

# FOOD YOGA

Nourising Body, Mind, & Soul

*An Introduction*



F O O D   F O R   L I F E   G L O B A L

*Uniting the world through pure food*

**WWW.FFL.ORG**

## The Power of Food

Since food is so central to life, it is naturally the most effective medium to initiate change in consciousness. Each of us has had the experience of sitting down to a meal cooked with love and feeling an immediate transformation of consciousness and reciprocal love for the person that cooked the meal. The fact is that food, when prepared with loving intention, can speak any language. Such food has the ability to break down barriers and turn anger into love, fear into trust, and ignorance into enlightenment.

## Living Consciously

When you are living consciously, you will do so in all your thoughts and actions. Your life will be consistent and in harmony with your environment. You will complement your environment and not disrupt it. Living consciously begins with conscious eating.

Food is the most basic necessity of life. Its only purpose is to nourish the body, mind and soul. Food, therefore, should give life and cleanse the body and uplift the spirit.

Food that is old, decomposed and consisting of dead flesh will pollute the body and consciousness, while food that is fresh, alive and nutritious will enrich the body, cleanse the mind and satisfy the spirit.

The conscious person fully embraces a socially responsible and environmentally respectful lifestyle. By becoming aware of your human responsibility to maintain and protect the environment and other forms of life, you will learn to love your brethren and not exploit them by eating them. The same applies to your choice of clothing, cosmetics, cleaning materials and habitat. All should be chosen carefully so that the least amount of harm is inflicted upon our environment.

This journey in raising our consciousness begins with the tongue. Never underestimate the power of the plate. What you put on your plate is as much a political statement to the world as it is a mirror of who you really are. You can tell much about a person by what comes out of his mouth when he speaks and what he consumes as food.

## Food Unites

In this world, there is no greater medium than food to unite people of conflicting natures. Whether the difference is philosophical, political or even dietary, just about everyone will put aside differences to come together and eat. Such is the power of the tongue!

It is on this understanding that the Vedic culture of hospitality is based. every living

## Food Carries Intention

Food is mostly water, and thus impacted by how it is grown, handled, packaged, prepared, cooked and then served. Every person who interacts with a food on its journey from seedling to your plate intrinsically affects the food's quality, and subsequently your physical, mental and spiritual health. Each one's thoughts (psychic energy) add to the palette of conscious thoughts that eventually makes their way into your body.

## Prasadam

Rooted in Hindu tradition, the spiritual dimension of pure foodism has meaning for people of all faiths. In Hinduism, before we eat our food, we offer it to the Goddess – the very source of that food's creation. The food is then pure, karma-free, and spiritually nourishing. Hindus call this food *prasadam*, or the mercy of God.

Pure foodism springs from the belief that the kind of food we eat affects our spiritual consciousness and subsequent behaviors. According to the Bhagavad-Gita, foods in the mode of goodness—vegetables, fruits, nuts, seeds, grains and legumes—can be energetically purified or offered in sacrifice, thereby raising consciousness. Conversely, meat, fish, and eggs, as well as a few vegetarian items, classified in the modes of passion and ignorance, should never be offered to the Goddess. If the food you eat is prepared by people devoid of spiritual consciousness (e.g., unhappy employees working in a dirty food factory), you are sure to absorb unwelcome psychic energies. For this reason, pure foodists avoid such foods in favor of meals prepared with loving intention and fresh, organic ingredients.

That food should be prepared and served in its purest possible form is central to the belief and practice of all Food for Life projects around the world. Without adherence to this single principle, the Food for Life program would be no different than any other food relief agency.

## Offering Food Back to the Mother



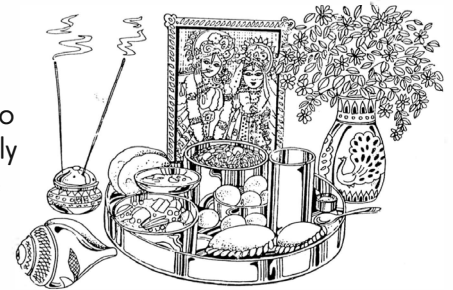
The beginning of true human evolution comes when we acknowledge this dependence on the Great Mother and begin to offer our food back to Her with gratitude and love. Only when we understand our innate connection to our Source can we begin to experience genuine happiness and contentment. By offering food back to our Source with loving intention, we acknowledge our dependence on a higher power, while expressing our gratitude in a practical way. For example, when a young child offers her parents a flower with sincere love, the parents naturally accept the offering of love with gratitude. No God or Goddess requires our humble offering, but they will accept the loving energy behind it with great satisfaction.

## Preparation

In preparing food for offering, try your best to follow these rules:

**Cleanliness:** This is the most important principle. Nothing impure should be offered to God, so keep your kitchen work-area very clean. Always wash your hands thoroughly before preparing food and keep them clean while cooking. If possible, set aside special utensils and a place in your home specifically for offerings.

**Humble and devotional attitude:** While preparing food, do not taste it. This is part of meditating that you are cooking the meal not simply for yourself but for the pleasure of God, who should be the first to enjoy it. Try to see food as the blessing of the Lord. Be respectful of that blessing and be happy. Good cooks smile a lot while cooking and try to infuse the food with positive thoughts.



I offer this invocation as a guideline to the final stage of the offering process. I recommended that you adjust this invocation to suit the specific tradition you are accustomed to, although I believe that the invocation as it is presented is universal enough to satisfy all.

## THE UNIVERSAL FOOD OFFERING INVOCATION

I am Spirit.

I was born with no possessions.

I will leave this world with no possessions.

I am neither the permanent owner nor ultimate controller of anything in this world.

Everything that has come to me has been a gift of the Supreme.

Since food is the most basic necessity of life, I therefore offer this food with loving intention  
back to the Energetic Source from which it came.

In doing so, I honor the Supreme Enjoyer, Supreme Creator and the Divine Feminine.

With love and sincerity, I humbly ask:

“Please taste this food.”

\*This part of the invocation can be very personal and private. To acknowledge “The Supreme Enjoyer” is to accept that the purpose of life is to enjoy and that God by definition must therefore be the best enjoyer. Similarly, to honor God as a “Supreme Creator” is to acknowledge the divine intelligence behind all that is. We personalize this relationship by accepting God as one’s best friend is to embrace the fact that loving friendship is what fuels all relationships.

## Facts About Food for Life

- More than 8 billion freshly cooked meals served to the needy since 1974
- Sixteen free meals served every second of the day
- Relief programs now operating in more than 60 countries
- Services now include: emergency food relief, medical care, clothing, education, housing, organic farming, cow protection, and drug rehabilitation
- Has or is currently collaborating with UNICEF, UNHCR, OXFAM, Red Cross, The Salvation Army, FIMA, The World Food Program and numerous other NGOs and governmental departments around the world
- More than 90% of Food for Life staff are volunteers
- The most cost efficient relief organization in the world - due to its low overhead an average meal costs only 50 cents

## The Mission of Food for Life

- **Welfare:** To provide pure plantbased meals to the disadvantaged, the malnourished, and victims of disaster wherever there is a need in the world.
- **Education:** To establish Food for Life education centers throughout the world. These centers will provide free or low-cost meals, counseling, yoga classes, and living skills training in the Vedic tradition.
- **Youth Development:** To establish Rural Academies for Youth (Food for Life R.A.Y. of Hope), in which young people between the ages of 16 and 25 are trained in sustainable agriculture, yoga, cow protection and personal wellness.
- **Non-Violence:** To reduce the number of animals slaughtered for food by sharing with as many people as possible the higher taste of pure plantbased food.
- **Hospitality:** To revive the ancient Vedic culture of hospitality, and to teach by example that there is spiritual equality among all beings.

## Nelson Mandela:

Another important building block for new democracy is the love and goodwill we show to each other. That is the spirit of Masakhane, of bringing one another together. It is also the spirit of today's festival organized by Food for Life.

## The New York Times

"...here they have a reputation like the one Mother Teresa has in Calcutta: it is not hard finding someone to swear they are saints." (Grozny Journal)

## Food for Life Global (FFLG)

Uniting the world through pure food

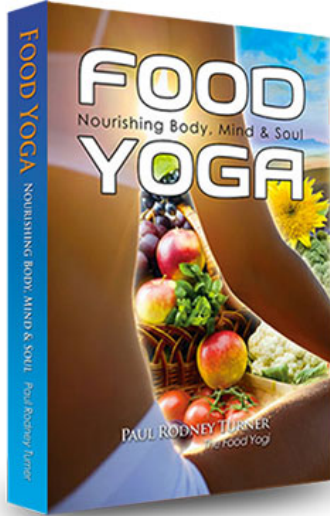
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# FOOD YOGA



Food Yoga - Nourishing Body, Mind and Soul

Cost: \$9.95 (eBook)

Author: Paul Rodney Turner

Pages: 250

Available: [www.FFL.org](http://www.FFL.org)

## About the Book

Paul Rodney Turner is the International Director of Food for Life Global, the world's largest vegan food relief with projects in over 65 countries.

From the age of 19 until 33, Paul lived as a celibate monk in the Vaishnava tradition of India. During this time he traveled the world establishing food relief programs and teaching others about the liberating power of pure food.

Join Paul as he takes you on a culinary journey like no other, where food is more than a hurried distraction, but rather a mystical and soul satisfying experience that has the power to literally change the world.

*FOOD YOGA* is more than a stimulating read, but will change the very foundation of your understanding of life and nature. Be ready to dive deep and awaken to a new outlook on how you view food and the world we live in.

More than a book about the subtle idiosyncrasies of hospitality and religious food rituals, *FOOD YOGA* is a non-sectarian, step by step guideline to raising your consciousness while fully enjoying your senses! With the help of *FOOD YOGA*, you can learn to eat your way back to spiritual purity.