

Text series on 'Āchārdharma' : Sāttvik Diet - Vol. 8

Conducts during and after meals

(English)

Compiler

Proponent of the 'Hindu Rashtra'

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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 Paratpar Guru’
denotes 90% and above, whereas ‘God’ denotes 100% spiritual level.)

Recipients of subtle knowledge

Shrīchitshakti (Mrs) Anjali Mukul Gadgil and others



Sanatan Sanstha

Uniqueness of Sanatan's treasure of 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.

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卐 ————— Preface ————— 卐

This Text elucidates some food items and their importance, science underlying *āchārs* to be followed during meals (For example, eating with the right hand, using the hand for eating instead of a fork & spoon, beginning the meals with *dāl*-rice, not putting anything in the plate at the end of the meals) and science underlying *āchārs* to be followed after the meals (For example, eating fennel or *vīḍā* after meals, taking a short nap in the afternoon) etc.

We pray at the Holy feet of Shrī Guru that by following the *āchārs* mentioned in this Text, may the *sāttvikatā* in everyone be enhanced through food and may all gain strength from the food to serve the Nation and Dharma. - **Compiler**

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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) & 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.