BRAHMA BHOJAN DIET

"The greatest sustenance is the Murlī, and the other sustenance is Brahma Bhojan. One is the sustenance for the soul and the other is the sustenance for the body." (Bapdada)

The practice of Raja Yoga has a purifying effect on the soul and preparing and eating food in remembrance of God has a cleansing effect on the body. Brahma Baba's life was one of true holistic health and wellbeing. His meals were small and simple, his mind calm and peaceful, his body fit and supple, his lifestyle a balanced flow of energy between soul and body in harmony with nature.

The awareness is that all resources come from the treasure-store of Shiva, the Father, and the kitchen of Brahma is the place where Brahma Bhojan is prepared. This awareness provides for food and water security, as every resource used from the treasure-store of Shiva is done so with accountability to and respect for the ONE to whom it belongs.

People partaking in the essential core of Brahma Bhojan are fully conscious of the elevated levels of purity in thought and feeling, and the high standards of physical cleanliness.

WHAT IS BRAHMA BHOJAN?

"You are ones who always eat Brahma bhojan from the unlimited treasure store, and so you are at the hearth, are you not? You are also in the heart." (Bapdada)

In the Brahma Bhojan Diet there is one authentic ingredient in every dish -- LOVE. This is extracted from the heart of the Seed of the kalpa tree. It is the unadulterated, pure essence of God's remembrance that flavors the food and purifies the particles eaten.

Brahma Bhojan is a complete sattvic (see appendix 2) diet that gives the subtle nourishment necessary for spiritual and physical vitality. It is valued as an energetic force that has an effect on our body and soul. It elevates and develops higher awareness and attitudes which enable vitality to shine through every sense organ of the body. It boosts life, generates vigor, and radiates exuberance. It promotes a simple lifestyle, and strengthens health, and supports overall wellbeing.

Brahma Bhojan is one of the pillars of a Raja Yogi's life. It is food cooked in the remembrance of Shiv Baba, and eaten by Brahma Baba and the Brahmins. In between the cooking and eating, the food, called bhog or prabhu prasad is offered to Bapdada (Shiv Baba through the body of Brahma Baba), who purifies it, and offers it back to the children. This purified food when eaten gives the person an experience of the spiritual and physical benefits of eating in soul-conscious awareness.

There is a saying – be careful what you eat, as it could live with you for many lifetimes.
The Discipline of Cleanliness

"Madhuban is where the maximum Brahma Bhojan is prepared in the right way with discipline. Brahma Bhojan is offered directly to BapDada and is remembered as prabhu prasad. Even in this last birth, devotee souls place so much value on prasad. This is not ordinary food. You are cooking prabhu prasad of which each grain is more precious than multimillions. You are most elevated souls. Do you have such elevated spiritual intoxication? You don't forget your greatness while preparing Brahma Bhojan, do you?" (Bapdada)

Cleanliness is essential to spiritual progress and self improvement in all fields of activities and in all spheres of life, including our habits and behaviors. Being clean is a sign of spiritual purity and progress. Cleanliness reflects reverence to God and to His shrimat -- hence, the saying. "Cleanliness is next to Godliness".

Personal Hygiene
A high level of external personal hygiene is an indicator of an elevated state of inner purity. Personal hygiene is essential in Brahma’s Kitchen:

Keeping our total bodies clean, as is taught from a very young age -- brushing our teeth, cutting our nails, washing our hands regularly, taking daily showers and in some cultures, also after a bowel movement -- will protect the self and others from many kinds of infections.

Cleanliness of clothes -- wearing clean garments daily, washing our clothes regularly -- will free the self and others from odors and germs.

Cleanliness of our dwellings and environment -- sweep and mop the kitchen of all dirt and expose the kitchen to sunlight and air regularly -- will free the environment from clutter, dirt, and darkness.

Fresh and Clean Produce
A yogi's food is simple and he/she eats what is natural to the earth, and nutritious to the body. When choosing produce get what is fresh, clean, and seasonal! Eat what grows naturally like fresh vegetables, fruits, legumes and whole grains.

Buying produce of the season is less expensive and more nutritious. Nutritious foods are complete with all their rich natural endowment of nutrients. These naturally grown foods are known for their purity and vitality and are valued as a carrier of the life force of nature.

Brahma Bhojan is Sacred Offering

"No one else in the world gets food as pure and prepared in as much remembrance as you do. This bhojan is called the food that removes your sorrow. Bhojan prepared in remembrance removes all your sorrow because through pure food, both your mind and body become pure. Pure food makes your mind pure and this is why even your wealth is purified. There is
importance given to food prepared in remembrance. This is why Brahma Bhojan is praised. If you don’t prepare food and eat it in remembrance, then that food would make your stage fluctuate. Food that is prepared and eaten in remembrance works like medicine and also like a blessing. Food prepared in remembrance can never cause any harm.

When you prepare food, you fill that food with the power of spirituality. This is how it becomes Brahma Bhojan; it becomes pure food. It becomes like prabhu prasad (food prepared for God). This is yagya seva and spiritual service is merged in physical service.” (Bapdada)

Preparing Brahma Bhojan
Some helpful reminders while preparing Brahma Bhojan:

Creating a pure ambiance and preparing food with cleanliness and in a peaceful and calm stage means to fill the food with spiritual and peaceful vibrations. You can play soft music or songs to keep the atmosphere pure.

Commit to prepare the food in a peaceful and happy mental stage and in remembrance of Baba, the ONE for whom I am cooking.

Pay attention to personal hygiene (as mentioned above). There should be a hair-band or net to stop hair from falling into food. Refrain from touching your body while cooking, e.g. Fixing your hair, scratching your limbs etc. Avoid having conversations with others while cooking and try to stay silent in a yog-yukt (embodiment of remembrance) stage. Try not to take phone calls while cooking, and if you have to, then disconnect from the cooking, turn the stove off, or ask someone else to take over while you attend to the call. When you return to cooking, make sure you wash your hands before touching the food and utensils.

Brahma’s Kitchen

“There in a center do not eat from the kitchen of the center, they eat from the kitchen of Brahma, and from the treasure-store of Shiva, the Father. Why is that? The household is not yours; the centre is not yours. If you are living in a household, you are a trustee; you are an instrument according to Baba’s shrimat. If you are in a center, you are in Baba’s center, not yours. This is why it is always the treasure-store of Shiva, the Father, and the kitchen of Brahma, the father. With this awareness, your kitchen and your treasure-store will always remain full; it will remain overflowing. If you have the consciousness of ‘mine’, your treasure-store will not flourish.” (Bapdada)

In Brahma’s kitchen, cleanliness is optimum. The kitchen should always be kept clean and tidy. The stove, sink and counter tops should be cleaned before cooking. Cook food in clean pots and serve in clean dishes. If any ingredient should fall to the floor, pick it up immediately and throw it in the bin. Do not step on the food, as this is a form of disrespect to the treasure-store of Shiv Baba. If any of the cooking utensils fall to the floor, always wash it before reusing.
Offering Bhog

“BapDada has given you shrimat: Before you eat food, first of all offer bhog and then eat. If you don’t perform the action of offering bhog, and simply eat quickly, then what will the result of that be? Firstly, when you forget to have remembrance, you are not able to have the effect of Brahma Bhojan on your mind, and, secondly, there will be a loss due to not following the Father’s shrimat because that is disobedience. That also brings wrong fruit.” (Bapdada)

As soon as cooking is completed offer it to Baba.

Have bhog dishes, and a bhog cloth for everyday offering, and keep them in a special place separate from the other dishes.

Place small portions of the items prepared in the containers. Add small amount of water, and fruits if they are freshly bought.

Place the covered tray on a table in front of Baba. Sit facing Baba and offer the bhog. During the time of offering, you can play 1 -- 2 songs, and don’t be pulled by un-necessary distractions around the house. After offering, mix the small portions with the rest of food and the water could be poured into the kettle.

When cleaning the bhog containers, have a separate scrub with which to do this.

Conscious Eating in Remembrance

“Once you have offered bhog, it becomes Brahma Bhojan, does it not? However, if you eat without remembrance, then it is treated like ordinary food, and there won’t be any strength received. Your stomach will become full through that, but the soul will not receive any power.” (Bapdada)

Let there be grace and gratitude. When the meal is in front of you, pause for a moment and let there be grace before eating the food. Invite the presence of Baba at the table and into your mind. Give gratitude to the earth for providing and to the brothers and sisters for preparing. Accept the sustenance offered and eat with Baba, your Beloved and enjoy His company while eating.

Let there be a regular schedule for eating. As much as possible eat your meals every day at the same time. A regular schedule for meals will allow the body to absorb and assimilate better what is eaten. Eat sitting down and with tranquility, without rushing or standing up.

When it is time to eat, eat. This means not to be distracted with other things such as reading, watching TV, or talking too much. When we concentrate our attention on what we are eating, and the consciousness in which it is being eaten, the body and the mind are nourished. If we are distracted, we eat fast and more quantity than is necessary. The food digested in a natural and easy way acts like medicine. Laziness ends. One becomes more active and is more alert.

Slow down and don’t eat too fast. Eat slowly. Eat at a moderate speed and don’t swallow fast, taste the food. Pause between bites placing the fork/spoon on the plate after each bite. Eating in remembrance reminds us that food needs to be chewed carefully and eaten in modest portions.
Avoid socializing and talking too much while eating. Let your remembrance of Baba be intentional.

After meals, it is recommended to always take a few minutes to rest and relax, before starting again with your activities.

**Bhandhara**

“People just speak casually that God is feeding them! They don’t know who God is, yet God is feeding them. However, for you Brahmin children, it is the Father who is feeding you. Even if you are earning and accumulating in lokik life, although you buy your food from that, you are a trustee. *A trustee does not own anything* -- “It is my earnings. I am eating from my earnings.” These thoughts will never arise. Since you are a trustee you have given everything to Baba. "It now belongs to “Him.” It doesn’t belong to me." *A trustee means to have the consciousness of “God is feeding me.”* You are receiving Brahma Bhojan. And Baba guarantees that you will not be hungry. You will be fed *daal* and *roti* with a lot of love. You will also be fed *sabji* (vegetables). You are fed with love, not with effort, but with love.” (Bapdada)

There is great praise for the mothers who take care of the kitchen. The true mothers of *Bholanath ka Bhandhara* (the treasure store of the Innocent Lord) are:

**Annapurna:** giver of food and nourishment
- She is full, complete and perfect with food and grains
- She gives nourishment
- She is the strength of Shiva

“*Those who have Brahma Bhojan in their fortune are not aware of how much fruit they will receive from this, but they definitely do receive the fruit. This is why, even on the path of devotion, they say, the bhandara (treasure-store) of Shiva is full and all sorrow and suffering is removed. So, how much fruit would those who eat directly from this bhandara receive.*” (Bapdada)

**Draupadi:** receiver of the magic pot
* The pot signifies abundance with the magical quality of a never-ending flow.
* To give value to even the last grain of rice in the pot brings forth extraordinary fortune.

“*Every grain of the yagya is very valuable, and you Brahmins receive this Brahma Bhojan with so much love. One grain is equal to a lot of value. You know all of this, do you not? Those people are thirsty to receive even one grain of Prabhu Prasad, whereas here, you receive a stomach-full of Brahma Bhojan. Therefore, you are so fortunate. Keep this importance of Brahma Bhojan in your mind as you eat and even your mind will become great for all time.*” (Bapdada)
Appendix 1

Questions we can want to ask ourselves:

**When we buy prepared foods:**

- What are the ingredients in these products?
- How were they prepared?
- How complete or nourishing they are?

When we eat in remembrance:

- Who is eating the food?

  Am I connected to my tastebuds, or am I connected to Baba whose remembrance is flowing into the particles I am chewing?

When we choose the foods:

- What is the quality ‘guna’ of the food – Sattvic, Rajasic, Tamasic? (see appendix 2)
- What is the impact on my consciousness?
Appendix 2

3 QUALITIES ‘GUNAS’ OF FOOD

In today’s world energy in the universe has three qualities, known as ‘Gunas,’-- Sattwic (pure and clean); Rajasic (passion, instant gratification); and Tamasic (darkness, inertia). Food also embodies these three qualities. Food taken in by the body and has a direct impact on the consciousness of the soul. In a yogi’s quest for truth and enlightenment, the quality of food plays an important part on this journey to liberation in life.

Benefits of Eating a Spiritually Healthy Diet:

"Scientists have also found that vegetarians have stronger immune systems than their meat-eating friends; this means that they are less susceptible to everyday illnesses such as the flu. Vegetarians and vegans live, on average, six to 10 years longer than meat-eaters." (Peta website)

"Not eating meat is the "single most effective thing you can do" to reduce your climate change impact." (Al Gore)

Sattvic Quality of Foods

Food Type: Fresh fruits and vegetables, whole grains, and legumes. Foods that are savory, smooth, firm and pleasant to the stomach, leaving us feeling calm, alert, and refreshed.

Impact on Consciousness: According to Ayurveda, this is the best diet for physical strength, a good mind, good health, and longevity. It calms and purifies the mind, enabling it to function at its maximum potential. It helps in the development of a subtle and divine nature, a quiet mind, and an intellect that is alert and attentive.

Choosing a Diet: A sattvic diet is excellent for individuals who desire to live a reflective, peaceful and meditative life. Individuals who are committed to a personal spiritual practice as they explore the deeper tracks of solution and restoration.

Rajasic Quality of Food:

Food Type: Rajasic foods include items that are very hot, bitter, sour, dry, or salty, such as sharp spices (onion and garlic) or strong herbs, stimulants, like alcohol, caffeine, meat of animals and fish (in moderation), eggs, and chocolate. Impact on Consciousness: The rajasic effect stimulates the body and excites strong emotional reactions and passions, making the mind restless and uncontrollable. The person runs about pursuing selfish and limited ends, driven by restlessness, impatience and desires. They generate a competitive energy to accomplish, accumulate, and achieve. Their success is measured by worldly power and control.

Choosing a Diet: Some individuals who aspire to live mindful lives and practice meditation but have busy lives and schedules settle for the rajasic quality of food. They consider themselves vegetarians, but give
themselves permission to be non-veg from time to time. However, they destroy the mind-body equilibrium, feeding the body and forgetting the impact on the consciousness.

**Tamasic Quality of Food:**

Food-Type: meat, poultry, fish, eggs, onions, garlic, fermented foods, stale left-over foods; tobacco; alcohol and other mind-altering intoxicants including drugs. Foods that are over-processed, no longer fresh, and/or difficult to digest are tamasic. Foods that are prepared unconsciously or while the preparer is angry or in a negative mood are also considered tamasic. Overeating is also regarded as tamasic.

Impact on consciousness: Dark and dull, clouded reasoning, inertia, lethargy, laziness, and falling asleep; resistance to disease is destroyed, and the soul is filled with dark emotions, such as anger, jealousy, and greed.

Choosing a Diet: Tamasic is the unhealthiest food of all. The inertia that grips so many people is the reason they are not able to think further than their sense of taste and so have an attitude of – eat everything.

Gayatri Naraine

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