

Akram Youth

October 2018 | English

Dada Bhagwan Parivar

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Dadashri has said that, in order to move forward in the direction of spiritualism, three habits are completely unacceptable.

- Consumption of Non-vegetarian food.
- Alcohol consumption.
- Adultery

Be Vegetarian



Editorial



Spirituality is knowing about 'who you are' and 'who actually runs this world'. Spirituality leads towards a life of equanimity. Spirituality is finding yourself and living a life in a way that minimal or no karmas are bound, because good or bad karmas bind us and do not allow us to achieve salvation.

Dadashri has said that if one wants to follow the path of spirituality, three habits are a complete no-no. Alcohol consumption or any form of intoxication, eating non-vegetarian food and having immoral sex.

In this issue of Akram Youth, we delve deep into knowing the reasons why we should refrain from eating non-vegetarian food. We will understand as to why eating such food kills spirituality. How does the eating of non-vegetarian food hamper our spiritual goals to the limit that Dadashri does not take responsibility for guiding the non-vegetarians towards salvation?

There are also many questions of youth like 'Can we eat eggs, if not more?', 'Killing for eating is a fact', 'Is there a difference between the life in a plant and the life in an animal?', etc.

We hope this issue answers all your questions and gives you a spiritual insight on why we must eat vegetarian food.

- Dimple Mehta

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Gnani with youth

Questioner: Dadashree has specified three reasons which are obstruction on the path of salvation viz., (1) Adultery (2) Consumption of Alcohol (3) Eating of non-vegetarian food. So, I wanted to ask that why is non-vegetarian food considered so much dangerous that Dada would not take guarantee (of salvation of a person who consumes non-vegetarian food)?

Pujyashri: Can we attain salvation if we hurt any living being?

Questioner: No.

Pujyashri: When is a living being hurt, when their ego is played with. Even that causes pain and here it is being killed. Likewise, wouldn't the chicken run to save itself when one tries to catch it?

Questioner: Yes.

Pujyashri: If we have to hurt ourselves with the blade, can we gather the strength for the same?

Questioner: No.

Pujyashri: One should not kill any living being. Imagine the pain they feel when they bleed. When they would cut goat, and would slit its neck, blood gushes out, it struggles and screams in pain. How can we attain salvation by hurting any living being? How can we get happiness by killing it, cutting it into pieces and eating it? We bind a karmic account with the being. They wander (in the cycle of life and death) and pull us along in it. Would this lead to salvation? We should not hurt anyone. How can we hurt someone just for the sake of hunger? Our body is not designed to eat non-vegetarian food. Beings that eat non-vegetarian food their entire life,

have differently designed nails, teeth and the style of eating is also different. Have you ever seen a lion eating dal (lentil soup)-rice? Do you think a tiger would have ever eaten pizzas or bread?

Questioner: No.

Pujyashri: They do not eat (vegetarian food). Those non-vegetarians are different. Hence by hurting these beings you are binding karmic account with them. They will wander (in the cycle of life and death) and you will have to wander too with them.

Pujyashri: Would you enjoy driving a car if its windshield is dirty with mud and dirt?

Questioner: No.

Pujyashri: If the vision isn't clear, an accident can occur. Same way, this is an obstruction (in the path of spirituality), this obstruction destroys the grasping power. It hinders in our spiritual common sense. A person cannot make out the difference between good and bad. How can we be happy by causing loss to any other being?

Questioner: In one of Dadashree's book, it is written that eating non-vegetarian food leads to decrease of our spiritual intellect. What is the meaning of 'spiritual Intellect'?

Pujyashree: It is the strength and vision which can lead to spirituality. The soul is permanent, the body is temporary. We have to go beyond the luxuries of the body, further away from sins (kashaay) to experiencing the pure soul. By moving in the direction of sins, a huge obstruction is created which destroys the spiritual grasping power. Likewise, do you feel like studying after a heavy meal?


Questioner: No.

Pujyashri: Can we concentrate in our

studies after over eating bread (puri) and shrikhand (sweet made out of curd)? Similarly, the non-vegetarian food causes a blockage in our spiritual vision. If we are capable of seeing 300 feet, this obstruction brings it down to 30 feet. We cannot see wh This obstructs our subtle vision so much that in spite of knowing there is pure soul within all, we cause them loss, hurt them, kill them and eventually we end-up being like animals. Have you ever seen a snake grabbing a frog in his mouth until it struggles to death and swallows it? We bind a huge sin by killing someone for our pleasure of taste and hunger! Instead there are so many varieties of vegetarian food like curry-rice, bread (chapati) and vegetables, pizza, sweets, etc. which can be relished. How sensible is it to steal an ice block which melts eventually? In this we end-up as a thief and have nothing in our hands. Similarly whatever we eat to satisfy our taste buds ends up in the toilet the next day. We bind karma by killing living beings and are still unsatisfied. Hence, there are many ways to satisfy hunger and taste buds and stay safe from the sins of killing.

Questioner: Does non-vegetarian food affect us if we have taken gnan (knowledge of self)?

Pujyashree: If you don't have a heart to empathise the struggle, scream, fear, pain and the hurt you are causing, you haven't developed humanity. When a buffalo is being slaughtered, it runs here and there to save itself, 5-6 people pull it with ropes. The poor buffalo struggles and screams to free itself. It is unbearable. They slit its throat and feel happy that they slaughtered it in one go! Where is humanity in this? This is a huge peril (on the path of salvation).



ONE cannot eat non-living things.

Questioner: So, can the fruits be eaten?

Dadashree: You can eat all the fruits. No second opinion about that! Fruits are the best amongst all (the eatables). No one can meddle in that! This is just that human beings have interfered in wherever they could.

Questioner: So, you mean to say that there is a life in this fruit too?

Dadashree: All fruits have life. Yes, they are unicellular. All those things that we eat are living beings. No one can eat something which is lifeless. Even the animals will not eat something which is lifeless. Cow, buffalo and others too would not eat lifeless matter.

Questioner: So, the human beings should not eat anything then?

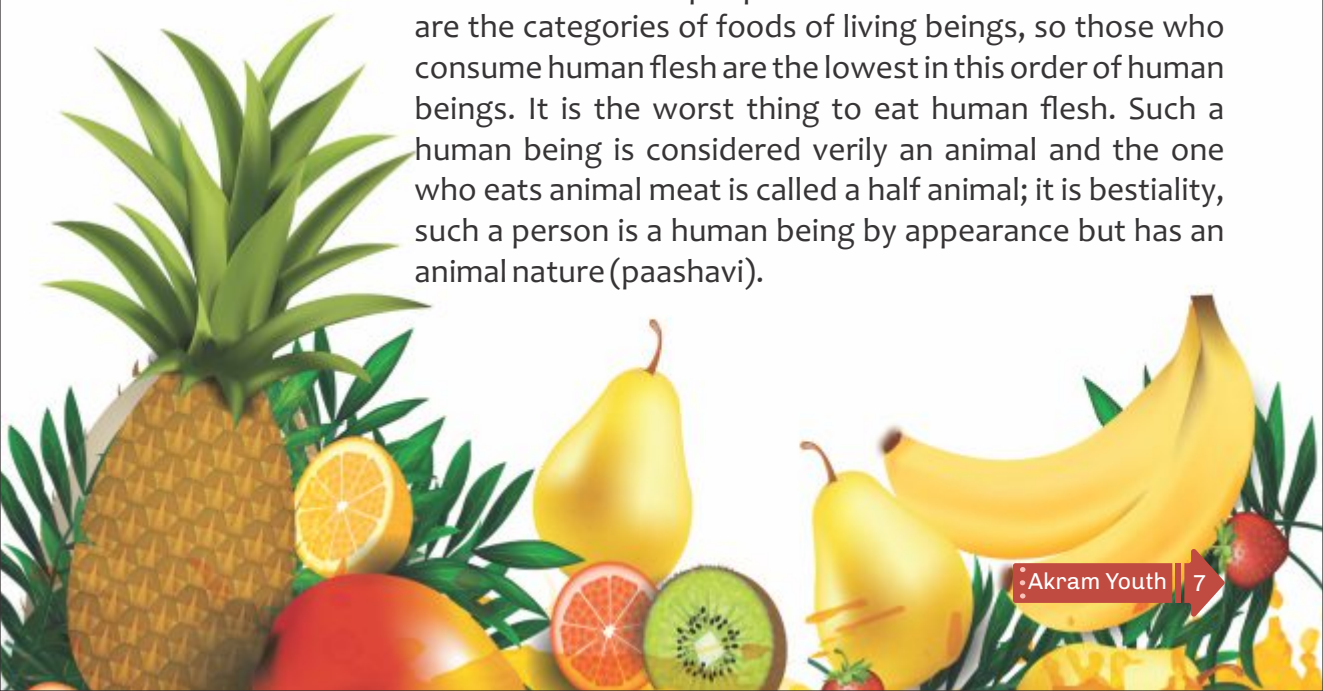
Dadashree: They (humans) should eat, but a discretion has been offered that humans should eat only the unicellular beings, the ones which do not move around and feel fright (on killing/cutting of them). You prepare and eat food after grinding grains like wheat, millet, rice, so what about the unicellular life forms you kill? So what benefit do you gain from this? The nourishment sustains your life. Say for instance, having eaten them, for whatever progress you made on the path of spirituality towards the Lord, you made a profit of fifty rupees. Ten rupees out of this goes to the life which was killed, and forty will be yours for higher progress. The ten rupees you lose is credited to life lost, and such credit will earn them a birth in a higher life form and you still earn forty rupees. This sequence is self-organized.

Which is the highest of all food?

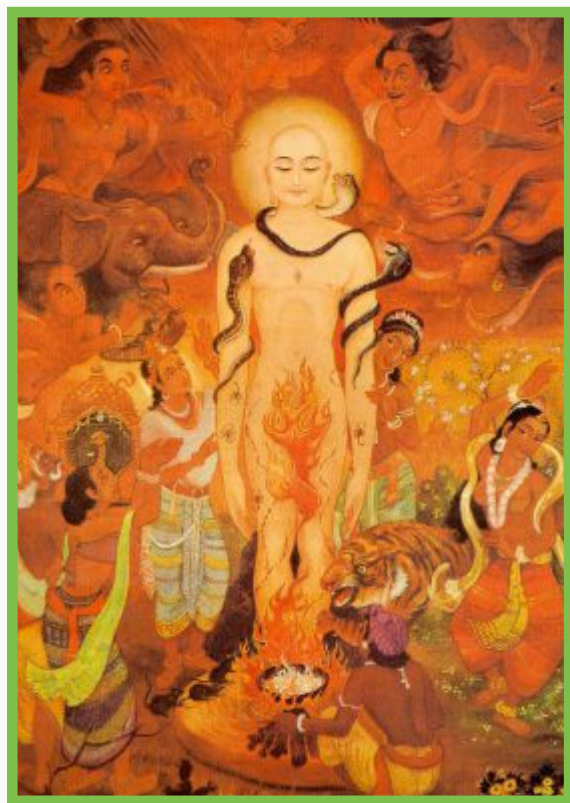
Which is the highest of all food? The food which comprises of only unicellular beings! Anyone desirous of liberation should not eat foods comprised of life forms which have two or more senses. One should not take on the responsibility of eating higher celled organism. The higher the numbers of senses of life forms in your food, the more of your merit karma is used up!

The relation of food with the ability to understanding

The life of the one who eats only fruits is the best of all. A person who lives by eating only fruit has tremendous understanding abilities. If one is not able to survive on fruits alone, but eats grains; is a pure vegetarian, does not eat eggs, does not eat potatoes, then even his understanding abilities is of a very high level than other people. A person's power to understand will gradually decrease when he eats potatoes and similar food. The one who eats eggs, but not other non-vegetarian foods have better ability to understand than other non-vegetarian people. And then comes the class of people who are nonvegetarian, and at the end there come people who eat human meat. So all this are the categories of foods of living beings, so those who consume human flesh are the lowest in this order of human beings. It is the worst thing to eat human flesh. Such a human being is considered verily an animal and the one who eats animal meat is called a half animal; it is bestiality, such a person is a human being by appearance but has an animal nature (paashavi).



Lord Mahavir



We all might be familiar with the stories of Lord Mahavir and Sangam Dev. Here is a short story.

One day Lord Mahavir were doing a special one night meditation in the Polash temple in the Pedhal garden outside the Pedhal village. On observing His high degree of engrossment in the meditation, Lord Indra exclaimed with appreciation, "Oh Lord Vardhman, you are great! Today you are equal as an ascetic and serene, brave, and equanimous spiritualist." Sangam, a Dev in Lord Indra's assembly, was peeved at this praise of a human. He decided to break Lord Mahavir's meditation.

He created a terrible sand storm and in no time Lord Mahavir was submerged in a heap of sand but still His determination was unshakable and He did not even open his eyes. As soon as the storm stopped, a swarm of ants arrived. Lord Mahavir's body was covered with biting and stinging ants. Then the mosquitoes attacked His body, then came an attack of termites which turned him into a termite-hill. Scorpions crawled over His body and stung him with poison. This was followed by biting of mongooses, large cobras, and giant field rats.

After all this, a white elephant arrived that goaded Lord Mahavir with its large pointed tusks. This elephant



than lifted Lord Mahavir in its trunks and threw Him on the ground and started to crushed Him with its legs. After that a tiger attacked Him and wounded Lord Mahavir with its sharp claws.

When all these painful physical and mental afflictions failed to disturb Lord Mahavir's meditation, Sangam Dev took a different approach. He created an illusion of Siddharth, Lord's father and Trishla, Lord's mother, weeping and wailing profusely. But this too could not penetrate Lord Mahavir's strong resolution. Then, Sangam Dev lit a fire almost touching Lord Mahavir's feet and started to cook. After this Sangam Dev took the form of a bird catcher and hung a number of cages on the forehead of Lord Mahavir. The birds attacked Lord Mahavir with their beaks and sharp nails through the gaps in the cages.

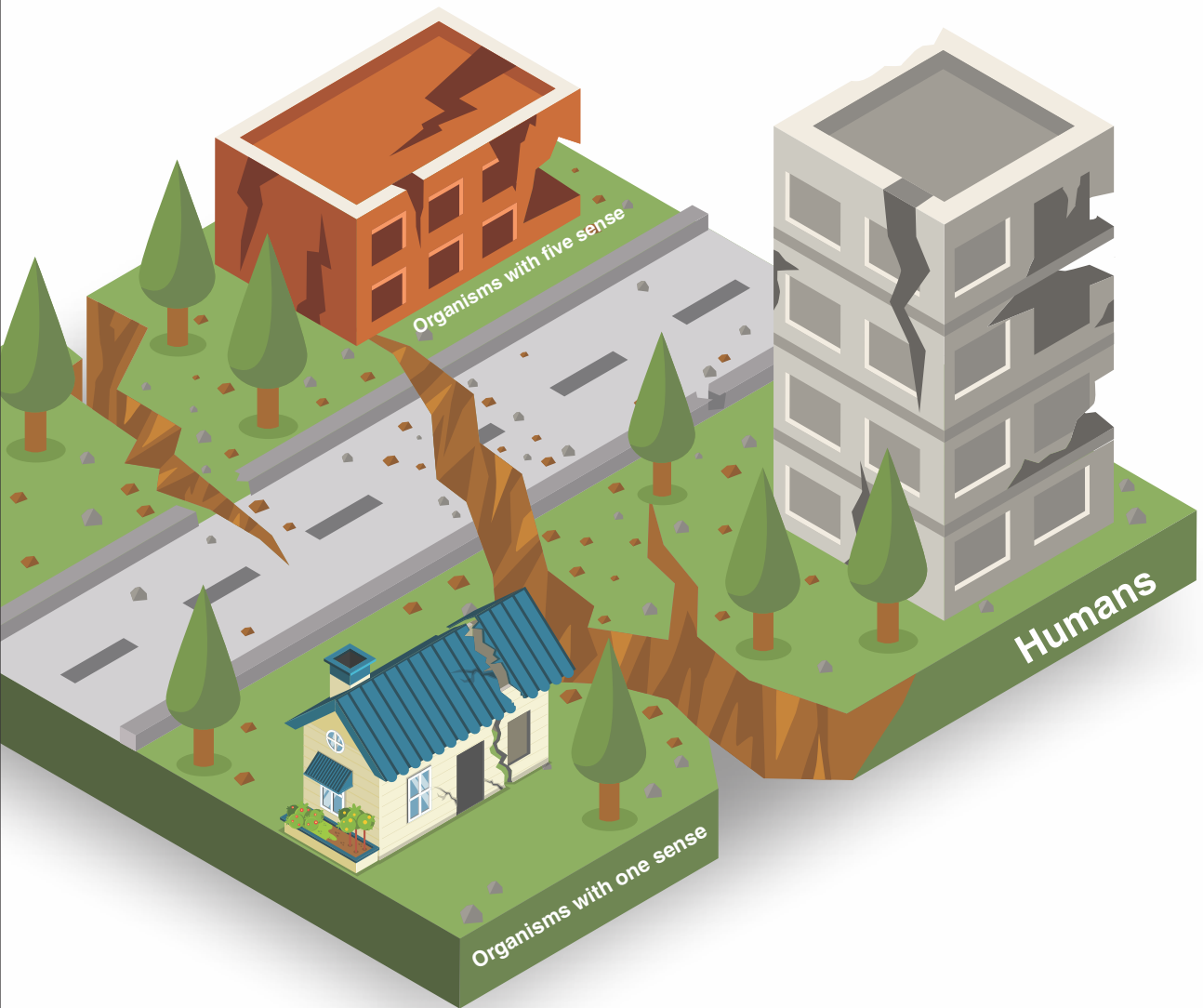
Sangam Dev then produced fairies out of cloth who approached Lord Mahavir and undulated their voluptuous bodies invitingly. He also created an atmosphere conducive to lust but Lord Mahavir remained in his meditation.

Sangam Dev was trying to torture Lord Mahavir even more, hence Lord Indra told him, 'Even after all these tortures, He is reactionless. There is nothing you can do to stop Him from meditating'. Lord Mahavir asked Lord Indra to not stop Sangam Dev, because he knew that his karmas were being repaid and they were getting finished.

Now do you know why Lord Mahavir had to go through all these deadly tortures? In the countless previous births of Lord Mahavir, He had bound karmas by hurting and killing many different living beings. So, He had to sort all the karmic accounts that he had bound in the previous countless births before attaining salvation. No individual can attain Moksh without settling all their karmic accounts of past births. Karmas are bound by hurting any living being by any means. Lord Mahavir had to spent countless lives in the hell as a result of eating non-vegetarian food.

To make it simple and understandable, remember Newton's third law, for every action, there is an equal and opposite reaction. This statement means that in every interaction, there is a pair of forces acting on the two interacting objects.

What is a **BIGGER LOSS**?



Imagine a small house made of 10-15 bricks and other beautiful well-furnished five storey building with all the amenities adjacent to it, Now you have to break both of them.



Question 1. How much loss you will incur in destroying the small house made of 10-15 bricks?

Question 2. How much loss you will incur in destroying the fully furnished and well equipped five storey building?

Your answer would be definitely like this, that the loss of breaking the house made of 10-15 bricks would be about Rs. 100 but the loss of breaking a five storey building would be around Rs. 1.5-2 Crores.

Let us use this as a simile to compare it with the food we eat. Here, the small house is equivalent to living organisms having one sense developed (i.e. sense of touch, like fruits, vegetables, pulses, dals, etc.) While, the five storey building are organisms having all the five senses developed (i.e. sense of touch, taste, smell, sight and sound, like fish, goat, chicken, etc).

Hence when we eat these five sensed living beings (non-vegetarian), we incur a loss of crores, while when we eat food comprising of organisms which have only one sense, we are making a loss of only rupees hundred. Secondly, there is a huge obstruction in the spiritual development, which eventually results in the weakening of the grasping power of the spiritual science. All the organisms which are killed bind the karmic account of vengeance.

According to Dadashri, God has permitted us to eat all those items which are not made of flesh and blood.

So friends, now it is on us to decide, how much loss we want to incur!



Life Inside An Egg



Day one 1

Yellow matter inside the egg starts to form,



Day Two 2

The heart develops and it starts to beat.



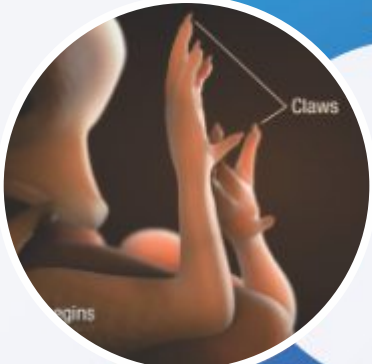
8 Day Eight

Feathers start to form.



7 Day Seven

This is the beginning of the beak.



Day Ten 10

Claws start to develop.



Day Twelve 12

Scales near legs develop.



Day Fifteen

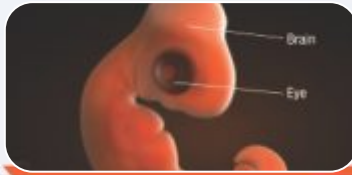
Intestine is pulled inside the stomach.

As some of the people believe that eggs can be eaten by vegetarian people, the life of a chicken starts from day 1 of its lay. Think when a person goes to the egg and eating them would be killing the fetus.



Day Three 3

Blood vessels and tail starts to develop.



Day Four 4

Body parts start to develop- eyes, brain.



Day Seven

Development process continues.

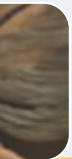


Day Six 6

Beak starts to form.

Day Five 5

Elbows, knees start to develop



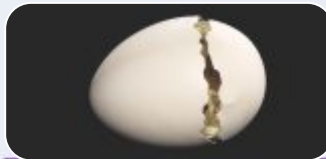
15

Developed hatch.



Day Seventeen 17

The head gets inside the two legs.



Day Twenty one 21

It comes out of the egg.



It hatches into a chicken on the twenty second day.

people because it has no life, but from these images we can see that the egg is alive from the moment it is laid. If you go to the market to buy eggs, how old will it be? Since day 1 there is life in it. This concludes that eggs are not veg but non-veg.

Experience



During one of my foreign trips, I had to conduct a satsang. On reaching the venue, I found that for the satsang, the crowd was that of young girls who were college students. One of them asked me, “What is the problem if we eat the eggs that are unfertilized?” To this I replied by saying that I did not have much knowledge about such eggs. Then they explained that these are such eggs which don't hatch into chicken even if kept the entire life or incubated. These are termed as unfertilized eggs.

I did not have any knowledge about it, so I got confused, I still tried my best to make them understand but they were very sharp girls, they challenged all my arguments. Co-incidentally, I heard Niruma's voice, “What is going on?” As she came there, I explained her the discussion matter.

Niruma asked that girl, “Dear, can you eat something that is lifeless? She replied, “No, we can only eat that which has life.”

“It implies that eggs (unfertilized eggs) did have life?” confirmed Niruma. Girl replied, “Yes, confirmed”.

Niruma further asked, “Whether

fertilized or unfertilized, can a panch indriya (living being with all five senses developed) give birth to ek indriya (one sense developed being) or a panch indriya only?

The girl replied, “Only a panch indriya”.

Niruma further explained that these beings whom we call panch indriya have an avaran (obstruction) because of which they are unable to hatch. For example, some women give their womb for research purposes or to rectify the DNA. These do not develop into a fetus but after all it is a panch indriya. Development occurs only if it has life.

This way, Niruma logically made her understand three aspects, firstly, you can eat only that which has life in it, secondly, development is possible only if there is life, and thirdly a panch indriya gives birth to a panch indriya only. That girl was completely spell bound on hearing Niruma's answer. She had no further arguments. I and all other girls were left astound and had a sentiment of praise for Niruma.

Once, I was with Pujyashree on a foreign trip. Satsang and Gnan Vidhi was organized in one city. A Muslim lady had come there for the satsang. She asked Pujyashree about the ill effects of eating non-vegetarian food. She was so impressed with Pujyashree's answer that she was completely convinced that, "Dadashree have said that non-vegetarian food is an obstruction and a peril on the path of salvation". She decided to not eat non-vegetarian food ever in her life.

Next year when Pujyashree's satsang was organized in the same city, we happened to meet the lady again. She shared her experience that she was facing enormous pressure to have non-vegetarian food from her house and community and yet she didn't give in to the pressure.

Later, we came to know from another mahatma (follower of Dadashree's Akram Vignan) that even when she was suffering from a very severe illness during which the doctor had prescribed her a non-vegetarian medicine, she refused to take that medicine as well.

I was surprised to hear this and felt great respect for her. When Pujyashree came to know about this, I remember him saying, "When you have such strong determination even in unfavorable situations, its result will be that your next birth will be in Mahavideh, in a very rich family and you will attain salvation after meeting Shri Simandhar Swami in that same birth."

When we understand the result of overcoming the obstructions on the path of salvation, we should only decide of not giving into these obstructions.



wrong

Myth busters

Meat tastes delicious.

Vegetarian food is tastier additionally they only contain 1/3rd of the fats present in the non-veg food and in the vegetarian food there is much more variety of food such as salads, burritos, pizza, vegie burger, tofu, tacos etc. Most people will think that vegetarian food will leave you hungry, while it is completely opposite of that, the vegetarian food will leave you content and with a full stomach too.



Meat helps to build muscles.

Some of the world's strongest body builders are vegetarian. For example, Bill Pearl won several awards as a lacto-ovo vegetarian, including the title of Mr. Universe for five times, and was named "World's Best-Built Man of the Century." Jim Morris won the titles of Mr. USA, AAU Mr. American, Mr. International, and Mr. Olympia master's Over 60. Roy Hilligenn began training with weights when he was 18, after he fell from a four-story building and spent nine months in the hospital. He weighed 83 pounds at the time. This determined bodybuilder built himself up to win the title of "Mr. America" in 1951 and many others.



Vegetarian food does not contain enough protein and nutrients.



The most nutritious foods are in fact vegetable, for example brussels sprout. They provide 160% of the daily vitamin C requirement, and they are a good source of potassium and even contain vitamins which are essential to prevent cancer. Spinach is the most nutritious vegetable on the planet and many dietitians tout spinach as one of the most nutrient-rich foods on the planet. Spinach is loaded with vitamin C which is a potent antioxidant, and it is an excellent source of folate, a B vitamin that helps maintain healthy DNA and can even destroy cancer-promoting genes. Food items like tofu, beans and lentils and even whole-grains bread and cereals can provide enough protein and they are good in taste too. Spinach, beans, and tofu are counted among the richest sources of iron

Vegetarians have a lack of energy.

Why do people compare the speed of cars with horse power? Why not any other animal? The reason is that the horse is the most energetic animal in the world and it is an herbivore. According to scientific studies, the vegetarian food has more energy than the non-vegetarian food.



If I stop eating meat, I will feel weak. Meat gives us rich dietary fiber that no other food can give and is thus good for our body.

Answer : This is an incorrect notion. According to the 'Physicians Committee for Responsible Medicine', It is very easy to have a well-balanced diet by consumption of the vegetarian food. The vegetarian food provides plenty of protein. Any variety of plant food can provide more than enough protein according to the body's needs. A vegetarian menu is life-extending.



Conclusion

A vegetarian diet is very rich in protein, calcium, fatty acids, zinc, iron and many more. In short, being vegetarian helps us in both the physical and mental ways. After all, we are what we eat.

Puzzle

In the picture a car is parked, which number will come there?

06

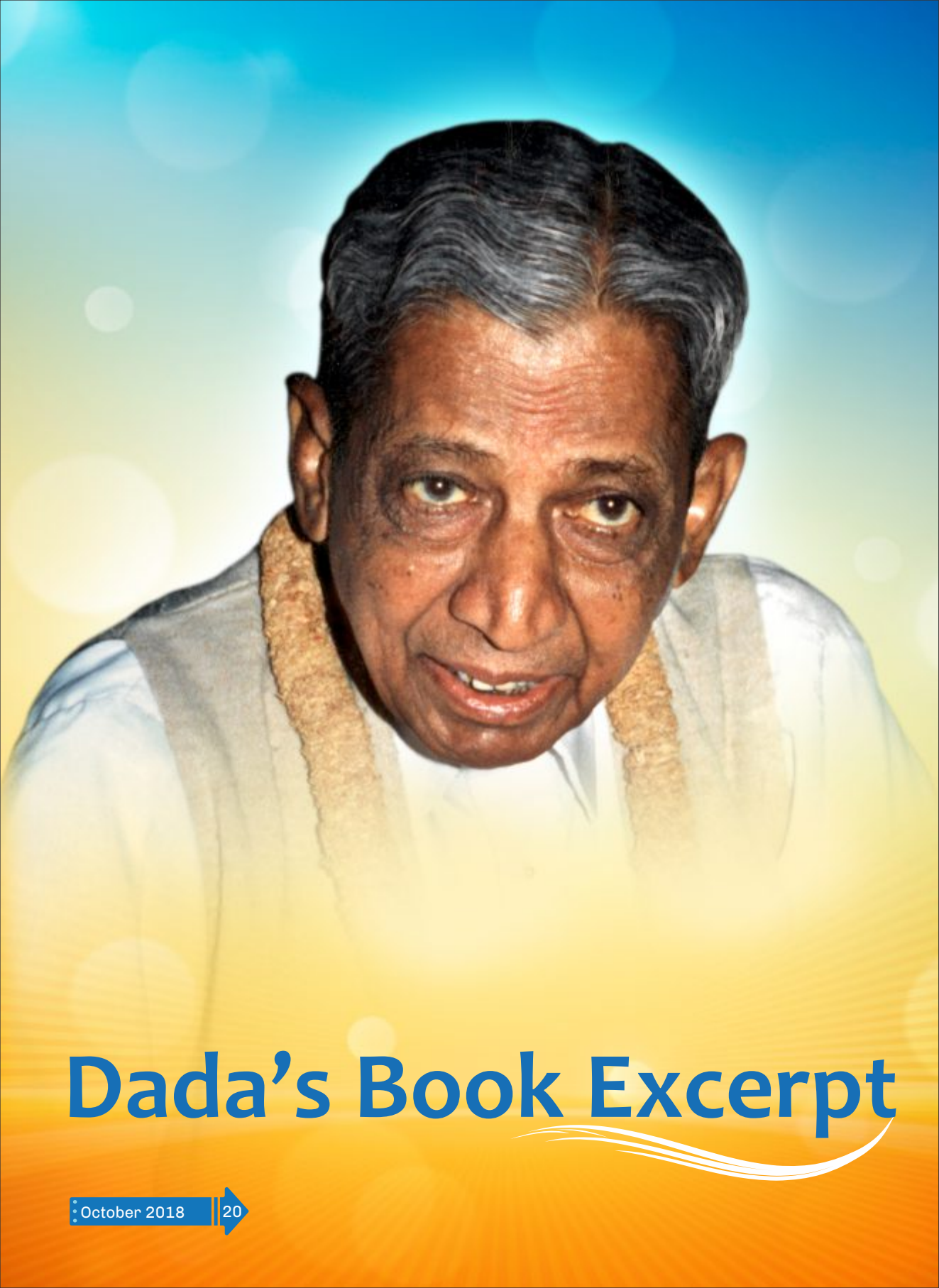
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88



98

Answer: Flip the page.



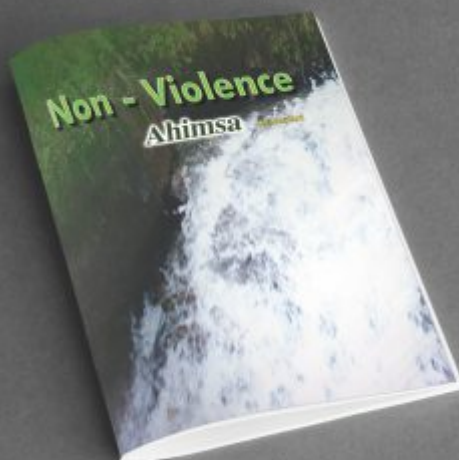
Dada's Book Excerpt

Questioner: So is it certain that food does have an effect on the mind?

Dadashri: Everything is the effect of food. Eaten food turns into "brandy" (that which produces a deleterious effect on a person's awareness) in the body. These effects are directly linked with spiritual awareness. Heavy or excessive food decreases spiritual and mental awareness. Even pure vegetarian food has this effect but to a lesser degree. Rich and sweet foods are not considered good foods because they increase these harmful effects. But people turn these principles around for their own convenience.

Questioner: Does eating meat affect one's spiritual thinking?

Dadashri: Of course! Non-vegetarian food is sthool (gross, heavy, coarse), and does not allow the development of one's spiritual intellect. If you want to progress in spiritually you must eat vegetarian food, which is light and does not create intoxication. It also helps in increasing awareness. In general people have no awareness whatsoever! Foreign scientists cannot understand what I am saying and it is difficult for them to believe it, although they do say that it merits consideration. I tell them that it will take a long time for them to understand it, because they have consumed so many chickens and other meats. Eating meat creates a dense covering over the Soul. For one to understand this Gnan (knowledge), a pure vegetarian diet is required, because the coverings from the vegetarian diet are comparatively thin, so one is able to maintain a higher awareness.



If the proposal from the Railway department is approved, October 2 will not only be celebrated as Rastriya Swachhta Diwas (National Cleanliness Day), but also as the 'Vegetarian Day' as a mark of respect for Mahatma Gandhi, India's most-famous supporter of vegetarianism.

The Railway Board has instructed that no non-vegetarian food will be served to passengers on railway premises on the October 2nd of 2018, 2019 and 2020 when the central government has planned a special commemoration of the 150th birth anniversary of Mahatma Gandhi.

Besides observing 'Vegetarian Day', the Railways plan to run a 'special salt rake' from Sabarmati on March 12 to commemorate the Dandi March and 'Swachhta Express' trains from

Sabarmati to various stations connected with Gandhiji.

The national transporter will also issue tickets with watermark of Mahatma Gandhi's image.

According to the Railway Board, its plans are subject to approval from the Ministry of Culture which is the nodal ministry for the special commemoration.

In a circular to all railway zones last month, the Railway Board said, "October 2, 2018, 2019, 2020 can also be celebrated as a totally vegetarian day when no non-vegetarian food will be served anywhere on Indian Railways premises. All the railway staff will be requested to observe the day as Vegetarian Day."



2 October Vegetarian day



GNC Park

GNC (Gnani ni Chhayama) park is based upon very interesting and adventurous theme. This park is mainly for kids and youth aged between 3-21. This experience will be an opportunity of a lifetime for them.



**JOVA JEVI
DUNIYA**
WORLD WORTH EXPLORING

Main Attractions



Mystery Room

Life is not a destination,
but a journey.



Aap Ki Adaalat

These distances can
be bridged.



Special Workshop

Anger management,
Stress management



Akram Express

Special area for little kids.



Drama

Let us take a selfie!



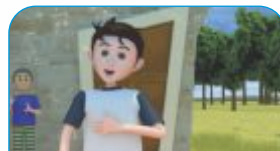
Games and Adventures

Let us learn the science
of life through



Puppet Show

Theme: Respect



Animated Film

Dishonesty is the
biggest absurdity.



Special Activity Zone

Live a life of a doctor, get a
driving license and a lot more.

event highlights

16th to 25th November, 2018

JANMA JAYANTI CELEBRATION

22ND NOV., 2018 | 8:00
AM ONWARDS

GNC Satsang

23ND NOV., 2018 | 10:00
AM ONWARDS

24TH NOV., 2018

Satsang | 10 To 12:30 am

GNAN VIDHI | 4:30 PM TO
8:00 PM

THEME PARK - GNC PARK

EVERY EVENING 4:00 PM to
10:00 PM

CULTURAL PROGRAM

15TH TO 25TH NOV., 2018 | EVERY NIGHT
8:30 PM ONWARDS



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Akram Youth

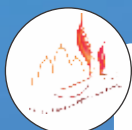
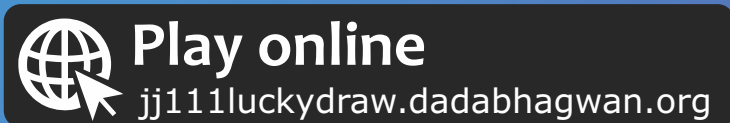
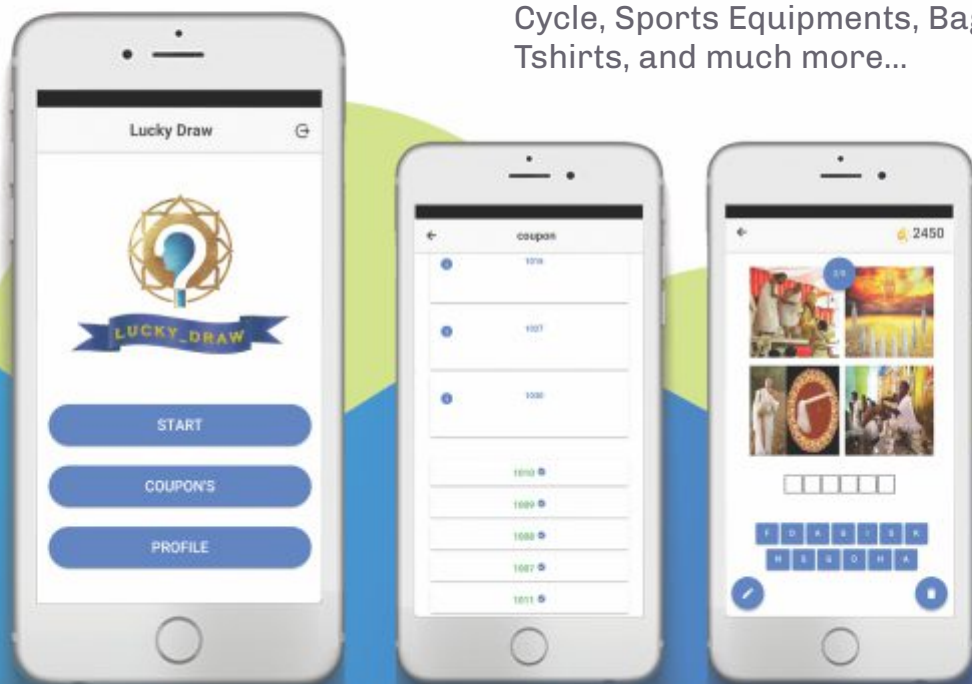


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