

**Text series on 'Āchārdharma' : Sāttvik Diet - Vol. 6**

# **Correct method of cooking a meal**

**(Conducts to follow from cooking to serving meals)**

(English)

**Compiler**

**Parātpar Guru (Dr) Jayant Balaji Athavale**

('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**

Shrīchitshakti (Mrs) Anjali Mukul Gadgil,  
Mrs Ranjana Gadekar, Ms Madhura Bhosale and others



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## 卐 ————— Preface ————— 卐

This Spiritual Text elucidates the harm caused by some appliances that are used for cooking food (For example, Microwave oven), conducts related to substances used in food (For example, not buying cooking oil on a new moon day), conducts related to substances used in cooking and those related to cooking food (For example, women should not break a coconut), reason why an individual cooking food should have love and *bhāv* (Spiritual emotion) towards God, reason why Shrī Annapūrṇādēvī should be remembered, etc.

We pray at the Holy feet of Shrī Guru, that may everyone have the intellect to chant God's Name and pray while performing acts related to cooking. - **Compiler**

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