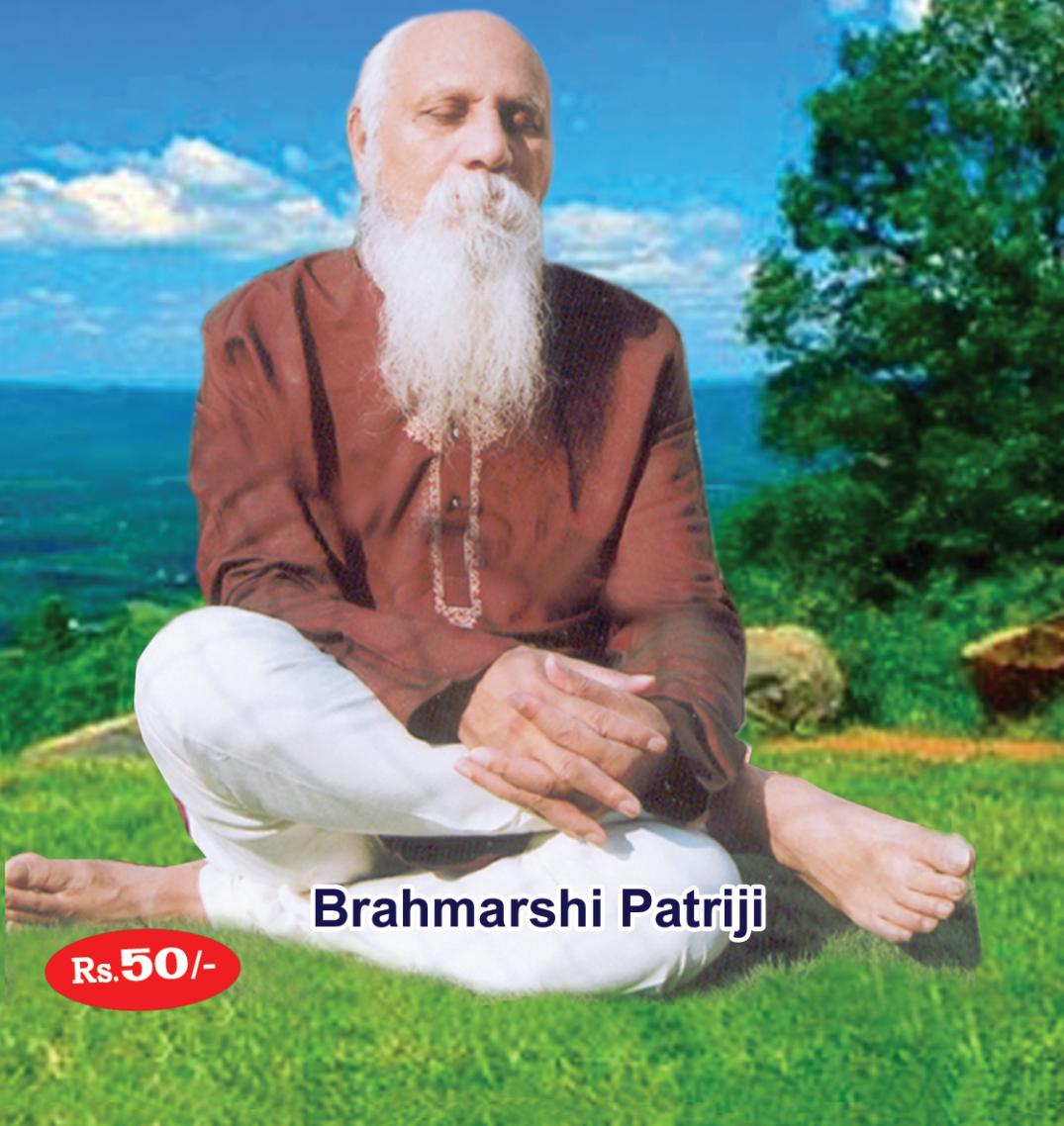


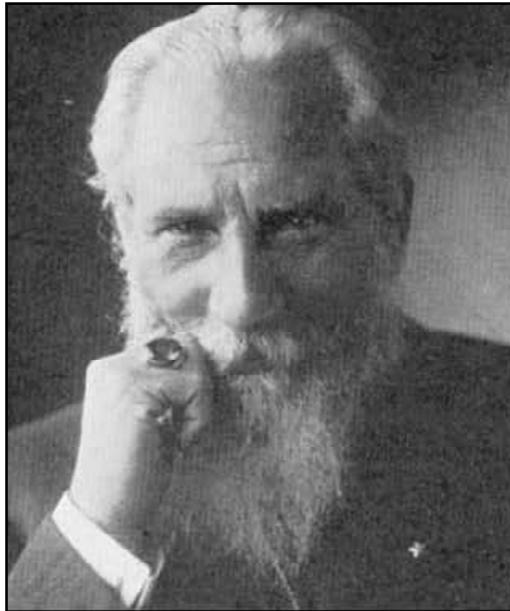
# VEGETARIAN FOOD IS HUMAN FOOD



**Brahmarshi Patriji**

**Rs. 50/-**

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Published by :

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Translated in English by :

**Bingi Padma**

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DEAD FOOD**



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# **"WHY SHOULD WE EAT ONLY VEGETARIAN FOOD?"**

We know what vegetarianism is. Those who do not eat meat are called "Vegetarians".

These days, "a beautiful theory" opposing vegetarianism is frequently discussed. Human beings cannot live without eating meat! In reality, this is an irrational statement, a mark of ignorance or a deliberate distortion (intentional misleading) of facts. Because there are millions of people who are in good health without consuming (eating) meat.

If we wish to evolve in harmony with nature, our bodies, like those of yogis, should remain pure and clean. Let's look in detail at why a vegetarian food is considered pure, beneficial, and superior.

## **"More Nutritional Values!"**

Vegetables contain more nutritional value than dead meat. This is because the body requires four types of nutrients for its structural growth. These are:

- (1) Proteins or amino acids, (2) Carbohydrates (starches),
- (3) Fats, (4) Minerals.

This is a classification agreed by scientists.

The above-mentioned nutrients are found in greater quantities in vegetables than in meat. There is no doubt about this. For instance:- milk, cream, cheese, lentils, peas, and various beans contain high levels of proteins. Rice, wheat, other grains, fruits, and many kinds of vegetables are rich in carbohydrates. All foods containing fats and proteins contain water. Additionally, fats can be obtained in the form of butter and oils. Sodium (salt) is present in less or more amounts in all substances. These minerals are es-

sential for the nourishment of body cells. When the ratio of these minerals becomes low, various diseases will occur.

In dead meat, only proteins are present. As for fats, they don't hold much value. But what we need to remember is that the origin of proteins is only organized in plants. Peas, beans, lentils (pulses), chickpeas, and similar foods contain proteins not found in any type of meat. The proteins in plants are not only pure, but also hold natural energy. The proteins in animal bodies absorbed through their food from plants over time, gradually lose their structure and so lose energy which was naturally there before. In this way, what one animal has used cannot be reused by another. So, what is labeled as protein in animals has, in reality, no significant nutritional value.

When the dead body starts decomposing within seconds various toxic substances are also released. These toxins are present in all types of meat and cause harm to non-vegetarians. It should be observed, if any nutrients are obtained from eating meat! It is actually due to the nutrients that the animal absorbed from vegetarian food during its lifetime. However, these nutrients are received in reduced amounts than required because the animal has already used a portion of it. Thus, along with a small amount of nutrients, human beings also consume many harmful toxins through non-vegetarian food.

If we understand the science of nutrition correctly, we can achieve many powerful benefits from the plant-based kingdom itself. Not only that, we can gain good benefits without causing any pollution, and without causing any loss to other living beings.

### **"Opinions of Intellectuals!"**

Sir Henry Thompson stated, "It is a grave mistake to think that meat is necessary for survival! Everything required by the human body can be obtained from the plant kingdom. All that is

needed for body nourishment and growth can be obtained from a vegetarian food. He said that heat and energy are also obtained from vegetarian food."

The renowned Dr. Williams Playfair, C.B. clearly stated that "meat is not necessary for human beings."

Dr. Alexander Haig, a well-known doctor in London hospital, said, "A vegetarian food purifies the body, mind, and soul, allowing one to attain higher energies."

Dr. Milner Fothergill said, "The cruelty of human beings, which takes the lives of many creatures, is greater than the bloodshed caused by the wars created by Napoleon."

### **"Fewer Diseases!"**

**IF ONE CONSUMES (EATS) MEAT...  
HE IS FATED TO BECOME BEDRIDDEN!**



**QUIT MEAT - LIVE A HEALTHY LIFE**

By consuming dead bodies as food, we are prone to serious diseases. "Meat is an unnatural food." As a result, various problems are arising. Human beings are developing diseases like cancer, fever, intestinal worms, and many others." Dr. Josaiah Oldfield MRCS, LRCP wrote, "It is no surprise that, 99 out of 100 people, are suffering from diseases due to eating meat."

Sir Edward Saunders said, "Meat is not necessary for human health. Moreover, consumption (intake) of vegetarian food can reduce the cruelty of those who harm their wives with violent behavior. Only vegetarian food is the right food for everyone."

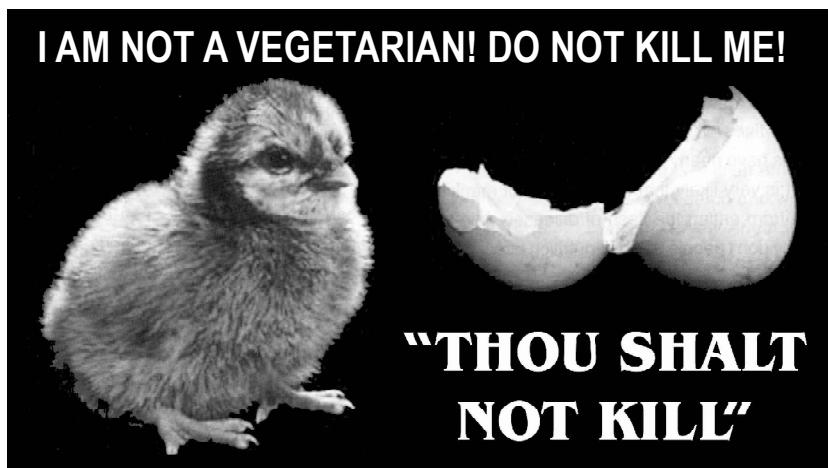
"Eating animal meat leads to many diseases. This leads to inflammation (outburst) irritating the digestive system," said Sir Robert Christison, M.D.

Dr. A. KINGFORD of the University of Paris stated that "many painful, and disgusting diseases are caused by eating meat."

Professor Gamji in England said, "One-fifth of all animals killed for meat are slaughtered while they are diseased."

Prof. A. Winter Blyth R.R.C.S. wrote, "Meat filled with disease - causing germs is being prepared as appealing (attractive and delightful) food. Animal meat appears suitable to our eyes."

Furthermore, if we observe, meat lacks nutritional value. It is mixed with toxins. It contains feces (excrement/poop). While vegetarian food builds up vitality (energy), animal meat destroys it. Vegetarian food preserves energy, animal meat spends energy. Animals use energy and release various wastes and toxins. Most



of these toxins remain in the flesh of a dead animal. When an animal dies, the excretion of these substances stop. But the process of toxin production continues for a while even after death.

The flesh of a dead animal is never in a healthy state, One should remember that it begins to decay immediately after the animals are killed. We should understand that all kinds of harmful toxins are being produced.

In ancient times, only three diseases existed. But, it is understood that after people started having meat, hundreds of new diseases emerged. Along with meat, eggs should also be avoided. We should remember that eating an egg means killing a living being. Eggs are not vegetarian food, they are also non-vegetarian food.

### **"NATURAL FOOD OF HUMAN BEINGS"**

Due to the natural structure of the human body being unsuitable for meat-eating, it doesn't suit human beings. Looking at natural food of human beings and their body structure, it can be concluded that "fruits, vegetables, roots (vegetables sprouted from the ground such as carrot, potato etc) only are natural foods for human beings." Based on the human body structure, it can be proved that "human beings are naturally vegetarians."

Prof. William Lorance of the Royal Society stated, "Human teeth are nothing like those of carnivorous animals; neither is their digestive system and their structure is similar to that of herbivorous animals only."

For those who believe in sacred scriptures, the debate of "Should we eat vegetarian food or non-vegetarian food? " is unnecessary. Speaking to Adam, God said, "I have given you every plant yielding seed and every tree with fruit; this shall be your food." However, due to the downfall of humanity, the idea of having non-veg food emerged. To return to that ancient glory, one

must quit the habit of torturing animals for such horrific and low quality food.

### **"Greater Strength!"**

Vegetarian food makes a person stronger. Recently, vegetarians have proven to be powerful in many sports competitions. For example, in the recent past, a cycling race was held in Germany. The top-ranking participants in that competition were all vegetar-

**While grass eating  
goats are climbing  
mountains**



**Human beings who are eating  
goats are becoming  
bedridden in hospitals**



ians. Many experiments have proven that pure vegetarians frequently emerge as winners.

Meat eaters often boast (show-off) about their physical strength, but they lack the patience and tolerance that vegetarians possess. The reason is that meat is already in a decaying state. Therefore it remains in the body cells only for some time. Animals possess a kind of motivation. Eating such meat triggers another kind of motivation. Because of these reasons the energy in the meat is quickly excreted. As a result, one will immediately feel the need for "more energy."

In vegetarian food, energy is naturally inbuilt and stored. It has no toxins and it does not spoil quickly. Moreover, energy from vegetarian food is released slowly. As a result, vegetarians can work for a longer time even without food.

In Europe, people who do not eat meat are said to be more intelligent and patient. Competitions in patience between vegetarians and non-vegetarians were held in Germany and England. In these competitions, vegetarians were winners.

The whole world agrees that the mountain tribes in Greece are strong and patient and the reason being they are only vegetarians. Their food consists of fruits found in forests, nuts, cheese and corn.

These examples disprove the notion that "one will be strong having non-vegetarian food only".

"Those who perform extraordinary work in the mines of Chile are entirely vegetarians," wrote Charles Darwin in a letter.

Turkish porters managed to carry weights weighing around 400 to 600 pounds by being only on a vegetarian diet. Even in

## **WE ARE VEGETARIANS - ARE WE NOT STRONG?**



## **MEAT IS POISON - VEGETARIAN FOOD IS THE BEST**

conditions of extreme hunger, Turkish soldiers were able to fight against troops from other countries. Their simple habits, such as avoiding alcohol consumption, and following a vegetarian diet gave them the strength to go through any hardship.

It is surprising to see Tamil vegetarian laborers from South India carry extremely heavy objects.

If you still want to know, let's have a look at the animal kingdom. Meat-eating animals aren't the strongest! Most tasks all over the world are carried out by vegetarian animals such as horses, donkeys, oxen, elephants, and camels. No human being ever uses lions or tigers for work.

### **"SLAVE TO ALCOHOL!"**

By consuming dead animals, human beings become slaves to alcohol and they develop more animalistic traits. M.P.Flower, who studied alcoholics for 40 years, stated,"Meat-eating excites the nerves, making people restless in all aspects. The more meat one eats, the more prone they become to alcohol addiction.

## **CONSUMING DEAD FOOD... MAKES ONE ADDICTED TO ALCOHOL!**



The nature of a person at a lower level is further intensified by the habit of consuming meat. He feels unsatisfied even after having a stomach full of dangerous meat. This desire to eat more leads to intense nerve strain. This growing frustration develops a feeling of having more alcohol.

The food lacking proper nutrients will only influence drinking alcohol, poverty, ill health, and even criminal behavior. Food without nutritional value is the cause of irritation, impatience, and uncleanliness.

Mr. Bramwell Booth, a military officer, explained why vegetarianism is good and why one must give up meat-eating. He stated that "Vegetarianism is essential for purity, fidelity (loyalty), control over eating habits, and mastery over desires." He further explained that "eating meat leads to problems like drinking, oversleeping, weakness, indigestion, and constipation." He further explained that health issues like: eczema, piles, intestinal worms, diarrhea, severe headache are caused by meat consumption only. Moreover, he pointed out that it increased the spread of cancer in the world over the past 100 years."

### **"Moderate Spending!"**

Vegetarianism is better than non-vegetarianism in every aspect and it is also affordable. Foods like wheat, rice, maize, and other grains are ten times more economical than meat. Half of the weight of meat consists of water only, yet one has to pay the same price for it as for the meat itself. Instead of buying meat, one can live comfortably by consuming fruits, vegetables, and other affordable vegetarian foods.

The fact that "cultivating thousands of acres of land for grass could instead be used to cultivate rice and wheat will become food for thousands of people," which should not be overlooked. Such cultivation would also provide healthy employment for many.

## **"The Sin caused by killing animals!"**

### **"Animal slaughter is a sin – Sin is the cause of disease."**



### **"The sin committed in a past life manifests as disease in the present life!"**

The first and most terrifying aspect is the unnecessary killing of animals which leads to a grave (serious) sin. Those who are living in the cities worldwide are well aware that there are horrific trades happening at meat shops around them. A substantial part of the global wholesale trade revolves around meat. One must realize that every rupee earned from it is filled with blood.

Destroying the life of a living being is always a crime! Slaughtering animals is a great sin but many people earn money by making them suffer for their selfish gains. They make money by trading animals and slaughtering them. One should remember that not only those who kill animals but also those who trade, those who are the reason for the violence against them, consume, or encourage such actions are accountable before God as criminals! Anyone who takes part in such actions is a participant in that sin. The universally recognized law states: "A crime committed by someone on their behalf is the same as committed by oneself."

Some people say, "If I alone stop meat-eating, will this horrific slaughter end?" This is a false and deceitful (pretentious)

statement. If daily meat-eaters quit eating meat, eventually they become the one who saved the lives of animals. It's not about how much one eats; even the smallest consumption is a crime"! But human beings, unable to control their horrible desires, get engaged in this sin.

**"We are not vegetables!  
We are living beings with life!"**



The transportation of these animals to different places also involves extreme cruelty.

**Are you nurturing  
with love      just to  
kill cruelly?**



**We are human beings - Love is our religion!**

People who support this act claim that animals are slaughtered in a single instance without causing much pain. However, "taking a life is a grave sin", regardless of how they were killed.

### **"The feeling of rejection towards butchers!"**

We must also think about the consequences of engaging butchers to undertake the cruel act of slaughtering animals. Being asked to personally take a knife or an axe to slaughter an animal before consuming its meat, the nausea and disgust of such an act quickly stimulate hatred towards both the act itself and the consumption of meat. Could sensitive women who prepare and eat goat or chicken meat bear seeing their own sons become butchers and commit such acts? If they cannot bear to witness such deeds, what right do they have to engage others in performing them? How can we justify imposing a task on others that we ourselves are unwilling to do?

Some people argue, "Did we engage them to do this work?" Moreover, we are not the ones who are slaughtering animals, right? "How can that sin be ours?" Yet such reasoning is meaningless. It is only because we have all become accustomed to eating this horrific meat that some people have turned themselves into inhumane cruel beings, carrying out this brutal act. The ones who eat are the only reason for them to do it.

Those involved in such unclean tasks often develop cruel nature and naturally exhibit animalistic behaviour in other aspects of their lives as well. Furthermore, they tend to remain uncivilized and create conflicts that leads to bloodshed. A butcher kills an animal with a knife. This is a very horrifying act. If anyone has even the slightest role or assistance in this unpleasant deed, one must definitely realize that they too have a share in this sin.

We all aspire for universal peace and are eagerly waiting for a golden era "without wars and unrest." One must understand that

in that wonderful era yet to come, at that auspicious time, animals too will have their rightful place. Furthermore, it is essential to remember that "the future belongs to vegetarians."

In the future, perhaps in the very near future, we will utterly hate all these terrible events and this era. Our descendants will undoubtedly consider this "horrific period" as an underdeveloped and uncivilized time.

All these are related to the material world. Let us now consider them from a spiritual perspective.

### **"SPIRITUAL REASONS!"**

In this also there are two aspects. The first pertains to human development, and the second is the profound theory of evolution. Why is vegetarianism better? Why is non-vegetarianism inappropriate? This has already been explained previously. Based on that, there is no room for the question "Why should one eat only Vegetarian food?" We must absolutely eat only Vegetarian food.

I have previously discussed, through books and messages, about various layers of nature, the unknown worlds surrounding us, and about ourselves. I have explained that "the essence of higher worlds inherently exists within human beings." Therefore, a person acts as a medium to receive and act upon thoughts from those higher worlds.

Does the food consumed through their physical body have any impact on human beings with higher bodies? The answer is absolutely yes! The physical matter in human beings is closely linked to subtle mental matters. This connection is so profound that they are complexly intertwined. Subtle mental matter manifests in various ways and densities. For example, in some individuals, it is composed of coarse (rough) and dense matter, whereas in others, it is formed from highly delicate and purest substance. If the subtle body is coarse, individuals are more vulnerable to lowly desires

and uncontrolled emotions. Conversely, those with delicate and purest subtle bodies are naturally inclined to respond to pure, noble intentions and aspirations. Thus, individuals who build their physical body with coarse, impure materials would infuse their subtle body with similar qualities.

Generally, we observe, those with an excessive craving for meat often develop their physical structure in a disorganized and unbalanced manner. It is not only the physical body that appears awkward even the unseen subtle and mental bodies fail to remain in good condition. Although impure subtle and mental bodies remain unseen to our eyes, they are visible to those with advanced yogic insight. A yogi who can see higher bodies can instantly see how the impurity of lower bodies impacts higher ones. He can immediately identify the drastic difference between individuals who follow a pure vegetarian diet and those who consume meat. Let us examine how this difference affects human evolution.

### **"Impure Vehicles!"**

To unlock the full potential of the soul, a person must develop all his bodies to the greatest extent possible. On the journey towards divinity, there exists a higher state where the soul is trained by divine beings. To reach this state, one must first master control over the lower bodies. Therefore, any thought or emotion not approved by the soul does not arise within them. All the bodies must possess the highest capabilities, should be clean and pure. As long as a person consumes impure food, this is not possible. The senses' perception can be enhanced only when pure food is consumed. A person who turns vegetarian will soon notice that his ability to perceive taste and smells are enhanced than earlier. Not only that, he can now distinguish the minute differences in the sensitive fragrances of various substances.

The same applies to higher bodies as well. When impure

substances are taken into the physical body, the receptivity of the higher bodies is not pure. As a result, it becomes very difficult for the soul to utilize the higher bodies and this truth is realized by those who learn meditation. All those who understood the secrets of meditation in ancient times were vegetarians. Meat eaters are the ones who hinder their growth themselves by creating obstacles.

In higher stages beyond the physical world, the soul has importance over the body and mind. However, both the physical and spiritual aspects must be elevated. One may face many challenges while they are trying to have a self control and progress as a soul. A pure mind is far more helpful than a pure body. However, the body is also very useful. Therefore, the body must not be neglected. Anything that hinders our progress must be abandoned. There is no doubt that "meat consumption makes the physical body an unfit tool." This, in turn, intensifies lower desires related to lower worlds and creates sufferings in the spiritual path.

By taking such impure substances into the physical body, a person builds a dense and impure subtle body. They are forced to spend the initial stages of their next lifetime with such a subtle body. Building a body with such impure materials attracts all kinds of undesirable entities, which use his body as their residence and fuel their lowly desires. Not only the animalistic desires intensify here, he will struggle to overcome them even after death. We should quit meat eating permanently and immediately, which intensifies the desires that they want to be free from.

### **"Duty human beings towards Nature!"**

Above all, the most important duty of a human being is towards nature. Every religion teaches that "a human being should turn himself towards the divine, move towards goodness, and progress towards development." Just as we, in this material world, exist in this physical body to learn lessons, likewise, we should

**"Live - Let Live" - Mahavir  
Live with your family!  
Let the other beings also live...**



realize that with the same reason animals, too, have taken their physical forms. We must understand that "There is divine in animals also and all living beings possess divinity." Therefore, we should understand that "they are our siblings and we have no right to kill them to satisfy our gluttony (excessive craving for taste)."

The extent to which we have brought this slaughter of animals to such a state that they are disappearing from our sight. Is this what "universal brotherhood" means? Is this the compassionate world we have envisioned? When we examine the consequences of such cruel animal slaughter from a higher level, it becomes evident how the thoughts, feelings, fear, pain, and injustice caused to these animals have surrounded us and the entire environment around us is filled with these. I have known from those who have mystical powers about this "terrifying aura" that is in cities like Chicago and similar places, for miles around. Mrs. Ane Besent also mentioned this many years ago in England.

Before arriving in Chicago, she sensed the dreadful aura covering the city which made her sorrowful and questioned herself, "Where are we? What were these dreadful circumstances in the atmosphere?" Everyone might not sense all these like Mrs. Besent but they will have to go through and experience all of its consequences.

## **"Invisible, Yet Dreadful Consequences!"**

In the city of Chicago, the main reason behind the widespread illnesses such as nervous and mental disorders in many people is the slaughter of animals. We don't know how many thousands of animals are being slaughtered daily but the number will be huge.

Even though we, as human beings are eternal and bound by rebirth, may not realize it, we must remember that animals, too, have a definite life not just on a physical level but also on a subtle level for a certain period. These animals will be in subtle levels like that only to burst out their pain, fear and the injustice done to them. We need to understand the terrifying environment that exists in slaughterhouses, where these animals are killed. A person with divine vision can see the souls of these animals, sense their emotions and experiences at the moment of death, and understand how powerfully those vibrations affect humanity. These negative energies particularly impact children, whose immune resistance is weak. Raising children in such a dreadful environment is extremely difficult because the atmosphere is filled with the subtle energies of bloodshed. The impact extends not only on the physical level but also on the subtle level.

The odor from slaughterhouses contaminates the surrounding environment, making it terrifying. These places are harmful not only to children's physical bodies but also to their souls. Exposing young children to such violent activities influences their thinking, turning them towards killing.

Moreover, there are sensitive children who cannot bear the brutal conflict between human cruelty and the helpless cries of innocent animals.

I once read a story about a church father who placed a young boy to work in a slaughterhouse. The boy, unable to endure the horrific sights and the nature of the work, became sick, grew weak, lost his appetite, and could not sleep. Eventually, he went to the

father and said, "I would rather die of hunger than work in that pool of blood." Because of the slaughter of animals the child could not sleep. This only is the situation of most of the children. They become desensitized over time, and one day, instead of cutting the throat of a goat or a pig, they may end up taking a human life. Then, we will declare them guilty and punish them, thinking that justice has been served.

A woman who observed children living near slaughterhouses remarked that these children had no other forms of games apart from games that involved killing. They lack a relationship towards animals. The only relationship they have was that of the victim and the executioner. They glorify daily killings.

Christians train these children and later express shock at the rising murders in such areas. Yet, Christians carry on with their prayers and sing hymns seemingly unaware of the atrocities being inflicted on children. Undoubtedly, the habit of eating meat ruins our sense of morality. Is it justifiable to raise future generations in such an environment? Materially, this is dangerous. Those with a yogic vision can perceive how such energies influence humanity intensifying the cruelty within them.

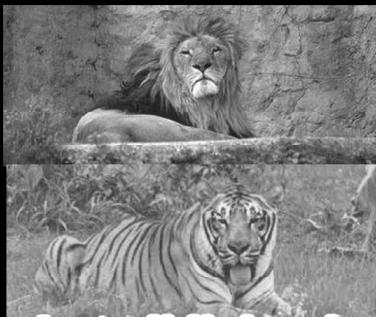
The slaughter of innocent animals casts a profound and deceptive influence over the world that is far greater than most people can understand. There is a constant fear and anxiety in the atmosphere. Many of your children experience unnecessary, inexplicable fears, unable to understand the reason behind their anxiety. Fear of darkness and moments of being alone often arises with the root cause being the cries of pain of the slaughtered animals. Without understanding this, you are allowing all of this to impact your innocent children while you continue to kill your brothers (animals).

Certainly, a better time will come. Then we attain freedom from this dreadful situation, remove the dark stain on our civilization, rise to higher levels, and achieve freedom from fear and hatred.

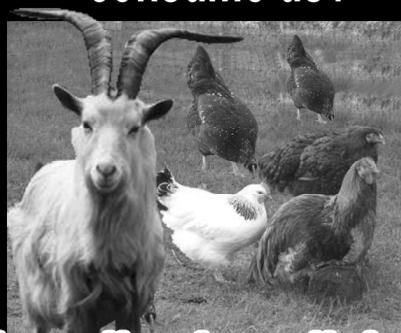
## **"The Arrival of Better Times!"**

If both women and men adopt the right mindset, we will soon be liberated from this cruelty. When an ordinary person truly understands compassion, he will no longer behave so cruelly. He fails to realize that he too is becoming part of this horrifying crime. However, the truth remains the truth! No one can escape it! Those who are helping this cruelty must bear responsibility without any doubt. One may ask, "We are just ordinary people. How can we fix this situation?" But even ordinary individuals, if they rise and cultivate a more advanced sense of civilization, can establish a higher level of civilization.

**While protecting  
the wild animals...**



**Is it justifiable to  
consume us?**



**Let all living beings live happily!**

A golden age is about to come, not only for human beings but also for all living beings. In this era, human beings will recognize their responsibility towards fellow brothers (animals), understanding the importance of helping them rather than harming them. Through training these animals, human beings will foster love, loyalty, friendship, and cooperation from them, instead of hatred. A time is nearing when all the forces of nature undoubtedly will harmoniously unite in universal brotherhood and work until the end

because we are all the children of the same Divine.

At the very least, let us attempt this experiment. Let us all strive to the best of our abilities to free ourselves from the complexity of these horrific crimes and move closer to an era filled with peace and love, which every pure heart desires for. Let us all be fully prepared to make such efforts for a future illuminated by light.

-C. W. Leadbeater

To purify ourselves, we must cleanse our thoughts, actions, and food. By doing so, we set an example and spread the love and compassion of the Divine. Therefore, let us bid farewell to brutality and cruelty.

## **The path to a blissful life**

### **Abandon violence Be with your breath**



Let us all live joyfully. To achieve this, everyone must do two things: (1) Give up violence - This means to stop harming any living being, abandoning animal slaughter, and stop meat-eating (2) Be with breath - This means practice observation of breath meditation. This is the path to a blissful life.

- **Brahmarshi Patriji**

# "MEDITATION - NON-VEGETARIANISM"

- Tatavarthy Veera Raghavarao

Brahmarshi Patriji travelled worldwide with the mission of transforming the whole world into a meditative world. Through meditation, he guided individuals to overcome their negative traits and motivated them to dedicate themselves to the service of society.

**During his journey, he frequently emphasized two key points:** 1. Stop violence 2. Be with your breath. The message Patriji conveyed to everyone through these two points is 1. To stop meat-eating and cruelty towards living beings. 2. Practice meditation by observation of the breath to become enlightened beings. He explained that giving up meat leads to physical purification, while meditation results in mental purification. Together, he repeatedly asserted that these practices empower everyone to elevate themselves from their "present state" to a "higher state."

As meat has been a tradition for generations leading many people to neither view it as wrong nor recognize it as an act of harming living beings or committing a sin. Consequently, thousands of families are depending on raising animals like hen, goat, fish, prawns, and others for their livelihood.

People have adapted raising and slaughtering living beings as a profession, without recognizing it as an act of ending a fellow creature's life. Likewise, those who are eating meat see it as an ordinary food, without realizing that they are eating the flesh of a dead animal.

If we observe, spiritual teachers and elders in society rarely discuss meat-eating in their lectures, speeches, or teachings. However, Brahmarshi Patriji consistently highlighted this topic in his every message and at every place, emphasizing that "Non-veg is the root cause of human beings' downfall" and also "a major obstacle to their progress". He asserted that "there is no greater sin than this". It also "leads to many adversities" saying this, he makes sure everyone gives up non-veg.

Therefore, it is essential for us to understand more about non-veg. Let us explore what the Bhagavad Gita, scriptures, and the teachings of great sages and yogis say about the violence against living beings.

Let us learn about some of the insights on non-violence mentioned in the book "Sushka Vedanta Tamo Bhaskaram" written by Sadhguru Malayala Swamy, the founder of Vyasa Ashram in Yerpedu village, Chittoor district.

1. Sage Narada Maharshi stated that "Showing compassion to all living beings is the greatest virtue, while animal slaughtering is the gravest sin".

2. Great sages have mentioned, "Non-violence is ensuring that no living being is harmed at any time through one's thoughts, words, or actions".

3. The great sages have declared that "There is no virtue equal to non-violence, no penance (tapas) greater than non-violence, and no charity superior to non-violence."

4. "For those who follow the path of compassion towards all living beings, practices such as penance (tapas), charity, initiations, and going on pilgrimages are of no use."

5. "The merit obtained from sacrifices like the Ashwamedha

Yaga, the merit gained from bathing in the sacred waters of the seven great seas, and the fruits of donating cows and performing the sixteen great charities-all of these together do not amount to even a fraction of the immense merit of non-violence."

6. "There is no greater virtue than non violence, and no greater sin than violence."

In Bhagavad gita:

**Shlok|| atmaupamyena sarvatra samam pashyati yo 'rjuna  
sukham va yadi va duhkham sa yogi paramo matah**  
**(B.G. 6-32)**

Meaning: Oh Arjuna! The one who perceives the joys and sorrows of all beings as their own is dearest to me among all. This is my firm opinion. It means one must realize that the pain experienced by all other living beings is just as intense as the pain experienced by one's own body.

Let us think about this. When a person accidentally cuts their own finger while slaughtering a hen, they cry out in pain, exclaiming "Ah!" or "Oh no!" experiencing significant suffering. If such pain is caused by a mere injury, imagine the pain the hen must go through while being slaughtered. After all, it is also a living being, just like us.

**Shlok|| tan aham dvishatah kruran sansareshu naradhaman  
kshipamy ajasram ashubhan asurishv eva yonishu**  
**(B.G. 16-19)**

Meaning: "I, who exist as the soul in all beings, throw the cruel and wicked ones who cause harm into the dreadful cycle of birth and death, again and again, making them fall into the sorrowful and terrifying worldly existence, and I cause them to be born in the extremely miserable demonic wombs."

**Shlok|| asurim yonim apanna mudha janmani janmani  
mam aprapyaiva kaunteya tato yanty adhamam gatim  
(B.G. 16-20)**

Meaning: Oh Arjuna! "Thus, a human being born in a demonic womb, being cruel and confused, remains without knowing the right path to attain me in every lifetime, leads to downfall, and will suffer in a dreadful hell filled with immense sorrow for a long time."

Thus, Lord Shri Krishna clearly explained "the consequences of violence against animals" in the Bhagavad Gita.

One more thing! When any human being dies, they call it a 'corpse' and even the greatest of people are first kept outside the house. If it is kept there for too long, it starts to smell and attract insects, which is not only a problem for the household but also for the neighbors. That's why they either cremate it or bury it. Even those who come to see the corpse don't enter their homes without bathing. So, if just seeing a corpse is considered so inauspicious that people bathe to purify themselves, then isn't an animal that is killed also a corpse? Yet, people eat that corpse. What should be done to remove this sin? Therefore, we should think about how noble it is to eat a corpse.

Corpses are placed only in coffins. They are not placed in the sacred human body.

### **About animal violence In the Ramayana:**

When Hanuman returned to Lord Rama after meeting Sita Devi in the city of Lanka, Lord Rama asked him to narrate the events. Then Hanuman described the grandeur of Lanka and said that the demons were devotees of Lord Shiva and meditated on him daily. Hearing this, Lord Rama put down his bow and said, "I

will not destroy such devotees of Lord Shiva."

Then, upon a gesture from Sugriva, Hanuman, realizing the situation, immediately said, "Even though they are such great devotees of Lord Shiva, these demons are utterly wicked (evil)! They are violent towards living beings and are flesh-eaters." Hearing this, Lord Rama picked up the bow he had set aside and declared, "Even if these demons are devotees of Lord Shiva and meditate on him, since they are violent towards living beings and consume flesh, I will destroy them."

From this, we can also understand that 'no matter who they are, how great their devotion may be, even if they perform worship, sing bhajans, offer prayers, or chant the Lord's names, and no matter how deeply they meditate on God, if they consume meat, they will become subject to God's punishment' can be understood through the Ramayana

**Yogi Vemana said the following regarding consumption of meat:**

1. Vemana said, "He who catches birds, harms them, kills them, cooks them, and eats them to fill his stomach is a chandala (outcaste)."
2. "They offer sacrifices to the deities to get rid of a skin disease (chicken pox). They give these offerings in the name of the goddess only for their own consumption—nothing else."
3. "One creature kills another creature. If it is given to yet another creature, it eats and gains strength. Those who kill a living being and commit violence against it will never attain liberation—meaning their sorrow will not end."

Not only that, regarding the killing of animals, the com-

mand of Lord Jesus in the Bible is as follows:

**"Thou Shalt Not Kill"** (The 5th commandment of the 10 Commandments) - **"You shall not kill anyone".**

Vardhamana Mahavira: **'Live and let live.'**

The message of the Holy Quran:- **"Allah does not like flesh and blood."**

In this way, all great souls have given their message to humanity regarding the killing of animals, violence against life, and meat-eating. But we are ignoring these teachings and committing mistakes.

The human body is designed for vegetarian food. Similarly, some animals are also designed as herbivores. These include the cow, buffalo, deer, elephant, giraffe, and others. These animals, even if they don't find food, are ready to die but will not touch meat. Why don't human beings, who are superior to them, think about this?

Therefore, we should give up meat-eating, stop killing animals, should not commit violence against living beings, should follow the teachings of Patriji, should walk in his path, practice meditation and should make our lives meaningful.

# **"There is a huge difference between animals and plants!"**

**-Tatavarthy Veeraraghava Rao**

Brahmarshi Patriji, in his speeches, prominently emphasized only two main points: that one should give up meat-eating and practice observation of breath meditation. The second point is something everyone understands easily. However, giving up meat seems troublesome to many. The reason is that no one considers it a sinful action. Moreover, everyone has become accustomed to the taste of meat and prioritizes it. But no one thinks about the sin involved, the harm caused, and the painful and sorrowful consequences that follow.

While eating meat and causing harm to living beings, they prioritize the pleasure of taste. If someone tells them to give up meat, they criticize the person speaking, unable to let go of their comfort or break their habit. Furthermore, they say that if they meditate, they will have to give up meat, and since they can't give up meat, they end up abandoning meditation altogether. Their assumption is that meditation requires them to give up meat, but they fail to realize that whether they meditate or not, they absolutely must give up meat because it is a sinful act.

Some people also say, "Patriji is telling us to stop eating meat and scolding us. Our guru told us to meditate, but he didn't say to stop eating meat. That's why they are telling that they are practicing other meditation" to the pyramid masters.

Others say, "God created animals for the sake of human beings. If we don't eat meat, won't the Earth be overly populated with animals?" and continue to justify their opinion with such reasoning.

Some individuals argue saying, "You ask to eat vegetarian

food, which comprises grains, fruits, and vegetables-all sourced from plants and trees. Don't plants and trees also possess life? Isn't consuming them a sinful act? By consuming vegetarian food, aren't you also committing a sin? If it is acceptable to cut down living plants and trees, how can consuming meat be different from it? What distinguishes one from the other?"

While some may not raise these doubts openly, they have them. However, if you think little, it becomes clear that these arguments are nothing more than attempts to justify their own actions. If we observe, there is a huge difference between meat and vegetarian food.

Because 'there is a lot of difference between trees and animals, but there is a very close relationship between humans and animals.'

First let's look at the similarities between human beings and animals. Just like human beings, animals can move around. Similarly, just as human beings eat, animals also eat what they like and enjoy it. Just as human beings sleep, animals also sleep. Like human beings, animals also engage in mating. Like human beings, they also produce offspring. Just like human beings, animals have affection for their children. They too rejoice when they see things they like. If something causes them pain, they also cry just like the human beings. Like human beings, animals also have an intense fear of death. If someone tries to kill an animal, it resists just like human beings resist. In a helpless state, they too will scream just like human beings by making terrifying sounds. When they die, just as a human body decomposes and emits a foul smell, an animal's body also rots after death and gives off an odor. It is very disgusting to look at. We are witnessing all these things. Thus, we can see a very close relationship between animals and human beings.

But there is a lot of difference between animals and trees. Why? Because trees cannot walk like animals. They cannot move

from one place to another. Similarly, trees cannot make sounds like animals, and trees cannot give birth to offspring like animals. There are many such differences. If a body part of an animal-like a leg or a tail-is cut off, it doesn't grow back, but if a branch of a tree is cut, a new branch grows from the side.

Even though trees have life, there is a significant difference between them and animals. Moreover, no scripture says that consumption of vegetarian food like vegetables, fruits, or grains is wrong. Furthermore, although fruits and such things have life energy, they are inanimate. They do not have a mind, intellect, or sense organs like living animals. When there are no senses, there is no sorrow.

Trees also have consciousness, but the consciousness in a tree is not fully developed. Therefore, if you cut a tree, it does not resist, whereas we see that if you try to harm an animal, it resists and cries out. Similarly, plants are called those that are born from the earth. Just as cutting human nails or hair does not cause pain, cutting plants does not cause them pain. Moreover, plants are largely produced by solar energy. Because they contain a high amount of solar energy, those who consume them gain wisdom.

Like this, there are many differences between trees and animals. Therefore, we cannot compare animals with trees. 'There is a huge difference between vegetarianism and non-vegetarianism.' Moreover, all those whom we worship as gods have not said that vegetarianism is a sin. All the great people in the world are vegetarians.

Moreover, the bodies of dead animals decompose just like human bodies and emit a foul smell. But dead trees last for a long time. They don't rot or smell, and human beings use them for household needs, such as making beams, doors, and windows. They last for many years.

Let us consider the following verse from the Bhagavad Gita:

**Shlok|| patram pushpam phalam toyam yo me bhaktya prayachchhati  
tadaham bhaktyupahritam ashnami prayatatmanah**

**(B.G.9-26)**

**Meaning:** Lord Sri Krishna says, **'If anyone offers me a leaf, a flower, a fruit, or water with love and devotion, I accept it.'**

Thus, Lord Sri Krishna instructed them to offer vegetarian items but did not ask for non-vegetarian offerings. Therefore, God does not consider vegetarianism a sinful act; He instructs us to offer it. Hence, eating vegetarian food is not considered as a sin, but eating non-vegetarian food is equivalent to committing a sin.

Jesus Christ stated it this way: **'Thou (you) shall not kill'** (10th Commandment, 5th point), meaning **'You shall not kill,'** which He clearly gave as a commandment. This means His command is not to kill anyone.

However, Christians believe this commandment applies only to human beings and not to animals. But if we think about it, there are two words: 'kill' and 'murder.' The word 'murder' is used specifically in the context of human beings.

So, if Jesus had intended this commandment to apply only to human beings, wouldn't He have used the more precise word 'murder' instead of 'kill'? Jesus wasn't someone lacking intelligence or knowledge to not use the correct word, was He? 'Kill' means to take any life, which could include animals as well. If, as Christians believe, Jesus meant that 'kill' refers only to killing human beings, wouldn't he have used the word 'murder' instead?

But Christians, to justify their habits and continue their practices, offer various interpretations and explanations. However, there is no need to resort to any kind of interpretation. Why? Because Jesus clearly stated in his commandments, 'Thou shalt not kill,' which means Christians should not kill. Therefore, when something is unclear, interpretation may be necessary, but here the mat-

ter is crystal clear. 'Thou shalt not kill' is a clear commandment. Why should we add our own interpretation to it? Our duty is to follow his commandment.

If Christians truly have love for Jesus, they should stop killing animals and give up meat-eating. Saying, 'We are showing love for God, trying to realize His love, and serving Him wholeheartedly,' while violating God's commandment of 'Do not kill living beings,' makes no sense. Why? Because if we don't follow God's commandments, how can there be love for Him? If we love Him, we cannot be disobedient to His commandments, can we? If you are disobedient, your love is not genuine.

But many people dismiss it lightly, saying it's not that important. However, if you leave out even one aspect, it makes a difference in your calculations. No matter how many additions or subtractions you make afterwards, the mistake remains a mistake, and all subsequent calculations will be wrong. In the scriptures of righteousness, we cannot keep what we like and leave what we don't. If we do that, we won't achieve the results we desire.

For example, if a cow is fed with grass, it gives milk. Milking the cow is something we like, but feeding it is hard. If we stop feeding it because it's difficult, we won't get the milk we like. Similarly, if we remove the difficult parts of the scriptures and follow only what we like, it is not sufficient. We must follow all of God's prescribed principles exactly as they are, not just the ones that suit us. If we don't follow, we cannot receive God's grace. Whatever we are praying to Him for becomes useless. Our sorrows, diseases, and troubles won't end, and life becomes miserable. Therefore, we should stop trying to justify our actions. We should not search for endless excuses and reasons. Finally, what I am saying is this: We must give up meat-eating and practice observation of breath meditation.

# Meat-eating: Opinion Of Few Great Intellectuals

- ◆ "Cutting animals in one strike, letting their blood drip for a long time while killing them, is sinful, vile, and merciless. Such people will have to face punishment in their final moments."

- **Kabir**

- ◆ "How can human eyes bear to witness the cutting of animals' throats, the peeling of their skin, and the chopping of their bodies into pieces-I cannot understand it. How can his nose tolerate that foul smell? Doesn't this stink, this filth, ruin the taste in his mouth? How can a human being derive pleasure from the bones of other beings? How can he suck the groans and blood from their fatal wounds?"

- ◆ "We don't eat tigers or wolves for self-defense. But we kill innocent creatures that intend us no harm-those without sharp teeth or venomous stings. We kill those beings that nature created solely for beauty and splendor, and we feel no shame. For a little meat, we take their lives."

- **Flutorku**

- ◆ "Eating meat is, in truth, a great obstacle." - **John Wesley**
- ◆ "My situation is strange. Doctors are assuring me that 'only by eating beef will my life be sustained,' but I think, 'It is better to die than to feast on the blood and flesh of others.'"

- ◆ "We, who eat meat, are walking, roaming graves. In these, the corpses of animals killed for the indulgence of the tongue are buried."
- ◆ "Like crows that peck at rotting flesh, we live by eating meat. We have no concern, nor do we care, about the terrible pain and suffering this causes to living beings."

- **George Bernard Shaw**

- ◆ "Showing cruelty towards animals is not only foolishness but also an insult to the Supreme Soul."

- **Thomas Newton**

- ◆ "A goat asks the butcher who is ready to slaughter it, 'If we, who eat leaves and grass, must have our throats slit, what will be the fate of those like you who slit others' throats to eat?'"

- **Bhai Gurdas**

- ◆ "Those who kill living animals should not forget that 'they too will have to die at the hands of those they kill.' Man should never forget that 'he must someday bear the consequences of his actions.'"

- **Guru Ravidas**

- ◆ "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. The final moments of those who kill and eat the flesh of creatures will be sorrowful. A heavy burden of their deeds rests upon their heads. Under no circumstances can they escape the tortures of hell."

- **Dariya Saheb**

- ◆ "Those who kill living beings, those who order the killing, those who sell, those who cook, those who serve, those who cut the flesh, those who eat, and those who feed others - these eight types of people are all accomplices in murder." **- Manusmriti**
- ◆ "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." **- Gareeb Dasji**
- ◆ "The hearts of those who eat meat and drink alcohol become hardened. In such a hardened heart, the light of the Supreme Soul does not manifest." **- Dadu Dayal**
- ◆ "Why slaughter other creatures to nourish this body? The same Supreme Soul resides in an ant, an elephant, an animal, and a human being - all of them." **- Maluk Das**
- ◆ "How can the flesh of a killed animal be fit to eat? Why do you dream of heaven while committing sinful acts? Why turn your life into hell for the pleasure of your tongue?" **- Parasji**
- ◆ "A person who, like a butcher, performs violent acts and remains immersed in such cruel thoughts is wicked, immoral, cowardly, a murderer, an evil sinner, and one with an evil mind. One who earns money through such despicable means will surely go to hell in the end. Such a person throws away their priceless human birth into a pile of filth." **- Sant Namdev**

- ◆ "A goat's plea for justice in the court of the Supreme Soul: 'Oh Lord! Man severed my head; behead him too. Do equal justice to the poor and the rich alike,' pleads the goat to the Supreme Soul."

- Wajidji

- ◆ "Under no circumstances is it right for a human to eat meat. We are superior to animals. It is not fitting for us to behave like creatures of a lower order by eating flesh."

- Mahatma Gandhi

## 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](http://www.tst.org.in) and click on the "Join WhatsApp Group" link.

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## 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.



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

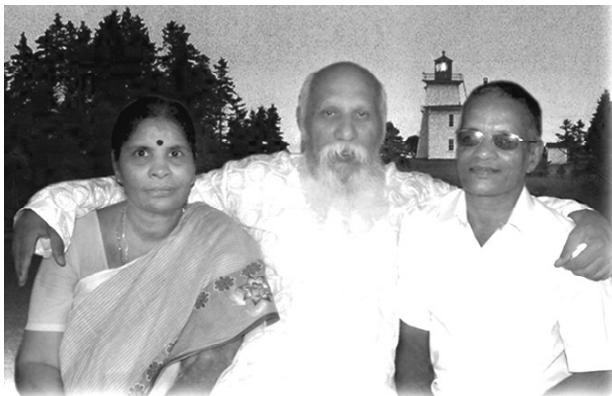
This channel has 2,000+ videos featuring messages from Mr and Mrs Tatavarthy.

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

Channel name: **Brahmarsi 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.



with the blessings of Brahmarshi Patriji...

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**MEAT IS POISONOUS FOOD -  
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