

THE YOGA OF EATING : VEDIC VIEW

Mangalacharan Prayers

To The Spiritual Master

om ajnana-timirandhasya
jnananjana-salakaya
cakshur unmilitam yena
tasmai sri-gurave namah

sri-caitanya-mano-'bhishtam
sthapitam yena bhu-tale
svayam rupah kada mahyam
dadati sva-padantikam

I was born in the darkest ignorance, and my spiritual master opened my eyes with the torch of knowledge. I offer my respectful obeisances unto him. When will Srila Rupa Gosvami Prabhupada, who has established within this material world the mission to fulfill the desire of Lord Chaitanya, give me shelter under his lotus feet?

Mangalacharan Prayers

To Supreme Lord KRSNA

he krishna karuna-sindho
dina-bandho jagat-pate
gopesa gopika-kanta
radha-kanta namo 'stu te

O my dear Krishna, You are the friend of the distressed and the source of creation. You are the master of the gopis and the lover of Radharani. I offer my respectful obeisances unto You.

Mangalacharan Prayers

A traditional Indian painting of Radharani, the consort of Lord Krishna. She is depicted from the chest up, looking slightly to the right with a serene expression. She has a fair complexion, adorned with a crown of pink flowers and a garland of red flowers around her neck. She wears a white sari with a gold border and a gold bangle on her right wrist. In the bottom right corner, a smaller scene shows a group of people in a forest setting, including a man in a purple shirt and a woman in a yellow sari, possibly engaged in a religious or social activity.

To Radharani

tapta-kancana-gaurangi

radhe vrindavanesvari

vrishabhanu-sute devi

pranamami hari-priye

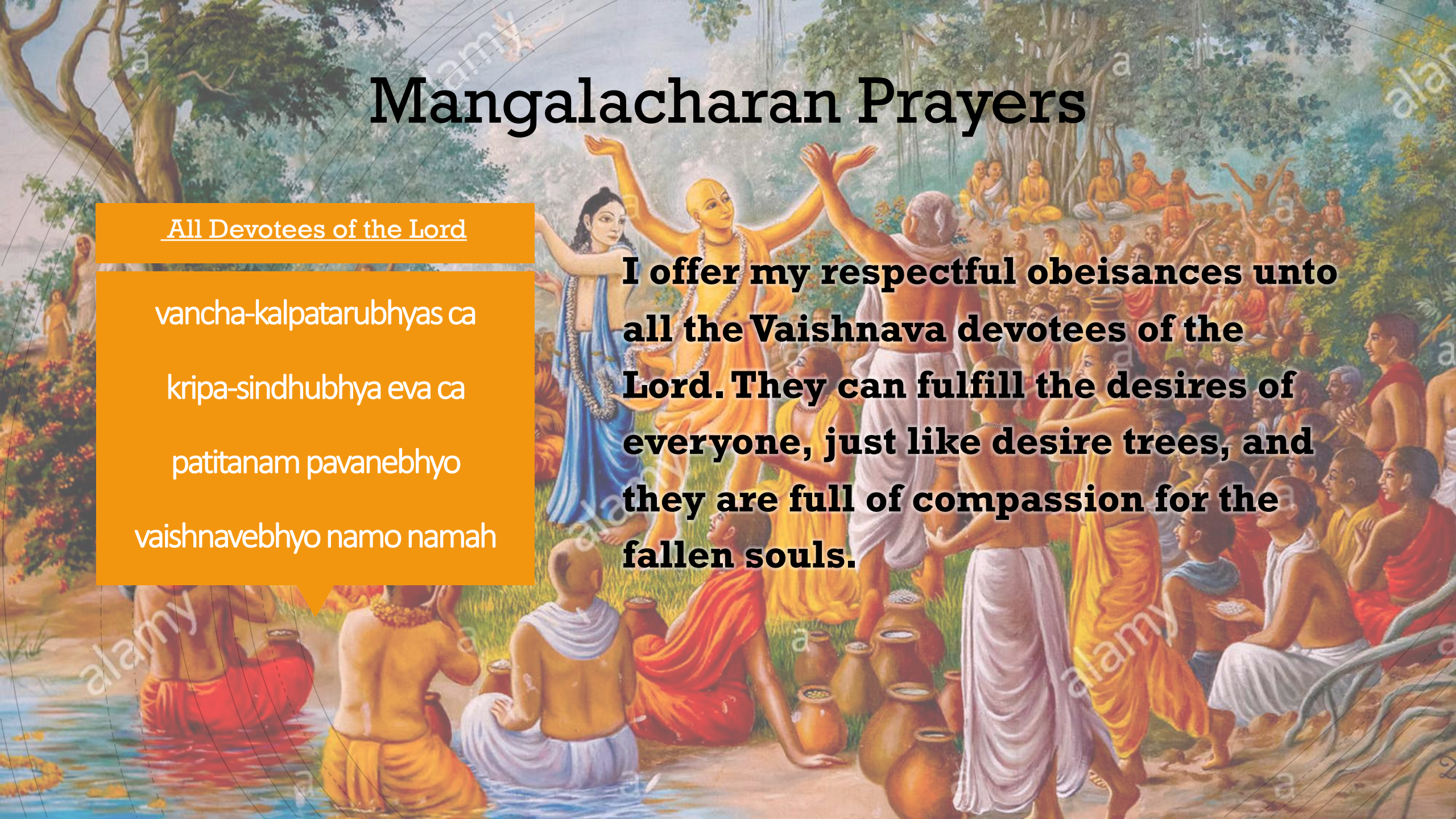
I offer my respects to Radharani, whose bodily complexion is like molten gold and who is the Queen of Vrindavana. You are the daughter of King Vrishabhanu, and You are very dear to Lord Krishna.

Mangalacharan Prayers

All Devotees of the Lord

vancha-kalpatarubhyas ca
kripa-sindhubhya eva ca
patitanam pavanebhyo
vaishnavebhyo namo namah

I offer my respectful obeisances unto all the Vaishnava devotees of the Lord. They can fulfill the desires of everyone, just like desire trees, and they are full of compassion for the fallen souls.



Mangalacharan Prayers

To The Spiritual Order

sri-krishna-chaitanya

prabhu-nityananda

sri-advaita gadadhara

srivasadi-gaura-bhakta-
vrinda

**I offer my obeisances to Sri Krishna
Chaitanya, Prabhu Nityananda, Sri
Advaita, Gadadhara, Srivasa and all
others in the line of devotion.**

Hare Krishna Maha Mantra

**Hare Krishna Hare Krishna
Krishna Krishna Hare Hare
Hare Rama Hare Rama
Rama Rama Hare Hare**





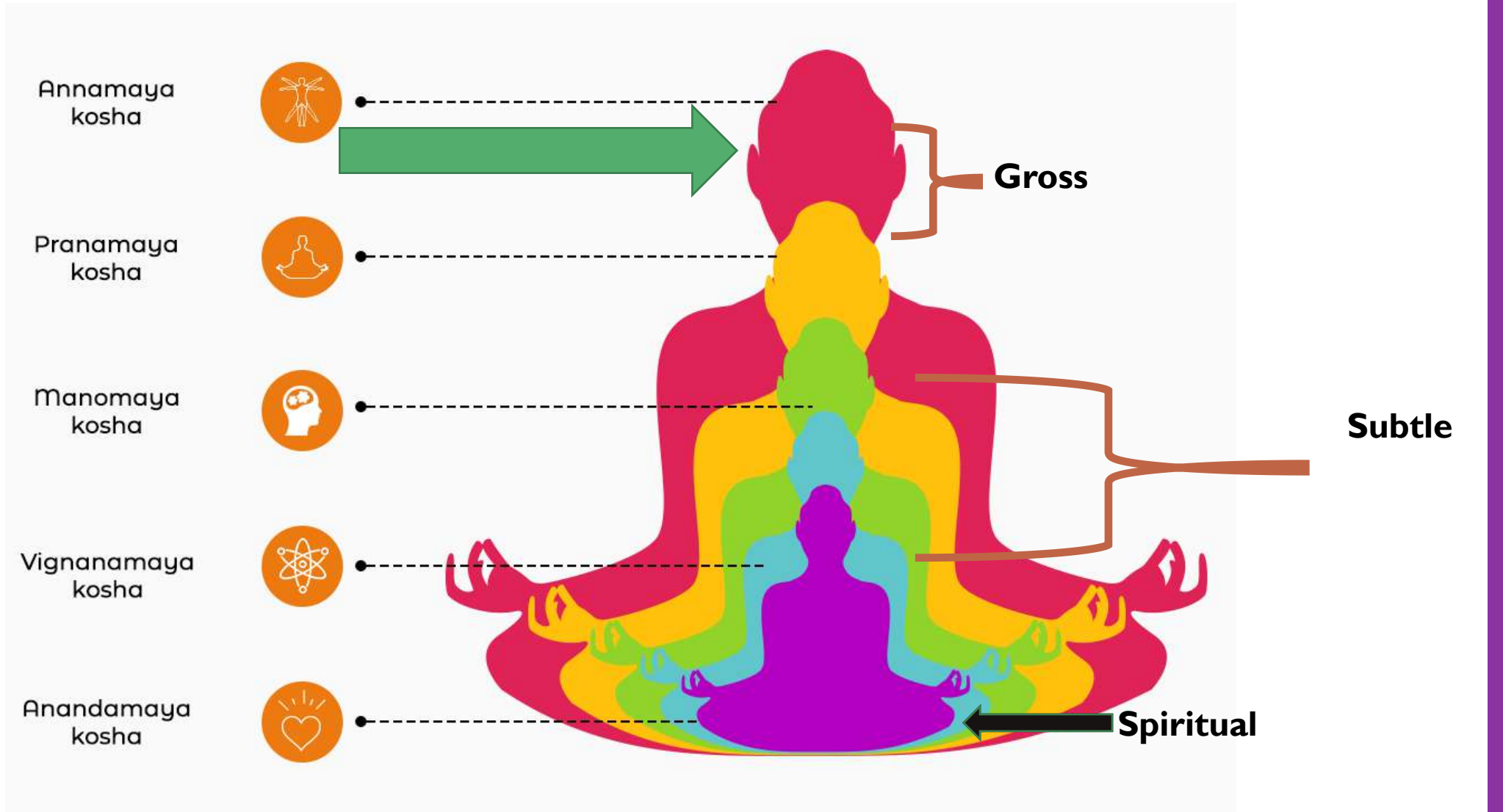
**BASED ON
HG
PRABHUPADA'S
TEACHINGS
AND VEDAS**

AGENDA

FOOD: MODERN VIEW VS. VEDIC VIEW
FOOD: INFLUENCES WHO WE ARE
- 3 MODES

A collection of fresh fruits and vegetables, including lemons, tomatoes, apples, and celery, arranged on a light surface. A quote is overlaid in the center in large, bold, white capital letters.

**“YOU ARE WHAT
YOU EAT AND
DIGEST”**

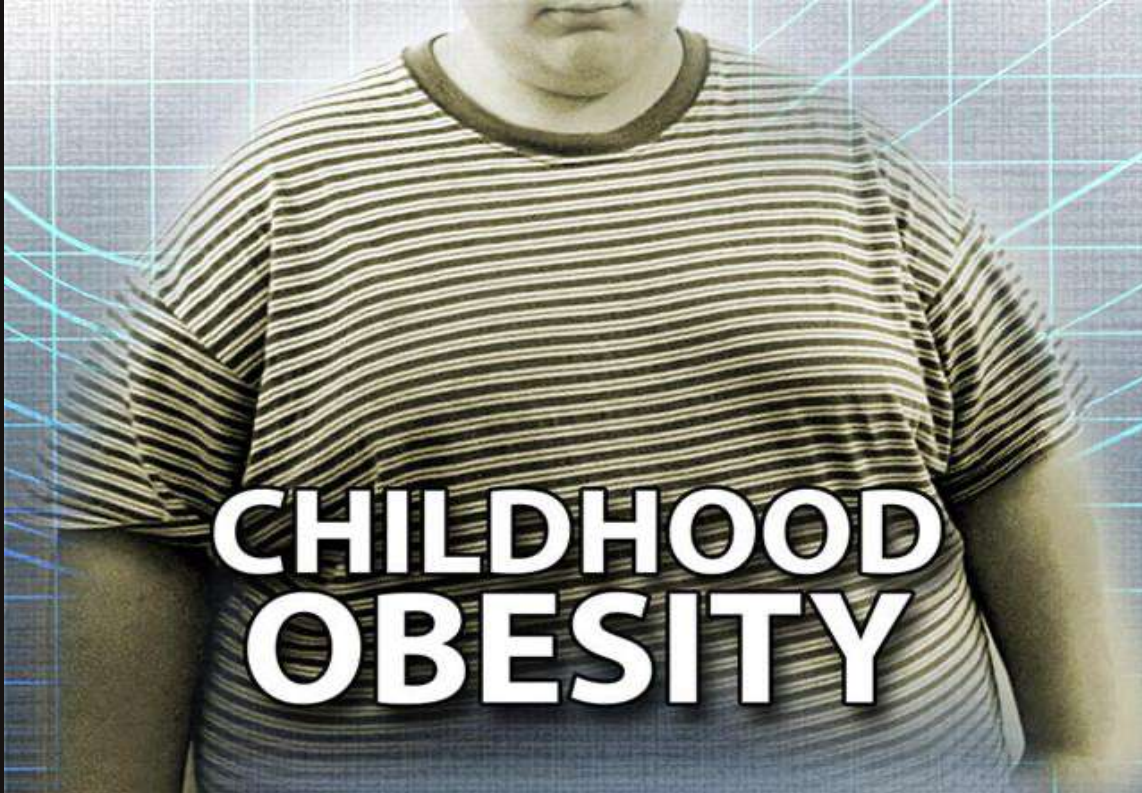




DANGER

**“ONE OF THE WORLDS
BIGGEST PROBLEMS”**

“OVER FED AND UNDER FED”





Cancer



Obesity



Malnutrition



Heart Attacks



Allergies



Hyperactivity



Psychological
problems

DISEASES ON THE RISE



In 1910 only 10 % Indians were seriously ill and were on medication

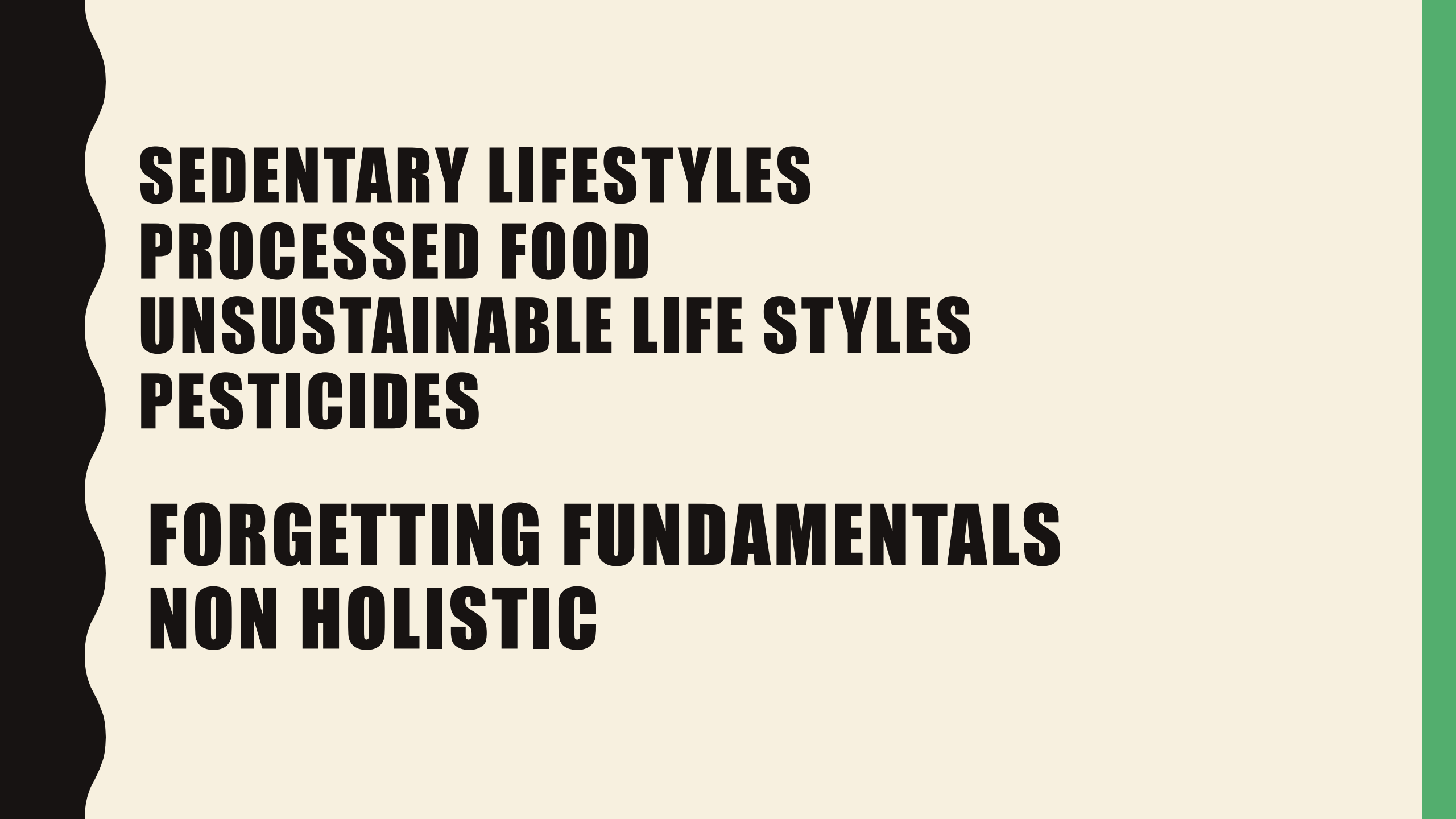
In 2010 approximately 70% of Indians were taking medicines for some reasons

In 2050 - 1 of 3 individuals will be diabetic

Depression will be the disease of 21st century

A crumpled white piece of paper with the word "Why?" written on it in a black, typewriter-style font. The paper is resting on a wooden surface with a visible grain pattern.

Why?



SEDENTARY LIFESTYLES
PROCESSED FOOD
UNSUSTAINABLE LIFE STYLES
PESTICIDES

FORGETTING FUNDAMENTALS
NON HOLISTIC

Ayurved

80 % Preventive

20 % Curative

From Nature

आहार (Diet)



विहार (LifeStyle)



Health



आचार (Behaviour)



विचार (Attitude)

To Nature



YOGA OF EATING

**THE YOGA LITERALLY MEANS
"LINKING" AND REFERS TO
LINKING ONE'S
CONSCIOUSNESS WITH THE
SUPREME.**



BG 6.17: BALANCED LIFE

*yuktāhāra-vihārasya yukta-ceṣṭasya karmasu
yukta-svapnāvabodhasya yogo bhavati duḥkha-hā*

“He who is regulated in his habits of **eating**, sleeping, recreation and work can mitigate all material pains by practicing the yoga system.”

BG 6.17: REGULATED EATING

- **Avoid eating before bedtime**
- **Eat a light meal**
- **Avoid junk foods**
- **Take lot of water**
- **Avoid Sodas**
- **Hot water - Agni**



BG 6.17: BALANCED LIFE

- **Diet and movements are balanced**
- **Actions in proper manner**
- **Waking and sleeping are regular**
- **Follows the path of meditation**
- **Set your priorities right**
- **More relevant today**



MODERN SCIENTIFIC RESEARCH



Diet



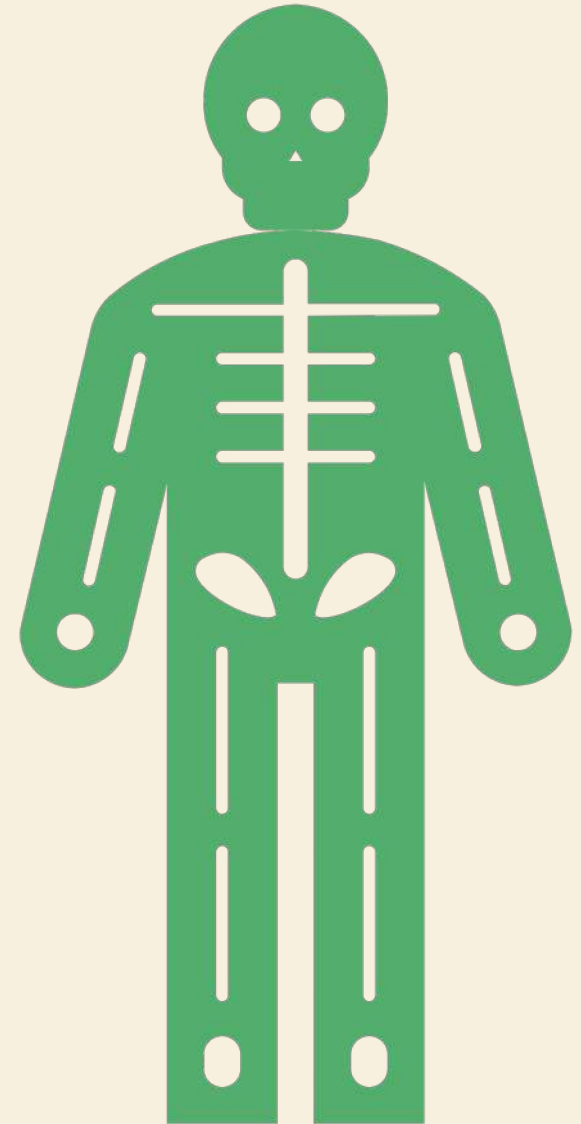
Balanced life



Yoga and Meditation

“The body will never need medicine if food is never taken without making sure that the stomach has digested what was given to it before.”

~Thiruvalluvar, Great Indian Saint



BG 6.16

*nāty-aśnatas tu yogo 'sti na caikāntam anaśnataḥ
na cāti-svapna-śīlasya jāgrato naiva cārjuna*

“There is no possibility of one’s becoming a yogī, O Arjuna, if one eats too much or eats too little, sleeps too much or does not sleep enough.”



**“WHAT IS THE PURPOSE
OF EATING FOOD?”**

PURPOSE OF EATING FOOD

Modern View

- Gratifying the senses
- Physical health
- Desire for long life

Vedic View

- Means for purification and spiritual development
- Purify mind
- Keep the body and soul together
- Longevity
- Aid bodily strength

WHAT DOES OUR FOOD CARRY?

- **Nourishment**
- **Karma incurred while procuring the ingredients and preparation**
- **Consciousness of the people handling the food.**

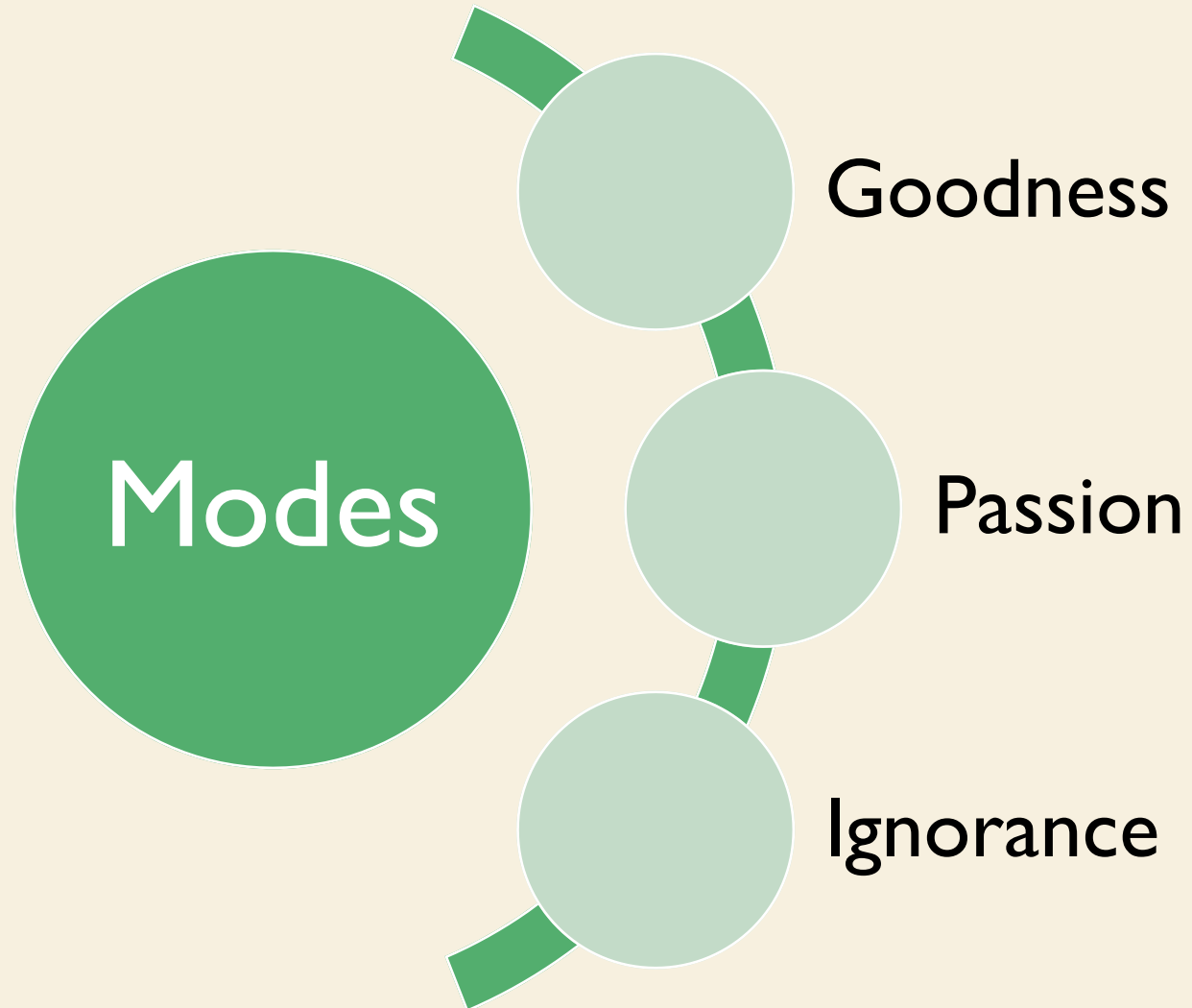


**“OUR
PERSONALITY
DEPENDS ON...”**

THREE MODES



WHAT ARE THE 3 MODES?



*āhāras tv api sarvasya tri-vidho bhavati priyaḥ
yajñas tapas tathā dānam teṣāṁ bhedaṁ imaṁ śṛṇu*

Even the food each person prefers is of three kinds, according to the three modes of material nature. The same is true of sacrifices, austerities and charity. Now hear of the distinctions between them.



SATVIC

Mode of Goodness

Purity
Happiness
Compassion
Bliss
Love
Self Control
Satisfaction
Non Violence
Fearlessness



RAJASIK

Mode of Passion

Arrogance
Ego
Restlessness
Anxiety
Anger
Impatience
Fear
Uncontrollable desires
Distress



TAMASIK

Mode of Ignorance

Laziness
Tiredness
Depression
Lethargy
Ignorance
Apathy
Inertia
Illusion

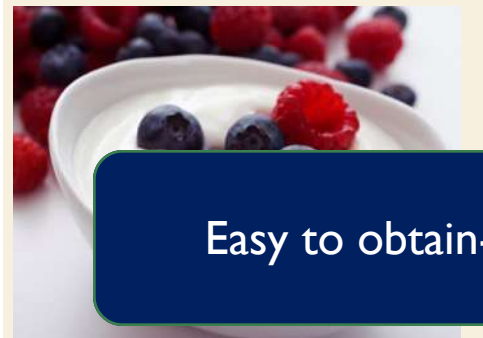


**FOODS WE EAT CAN EFFECT
OUR MOODS, ALERTNESS
AND BEHAVIOR**



FOODS IN GOODNESS

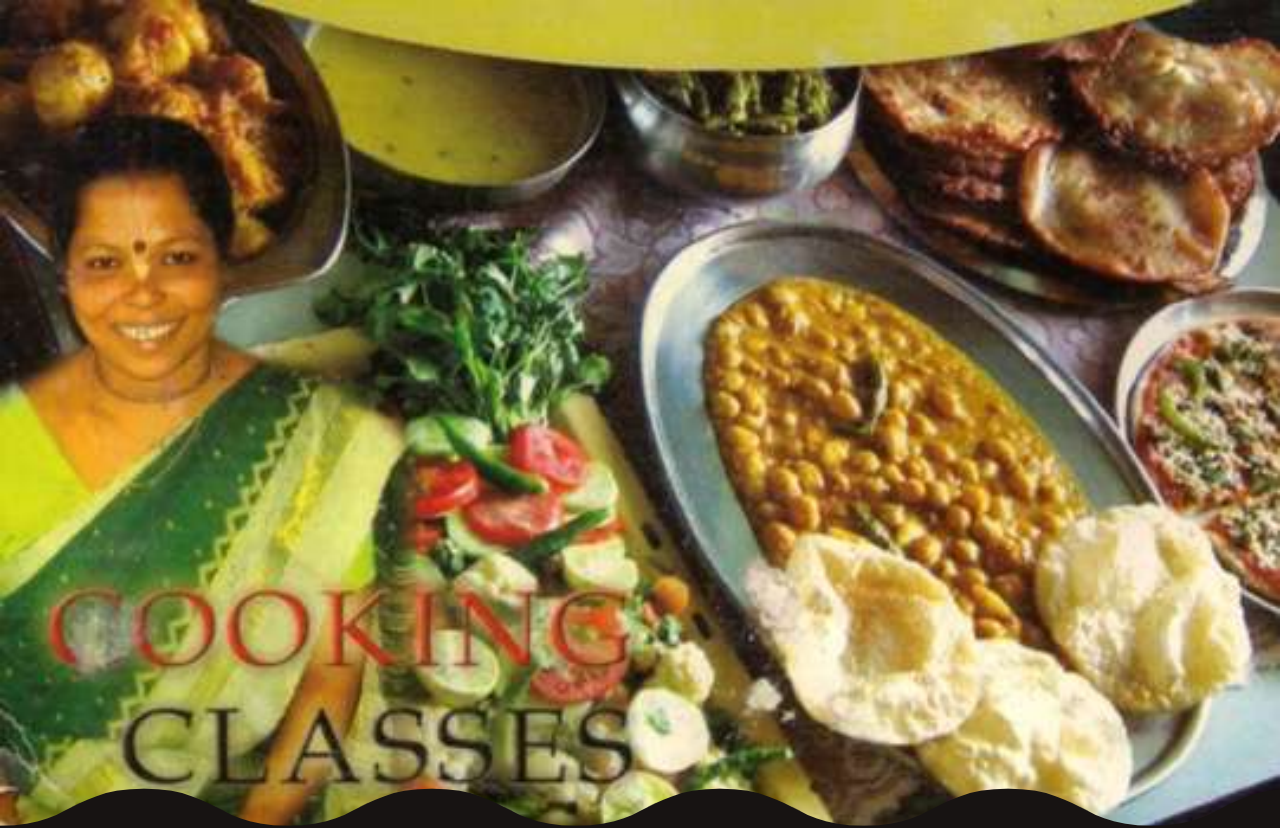
Juicy, Fatty, Wholesome and Pleasing to the Heart



Easy to obtain-> Local or Grow your own!

*āyuh-sattva-balārogya - sukha-prīti-vivardhanāḥ
rasyāḥ snigdhāḥ sthirā hṛdyā āhārāḥ sāttvika-priyāḥ*

Foods dear to those in the mode of goodness increase the duration of life, purify one's existence and give strength, health, happiness and satisfaction. Such foods are juicy, fatty, wholesome, and pleasing to the heart.



**FOODS IN GOODNESS: COOKED BY
DEVOTEES AND OFFERED TO KRISHNA**

FOODS IN GOODNESS: EFFECTS

Increase the
Duration of
Life

Satisfaction

Strength and
Health

Happiness



SATVIC FOOD PRINCIPLES

1

LIVING

Our food should come straight from the farm to our kitchen, not go to a factory in between. Nothing processed, tinned, packaged, bottled or canned.

2

WHOLESOME

Our food should be unprocessed & unrefined. It should not have been subtracted of it's natural elements. Whole grains, dates and brown rice are a few examples.

3

PLANT-BASED

Our food should be derived from plants & trees, not from animals. No meat, fish or eggs.

4

WATER-RICH

Our food should be juicy, containing high amount of water, for example - fruits, vegetables, leafy greens. Nuts, seeds, grains are water-poor foods.

LIVING



Eat Living Foods
Straight from Nature



fruits



juices



vegetables



coconut



sprouts



nuts & seeds

WHOLESOME



Un refined



Un polished



Preserve whole some ness



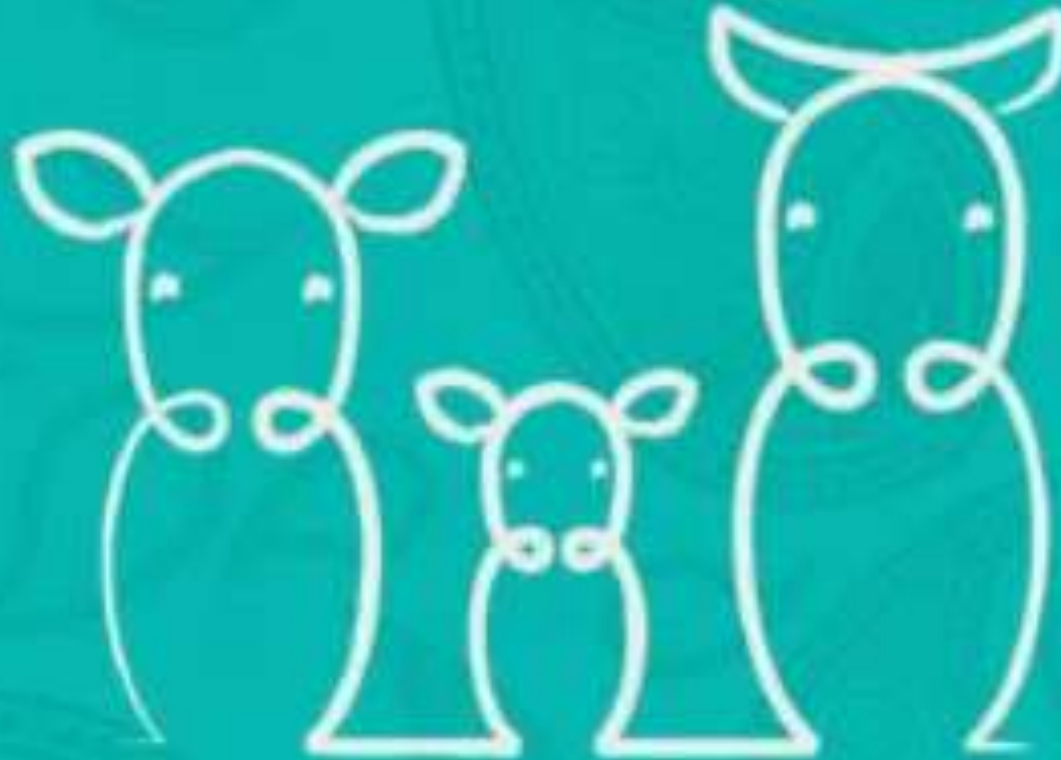
PLANT BASED

Kill neither men, nor beasts, nor yet the food which goes into your mouth. For if you eat living food, the same will quicken you, but if you kill your food, the dead food will kill you also. For life comes only from life, and from death comes always death. For everything which kills your foods, kills your bodies also. And everything which kills your bodies kills your souls also. And your bodies become what your foods are, even as your spirits, likewise, become what your thoughts are. Therefore, eat not anything which fire, or frost, or water has destroyed. For burned, frozen and rotted foods will burn, freeze and rot your body also.”

- Jesus, Essene Gospel of Peace

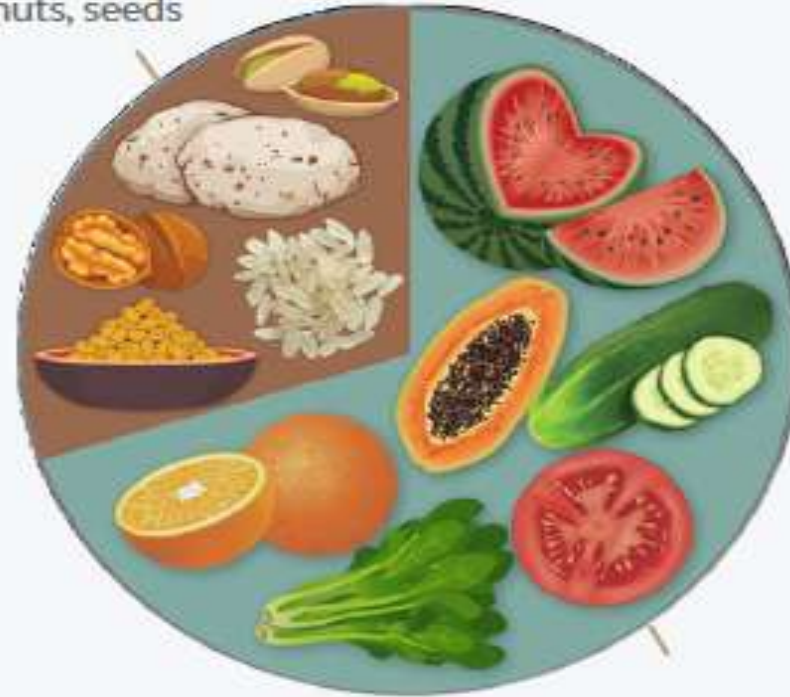
ahimsa

slaughter-free milk



WATER RICH

30%
Water-Poor
grains, legumes,
nuts, seeds



70%
Water-Rich
fruits, vegetables, juices



THE RIGHT RATIO

FOODS IN PASSION!

too bitter, too sour, salty, hot, pungent, dry and burning



Difficult to Obtain: Processed Food, Not local

*kaṭv-amla-lavaṇāty-uṣṇa - tīkṣṇa-rūkṣa-vidāhinaḥ
āhārā rājasasyeṣṭā duḥkha-śokāmaya-pradāḥ*

Foods that are too bitter, too sour, salty, hot, pungent, dry and burning are dear to those in the mode of passion. Such foods cause distress, misery and disease.



**FOODS IN PASSION :
COOKED BY PEOPLE NOT
FOLLOWING A
SPIRITUAL PATH,
UNCLEAN PEOPLE WITH
UNCLEAN
THOUGHTS,
NOT OFFERED
TO KRISHNA**

FOODS IN PASSION: EFFECT

Lie, Cheat

Dis Satisfaction

Anxiety

Restlessness

Disagreements

Hurry, Worry and Curry



FOODS IN PASSION : EFFECT



Distress

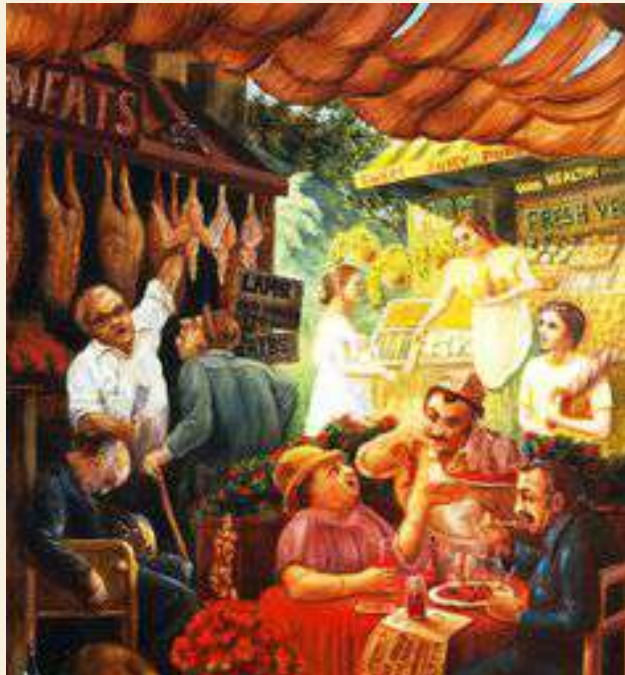
Misery

Disease



FOODS IN IGNORANCE!

Prepared more than three hours before being eaten, food that is tasteless, decomposed and putrid, and food consisting of remnants and untouchable things



Includes Mushrooms, Cheese and Beef

In China, Stomachs Turn at News of 40-Year-Old Meat ... BBC, June 24, 2015



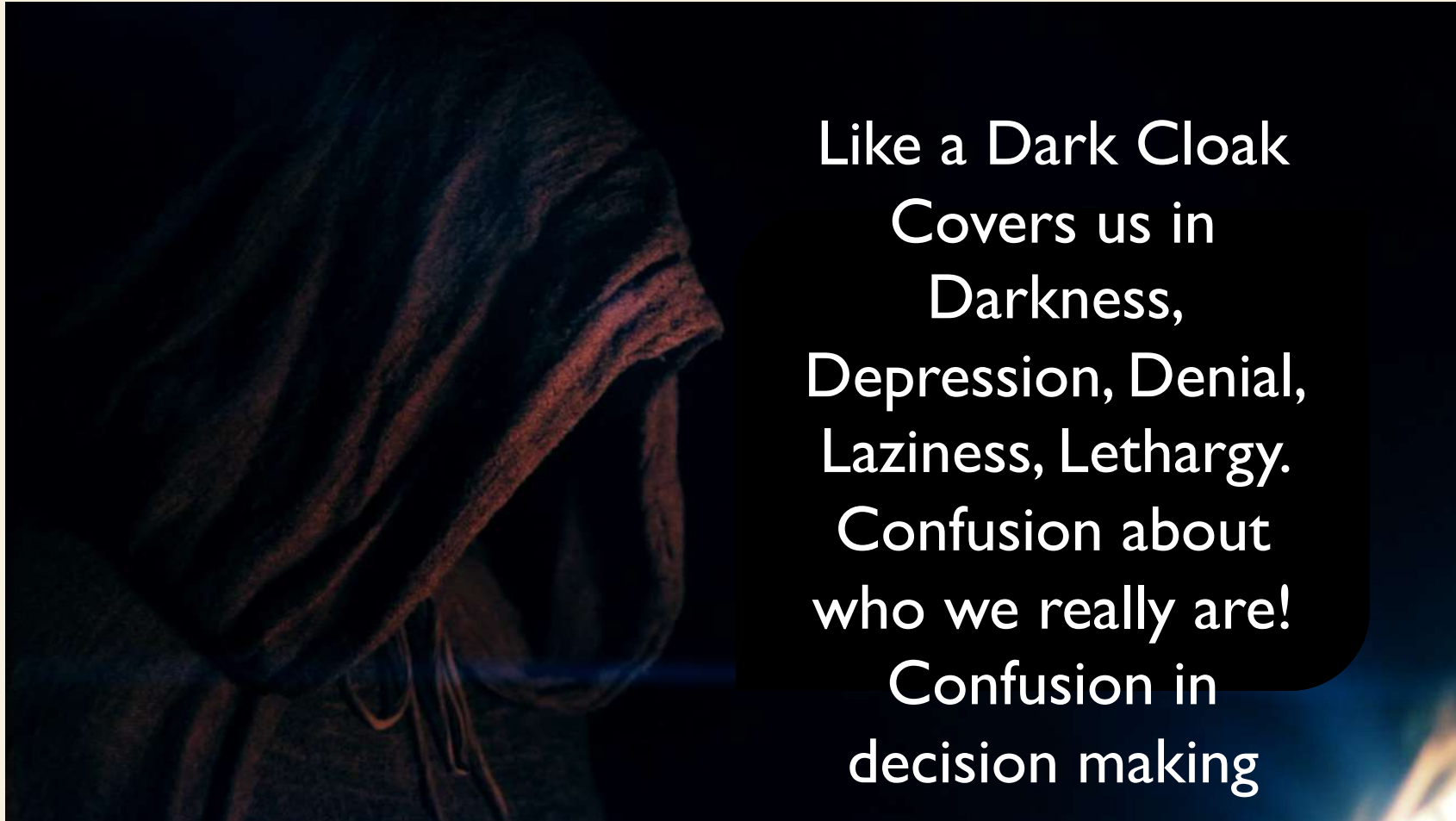
*yāta-yāmaṁ gata-rasaṁ pūti paryuṣitaṁ ca yat
ucchiṣṭam api cāmedhyaṁ bhojanaṁ tāmāsa-priyam*

**Food prepared more than three hours
before being eaten, food that is tasteless,
decomposed and putrid, and food consisting
of remnants and untouchable things is dear
to those in the mode of darkness.**

FOODS IN IGNORANCE: COOKED BY PEOPLE IN MODE OF IGNORANCE



FOODS IN IGNORANCE: EFFECTS



Like a Dark Cloak
Covers us in
Darkness,
Depression, Denial,
Laziness, Lethargy.
Confusion about
who we really are!
Confusion in
decision making



FOODS IN IGNORANCE : EFFECT

Distress

Misery

Disease



DIGESTION



DIGESTION



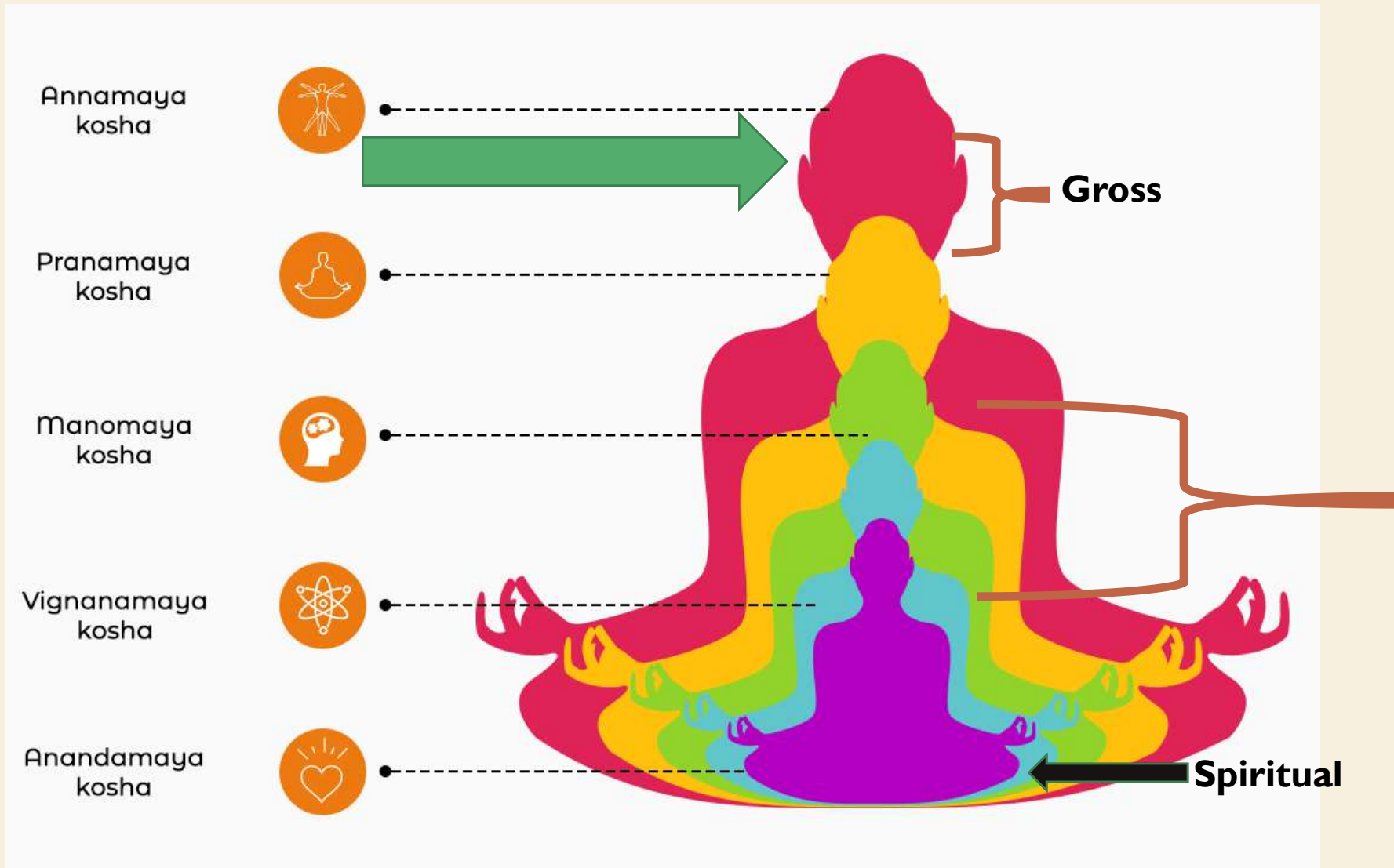
ASSIMILATION



ELIMINATION



**SPIRITUALIZE
YOUR EATING**



KARMA



TYPES OF KARMA

Karma

Vikarma

Akarma

BG 3.13

*yajña-śiṣṭāśinaḥ santo mucyante sarva-kilbiṣaiḥ
bhuñjate te tv agham pāpā ye pacanty ātma-kāraṇāt*

The devotees of the Lord are released from all kinds of sins because they eat food which is offered first for sacrifice. Others, who prepare food for personal sense enjoyment, verily eat only sin.

SPIRITUALIZE YOUR EATING

*patraṁ puṣpaṁ phalaṁ toyaṁ yo me bhaktyā prayacchati
tad ahaṁ bhakty-upahṛtam aśnāmi prayatātmanaḥ*

If one offers Me with love and devotion a leaf, a flower, a fruit or water, I will accept it.

EAT AT FIXED TIMES

Main meal solar mid day

Sun is highest

Digestive power is strongest

Gap 3 hours after a light meal

5 hours after heavy meal

No snacking helps

- Mind and tongue peaceful



EAT IN A PLEASANT ATMOSPHERE

Cheerful mood helps in
digestion
Spiritual mood is even better

Food is divine gift





"Sharing is caring"

SHARE PRASADA WITH OTHERS

ATHITI DEVO BHAVA

NOI : 4

*dadāti pratigrhṇāti guhyam ākhyāti prcchati
bhuñkte bhojayate caiva śaḍ-vidham prīti-lakṣaṇam*

Offering gifts in charity, accepting charitable gifts, revealing one's mind in confidence, inquiring confidentially, accepting prasāda and offering prasāda are the six symptoms of love shared by one devotee and another.

BE CLEAN



External



Internal

EAT MODERATELY

Strength doesn't depend on
How much rather on
digestion

Fill half

$\frac{1}{4}$ for liquids

$\frac{1}{4}$ empty



DON'T POUR THE WATER ON THE FIRE OF DIGESTION

**JATHARAGNI
DRINKING WATER**



BG 15.14

*aham vaiśvānaro bhūtvā prāṇinām deham āśritaḥ
prāṇāpāna-samāyuktaḥ pacāmy annam catur-vidham*

I am the fire of digestion in the bodies of all living entities, and I join with the air of life, outgoing and incoming, to digest the four kinds of foodstuff.

DON'T WASTE FOOD

Lords energy
Prasada should never
put in garbage

To throw away food, it doesn't
take even a minute
But to grow food grains, it
takes months and years!
Eat what you take, take only
what you eat!
WASTE NOT, WANT NOT!



TRY AN OCCASIONAL FAST

Strengthens

- Will power
- Bodily health

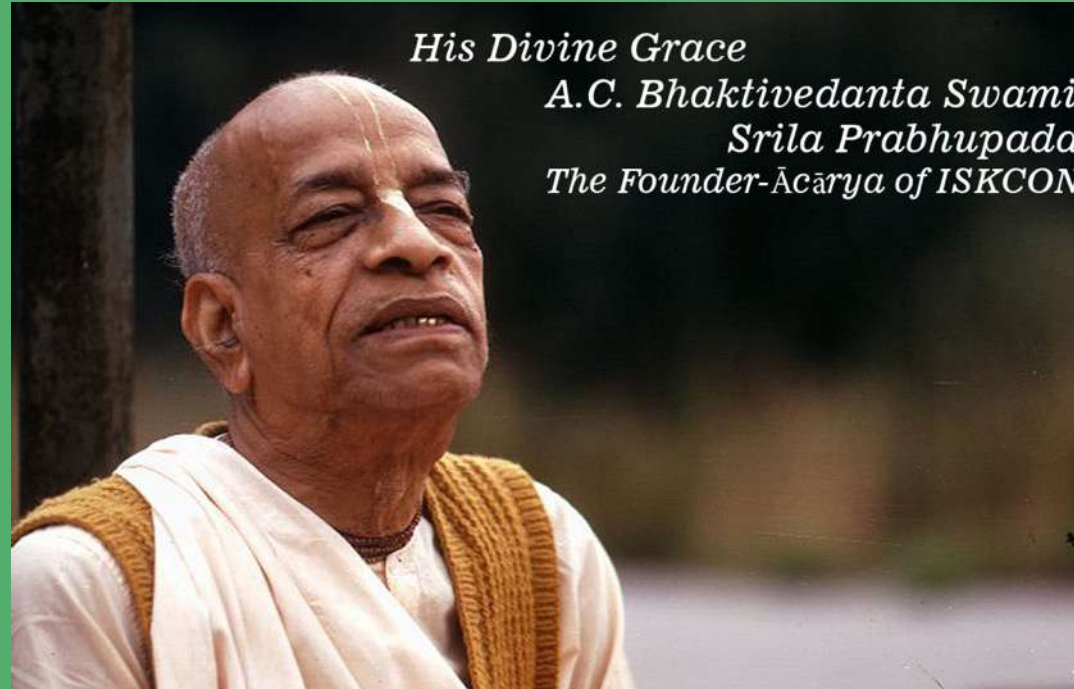
Rest for digestive system

Refreshes mind, senses and consciousness

Jatharagni freed

Ekadasi fasting – Advances in spiritual life





*His Divine Grace
A.C. Bhaktivedanta Swami
Srila Prabhupada
The Founder-Ācārya of ISKCON*

**OUR CHANTING IS THE MEDICINE AND OUR
PRASADAM IS THE DIET FOR CURING
MATERIAL DISEASE**

WHAT IS PRASADAM?

Everything belongs to Krsna
They should be used for his
pleasure

Anything offered to Krsna
becomes prasadam

Krsna's mercy

Remnants of something offered
lord's pleasure

Becomes transcendental



EVERYTHING BELONGS TO GOD

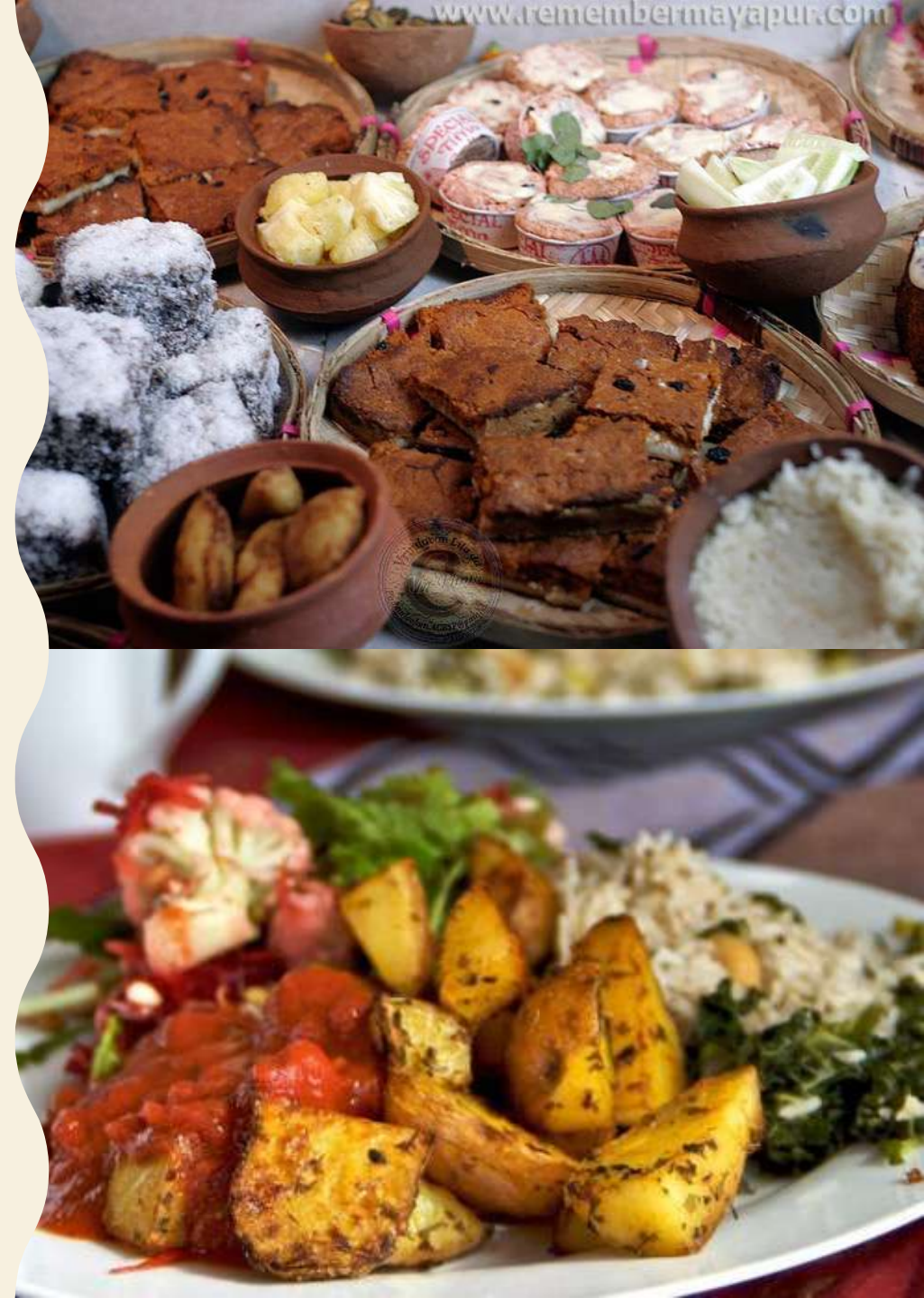
Everything is provided by Krsna

Everything belongs to Krsna

Take Raw materials produce something and the
intelligence

Raw materials and Intelligence is given by Krsna.

“isavasyam idam sarvam”



PEACE FORMULA – 5.29

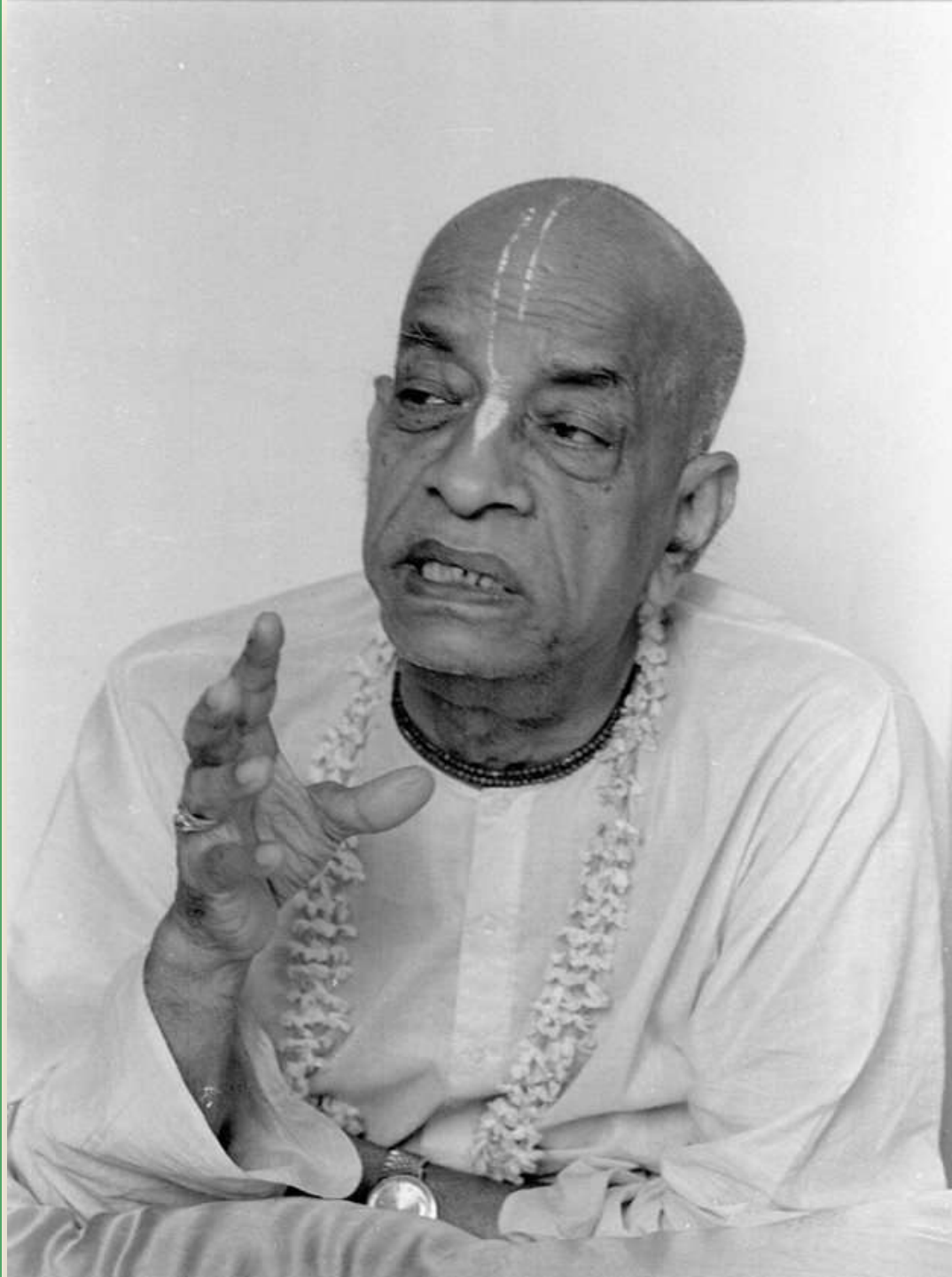
*bhoktāraṁ yajña-tapasāṁ
sarva-loka-maheśvaram
suhṛdaṁ sarva-bhūtānāṁ
jñātvā mām śāntim ṛcchati*

A person in full consciousness of Me, knowing Me to be the ultimate beneficiary of all sacrifices and austerities, the Supreme Lord of all planets and demigods, and the benefactor and well-wisher of all living entities, attains peace from the pangs of material miseries.



As for the urges of the tongue, we all experience that the tongue wants to eat palatable dishes. Generally we should not allow the tongue to eat according to its choice, but should control the tongue by supplying *prasāda*. The devotee's attitude is that he will eat only when Kṛṣṇa gives him *prasāda*. That is the way to control the urge of the tongue. One should take *prasāda* at scheduled times and should not eat in restaurants or sweetmeat shops simply to satisfy the whims of the tongue or belly. If we stick to the principle of taking only *prasāda*, the urges of the belly and tongue can be controlled.

Srila Prabhupada's purport to NOI
Verse 1



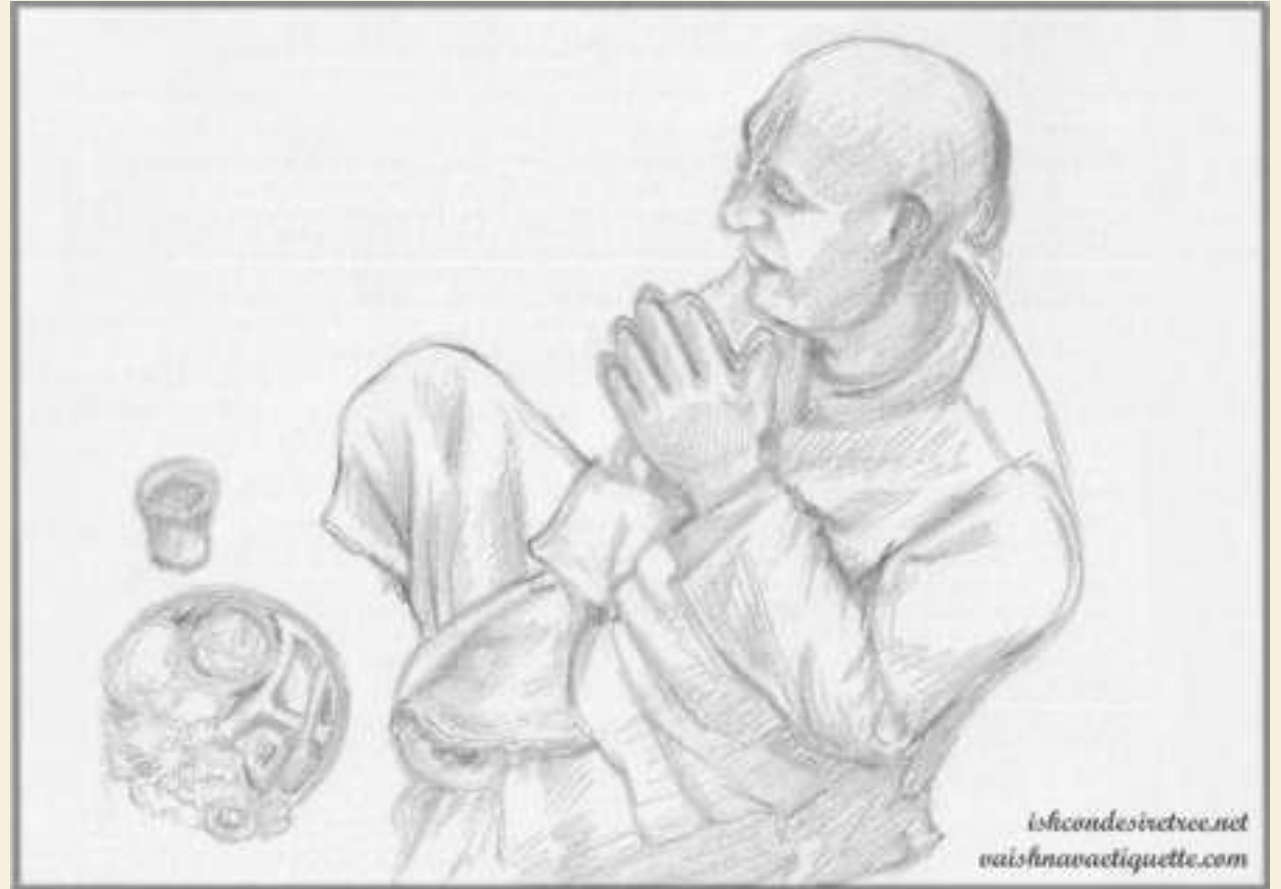
Similarly, the demands of the body can be divided into three categories – the demands of the tongue, the belly and the genitals. One may observe that these three senses are physically situated in a straight line, as far as the body is concerned, and that the bodily demands begin with the tongue. If one can restrain the demands of the tongue by limiting its activities to the eating of *prasāda*, the urges of the belly and the genitals can automatically be controlled.

Srila Prabhupada's Purport to
NOI Verse 1

HOW TO HONOR PRASDAM?

Remember that Krsna prasadam is non-different from Krsna

Start with prasadam prayers



PRASAD AND PACIFICATION OF THE SENSES

Before honouring the Prasadam we say the following prayer:

- *maha-prasade govinde nama-brahmani vaisnave
svalpa-punya-vatam rajan visvaso naiva jayate*


For those who have amassed very few pious activities, their faith in maha-prasad, in Sri Govinda, in the Holy Name and in the Vaishnavas is never born.

- *sarira avidya-jal, jodendriya tahe kal, jive phele visaya-sagore
tar' madhye jihva ati, lobhamoy sudurmati, ta 'ke jeta kathina samsare*

○ Lord, this material body is a place of ignorance, and the senses are a network of paths leading to death. Somehow, we have fallen into this ocean of material sense enjoyment, and of all the senses the tongue is most voracious and uncontrollable. It is very difficult to conquer the tongue in this world.

- *krishna baro doyamoy, koribare jihva jay, sva-prasad-anna dilo bhai
sei annamrita pao, radha-krishna-guna gao, preme dako chaitanya-nitai*

But You, dear Krishna, are very kind to us and have given us such nice prasadam, just to control the tongue. Now we take this prasadam to our full satisfaction and glorify Their Lordships Sri Sri Radha Krishna, and in love call for the help of Lord Chaitanya and Lord Nityananda



HOW TO HONOR PRASDAM?

Use right hand



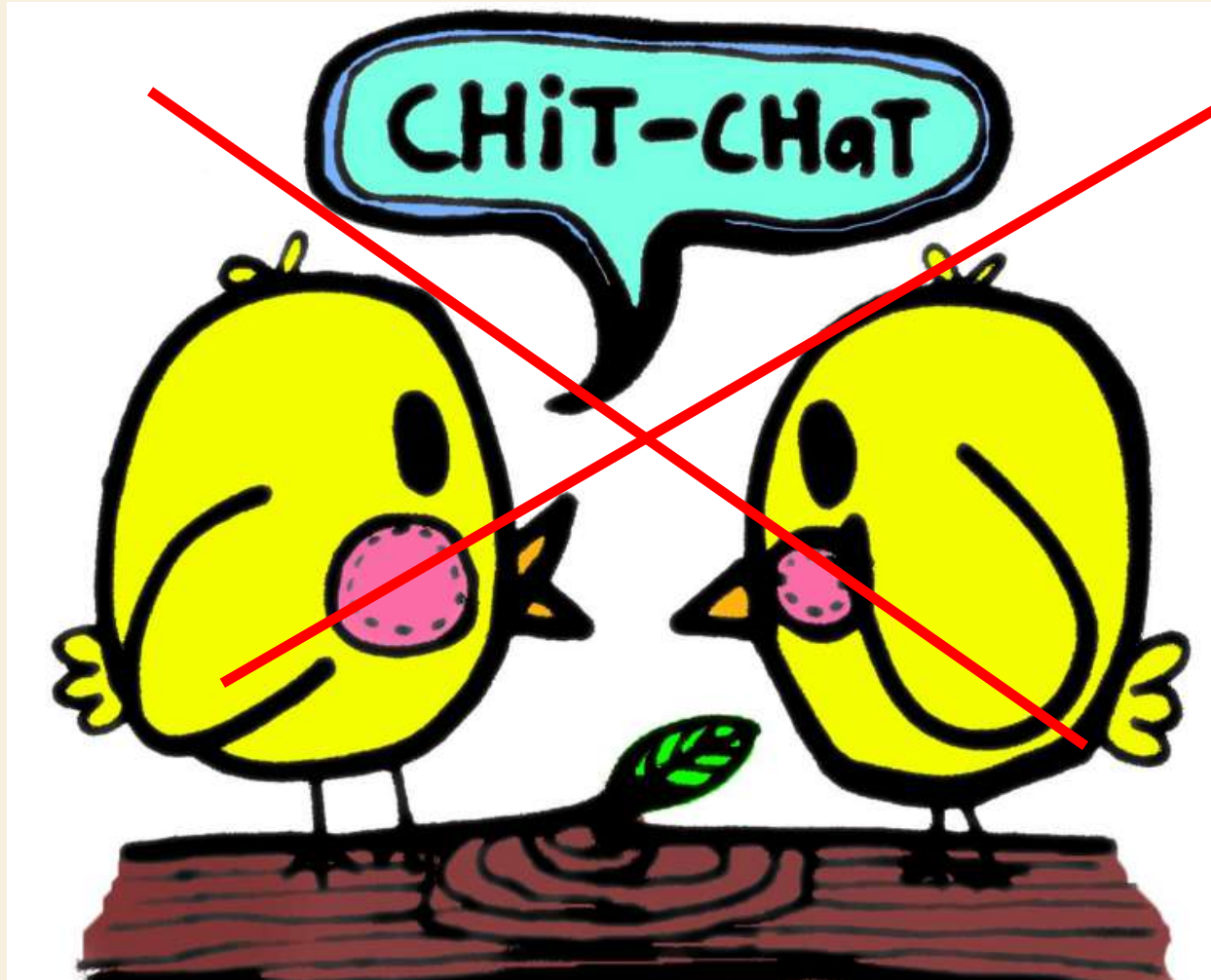
HOW TO HONOR PRASDAM?

Meditate on how Krsna
tasted the offering



HOW TO HONOR PRASDAM?

Do not talk while honoring prasadam (besides glorifying Krsna and His prasadam.)



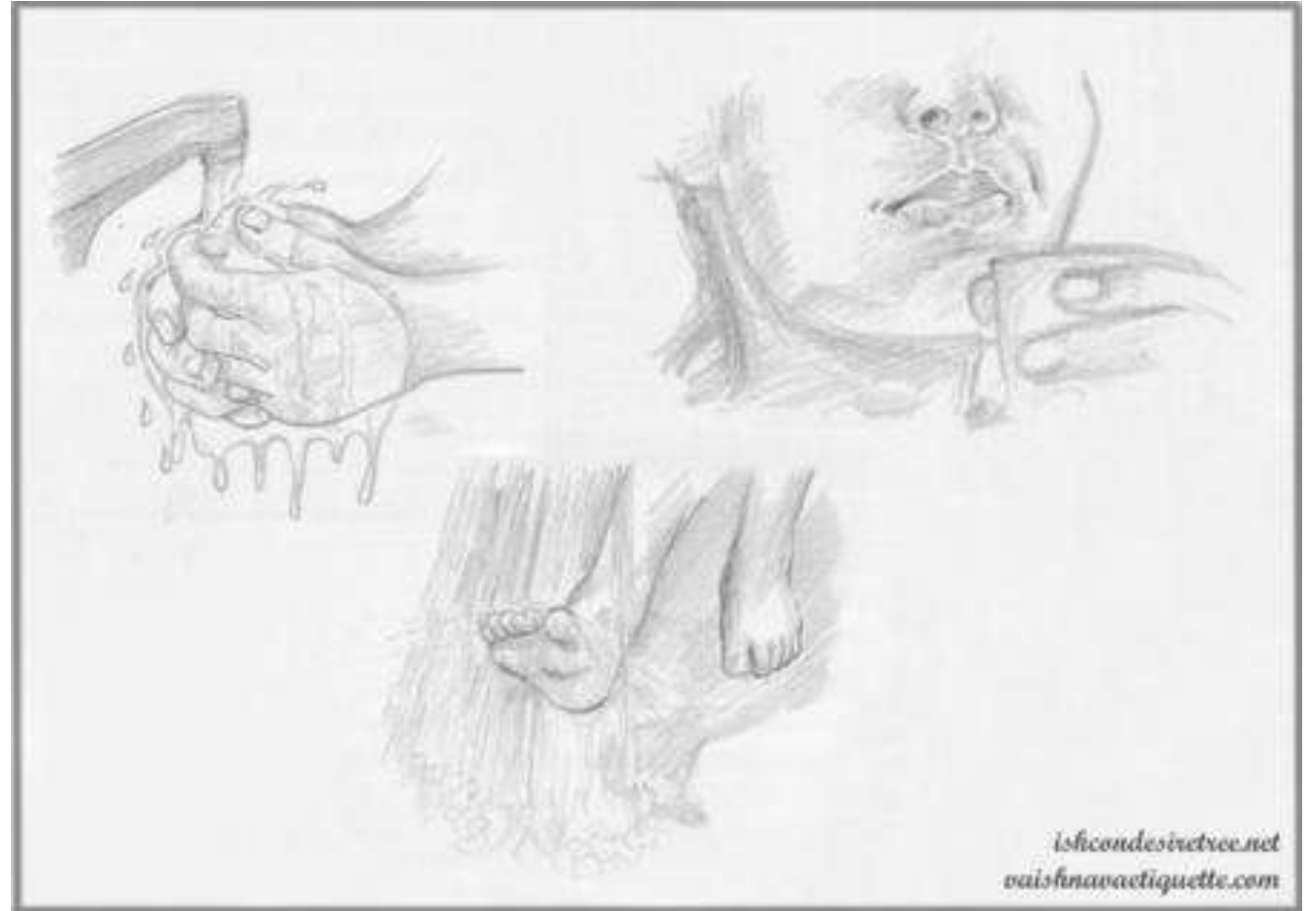
HOW TO HONOR PRASDAM?



Do not throw prasadam. Never touch prasadam with your feet.

HOW TO HONOR PRASDAM?

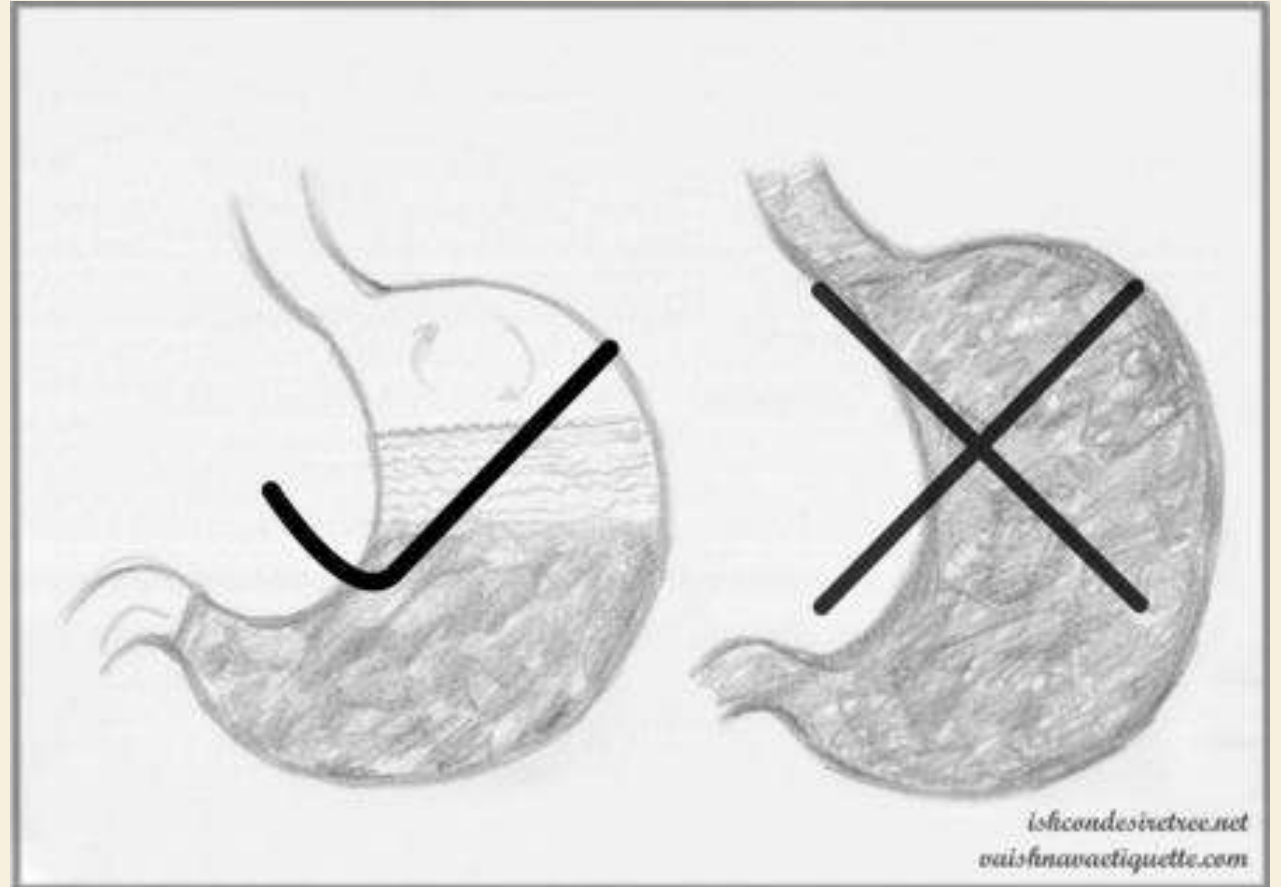
WASH HANDS, FEET
AND MOUTH BEFORE
AND AFTER EATING.

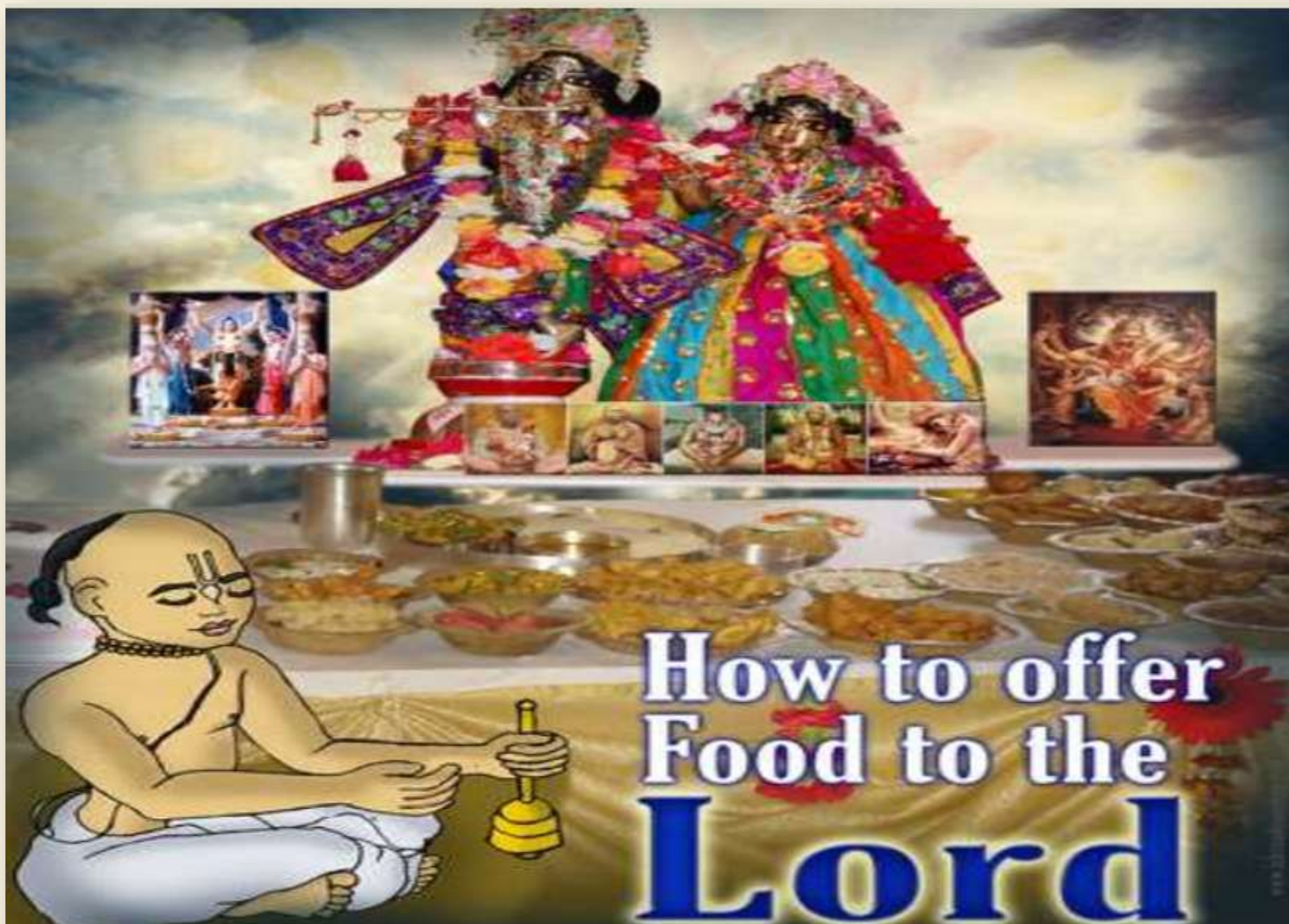


ishcondesiretree.net
vaisnavactiquette.com

HOW TO HONOR PRASDAM?

Srila Prabhupada said: Fill 1/4 of your stomach with water, 1/2 with food and the other 1/4 with air. **DO NOT OVEREAT**





PREPARING BHOGA

- Choosing the right ingredients
 - Only using the fresh and pure ingredients, sattvik preparations
 - Avoid processed, pre-cooked store bought food
 - Completely avoid the foods in mode of ignorance.
- Cleanliness
 - Personal (internal and external)
 - Ingredients and vessels
 - Surroundings
 - Habits
- Meditation
 - Should be on offering to the Lord
 - Never on the desire to enjoy the food

Of the
mind

Of the
body

Of the
kitchen

Of the
ingredients

Of the
vessels

Of the
Eating Area

**CLEANLINESS..... GO BACK TO OUR CULTURE
HELPS**

STEPS FOR OFFERING BHOGA

- Prepare an offering plate for the Lord
- Purify oneself
- Purify the offering
- Offer bhoga by chanting appropriate mantras
- Let The Lord eat in private
- Removing the “Prasadam” from altar

PREPARING THE OFFERING PLATE

- Arrange the food stuffs on plates/cups specially reserved for the Lord's use.
- Include a glass of drinking water.
- Place a Tulsi leaf or Manjari on each preparation



PURIFICATION

- Of self
 - Perform acamana
- Wipe the altar are clean
- Place the offering plate on the altar
- Purify the offering by sprinkling few drops of water on it

Recite the following prayers, each thrice:

1. *nama om visnupadaya krsna presthaya bhutale
srimate bhaktivedanta swamin iti namine
namaste sarasvati deve gaura vani pracarine
nirvisesa sunyavadi pascatya desa tarine*
2. *namo mahavadanyaya krsna prema pradayate
krsnaya krsna caitanya namine gaura tvise
namah*
3. *namo brahmanya devaya go brahmana hitaya
ca jagad hitaya krsnaya govindaya namo namah*

OFFERING BHOGA





THANK YOU