

Text series on 'Āchārdharma' : Sāttvik Diet - Vol. 5

Components required for cooking a meal

(English)

Compiler

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('Sainthood' or 'Stage of a Guru' denotes 70-79 % spiritual level, Stage of a Sadguru' denotes 80-89 %, 'Stage of a Parātpar Guru' denotes 90% and above, whereas 'God' denotes 100% spiritual level.)

Recipients of subtle knowledge

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Sanatan Sanstha

Uniqueness of Sanatan's treasure of Spiritual Texts

Many of Sanatan's Spiritual Texts contain 20% matter which is Divine knowledge received from the subtle dimension and is unique when compared with the knowledge available on earth.

Introductory Contents

☞	Introduction to the Compiler	7
☞	Unique preface with spiritual terminology	9
☞	Preface	13

Contents

1.	Fundamental ingredients of food and cooking food from them	16
	1A. Grains	16
	1B. Pulses and legumes	21
	1C. Vegetables	24
	1D. Table salt 1E. Edible oil	35
	1F. Sesame	38
	1G. Milk, curds, buttermilk, homemade butter and <i>ghee</i> (Clarified butter)	40
	1H. Purify food-grains, fruits, vegetables etc. purchased from shops, only then use them	58
2.	Importance of metalware used for cooking and their benefits and harm	60
	2A. Importance of earth/clay and metals/alloys such as copper and brass	60
	2B. Earthenware and utensils made of stainless steel and aluminium	60
	2C. Different metals/alloys used for making cooking utensils and the resultant benefits and harm	61

2D. Reason for the custom of using copper and brass utensils for meals instead of those made of stainless steel	63
3. Types of fuels used for cooking and their beneficial as well as harmful effects	64
3A. Wood (<i>Tēj</i> -imparting waves)	64
3B. Coal (<i>Tama-Raja</i> predominant)	65
3C. Kerosene (<i>Tama</i> predominant)	65
3D. Liquefied Petroleum Gas (LPG) used for cooking (Most <i>Tama</i> predominant)	66
3E. Science that leads not towards modernisation but destruction	68

Uniqueness of Sanatan's treasure of Texts

- ❖ Scientific answers to 'why and how' in Spirituality
- ❖ Knowledge is provided in scientific terminology (such as charts, percentages) that can be understood by the readers
- ❖ Include valuable Divine knowledge that is not available anywhere else on earth
- ❖ Include research using scientific instruments on various aspects of Spirituality, subtle pictures and writings that depict the process taking place at the subtle level

Notes 1. For non-English and spiritual words used in this Text, please see the Glossary at the end of this text.

2. From the perspective of completing the topic, points from other reference texts have been included. At the end of such points, the reference number is the superscript in brackets and their details are mentioned in the 'Bibliography' at the end of the text.

卐 ————— Preface ————— 卐

Till some years ago, cooking would begin only after smearing the floor with cow dung, performing *pūjā* (Ritualistic worship) of the *chūlhā* and offering oblations of rice grains in its fire. This custom attracted vibrations of Deities towards the food. *Jīvās* (Embodied souls) that ate such a food would benefit at the physical, psychological and spiritual levels. Today, barring a few houses in villages, cooking on a *chūlhā* has been forgotten. Firewood has been replaced by kerosene, LPG (Liquid Petroleum Gas) and electricity (For example - microwave oven). The process resulting from the use of these modern fuels or cooking equipments generates a *Tama* predominant environment, to which negative energies are attracted. This pollutes the food, leading to increase in the negative energy attacks on the *jīvās* that eat this food. If it is not possible to use *chūlhā* for cooking, then cooking while chanting the Name of Deity of worship and having a *bhāv* (Spiritual emotion) that 'I am preparing food for God' will help in preventing the attacks of negative energies. Besides, cooking with a *bhāv* that 'I am preparing this food as a *naivēdya* (Food offered to the Deity as part of ritualistic worship) for God' and chanting the Name of our *Upāsyadēvatā* (Deity of worship) while cooking also helps.

In the earlier times, water used to be stored in a copper vessel or a pitcher. Brass utensils were used for cooking. These metals/alloys attract as well as transmit *Chaitanya*. Such spiritual benefits are not obtained from the use of prevalent utensils made of stainless steel or aluminium. On the contrary, there is every possibility of formation of a covering



of distressing energy over the food or grains stored in the utensils made of such metals/alloys.

Today, hundreds of cookery books are available in the market. They contain various recipes. These books give no consideration to preserving and enhancing *sāttvikatā* (Spiritual purity) in the food while cooking. Hindu culture stresses not only on the ingredients of diet being *sāttvik*, but the process of cooking being *sāttvik* too. This Text elaborates on various conducts such as how to sit on a cutter (a blade set obliquely on a stock for cutting vegetables), the vegetables should be cut to what size, why should Shrī Annapūrṇādēvī and *Upāsyadēvatā* be remembered.

We pray unto the Holy feet of Shrī Guru that may all be motivated to chant and pray during the various steps of cooking as mentioned in this Text. - **Compiler**



Why does Sanatan follow Oxford (UK) English ?

Principally, there are 2 types of English all over the world - USA and UK. The two key dictionaries from either side of the Atlantic are Merriam-Webster (USA) and Oxford (UK). Both these dictionaries accept the differences between American and British English and make references to both in their word definitions. The language one speaks is English; the dialect is American English. Likewise, British English is also a dialect of English, even though it can be thought of as the 'original' dialect. Given the fact that UK's is the 'original' English, Sanatan has selected to follow it in spiritual texts.