

Veganism

Sundari (Isabella Viglietti)

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Georg: I told James that I really enjoyed your article on vegetarianism and veganism. Back then James told me to write to you, to let you know that I found great interest in your article!

Most of the things you mentioned were already known by me. We have – more or less – read the same books. I found out about the paleo diet about a year ago. It gave me a very easy introduction into the downside of carbohydrates and other agrarian food habits. Since then I have adjusted my diet to some extent according to the paleo diet. I once read an article about the diet of chimpanzees (our next surviving ancestors). They eat about 50% fruits, 30% vegetables and the rest are nuts, insects and some other stuff (probably some seeds). This diet seems to make most sense for my *jiva*.

Sundari: Thank you, your feedback much appreciated. I do not follow the paleo diet per se, as I feel that idea has become a religion, like so many other ideas. I work with the basic principles of a very low-carb diet, which are moderate organic animal protein, good fats and high-organic vegetables, a diet which is borne out by anyone who knows where to find the truth about nutrition and health. It never fails to amaze me how incorrect most people's information is regarding diet, even so-called "reputable" scientists, doctors and researchers. When one understands the correct way to eat and has the confidence to follow it without paying attention to or getting sidetracked by the confusing voices in the nutrition field, the body is happy and works well. That is the point after all, peace of mind.

Georg: I really, really appreciated your article! Especially the remark that life eats life.

I know that it can be quite hard making this information available to all the people who have "firm" beliefs about what is "right" (veganism) and what is "wrong" (meat).

To understand that everything in *maya* is empty of something like good or bad is extremely difficult to understand for most people.

To understand that the goal of one's diet is simply to stay reasonably fit and to support *sattva guna* seems to be unknown to most people. It even seems outrageous and total bullshit to many people.

So thank you for the great attempt of bringing some clarity to this subject. It is a very difficult subject to transmit indeed!

Sundari: Yes, it is a very contentious topic because it is so emotional. It is hard for most people who think they are spiritually superior because of their diet to accept the unavoidable fact that one has to kill to eat, that it is built into the system by *Isvara*. There is no getting away from this. The *jiva* is being eaten as long as it is alive – and when it is dead. There are more micro-organisms feeding on and in the body than there is a body! ☺ Veganism can be a dangerous cult

and can seriously injure health if the right knowledge is not applied. Most vegans do not know how to eat for health, because the reason they are vegans gives them automatic claim to the idea that they are healthier and more virtuous. And both ideas are pure ignorance. All the same, it is up to everyone to work out what works for them.

Georg: If you had a hard time bringing the message forward that “life eats life,” then just imagine bringing the message forward that society might disappear within the next few years!! It would create much distress and even hatred among most people as can be seen by the example that many climate scientists in the USA applied officially for asylum in Germany, Denmark, the UK, Sweden, etc.).

Sundari: I did not have trouble bringing the “life eats life” message to anyone. Some people may have had trouble with it, but that is their problem, not mine, as this is not my view or belief. It is just a statement of fact and irrefutably true about how the field of existence operates. Your views on climate change are not based on irrefutable knowledge and cannot be conflated with this statement, and certainly not with self-knowledge.