

Text series on 'Āchārdharma' : Sāttvik Diet - Vol. 1

Importance of a Sāttvik Diet

(English)

Compiler

Proponent of the 'Hindu Rashtra'

Sachchidānanda Parabrahman (Dr) Jayant Athavale



Sanatan Sanstha

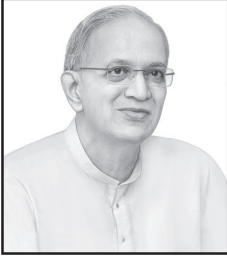
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Introduction to the Compiler

Brief introduction to the unique mission of Sachchidananda Parabrahman (Dr) Athavale



1. Established 'Sanatan Sanstha' to propagate Spirituality
2. Propounder of 'Gurukrupayoga' for faster God-realisation : By performing spiritual practice as per 'Gurukrupayoga', 127 seekers have become Saints and 1,058 seekers are progressing towards Sainthood as of 15.5.2024.
3. Unique creation of Spiritual texts on various topics such as Deities, spiritual practice, daily conducts, Nation & Dharma, etc.
4. Founder-Editor of Hindu Periodical 'Sanatan Prabhat'
5. Proponent of 'Hindu Rashtra' (Divine Rule) (Year 1998)
6. Uniting Saints, Sects, devout Hindus, patriots and social workers and providing spiritual guidance to them to establish the 'Hindu Rashtra' (Divine Rule)

(For complete introduction, visit - www.Sanatan.org)



Assurance of Sachchidananda

Parabrahman (Dr) Athavale to seekers

*The gross body has limitations of time and space
How can I be with everyone, at all times
Sanatan dharma is my eternal form
In this form I always exist everywhere*

Jayant Balaji Mhankle

17.5.1996



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

2. The subtle analysis, pictures based on subtle knowledge presented in this Text, are courtesy Maharshi Adhyatma Vishwavidyalay. - **Publisher**

Clarification on prefixing a title to Paratpar Guru (Dr) Athavale's Name

Great Maharshis have written the future in the Jeevanadipattis thousands of years ago. Saptarshis guide Sanatan Sanstha through the medium of Jeevanadipatti Readings. As per the instructions of Saptarshis through the medium of Saptarshi Jeevanadipatti on 13.7.2022, the title 'Sachchidananda Parabrahman' has been prefixed to Paratpar Guru (Dr) Athavale's Name. Even if this be so, seekers have earlier (and continue today too) addressed Him as 'Param Pujya' [or His Holiness] and 'Paratpar Guru' in their writings. We have retained the way He has been addressed by the seekers initially.

ॐ ——— Combined Preface to this Text series ——— ॐ

‘शरीरमाद्यं खलु धर्मसाधनम् ।’, meaning, the physical body is the only true medium for performing spiritual practice. The obvious reason is that for God-realisation, which is the ultimate goal of human life, having a physical body is extremely important. For the physical body to remain healthy, the diet has to be nutritious. If the diet is *sāttvik* too, it helps in enhancing the *Sattva* component in the body, which helps in God-realisation. This Text elaborates on how a *sāttvik* diet plays an important role in enhancing the *Sattva* component.

A *sāttvik* diet makes our body, mind and intellect *sāttvik*; whereas, eating meat and alcohol makes an individual *tāmasik* (*Tama* predominant). Modern dieticians do not state clearly which is superior - vegetarian or non-vegetarian diet. Their grasp of the subject fails to transcend the knowledge of vitamins, calories and proteins. This Text elaborates on the harmful effects of eating non-vegetarian food and alcohol, and the distress caused by negative energies through their medium. Today, modern medical science is unable to find the root cause of many ailments. For this, a thought needs to be given to a ‘contradictory diet’, which means eating a harmful combination of two or more ingredients; for example, rice + milk + salt. Many examples of a ‘contradictory diet’ have been mentioned in this Text. If the importance of a *sāttvik* diet and the harmful effects of *tāmasik* diet are revealed to mankind, it will enhance the lifespan of people.

We pray unto the Holy feet of Shrī Guru - ‘May everyone develop the desire to consume a *sāttvik* diet and become predominant in the *Sattva* component.’ - **Compiler**