

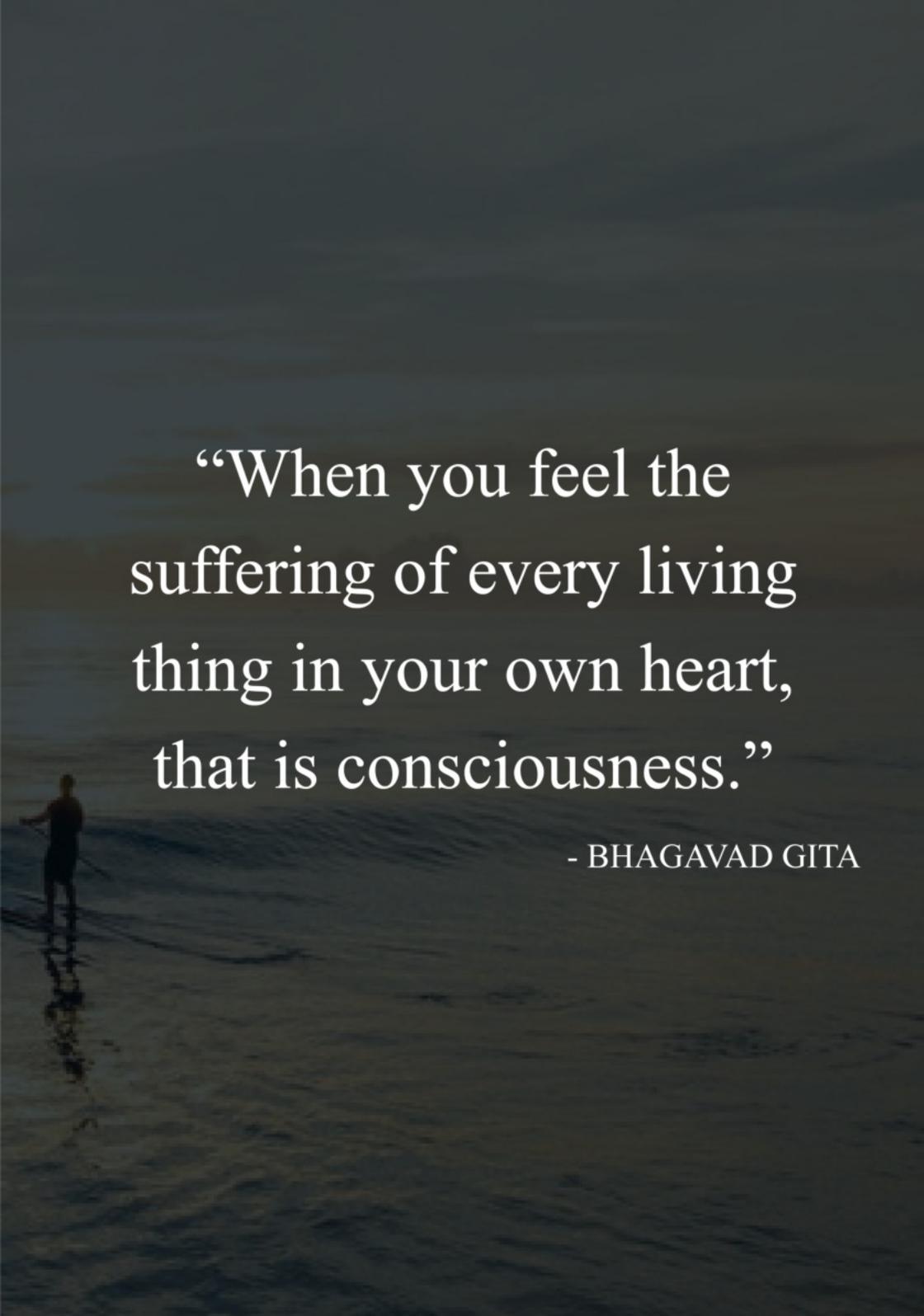
AKARMA VEGANISM

THE FIRST STEP TO MOKSHA



100%
FREE

Mission Aham Brahmasmi

A person is standing in shallow water, possibly a beach, with their reflection visible in the calm surface. The background is a dark, moody sky, suggesting a sunset or sunrise. The overall tone is contemplative and serene.

“When you feel the
suffering of every living
thing in your own heart,
that is consciousness.”

- BHAGAVAD GITA

AKARMA VEGANISM

- The first step to Moksha

The Right & True
Vegetarianism (Praanaahaaram)
for Humans

100%
FREE



SADHGURU TARA VISHAL JI



SADHGURU DEVI SAHASRA TARA VISHAL JI

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Akarma Veganism book from our website*

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Akarma Veganism

The first step to Moksha

Akarma: Akarma means an act that doesn't attract any Karma. That which is neutral, so to say. These neutral acts i.e. Akarmas lead to Moksha.

Veganism: Veganism entails not using anything that belongs to, or, that comes from animal species. Excluding animals and animal products from food, clothing or other purposes is Veganism.

It entails not consuming any meat, fish, eggs, honey, milk or any of its byproducts (curd/ yogurt, butter, cheese, ghee, paneer OR even biscuits, chocolates, ice-creams and cakes made of these products). Also, not using silk, pearls, animal fur, leather, wool or any such other produce from the animal species, including staying away from products which have been tested on animals or have given them any pain/ grief. It also includes fighting for animal rights and protecting them, with a clear understanding that saving them is actually saving ourselves and saving our world.

Akarma Veganism: Veganism without any Karma; that which is allocated and provided by Nature is Akarma Veganism (Akarma Praanaahaaram). Both in the physical reality and spiritually, this is pure Vegetarianism, the right one and the truest Vegetarianism.



Q) How does food become Akarma? And what does Akarma food mean?

A) The food that is allocated and provided by Nature, is in essence, Akarma food. This is also called Praanaahaaram. If any living being, consumes only the food that is provided for it by Nature, that which is its natural and allocated food, then such a living being does not attract any Karma. There is neither Punyam nor Papamu, in such an act. That is neutral.

If a lion devours a deer, it attracts no Karma. A cat killing a mouse to feed itself, does not bring upon itself any Karma. A cow that grazes on grass does not attract any Karma, either. Likewise, humans consuming only the food provided to them by Nature – true vegetarian i.e. only Plant foods, do not bring upon themselves any Karma. This is Akarma food.

Humans consuming such Akarma food, would have taken their first step towards Moksham, without any special effort or further involvement. This is a natural process. A convention that Nature has provided to help us with our Soul development.

Animal (or animal based) food, poisonous food, food that gets in Karma aplenty; involving killing animals, cooking them and consuming with delight, is leading mankind to ill-health, lives filled with Karma and souls bearing its weight. By consuming such un-natural food (Vishaahaaram), humans are misusing the great fortune showered upon them, by the creation. In this way, humans have been moving away from their own Divinity, present within themselves very skillfully and in a hurry.

Any journey, however big or small, starts with a first step and as such, first step is inevitable to reach the destination. And by neglecting such an important first step towards Moksham/ Divinity through Akarma food; and moreover, by preferring poisonous foods, humans are drifting away from their own Divinity. Far from the truth that 'I am Divinity personified' & 'I am Divine'.

Let's understand Akarma Food, in greater detail:

Basically, there are two kinds of food groups, namely

- a. Praanaahaaram
- b. Vishaahaaram

Praanaahaaram is the food provided and allocated by Nature, to each life form. For instance, meat is the Praanaahaaram for Wild beasts. For domestic animals, grass and hay is Praanaahaaram. And for humans, Pure/True Vegetarian food i.e only plant based food is Praanaahaaram.

What is un-natural, or not allocated by Nature to the life form, by definition is Vishaahaaram (or poisonous food).

In the natural food-cycle, there have been foods earmarked for each life-form to sustain themselves. All other life forms have always been consuming only the foods provided by Nature and allocated to them, and will continue to do so further too. Other life forms have been following this Natural food-cycle and this law of Nature - 100%, except for us, humans!

If you'd like to test this out, try feeding grass/ hay to a hungry lion; it will not eat it even if it is starving to death. It just can't eat. Because, grass is not "its" food. Try feeding meat to a cow. The cow would rather die starving, than eat – meat. It just won't.

Animals don't eat the food which is not naturally provided for them, allocated to them or meant for them. They can't. That is their 'system'.

On the other hand, Man eats grass, eats the cow that grazes on grass, and even eats the tiger that preys on the cow. Man is the only animal who has violated these laws of Nature. The entire planet and all its life forms are bearing the brunt of this one big mistake of Humans. This horrendous blunder should be stopped right now. That is our collective and immediate responsibility.

Q) Why should humans be Akarma Vegans (Akarma Praanaahaari) at all?

A) When one does a task repeatedly, it becomes a habit. Once the habit forms, he does it more often, and involuntarily, by when it becomes his nature.

1) If such nature that is formed is evil, bad, negative, anti-divinity and/or related to the ego, such a nature should be corrected through Sadhana. There's no other way out, and without which the Creation doesn't let go of the person.

If one would like to be spared hell for his/ her misdeeds, and wants to clear his/ her Karma through Awareness, and obtain Moksha, (s)he should download the e-book and/or the Audio book titled "Sadhguru Tara Vishal Margadarshi" from our website www.missionahambrahmasmi.org and read/ listen to it and follow the instructions provided in the book. Do correct yourself. Save yourself.

2) If the nature so formed is essentially good, positive, divine and if it gradually becomes her/ his natural behaviour, such natural behaviors become Akarma. (S)He doesn't attract any Karma, by doing tasks related to such a nature. Given the fact that Papamu (Sins) and Punyamu (Virtues) balance out each other, the outcome is neutral, and hence Akarma. It is these Akarmas that lead to Moksham.

Usually, any task that we do, translates to Papamu or Punyamu, and thereby attracts Karma. Ensuring that we don't attract any Karma at least, through the food that we consume each day and in each meal, is the sign of a wise person.

We keep consuming food in some way or the other, right from the time the first cell is formed in the mother's womb, till the body dies. Thus, feeding our body has become a natural behavior for us humans. If something that happens so naturally, becomes Akarma, that will lay the first step towards Moksham.

The reason Humans should consume only Akarma Vegan food is...

1. Before a vehicle is manufactured, the fuel on which it will run is predetermined. Likewise, the Atma (Soul) takes on a 'divine' vehicle, called the body, to experience life, and it needs certain set of provisions for the project. It needs positive vibrations. And hence, Akarma Vegan food is the only right match. The body itself is designed as a vehicle fueled by Akarma Vegan food. Any other fuel (food) is dangerous. And this is a complete scientific truth, based on Spiritual knowhow.

2. When an Atma is created by its own Mulachaitanya (Ultra Consciousness) or by a Poornatma (Absolute Atma), it first enters the Mineral Kingdom, taking the form of water, soil, sand, various rocks, minerals and other forms present on the planet. In the second stage, Atma enters the Plant Kingdom, by becoming grass, plants, trees and other forms of greenery. In the third stage, it enters the Animal Kingdom and thereafter only, does the Atma enter the Human Kingdom. And only after the Human Kingdom, can the Atma access the Divine Kingdom.

While the Atma is in the Animal Kingdom phase, it takes on various births in different forms for soul nourishment and while tending towards the Human Kingdom, it seeks to know more about Humans and their lives; and to clear misconceptions about Human ways of life. During this phase, they are born in animal types closer to Humans, like the domesticated animals viz. Horses, Donkeys, Dogs, Cattle, Goats and Sheep, Hens, etc. The sole reason of these births is to understand Humans as much as possible before they leap to the Human Kingdom, and to remove any misconceptions or worries they may otherwise have. In reality, for all the living species on the Earth, Humans are the 'guiding light'.



And when Humans themselves have taken to such gross cruelty in slaughtering and consuming them, these Atmas' have been traumatized beyond words. Not just killing them and consuming their flesh, but also eating their eggs/ little ones, blatantly and unashamedly stealing the milk meant for their offspring, robbing their life's work (in the case of bees), torturing and killing them for silk garments, gruesomely peeling their skins while they're still alive for the sake of leather goods, peeling their wool till the blood oozes out, severing their body parts for Cosmetics, holding them in captivity for pleasures (in some cases sadistic) and so many more such unthinkable inhumane atrocities. These souls are shaken to the core and are unable to bear such cruelty, violence, treachery, deceit, theft and severe insult that Humans have subjected them to. Witnessing these acts, the souls would never prefer to be born as Human or dare to enter the Human Kingdom. And these souls get stuck in the astral worlds without taking birth.

As per the life cycle process, there is no going back in the Atma's (Soul's) journey, it could get stalled in the same place but doesn't go backward. Very similar to how one would only go the next grade in Schooling, even if there is a gap in education and don't start afresh. These very atmas, which look up at their "guiding light" (humans) for their progress and guidance, are shell shocked by the treacherous nature of humans and 'fence eating the crop' syndrome. With great despair, they get stuck in the 'Astral Worlds' for too long. These Atmas are trapped as such, unable to move backward and unwilling to move forward, thereby experiencing severe trauma during this stalling.

For these souls, that are going through this stalling and the severe trauma associated, there is no other way out than getting over the dark experiences and overcoming the fear of taking a human birth. There is no other way to progress, and progress is a must.

For such souls who're stuck for no fault of theirs, the Creation provides for a relief by transferring all the grief, pain and suffering borne by these souls unto the humans responsible for them in the first place, thereby maintaining a balance. Humans who rear and breed such animals, the butcher, the seller, the cook, the transporter and the consumer – all of them get a proportional piece of the suffering. In reality, most of the diseases that affect humankind are essentially due to the non-vegetarian and non-vegan foods.

3. One may question the fact that even vegetables, plants and trees which make up Akarma Vegan food, have life too. That is also true.

There's one very important aspect that one should know at this juncture. Creation itself means life. There nothing in this creation without life. Even seemingly lifeless things also possess life. Lifelessness has no place in Creation. Vegetarian food does have life. It's just not possible that something as life-giving as Vegetarian food, is lifeless. And the life that Vegetarian food possesses, is meant to sustain and nourish Human life. This is the food provided by Nature for human consumption. Because the Vegetarian food is made for consumption by mankind, its genetic structure is designed as per this plan. Hence, THE right food for human consumption. In such food, there is neither violence nor bloodshed, no gore, no cruelty, no suffering, no pain, no hunting, no torture and brutality. There shan't be and there can't be. And, thus it qualifies to be the 'right and only food' for humans.

On the contrary, all of the above exist in non-vegetarian food and animal based food. Will a food filled with all of these qualities, qualify as food; forget the life-sustenance and nourishment part? Is it right to take lives of other animals to just satisfy one's taste buds? Is it just? Is it meant to be?

To answer the question of whether consuming vegetarian food does not entail taking life and whether killing them is just – one could do a simple and practical experiment. Take a few vegetables of different kinds, and threaten them of cutting them open and cooking them. They're going to be silent, motionless (even emotionless) and peaceful about it. Try this threat with a knife in your hand - on a chicken, a lamb or another animal while they're untied. They're going to be running for their life, as fast as possible. The animals have a life, they have choices and the capability to express them, they do have a right to live and do not like to die, like the rest of us humans. Moreover, they aren't meant to be your food. They can be food for wild carnivorous animals only. But we're human, not carnivorous wild beasts.

Let's look at this practically - when an animal feels a life threat before being slaughtered, they stand there helpless. Even when under anesthesia, the effect is only on the body, while the soul knows. And when under such life threats, animals release huge doses of toxins into their body. It doesn't usually die in an instant, however much it may look like it. They shudder at the sight of imminent death, death in the form of you. Since they're bound and can't move, the mental trauma is at a peak, like you would go through, when in a similar situation. The struggle between its wish to live and your intent to kill, takes a toll on the animal, during which a tremendous amount of toxins emanate inside its body as a natural reaction to the situation, which then remain inside its body. The mixed emotions of anger, rage, fear and helplessness all make up for a dangerous concoction. And finally, when it dies slowly, you end up eating its corpse; its dead body. Honestly speaking, what you end up eating is these very same emotions of pain, suffering, torture, anger and fear through its corpse.

4. The revered 'Patanjali' objects to non-vegetarian food and meats, not just because they involve violence and suffering, but because eating meat is like committing a suicide. And hence, he admonishes. Patanjali observes that non-violence is self-less living.

Being non-violent is not a favour to anyone, except yourself. A big, huge favour. What one gives, he begets. And once, someone understands this truth, (s)he realizes that death shall be given unto them, much the same way that they had given to animal life forms. If you kill, you shall be killed. The revered Patanjali warns without mincing his words, since eating meat deteriorates your soul.

“By being a Vegetarian, you aren’t doing anyone else a favour. You’re saving yourself!” – **Osho**

5. All life forms on Earth are basically, inter-dependent. They’re all part of the larger eco-system. All life is here to develop their souls and their livelihood is dependent on the other species. All life forms are important and all lives tend to enrich their soul, during their time on Earth, in accordance with the laws of Creation. All this is an inter-dependent chain like structure, wherein even if one species’ development is stalled, the rest of the species also bear the brunt. Just like, even if one part of our body hurts, the rest of the body can’t be at peace and the rest of the body has to do its best to provide energy and care to the affected body part. In this natural system, a lot of life forms are stressed or going extinct, due to the misdeeds of the mankind. The soul development of the animals killed by humans is getting stalled, whose effect is on the rest of the species’ soul development too. Unfortunately, in all the life forms, the most prized humans have been a cause of the catastrophe, due to her/ his serious violations of the laws of the Creation. By killing and/ or using animal based products, due to her/ his ignorance, stupidity, recklessness and selfishness, and for her/ his silly comforts and conveniences, she/ he has brought onto not just himself, but onto all life forms this grave situation. This must stop. **NOW.**

6. Eating meat is negative, in itself. It only develops all that is negative, within humans, and strengthens them. And our behavior makes our character. All that embodies our character shows up in our life – negatively!

7. Eating meat renders the body dysfunctional and ineffective. The critical nervous system that receives the higher spiritual vibrations, which in turn are crucial to the soul's development, is a very delicate and sensitive set-up. And this system is adversely/ negatively affected by consuming meat and other animal products. In effect, the soul's development is stalled and there are unfavourable consequences to bear, as a result.

8. Not only shall a (wo)man give up consuming toxic food physically, but also mentally. Thoughts made up of jealousy, treachery, selfishness; thoughts about causing pain or harm to others; bad intentions in general, negative opinions, mental prostitution and the like, are all toxins to the mind. Some actually take pleasure in living up these negative emotions in the mind, what they can't do physically. And that's not right either. One should cleanse themselves, both in action and thought. In fact, mental housekeeping is what will get you peace, health and wealth to your body and life, not merely conduct. Mental purity is thought purity; if the mind is kept pure, then the same will reflect in the physical reality. Thoughts filled with love, constructive thoughts filled with compassion and cooperation, developmental thoughts, peaceful thoughts should encompass the mind. One should think about these only. And such thought patterns shall emerge, very naturally, from disciplined Sadhana. However, such a state shall only be attained by Akarma Vegans only.

9. It is not enough that a (wo)man becomes Praanaahaari (Akarma Vegan) in practice and thought. (S)he should also become so in Spirituality too. There are some spiritual toxins too, which are listed below and should be avoided/ given up now:

- a. Our way is the only right way; every other way is wrong and/ or inferior
- b. Our organization is the highest
- c. Treating others as inferiors because they don't follow you/ your organisations' path
- d. Ill-treating the people who leave your organization and victimizing them

10. There are three types of toxic foods: Physical, Mental, Spiritual. One should give up the toxins in all these three levels and become a Praanaahaari (Akarma Vegan) immediately, for her/ his own self. All should work towards this objective, tirelessly. The right food leads to the right kind of energy, which further leads to right body and life.

11. Being an Akarma Vegan has another important aspect: recognizing that causing harm or pain or torture to another person, is also as bad as being a Non-vegetarian. What we can't afford to do to animals (torture), can't certainly be permitted to be done to humans. And hence, such infliction of hurt – physical or mental to any other person, should stop. Immediately.

This also includes bossing over and belittling younger people than yourself, your subordinates or people that are disadvantaged. Sometimes, power and authority blocks reasoning ability and people are tempted to behave as such; many a times, even Vegetarians/ Vegans behave in such a way. This is in fact, is a more horrendous crime than torturing animals, as humans have much higher consciousness than animals. Usually, children suffer the brunt of such negative behavior from adults, in the garb of disciplining them or with the misconception of acting in the kids' interest. This is not right, too.

12. Become Akarma Vegans. Convert others to Akarma Vegans. The karma that you have to go through due to your actions (and inactions) will ease out, due to this philanthropic deed of yours in spreading Akarma Veganism. Unbound and plenty good will be bestowed upon you. Your life will be Divine.

13. Being Akarma Vegans in essence is being non-violent and being self-less. This selflessness will enhance your health, fill happiness in your life and create unbound wealth for you.

14. Few argue that Egg is not meat/ not non-vegetarian. It is as much non-vegetarian food, as a chick that comes out from it. The eggs that don't produce further life, and produced in poultry farms are to be considered the same and should not be consumed.

15. Some have the misconception that non-vegetarian food equals strength. Meat doesn't produce strength whichever way it is looked at; it only produces disease. If you look around herbivorous animals are stronger, the likes of an elephant. You'd find a lot of Vegan body builders, Vegan athletes, Vegan Cricketers who swear by Vegan food, if you could do a quick internet search.

Akarma Veganism is not a mechanical way of life; it is not enough to being born in a vegetarian family, either. The point is lost, in living such a life. You should be very aware of why you have turned into an Akarma Vegan and with high realization of why you continue to practice it. Only then, it will help you progress, physically and spiritually.

16. The animal that you devour, lives within you. The food that you consume will affect your nature. While you would have crossed the Animal Kingdom phase to enter the Human Kingdom, consuming food from the Animal Kingdom, stalls your spiritual growth and puts in you, the very same Animal behavior, all over again. You begin to resemble the same animal, albeit in a human form. Your leap from the Animal kingdom to the Human kingdom, remains worthless as you begin exhibiting the same traits animals have – rigidity, cruelty, closed-mindedness, itching for a fight, anger, rage and the like.

17. You become a haunt for the negative energies, when you consume meat. Negative energies can only thrive within meat eaters. The moment you'd start thinking about giving up meat, there is a turbulence within you. Truth be told, this turbulence is not yours, it is of the negative energies accumulated within you. These energies lose out their free-of-rent accommodation, if you turn to Akarma Veganism. And hence, they resist and try their best to keep you from changing.

To reiterate the point, the thing that desires, consumes and enjoys meat is in fact, the negative energies, inside of you!

18. According to the 2018 estimates, 5600 crore animals are being killed every single day, worldwide; which is 177,575 animals are being mercilessly hunted or killed each second. As per the 2018 UN report, the amount of pollution created by breeding animals and consuming them, is equivalent to the overall pollution created by all the vehicles in the world put together. This is alarming.

While there may not be effective alternates to fossil fuels today, we do have much better alternatives to meat – i.e. Veganism. Meat was never meant to be the food for mankind, and upon eating meat, (wo)man has brought upon her/ himself this grave situation. One in six, in our world suffers from lack of food/ malnutrition, the prime reason for which is people eating meat. If everyone in the World convert to Veganism, there will be enough food for all to eat, and can be produced with the resources we have today. If 600kg meat feeds about 4,500 people on an average, about 54,000 people can be fed Vegan food, using the very same resources. There will not be any death due to hunger/ malnutrition, the day the World converts to Veganism. The pollution will be much lesser of an issue, as about 34% of the fertile land is currently being used to raise animals (live stock) and for their grazing. The tree cover is giving way to animal breeding. All of this results in droughts & famines, creates pollution, which is ever-increasing. Everyone should realize the impact of such food habits and should immediately convert to Akarma Vegans. It is time.

If all humans do not convert fully to Akarma Veganism, the very existence of mankind will cease. This meat-eating is a much bigger problem than that of Terrorism. According to the CIA and UN surveys, there were 23,468 deaths per day due to Starvation, during the period 1968 to 2003; while in the same period Terrorism related deaths were 45 per day. These numbers reflect the gravity of the situation and the nature of the beast within.

19. The epidemic that is currently fast spreading, with devastating results is Genetically Modified Foods. While it seems fancy, you should look this up on the Internet to find how dangerous the effects can be. The naturally occurring crop and plant seeds are genetically modified by introducing animal DNA strains into them. These are not just a death-knell to humans but an extinction threat to the planet.

This alone will convert in one stroke, all the Vegan food provided by Nature, into non-vegetarian, animal based food. This will irreparably damage the human body systems. In parallel, it will ensure bodies become breeding grounds for diseases of the kind, we have never seen; while accumulating enough karma that one can never get out of.

There is some animal element, in most foods these days. Even if a product proclaims that it is Vegetarian (with a green dot), one still needs to carefully examine the ingredients before (s)he buys/ uses the same. Only vegan products abstain from using any animal meat/ fat or other ingredients in its making.

It is best to check for Vegan & Organic products online, confirm with other sources and keep a list of such products handy, before you buy or use them. By changing to Akarma Veganism, you will not just benefit your health, but your finances, the environment and spiritual growth. This is not just profitable, but also the right thing, the safe alternative, and the one that leads to your overall development, while also extending your life and keeping it healthy.

There is no point crusading for Environment change, while continuing to eat meat. The food maketh the (wo)man. For the meat eaters, their nature will continue to be that of an animal, and far from attaining Moksha.

No religion or God saves such people, not because God can't, but because it is the fundamental rule of creation, that Gods have put in place themselves. Would you rather anoint the idols in Temples with blood or water? Would temples in Tirupati, Amarnath or Badrinath allow such barbaric acts? If you wouldn't do such things, fearing karma or Papamu, how would you justify eating this terrible meat and expect to be in divine company, or receive blessings? Anyone who changes to Akarma Veganism protects her/ himself and also the Earth.

20. The meat eaters of today, will be the Promoters of Akarma Veganism, tomorrow. The responsibility of protecting the Earth, its life forms & the environment, falls upon every human being. Every single person should take up this cause. And ensure others do.

**For health, wealth, living an extended and fulfilling life,
become True vegetarians.
Be an Akarma Vegan!
Be an Akarma Praanaahaari**

Nutritive value of Vegetarian Foods (100gms)*

Food	Proteins	Carbohydrates	Dietary fiber	Fats	Energy
Pulses	6.0 – 28.2	14 – 60.9	5 – 25	0.4 – 5.6	86 – 372
Wheat	10	76	2.7	1	364
Rice	7	80	1.3	0.7	365
Soya beans	36	30	9	20	446
Vegetables	0.2 – 27	1.4 – 63	1.1 – 16.3	0.2 – 9.6	10 – 365

Nutritive value of Non-Vegetarian Foods (100gms)*

Food	Proteins	Carbohydrates	Dietary fiber	Fats	Energy
Lamb/ Goat	21.4	-	-	3.6	109
Chicken	6 – 14	-	-	3.6 – 18	109
Eggs	13.3	-	-	11	155
Beef steak	14	-	-	15 – 30	332
Pork	20	-	-	6.3	185

* Data from US Department of Agriculture (USDA)

Just by replacing “meat and eggs (animal foods)” from your regular diet, most of the toxic compounds that enter your body can be reduced. You will not need to do any other major effort to avoid most fatal and major diseases like Cancer, Heart ailments, nervous system ailments and other such. Just by turning vegetarians, most of the above diseases can be effectively prevented.

Dr. T. Colin Campbell, nutritional researcher at Cornell University and director of the largest epidemiological study in history, says, “The vast majority of all cancers, cardiovascular diseases, and other forms of degenerative illness can be prevented simply by adopting a plant-based diet.”

No intoxication, no matter what

Followers of certain new age spirituality have a notion that it is ok to consume alcohol or tobacco; that it doesn't matter if a spiritual person gets intoxicated. I had also met with a gentleman who would masquerade as a Guru, during a conference, who pretty much said the same thing. Even I had thought it may be ok and did not focus much on it. I wouldn't stress upon these habits, as much as I would on Akarma Veganism and being an Akarma Vegan. However, In Dhyanam/ Meditation sometime back in 2012, I had a crystal-clear vision about these habits and the extent of negative impact of intoxication!

Alcohol, smoking or chewing tobacco, vaping, drugs or any other forms of intoxication create a delusion, a state of amnesia. Mankind is already under the influence of Maya (illusion) in this world and these types of intoxication further her/ his state. It is very easy for negatives to enter an individual when (s)he is intoxicated. And these negatives, take her/ him away from her/ his self-realization and Sathyamarga (path towards truth). They further create diseases like cancer and other complications. In truth, there may be lesser damage by consuming alcohol or smoking, however the negatives that enter, do bulk of the damage.

Any form of intoxication, no matter how expensive or how much refined it is, do enough damage. Hence, you should quit consuming all forms of intoxication immediately, completely and permanently.

As you sow, so shall you reap - the Universal truth!

Everyone knows this, they would've heard this and perhaps also would've preached this to others. However, most people don't connect this with their food habits. They either don't realize this or don't want to think about it. As any human with basic humanity, who thinks about this understands and becomes aware of the violence animals are put through, wouldn't like to be a reason for it. Then they will certainly change forever – and this primarily is the reason people wouldn't like to listen about this, read about it, discuss or even think about it.

For them, 'Ignorance is bliss', or so they think.

Thus, spake Spiritual Master Mikhail Naimy about eating meat – "To feed on death is to become food for death. To live by other's pain is to become a prey for pain. So, has decreed the omni-will. Know that and choose your course"!

Eating any dead animal is inviting death. Harassing any living being is inviting suffering. Ripping open a body needs to be repaired with one's own body; every bone broken is to be regenerated with their own bones; every drop of blood spilt shall be repaid with one's own blood and that is the Universal law.

People who don't consume animal meat, but use animal products are indirect non-vegetarians! People who consume or use Eggs, milk, curd, butter milk, cheese, ghee, honey, leather, silk, wool, pearls and other such products produced by or from the animal kingdom are all non-vegetarians per-se. May be indirectly, but definitely so.

Killing and devouring an animal means you don't have any mercy, whatsoever. Anyone who realizes the value of life can never do this. Unless you give up merciless killing of animals or becoming the cause of its death; and totally get rid of the animal instincts in yourself, you will end up going through similar struggle and pain in your lives. Unless you change, your life will have to endure the corresponding treatment, whether you like it or not! How many ever lifetimes it may take!

Whatever your character and behavior, you attract the exact likeness into your life. The pain, the suffering, the loss and fear, the animals have suffered will reflect in your lives as well. However, once you change yourself, you will NOT have to undergo this cycle. This happens to help you realize; change your cruel and animal instincts – this is learning, and not punishment!

The qualities inside you that entice you to succumb to your taste glands, make you slaves to it; the irresistible temptation to enjoy and let your kids enjoy - tea, coffee, milk, curd, ghee, sweets, ice creams and other dairy products, even if it comes at the cost of mind-numbing violence and torture to innocent animals, as if they are born only to give you pleasure and their lives don't matter; those very qualities in you attract violence, torture and brutality into your lives. The trying times that will come into your life will make you lose self-worth and will make you question your life's existence. And since you may not realize that, either directly, or indirectly, you were yourself, the reason for these difficult circumstances in life, you then begin to wonder: 'why me'; 'I don't deserve these difficulties as I have been nice to everyone'; 'God is unkind to me' and the like.

Since people think dairy products like milk, curd, cheese, butter or ghee do not involve any violence, even vegetarian families consume these. However, if you'd look up Youtube videos, shot by animal lovers risking their own lives, you'd see the extent of ill-treatment and pain these poor animals are put through for milk. You'd possibly end up in tears, throw up or stop watching the stomachchurningvideo. Andthat'stheirdailylifeintheso-calledfarms.

A new-born calf is separated from its mother. If the calf is female (heifer), it is left alive, for the same reason it's mother lives – to give milk. If the new-born is a bull calf (male), it is sent to an abattoir (slaughter house) immediately, as the Dairy industry has no purpose for it and there is demand for tender meat too!

Like we know in the case of humans, breast feeding new-born babies is the best and the milk produced by lactating mothers in the first few days of delivering the child are filled with most nutrients to nourish the new-born. This advice is passed on to us through generations of our elders, there are advertisements and doctors advice everywhere, to this effect. This is very true. Likewise, this applies to the cattle as well.

The new-born calves need this colostrum milk (milk produced by the cows in the first few days after delivering a calf) the most, for their life and nourishment. Some of you also take away this colostrum milk for its taste and either consume or sell to others. However, please note that this very same milk is poison for you, both health-wise and spiritually too.

A mechanical cow milking machine is fitted into the cow's udder, which milk the cattle for long periods until some portion of blood is also sucked in. So, invariably the nicely packaged packets and cartons of milk, also contain sweat, blood and pus of the animal. A lot of animal lovers, research laboratories, TV Channels and NGO's have tested and placed the reports online. And we haven't yet delved into the adulteration business, injections being given to these poor animals and the resultant hormonal imbalances in it, and then in its milk.

Clever advertisers create this make-believe world where well-groomed and healthy cows are shown giving milk happily and 'mooing' us to drink milk, and you take it for reality. That is in fact farthest from the truth. The Dairy industry creates this false narrative to mislead you and increase their audience for purely monetary gains. Get out of these man-made illusions, realize the truth and get rid of the karma...

Since you think milk is good for health, good for bones, the Calcium in the milk is very important; you give glasses of milk to your loved ones, especially to your dear children. You actually force-feed milk, even if the kids resist it, such is your mind conditioning. And you do this for your kids' health and for their good. But this illusion you are in, is a huge mistake, that you need to shake out of - to protect your kids, your loved ones and yourself. While there is calcium in cows'/ buffaloes' milk, this calcium can't be absorbed by the human body. This calcium actually makes the bones fragile/ brittle and susceptible to breakages and Osteoporosis. And you could see people around you, milk drinkers - suffering from arthritis, bone related issues – a strong case for you to consider!

Do understand that like human breast milk is for human babies, milk from animals is meant for their species alone. As per the Natural process, the mother produces milk only till the time the baby needs it, and then the milk secretion stops. Consider this – there is no other species that continuously drink milk, except humans. This is not as per the Nature's design and there is no need for humans to consume milk at all.

To keep the milk flowing at all times, the Dairy Industry not just artificially inseminates the cows, but when they're no longer able to produce milk, these poor creatures are then sold to slaughter houses, where the skin is peeled to make leather, while the cow is still alive. This topic about 'the torture animals are put through', will need an entire book to cover the brutality in detail.

And you will have to accept the fact that, since these inhumanities are being done to provide for YOU, you become the reason, directly or indirectly.

And in these atrocities, you have a big part – and that is the truth. And the bigger your part, the more Karma you will attract into your life. If you don't change for the better, these Karmas will have to be repaid however many lives it may require. No other way out.

Examine carefully your lives at the moment – and you will begin to see resemblances of the pain these cattle are being put through, in your lives also. Isn't the karma already in your lives, a thousand times over, compared to your part in the treatment of animals? Relationships within the family souring, loneliness, getting cheated, robbed, being insulted, getting attacked violently, losing the interest to live, life itself becoming a burden, losing the purpose of life and the meaning, not able to live as one would like to, diseases, hormonal imbalances, lack of peace, lack of sleep, insecurities, having seen death closely, being accident prone, the pain, the physical suffering, the mental trauma, even death doesn't come easily.

And why exactly are these things happening? Nothing that does not belong to you will ever come to you! What that means is you have certainly given these to others, thereby bringing upon yourselves these conditions of gloom. Remember what you give, you will get back a 1000 times over. And this cycle should stop – time for you to wake up!

And also remember, not just meat, eggs, sea food, milk, etc., you shouldn't be asking anything else too from the animal kingdom. We should learn to co-exist peacefully with these life forms, as they have taken birth for their own soul development, not for being your food or meeting your requirements.

Honeybees put together honey in spring, with a lot of effort, to ensure they have food for the remaining months and for their young ones, which you steal. Net result: you lose your wealth too. Silk worms build cocoons to help them live and grow into their next phase of life; and you put them to boiling water to get silk out – thereby killing them. Imagine what reward awaits you for wearing those nice looking and shimmering silk clothes.

Killing animals for leather, shearing sheep for wool, torturing birds for their feathers, killing animals for their fur and to hang trophies in your halls, holding fish and birds captive (as pets), going out for a fun trip to Safaris and Circus (where animals are held captive and tortured in the name of training) – all of these would return back one thousand times over into your lives and you better be aware of what your life can turn into.

Our lives reflect our actions; our families reflect our individual lives. Our societies, our nation and the entire world then reflects our families – and that is true!

If something isn't right in our family, or society or country or in our world, we have a role to play in it and hence we need to first and foremost correct ourselves in that aspect. It is our responsibility, not a favor to anyone.

Being Akarma Vegan is not primarily for the love of animals or the planet – that is secondary. The primary reason is for your health and soul development! You should first change for the better, before you try to change anything in the world.



There are enough proofs that Jesus and the original Aramaic Christians were all pure vegetarians. A few links to browse are given below, for reference:

1. https://ivu.org/history/christian/christ_veg.html
2. <https://hippocratesinst.org/early-christian-vegetarian-comunities>
3. <https://www.biblicaltraining.org/library/ebionites>

There is no rule in Islam that one has to necessarily eat meat

In the telugu daily newspaper, Sakshi dated 21st June 2008 Quran expert Mr.SM Mallik, who runs a Q&A forum on Islam through the daily, had answered in the following way to a question by a Muslim brother (translated from Telugu below):

Q) Ours is a very traditional family. We follow the Prophet's teachings to the tee. I don't like eating beef, however, my family convinces me to eat meat in the holy month and during Bakrid, saying it is required to do so in our religion. Is this really so?

- Javed Pasha, Hyderabad

A) These kind of wrong beliefs within Muslims have created myths and mistrust amongst non-Muslims about our religion. There is no rule in Islam that Muslims should eat meat. Furthermore, there is no requirement to eat meat either during the holy month of Ramzan or Bakrid. You are free to not eat beef through your lifetime. Not just beef, you can abstain from any meat. You can be a vegetarian and a good Muslim too.

Gods don't ask for Animal Sacrifice!

What is divinity?

God is the creator/parent of not just human beings but all life forms. Goddesses are referred to as Mothers and Gods as Fathers.

Then would parents ask their children to be sacrificed?

Would you ask sacrifice of your own kids?

The thought of that is only so repulsive and creates so much angst. When we mere mortals can offer so much love and care to our offspring, then would the Supreme Parents ask for animals, which are their kids too, to be sacrificed?

There is another prevalent practice just before people move into a newly constructed home – to sacrifice an animal there. But just ponder over what a new home really means. It is a new destination for our life, the shelter for our dreams. Now, just imagine killing a life form there, just before you move in. All the pain the animal experiences, the loud wails and cries, the fear it has for its life will all be transformed to negative Karma, which the residents of the home have to bear and repay. Unless, ofcourse that Akarma Vegans stay there, in which case the Karma doesn't belong to them.

The same applies to shops, factories, cinema theatres and other commercial establishments. An animal is sacrificed before the inauguration. This is so not right. Taking a life in the name of sacrifice shows the murderous quality of the individual, the lack of mercy, the lack of empathy and lack of respect towards the animal kingdom. All those involved in the actual sacrifice of animals or supporters of such acts will definitely bear the consequence and many times over. This very quality will attract the pain and suffering into their own lives. And do remember, we're humans; not demons!

Also, animals are sacrificed at the Goddesses' altar in the name of rituals. Think for a moment, if a mother will indeed be a mother when she asks for such sacrifice of her kids. Do people who do this heinous act really understand the meaning of the word "mother"?

This sacrifice is a cruel superstition in the garb of tradition or ritual, which the Goddess mother doesn't wish for.

If you wish for good, you can't start and do 'evil' or 'bad'. You can't give animal sacrifice and expect any kind of good, in return. If you really wish for 'good', then you actually have to give 'good'. Feed the hungry, donate clothes, donate money or other forms of giving. There are enough needy lives on the planet – help them live their life better, to the fullest.

Whatever it is that you give – it comes back a thousand times. And if you kill, you will be returned the favour!

If you take away the freedom of animals or birds, you will lose your freedom too...

Dear friends, a lot of people keep animals, especially birds in captivity/ cages. This is very dangerous, because the Universal law is "whatever quality you possess, you will draw in the exact same circumstances into your life".

The birds that soar in the sky are captured using nets, their wings clipped or de-feathered and put into small cages usually not more than a foot or 2 feet in height. Can you imagine the amount of atrocity this is? And why this sadistic pleasure and interest in capturing a free bird? People who cage these birds will find themselves caged – and that is the truth.

All people who capture and cage animals and birds, thereby denying them their freedom, will in effect lose their own freedom. They will lose control over their life's direction, as what you give, comes back to you, so many times over.

Birds have a specialty in this creation – they are the only ones who can fly! Soaring in the skies, over trees, mountains, valleys, forests, gardens and everywhere else. They're the ones that travel wherever they want to and whenever they want – freely.

These creatures have this free flying ability as their natural privilege and right. Now imagine the plight of these free creatures when they're caged in small little cages, by calling them pets. Like us, they are full life forms too. Whatever quality, whatever understanding or whatever knowledge and decision within you, that is inspiring you to do this heinous act without any consideration to the bird's life; that very same quality, understanding and knowledge will ensure you lose freedom and control in life.

Even fish are kept in small aquariums – this is not right too. If you hold these fish captive, for decorating your home or for entertainment, you will be held captive in your life too and your life will only be worth someone else's show object, just like the fish. If you really think having fish in glass aquariums increase the aesthetics of your home, then you're drawing the same into your life, to be the fish in someone else's aquarium! Kindly do think about the fish in captivity, the amount of stress and anxiety they go through, the fear in which they live and the torture they undergo. All that sadness they bring into your home will definitely not bode well for you and the rest of your family. That karma will engulf you and will come back to you many times over.

Also, there are other animals that are held 'captive' as "pets" – this is not right at all. It's ok to have a dog or a cat, as a pet, but only as long as you can treat them as your own children. It is fine if you actually are a pet parent, else, what's the point? If you don't have the means, or the time to raise a pet as a parent, then why bother bring it in, in the first place?

It is believed that since Goddess Sita had caged a parrot, and as a consequence, she was held captive in Ashokavana. There are other divine conspiracies also for this to happen, however, this is also quoted as one of the reasons for Mother Sita to be held captive. If Goddesses would have to pay back in the same coin, would mere mortals be spared from undergoing the Karma that they have brought upon themselves? And hence, never hold any life form in captivity, whatever the case may be. One should never hold animals' captive for our simple/ sadistic pleasures, in the guise of raising pets. This is going to be very dangerous for the individual. One should not forget that whatever quality he/ she has within them, the same outcome awaits them in their life too. While we should let birds and animals live their own free life, we also have no right to interfere with their lives. Basically, you should do in your life what you expect back into your life. Go as per this universal truth – and only do what you want in your life, because it is going to come back multi-fold!

In case there are fish or birds in your home, set them free. If they are birds, leave them outside your town and leave the fish in fresh water bodies. Free any other animals you have held hostage. Let them all be free – set them free. The sooner you do this the better it is for you. And this will actually set you free. In case you have held animals or birds captive out of ignorance, then there is no reason to panic – letting them be free and enhancing your understanding will suffice.

Your awareness will burn the Karma, and you will not need to go through experiencing this in your life. Infact, no one requires experiencing any Karma per se – it is all to help one develop awareness and for their soul development.

And if you're thinking about someone else capturing the creatures you're setting free – you shouldn't be. If someone does that really, that karma belongs to them and they alone will be responsible, not you. The first person you should change is your very own self!

Do spread this awareness to everyone and fight for animal, bird and fish rights. And this will bring to you – Freedom and self-control. Your Karmas will vanish and this will indeed be very auspicious for you. In all the ways to get rid of Karma, 'seva' is the best, purest and most superior. Let us humans remain humans, with a heart full of compassion and mind full of awareness.

May all be aware! May every life have freedom and self-control!

**I'm not trying to scare you by revealing all this to you.
I'm just showing you the truth, as truth alone liberates!**

Only after knowing the truth, will you be able to break the shackles, and save yourself, your family, animal kingdom and the planet.

It is my responsibility to inform you about these facts. You don't have to blindly trust all this, just because I've said so. You could research for yourself and get to the truth. The day you discover the truth, you will, spread awareness about Akarma Veganism - like me, or perhaps better than me!

May you attain Truth!

During the many workshops that Sadhguru Tara Vishal ji & Sadhguru Devi Sahasra Tara Vishal ji conducted on Akarma Veganism, a lot of people would come with this theme of questioning around - 'while we're inspired and want to be Akarma Vegans from this day, how do we actually get access to animal free products from a trust worthy source'?

And on an occasion, Sadhguru Tara Vishal ji asked his disciples as to who amongst them would like to take the responsibility of creating a platform to provide Akarma Vegan products to the people. That is when one disciple "Mr.Satyanarayana", whom Sadhguru used to call "Sana" affectionately, came forward to take up the task.

And thus, in the year 2014, "Sana Vegan Products" Factory came into existence. This venture wasn't formed for commercial reasons or for profiteering. This is formed with the wish and blessings of two Sadhgurus for a mission of universal good for all people. This is to spread awareness and change all people to Akarma Vegans, while giving them tasty and healthy Akarma Vegan food. The mission of the company is to make available Vegan products which are free from all chemical processing, at very reasonable pricing!

May there be world peace!
May there be Universal peace!

- Team Mission Aham Brahmasmi



SANA VEGAN PRODUCTS

LEADING VEGAN PRODUCTS PROVISIONER

NO PRESERVATIVES . 100% AKARMA VEGAN . CHOLESTEROL FREE

Sana Vegan Products provides 100% plant based foods from natural, healthy, non-GMO ingredients like soy, coconut, rice, millets and more.

OUR PRODUCTS

- Soya Coconut milk
- Soya Paneer (with added Badam)
- Masala Soya Paneer
- Soya Coconut Curd
- Soya coconut Buttermilk
- Soya Coconut Badam milk
- Cakes & Pastries
- Cookies

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AVAILABLE AT



BIG BAZAAR



Sadhguru's Blessings

May all your desires be fulfilled immediately,
May you find everlasting happiness!

Let only good happen to you
Let only the auspicious (Shubh) & profitable (Labh)
happen!

May you be victorious,
May you always be protected!

May you enjoy a long and healthy life,
Attain unbound wealth & victory, happiness and Moksha
Easily, simply and this very instant!

Let the world be in harmony!
Let the creation resonate in harmony!

- Sadhguru Tara Vishal

MISSION AHAM BRAHMASMI



“Mission Tara Vishal – MTV” is now known as
“Mission Aham Brahmasmi – MAB”.

“Mission Tara Vishal” was founded by Sadhguru Tara Vishalji. Now his disciple and wife, Sadhguru Devi Sahasra Tara Vishalji has taken up the task of leading forward the divine mission under “Mission Aham Brahmasmi – MAB”.

If everyone is made aware of the Non-religious Spiritual knowledge, then there will peace and harmony in the world and in the entire creation.

Hence, spreading the message of Akarma Veganism, Dhyanam and Non-religious Spiritual Science is the aim of “Mission Aham Brahmasmi – MAB”.

