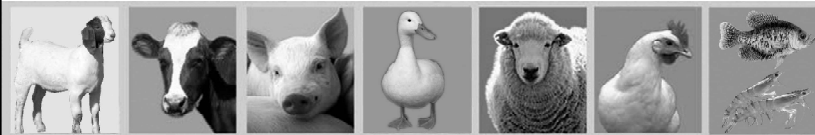
Meaning: "Those who eat raw or cooked meat, and those who destroy the life inside the egg, shall themselves face destruction."

Those who forcibly kill and eat living beings will have to present an account of their actions before God.

DIFFERENT RELIGIONS HAVE PROHIBITED MEAT-EATING

All the scriptures in the world teach that one should see the reflection of the Divine in every living being and that non-violence is the highest principle. All religions prohibit harming or killing innocent beings. Some may attempt to argue that their

DON'T EAT US! LOVE US!!



ALL THE BEINGS ARE PRECIOUS TO GOD

religion does not prohibit meat consumption for the satisfaction of their tongue fickleness and selfish desires. However, this is false.



**They call it "Goddess's Carnival!"
Killing us is called a celebration.
In the end, they will suffer from diseases!**

"Those who wish to be happy must learn to let others, including all living beings, be happy." Otherwise, nature punishes them in its own unique way.

How can they kill animals? saying, "There is God in everyone."

"HINDU RELIGION"



Shlok|| atmaupamyena sarvatra samam pashyati yo 'rjuna
sukham va yadi va dukkham sa yogi paramo matah

(B.G. 6-32)

Meaning: "Hey Arjuna! He who views the happiness and sorrow of all beings as his own, such a person is dearest to me above all others. This is my strong opinion."

All Hindu religious scriptures emphasize that every living being is a part of the Divine, and they stress the necessity of good qualities like non-violence, compassion, love, and forgiveness. Meat-eating is described as a grave sin that leads to soul's downfall.

The Bhagavad Gita instructs three types of food

1) Sattvic Food: Fruits, vegetables, plant grains, pulses, milk, butter, and similar items are considered sattvic foods. These contribute to a long life, wisdom, and strength. They also bring joy, mental peace, compassion, non-violence, and mental strength protecting the body, heart, and mind from all impurities.

2) Rajasic Food: Foods that are excessively hot, spicy, tangy, sour, and those containing spices and dried items are rajasic foods. These provoke negative emotions, sorrow, suffering, and anxiety.

3) Tamasic Food: Foods that are spoiled, tasteless, half-cooked, rotten, stinky, and contaminated are tamasic foods. Also, the intoxicating substances and meat fall under this category. These foods provoke harmful behaviors, weaken the wisdom, and cause diseases. They cause laziness and bad behavior.

As you sow, so you reap. If you cause harm, you will receive harm in return.

According to the 'Law of Reincarnation' described in scriptures, after suffering through 84 lakh different births, a soul takes a human form. In other words, "Eating the flesh of a living being is like eating the flesh of a member of one's own family."

BHEESHMACHARYA

In the Mahabharata, Bhishma Pitamah described that, "Those who eat meat, sell meat, or torture animals for meat are sinful beings." He further stated that, "Those who desire to eat meat to increase the flesh of their own bodies can never live peacefully."

VEERA BRAHMENDRA SWAMI

Telugu poem:

**"jeevulanuvadhinchijeevikivesinaa
Jeevadoshamulanujikkuvadunu;
Jeevahimsachethachikkunaamokshambu!
Kalikamba! Hamsa! Kalikamba!"**



In English:

**"By slaughtering living beings or feeding them,
One accumulates the sins of harming life;
How can one attain liberation through violence towards life?
Kalikamba! Hamsa! Kalikamba!"**

Meaning:- If one kills a living being to feed another, they become entangled (trapped) in sin. By harming and eating living beings (animals, birds, fish), can people attain liberation? Liberation here refers to freedom (freedom from diseases, troubles, sorrows, family issues, and financial problems). Sri Veerabrahmendra Swami conveys this message.

If you do good, you will not receive bad. If you do bad, you will not receive good.

SWAMI NIRMALANANDAGIRI



For human beings to progress spiritually and reach higher worlds, they must practice non-violence.

Human beings call meat-eating animals "ferocious animals," but no ferocious animal is more cruel than a meat-eating human being.

If animals were created for human beings, why does a human being need weapons to kill them? Many animals can kill a human being without any weapons.

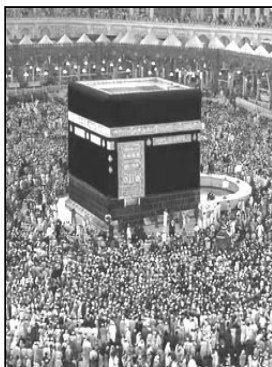
In such a case, why shouldn't it be said that "Human beings were created for animals"?

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"MUSLIM RELIGION"



"Lany yanaalal laaha luhoo muhaa wa laa dimaaa uhaa wa laakiny yanaaluhut taqwaa minkum; kazaalika sakhkharhaa lakum litukabbirul laaha alaa ma hadaakum; wa bashshirul muhsineen"

Meaning:- Neither the flesh of animals nor their blood reaches God (He does not accept or desire it); it is your devotion towards Him that reaches (He accepts and desires).

(Surah Al-Haj - 22, aayat - 37)

Many Sufi saints of Islam emphasized "living virtuously (good qualities), living with a spirit of sacrifice and compassion, eating simple food, and avoiding meat-eating." They personally stopped eating meat. Saints such as Sheikh Ismail, Khwaja Moinuddin Chishti, Hazrat Nizamuddin Auliya, Bu Ali Kalander, Shah Inayat, Mir Dard, and Shah Abdul Karim spoke about living righteously, universal love, support and vegetarianism.

They stated, "Ta bhayabindarbahirdarbahisht-e adenja, shafqat-e banumayebkhalq-e Khuda." Meaning, "In all times, if you wish to be in heaven (paradise of Eden), act compassionately and sympathetically towards all living beings created by God."

The renowned saint, Mir Dada

"Whoever eats the flesh of any living being will have to give their own flesh in return." "Whoever breaks the bones of other living beings their bones will also be broken." "Whoever spills even a drop of another creature's blood will have to account

Meat-eating is prohibited because it involves bloodshed.

for it with their own drop of blood," because it is an unalterable 'law of justice,' he said.

Kabir, addressing the Muslims in his speech...

Kabir clarified, "If a devotee observing fasting (Roza) tortures living beings to enjoy the taste of meat, their fasting becomes futile (useless)," and he added, "Allah does not approve of such behavior."

London Mosque Imam Al-Hafiz B.A. Masri

Referring to the Holy Quran and the teachings of Prophet Muhammad, he stated, "All actions that cause suffering to animals, including caging birds, are sinful." Considering his opinion, Islam also prohibited cutting down trees.

**The right to live happily is not yours alone;
God has given it to us as well.**



Imam Masri, being a vegetarian himself, advised, "Everyone should be a vegetarian."

The behavior of human beings is very strange. On one hand, they recite sacred scriptures with their mouths, and on the other hand, they eat the flesh and blood of living beings with the same mouths.

OPINIONS OF SOME SAINTS

ADDRESSING MUSLIMS:-

GAREEB DASJI

Mulla, why are you shouting and making noise? Allah is not deaf. You observe fasting for 30 days, yet you kill and eat meat. How will you have a glimpse of God? Why are you neglecting reality and accumulating grave sins? In this way, you will drown in the ocean of worldly existence.

WAJIDJI

The blood in cows, goats, chickens, and fishes is all the same. Life is valuable for all beings. A goat, in its plea for justice before the God, is described as:

"Oh Lord! The Qazi has struck my head. Strike his head as well. Please grant justice equally to both the poor and the rich."

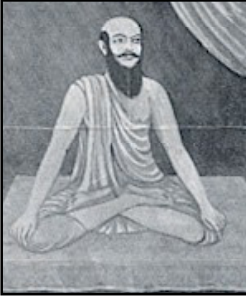
PALATU SAHIB

When we examine the true messages of Islam, it becomes clear that all living beings have the same life force, and the same God is present in all of them, with no one else.

Oh Maulvi! Your tongue fickleness is not appropriate because the blood of animals is mixed with their flesh. Why do you commit the sin of causing suffering to the souls of living beings? Remember that the light of God is present in all. You are not following the teachings of the great Hazrat Muhammad Sahib. 'The heartless one is the person who spoils the religion, the atheist, the hateful'.

If meat was a great offering, they would certainly make meat as an offering in temples.

DARYA SAHIB



A person who kills living beings, even though has memorized the entire Quran and although boasts (showoffs) of being learned, in reality, such hearts are polluted by eating the flesh of animals.

In God's court, scholars, Maulvis, and dry knowledge are of no value. There, the principle of "as you sow, so shall you reap" applies "eye for an eye"(kun kebadle kun) means "blood for blood" applies.

Even if Muslims recite the Quran day and night, and Hindus recite the Bhagavad Gita, those who have no kindness for living beings within themselves are not true devotees of God.

Those who eat meat, fish, and take intoxicating substances will face the consequences of their actions and experience hell like suffering.

KABIR SAHIB



The hen says to mulla: "You are mercilessly killing me. When God questions you about your actions, you will be in confusion. You fast during the day (Roza) and slaughter a cow at night. How can God be pleased with such devotion and such violence?"

Oh human beings! I repeatedly urge you to listen. Whatever you cut the throat of will eventually cut your throat. Hindus lack kindness, and Muslims lack mercy. Both are trapped in the cycle of rebirth.

God does not show mercy to those who do not show kindness to other living beings.

Muslims believe that reciting Kalma while killing a living being makes the meat Halal (permissible to eat). But when an animal is killed, its soul departs, leaving only a body made of matter. How can a lifeless body without a soul be considered 'suitable for consumption'? Such hypocrites, who outwardly act like righteous people by bowing their heads in mosques daily and making repeated pilgrimages to Mecca (Hajj), do not leave their nasty nature. These impure souls will never attain true knowledge. Such violent, hypocritical, and ignorant individuals lose the path to heaven and reach hell.

Those who kill living beings and label them as Halal (permissible to eat), Kabir Sahib said, "They realize their ignorance when questioned about their deeds in the court of God."

Information available on Tatavarthy's website:

Website address: www.tst.org.in

a) Details of programs conducted under the guidance of Mr. and Mrs. Tatavarthy and Google Maps location are available.

b) All books by Mr. and Mrs. Tatavarthy are available in PDF format for free download in Telugu, Kannada, Hindi, and English languages.

c) All the messages of Mr. and Mrs. Tatavarthy are organized in concept-wise YouTube playlists.

d) Summaries of Mr. and Mrs. Tatavarthy's messages are provided in the form of quotations.

e) The gallery of Mr. and Mrs. Tatavarthy is also available.

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"CHRISTIANITY"



"And the flesh of slain beasts in his body will become his own tomb. For I tell you truly, he who kills, kills himself, and who so eats the flesh of slain beasts, eats the body of death."

- Jesus Christ

Jesus Christ received spiritual wisdom from John the Baptist, who was associated with the Essene division, known for opposing meat-eating. John the Baptist himself was a staunch (firm) opponent of meat-eating.

The two important teachings of Jesus Christ are:

- 1) "Thou shalt not kill." (You should not kill)
- 2) "Love thy neighbor as thyself." (Love your neighbour like you love yourself)

When we give a thought about these teachings, can we believe that Jesus Christ permitted meat-eating?

Moreover, the new research on the 'Dead Sea Scrolls' and the translations of the original teachings of Jesus Christ in Aramaic or Slavonic languages further highlight his strong opposition to meat-eating. In the book 'The Gospel of Peace of Jesus

He who causes sorrow to others cannot be happy himself.

Christ' published by Edmund Bordeaux Szekely, Jesus Christ's words are written as follows:

"Truly, I tell you, he who kills another, kills himself. He who eats the flesh of "slaughtered animals will eat death. For every drop of their blood will turn poisonous. Their breath will smell bad in his breath, his blood will float out just like blood of dead animals. Their death will become his death."

This Bible is said to be the original translation of the teachings of Jesus Christ in the Aramaic language. This ancient manuscript is preserved in the Vatican Library. Here is what is written in it:

Some seekers asked Jesus Christ, "Oh divine messenger! You possess the secret of eternal life. Please tell us how we can avoid sins so that we may never again face sorrow?"

To this, Jesus Christ replied, "The truth is, those who kill are actually killing themselves. Those who eat the flesh of slaughtered animals are essentially eating their own dead flesh. The death of animals is their own death because the consequence (punishment) of this sin cannot be less than death."

"Do not kill mute animals, and do not eat the flesh of innocent beings that have been killed. Otherwise, you will become a slave to Devil because that is a path filled with sorrow. It leads to death. Live according to the commandments (commands) of God, and His angels will help you in the path of life. Therefore, obey the commandment (command) of God. See, I have given you various fruits and grains on earth. I have provided many trees that bear fruits for you. These have been given to you as a replacement of flesh. Never consume what contains blood and flesh." (The

Eating meat makes a human being cruel-hearted leading him to commit and make others commit cruel deeds.

Gospel of Peace of Jesus Christ, p. 48-49).

He further said: "A vegetarian food gives you life and peace. But "if you eat dead food (meat), it will kill you." For life gives life, and death always brings death."

Saint Matthew, a close disciple of Jesus Christ, regarded meat-eating as a sign of spiritual downfall. He did not eat meat but instead depended upon grains, fruits, and vegetables as his food.

Both Saint Matthew and Saint Paul believed that "Meat-eating degrades religion to a low level." In Christianity, certain groups such as the Methodists and the Seventh-Day Adventists strictly prohibited meat-eating and the intake of intoxicating drinks. Leo Tolstoy and the Dukhobors from a section called 'Orthodox Russian Christians', also shared the view that "Meat-eating contradicts (opposes) Christian doctrines." In the early days, many Christian Fathers opposed meat-eating because Christianity emphasized showing compassion to all living beings.

(Reference from The Asian Gospel of Peace, pg 44 to 46).

Some messages from Christianity

"All who hold the sword will die by the sword."

(Saint Matthew 26:52)

"My son, listen and be wise, and set your heart on the right path. Do not associate with drunkards or gluttons (overeaters), for the drunkard and the glutton will become poor."

(Proverbs 23:19-20-21)

"Oh people! I do not like the killing of chickens, cows, and goats. Henceforth, avoid false offerings! I will not listen to the

**Today's goat may become a butcher tomorrow.
The butcher today may become a goat tomorrow.**

prayers of such people. Your hands are filled with blood. Purify yourselves. Stop performing cruel deeds and evil actions. If you will listen to my words, you will experience the finest of the earth's produce. But if you don't agree and rebel, you will fall by the sword."

(Isaiah 1:10-30)

"If anyone kills an animal without any reason, meaning without the animal attacking them, or just for the sake of hunting, eating its meat, using its skin, or for its teeth, then that action is filled with sin. Their end will also be the same as the animal's."

(Asian Gospel of Peace, pg. 44-46)

"Dead food will also kill your body. The substances that kill your body will also kill your soul. Your body will be as you eat. Similarly, your soul will be as your thoughts."

(The Vegetable Fashion - pg. 64)

Leonardo da Vinci, after observing birds in cages, would set them free. He would ask, "When man desires freedom, why to cage birds and animals?"

Looking back at world history, we find that great individuals such as Pythagoras, Plutarch, Newton, Leonardo da Vinci, Dr. Annie Besant, Albert Einstein, Dr. Walter Walsh, George Bernard Shaw, Tolstoy, poets Milton, Pope, Shelley. Greek philosophers Socrates and Aristotle, were both 'pure vegetarians.' Through vegetarianism, they not only developed their minds but also cultivated admirable qualities such as patience, compassion, love, and non-violence.

How can those without a compassionate heart and empathy understand the suffering of others?

JAINISM

"Live - let live"



In Jainism, the first and most essential of the five great vows is 'Ahimsa' (Non-violence). This vow emphasizes not causing any harm or suffering to any living being and showing compassion and love towards them. It is considered the most important vow, referred to as 'Mahavrat.'

According to Jainism, actions such as trapping animals, causing them suffering, beating them, and even placing excessive weight on them are considered as severe sins.

BUDDHISM

AHIMSOPARAMODHARMAHA

(Non violence is the highest principle of all)



A famous story about non-violence in the life of Buddha:

King Bimbisara was about to sacrifice a thousand animals for liberation. Following his command, the cattlemen were bringing numerous animals towards the city. The animals, suffering from the intense heat and blows, were running in

Violence will never allow compassion to come near it.

panic.

Seeing the animals suffering, Buddha's compassionate heart melted. He asked the cattlemen, "Brothers, where are you taking these animals?"

"The great King Bimbisara is going to sacrifice them in the Yajna (ritual)," the cattlemen replied briefly.

Buddha's eyes were filled with tears. He walked along with them to the sacrificial site. The ritual began, and a sharp knife was placed on an animal. A chant was recited: "O deities, come and accept these animals. This sacrifice is for King Bimbisara."

Upon hearing this, Buddha's heart softened further. He said, "King, think for a moment. Anyone can take a life, but can anyone give life? No matter how low or insignificant the species, life is precious to all. No one is willing to give up their own life. If we have compassion in our hearts, life becomes priceless. People who are unkind to others will ask for the compassion of the deities. To the deities, both human beings and animals are the same. Those who realize that all living beings are equal are the greatest of human beings."

Lord Buddha further said: "Look, those animals that depend on human beings and live with trust in them, eating the life giving grass and providing the nectar-like milk, human beings are not hesitant to use swords over their throats. Killing animals is a heinous sin (serious sin)... By doing so, through bloodshed and killings, the Gods will never be pleased. Those who commit violence, who kill living beings, must be ready to face the consequences of their actions."

Hearing this teaching of Lord Buddha which was filled with love and compassion, King Bimbisara stopped sacrificing animals.

Cruelty towards animals is nothing but insulting the God.

Not only that, he advertised Buddha's teachings to the people.

Therefore, have compassion and mercy towards animals. Know that those who kill animals and birds are cruel and heartless.

OPINIONS OF THE GREAT SOULS

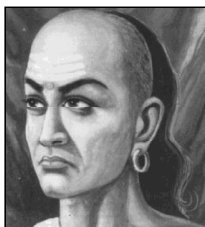
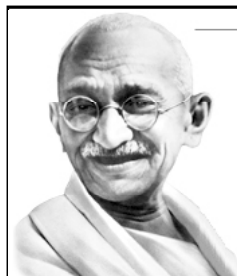


"Meat-eating makes a person's nature violent. The bodies and sperm cells of those who eat meat and drink intoxicants also become impure."

- Swami DayanandSaraswati

When Mahatma Gandhi's son was severely ill, the doctors told him, "It is impossible for the boy to survive without drinking the meat soup." Even though Gandhi firmly rejected their advice, his son recovered without taking meat soup.

-Mahatma Gandhi

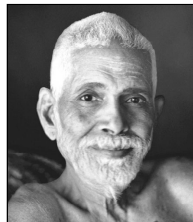


"Those who eat meat or intake intoxicating drinks are wild animals in human form, and they are a burden to the earth."

-Acharya Chanakya

"Non-violence is the highest principle. One should eat sattvic foods such as fruits, milk, leafy vegetables, and grains in proper quantities."

-RamanaMaharshi

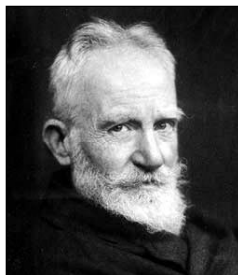


In eating, drinking, sleeping, and indulging in pleasures, you have forgotten God.



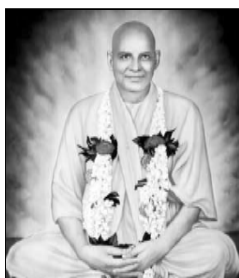
"Those who survive by killing animals will ultimately suffer from poor health, poverty, and humiliation."

-Thiruvalluvar



"As long as human beings continue to harm and kill living beings, there will always be wars."

- George Benard Shaw



"Non- violence is pure love." Where there is love, there is non-violence.

Non-violence makes us fearless. Just as the footprints of all animals fit within the footprint of an elephant, so do the principles of all religions fit within the highest principle of non-violence.

-Swami Shivananda

Meat-eating prevents us from receiving the messages of higher worlds.

A message I received from the souls of slaughtered animals:

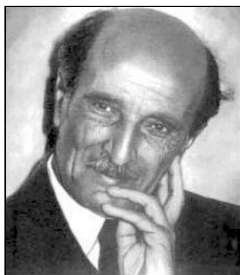
"Human beings using our flesh as food is acceptable to us, but the way we are treated for that purpose is unbearably painful."

Think about this: How animals love human beings, how they work tirelessly for human being's happiness, and how, in the end, they even sacrifice their lives. Therefore, do not harm them; love them.



-Doreen Virtue

One who seeks mercy from God must show mercy to innocent beings.



"Whoever tears apart the flesh of living beings will have their own flesh torn apart. Whoever breaks the bones will have their bones broken. Every drop of blood will be accounted (answered) for with their own blood. This is an "unalterable law of justice."

-Michael Naimy

"OSHO"



Animals are our brothers and sisters. The very thought of killing an animal for food is disgusting. No animal should ever be killed. If an animal exists on Earth, it has a purpose; it lives for a reason. Similarly, if an animal has no purpose, whether killed or not, it will naturally disappear from the Earth.

When there is so much vegetarian food available on earth, the very question of killing animals for food arises. It would be a different matter if there were no vegetarian options. But there is an abundance of vegetarian food. So, why kill? Why destroy a body?

In that case, why not become a cannibal (one who eats human being's flesh)? What is wrong with a human being killed? Human being's flesh might taste even better, right? One can start eating human being's flesh, right?

Animals are brothers and sisters to human beings because human beings have evolved from them. They are our family. Killing a human being is like killing a developed animal. Killing an animal is like killing a developing human being. Both are the same! The reason is that animals of the past are evolving into human beings.

There is no significant difference between killing a child studying in the first class and killing a young man pursuing the higher education in the university.

You can kill and eat your wife, right? Isn't she beautiful and tastes delightful, right? Why don't you kill your mother? You can also eat your husband and children. They will taste delicious.

This is not a religious issue. I want to remind you once again- it is a matter of aesthetics (appeal and attractiveness).

It is said that birds would come and rest on the shoulders of Saint Francis and fishes would leap (jump) out of the river to him. He shared such a bond with animals. He called the plants 'sisters' and birds as 'brothers.'

Not only them, but all the great devotees and prophets of India, such as Kapila, Vyasa, Panini, Patanjali, Shankaracharya, Aryabhatta, and others, along with all Sufi saints of Islam, and those who taught the lesson of "Ahimsa ParamoDharmah" (Non-violence is the highest principle) like Gautama Buddha, Jesus, Mahavira, Guru Nanak, and Mahatma Gandhi - all of them conveyed that "Meat-eating is an obstacle to righteous thoughts and the path of righteousness." Finally, understand that "Vegetarianism is the best" and "Meat-eating is a sin. Quit meat eating, Adopt vegetarianism and Practice meditation".

"When a dead body burns, a foul smell (bad smell) arises, and that's considered inauspicious, which is why we cremate it outside the village in a crematorium. Similarly, when the flesh of a dead animal is cooked, doesn't the same foul smell (bad smell) arise?"

VEGETARIAN FOOD PYRAMID

Vegetable Oils and Fats
Some sweets, salt,
spices, Nuts,
Use Sparingly

Fortified Dairy Substitutes
2-3 Servings

Eat Moderately

Whole Grains, Bread
Rice and Pasta, Cereal Group
6-11 Servings

Eat Generously

The Veggie Group
3-5 Servings

Eat Liberally

The Fruit Group
2-4 Servings

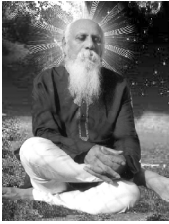
Eat Liberally

Legumes, Seeds
Beans Group
2-3 Servings

Eat Moderately

Water

8-10 Glasses a day. If you are active, drink more!



How to meditate? Observation of the breath.



Sit in a comfortable position, with your hands clasped (locked) and legs crossed, and close your eyes. Simply focus on your natural breathing, noticing each inhale and exhale.

Even if numerous thoughts arise while focusing on your breath, let go of them and refocus on the breath. Gradually, you will reach a state of thoughtlessness, where the flow of thoughts ceases (stops), and the mind becomes empty and calm. This is the true state of meditation.

Once we reach a state of thoughtlessness, we must observe various experiences related to the body, nervous system, and soul. In this state, the universal life force flows abundantly into the body, cleansing the nervous system. This energy heals all ailments (illnesses), and as the nervous system is purified, our karmas will dissolve.

Everyone should meditate twice daily for at least the same number of minutes as their age.

Programs by the Tatavarthy's that will be broadcasted on YouTube:

a) Channel name: **Tatavarthy Veera Raghava Rao**

This channel has 2,000+ videos featuring messages from Mr and Mrs Tatavarthy.

b) PMC has also launched a YouTube channel for Brahmarshi Tatavarthy Veera Raghava Rao.

Channel name: **Brahmarshi Tatavarthy Veera Raghava Rao.**

c) For messages from trainees who have trained under Mr. and Mrs. Tatavarthy, watch the Tatavarthy Spiritual Trainees YouTube channel.

d) You can also go directly to the YouTube app, type Tatavarthy Veera Raghava Rao in the search bar, and watch all the Mr. and Mrs. Tatavarthy videos.

To watch Tatavarthy's zoom sessions:

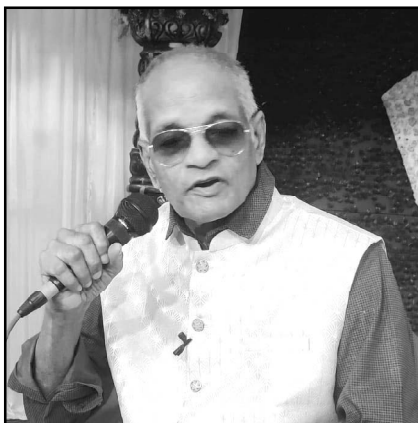
a) Silence meditation from **4 a.m. to 6.30 a.m.**, followed by messages related to soul-knowledge from **6.30am to 7.30am.**

Zoom ID: **2413823868** Password: **RAO**

b) The above-mentioned Zoom session will also be livestreamed on **YouTube** from **6.30am to 7.30am.**

c) Those who are in the TVR & TRL WhatsApp group will receive Zoom and YouTube links, along with details about the Tatavarthy's classes. They must save Sindhura's phone number: **8555995217**

d) Those who wish to join the Tatavarthy's WhatsApp group can contact Sindhura: 8555995217, Madhu: 7893917364 or visit www.tst.org.in and click on the "Join WhatsApp Group" link.



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Mrs. Rajya Lakshmi in Bhimavaram

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**ARE YOU BREEDING THEM WITH LOVE
ONLY TO KILL THEM?**



WE ARE HUMAN BEINGS – LOVE IS OUR RELIGION!

**While grass eating
goats are climbing
mountains**

**Human beings
who are eating
goats end up in
hospital beds.**



Pyramid Spiritual Societies Movement-India