

## Food, Cells, Physical and Mental Development

Every individual's physical body is composed of countless cells. These cells are of two kinds: protozoic and metazoic. Thus all parts of the human body are composed of these two types of cell. In another sense the entire human structure can be regarded as one metazoic cell.

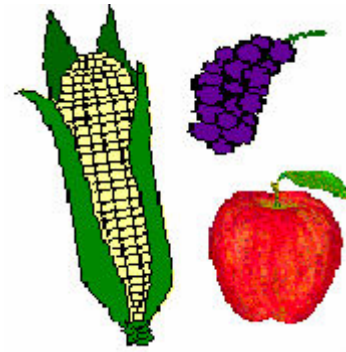
Each of these cells has its individual structure, mind, soul, but the cells' mind are different from the human mind. The minds of the metazoic cells are more developed than those of the protozoic cells. The human being is composed of these cells. But the human mind is more developed than the cell mind. The human being is the unit microcosm plus a collection of both the protozoic and metazoic cells which make up the individual. Therefore the human mind is the collective mind.

Just as the Macrocosmic Mind is inseparably associated with each and every entity of this universe, similarly, the unit mind also is inseparably related to all its composite parts. And, similarly, in the unit mind there exists a system of co-relation between itself and its composite parts. The cells as a composite part of the being, also have a collective relation with it.

Generally, a cell lives about 21 days and then dies, giving place to new cells. When one rubs a certain part of the body, some cells come off, even when the body remains covered all over. Actually, this is a process of 'net environmental cells', and is not always environmental dirt, but in most cases it is the accumulation of hundreds of dead cells.

Cells, generally grow out of light, air, water, and the food we eat. The nature of food and drink has its effects upon the cells, and consequently also influences the human mind. Obviously each and every spiritual aspirant should be very cautious in selecting food. Suppose a person takes static food (food that dulls the mind). As a result, after a certain period, static cells will grow and exercise a static influence on the spiritual aspirant's mind so, human beings must select sentient food (food that is good for the mind) or mutative food (food not necessarily bad

for the mind but may have some stimulating or similar effect) according to time, place and person. This will lead to the birth of sentient cells. The increase in the number of sentient cells will produce a love for spiritual practice and help in attaining psychic equilibrium and equipoise leading to immense spiritual elevation.



After about 21 days the old cells die and new ones grow. But in old age due to the defect in cells, the smoothness and the lustre of the face disappears and the skin becomes wrinkled. The different parts of the body weaken. That's why experienced physicians advise complete rest for a minimum of 21 days meaning thereby that within that period as a result of rest and good food new cells will be produced and the ailing person will regain their physical and mental energy.

It is superfluous to say that cells are living beings and as a result of transformation few lives together have found existence in the human body. And in the future through gradual evolution a cell mind develops into a human mind. The aura or effulgence radiated from a human body is the collective effulgence of all its composite cells. In old age many cells of the body become very weak resulting in the effulgence diminishing. Even a young person suffering from a disease loses the lustre of the body. In the human face alone there are millions of cells. When a person gets angry a greater quantity of blood suddenly accumulates in the face. As a result, many cells die. An angry face looks red due to extreme blood accumulation. A murderer or a cruel person can be easily recognised by their facial expression.

## Food for Spiritual, Mental and Physical Development - Vegetarian Diet



As a result of sentient food and regular spiritual practice cells of the human body also become sentient. Naturally, an effulgence emanates from those cells creating an aura around the spiritualist's physical body. That is why many pictures show certain so-called gods or goddesses with radiant auras. If cells are affected by food and water, and if the nature of cells affects the nature of the human mind, obviously human beings should eat the correct diet because food and mind are closely related to each other. Any food item, whether good or bad must not be taken indiscriminately because it may lead to mental degeneration. Sincere spiritual aspirants (sadhakas) must follow the dictum: a sentient diet produces a sentient body.

Thus only that food should be eaten which is helpful in keeping the body and mind sentient. Very often people eat food without knowing its intrinsic value. All the objects of the world are dominated by one of the three principles - sentient, mutative, and static. According to its intrinsic nature food is divided into the same three categories.

**Sentient Food** - That food which is conducive to physical and mental wellbeing. It produces sentient cells. Examples of sentient food are rice, wheat, barley, all kinds of pulses, milk and milk products.

**Mutative Food** - Food which is good for the body and may or may not be good for the mind, but certainly not harmful.

**Static Food** - Food which is harmful for the mind and may or may not be good for the body. Onion, garlic, wine, stale and rotten food, meat of large animals such as cows and buffaloes, other meats, are static. As are many items such as mushrooms and fungi, that have their origin from decomposed stuff. Similarly, the milk of a cow who has just given birth, white eggplant, "khesari" pulses, "puin" mustard leaves are examples of static food.

Shrii Shrii Anandamurti  
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(From Tattva Kaomudii - II)

### Go Vegetarian...

😊 *It's good for you*

😊 *It's good for animals*

😊 *It's good for the planet*

"Vegetarian food leaves a deep impression on our nature. If the whole world adopts vegetarianism, it can change the destiny of mankind."

- *Albert Einstein*

"Animals are our friends.....and I don't eat my friends."

- *George Bernard Shaw*

"I do not regard flesh food as necessary for us. I hold flesh food to be unsuited to our species. We err in copying the lower animal world if we are superior to it. The only way to live is to let live."

- *Mahatma Gandhi*

"But ... meat eating in any form, in any manner, and in any place is unconditionally and once and for all prohibited ... Meat eating I have not permitted to anyone, I do not permit, I will not permit".

- *Lord Buddha*

"If you have men who will exclude any of God's creatures from the shelter of compassion and pity, you will have men who deal likewise with their fellow men.

Not to hurt our humble brethren is our first duty to them, but to stop there is not enough. We have a higher mission - to be of service to them wherever they require it."

- *St. Bonaventura (St Francis of Assisi)*

"I am in favor of animal rights as well as human rights. That is the way of a whole human being."

- *Abraham Lincoln*