

evolved eating

YOUR EVOLUTION IN THE NEW WORLD WILL ALSO DEPEND ON YOUR

WILLINGNESS TO EAT RIGHT **by Kavita Mukhi**

It was great when we were kids. We were summoned to the table, and we would eat. The issues were simple. We were so busy playing that we did not need food, or did not like the preparation of the day. The solution was also simple. Dad made us go to bed hungry. Since then we quietly and gratefully ate what we were served.


Soon, we were no longer served. We were adults with our own homes and choices before us. Especially with the introduction of a plethora of western style foods, life became complicated, as we became exposed to innumerable temptations. However, each bite of these delectable morsels takes away some of your health. We do not seem to understand that what we put into our mouth truly does become us.

To sort out the complicated issue of what is good for us and what is not, along came the

dieticians and nutritionists, creating more confusion. No longer was food just an apple, carrot, or rice. It was now calories, proteins, carbs, fats, vitamins, minerals, trace elements, fibre, enzymes, antioxidants, etc. The result: we have stopped using our instinct.

Food hysteria is at its peak. Every corner we turn has a kurkure staring at us. Every nook has chips begging to be eaten. From a country that ate red rice, whole wheat rotis, lentils, jaggery sweets, sea salt (Gandhiji walked the Dandi march for it), rock salt, ghani oil, we have become the land of white bread, white rice, refined sugar, refined oil, refined salt and biscuits. The poor sadly emulate us. No one is telling them the truth.

I was a typical teenager. I have a widowed aunt who, 40 years ago, was sprouting beans, cooking for her three children and sermo-



nising us. We hated it, then. Today, I know her value. She moved to America where her son had made his home. We thought she was going there for her last few years. That was 15 years ago. At 90-plus, she has many friends, learns all kinds of arts, goes dancing and feels better than she ever did. She still cooks daily meals for her family who have excelled in their fields.

To figure out the kind of food that your body needs, undertake the following experiment and see how your body reacts. Partake of one food at a time, wait an hour, and gauge how you feel. Try it with all kinds of food. Check out the difference between cooked food and raw food. It is not that cooked food is not part of good nutrition. It certainly is. Fire being an important step in mankind's progress, cooked food is as vital to your body as is raw food. Do this exercise and you will know what your ideal foods are. Stay with foods that leave you with a clean feeling. Giving you all the energy needed without much leftover to deal with. A clean and vital body attracts the Divine.

Information is at our fingertips and the Aquarian Age is upon us. Consciousness is requiring us to be attentive, alert, aware, and open to the needs and challenges of the hour.

Not possible, if one does not have the energy or one's mind is not clear or one is plagued with any number of ailments.

It is not about what system one follows. No 'ism' is in question here. It is not about vegetarianism, veganism, or fruitarianism. It matters only if we eat to sustain the life within us. If not, we stuff ourselves, become foodies, or make such an issue of the dos and don'ts of the various 'isms' that it overtakes our life.

Let your appetite/hunger guide you. It is a body signal for nutrients. Cells want food they will recognise. Not anything in the name of food. Make your choices and preferences from an entire range of natural foods. We have the greatest variety of traditional whole foods, Ayurvedic herbs, and spirulina, which fits the bill of a New (old but revived) Age whole food.

In spite of partaking such a variety, if your body craves animal food, look for free-range produce from farms with good animal ethics. Choose fish wisely too. If you crave dairy food, find the organic kind also from a company where ethical issues are clear. (The homogenised kind may seem perfect but is dangerous). However, you will find the need dropping off as soon as you get involved with life, and food is no longer an obsession.

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In any case, one will need surprisingly little when the attitude is right. This little could consist of whole natural foods, eaten according to one's taste, together with sunshine and activity. Stop fretting about calcium, iron and so on. There is evidence that physical elements are less than 10 per cent of the influence, more than 90 per cent comes from the energy field of the earth. At a powerful personal level, Agnihotra can transform this energy, heal the atmosphere, and help in the better integration of the 10 per cent too. Refer www.agnihotra.shivpuri.org or www.agnihotraindia.com

Food as entertainment is passé. Home-cooked family meals are ideal. Even with a heavy schedule, those for whom food is a means to an end will ensure that they will find time to cook. Home-cooked food nourishes one's cells, gives access to abundant energy, and plugs you into

universal wisdom.

Quantity wise, less food is needed if we switch to whole and unrefined food because it is more satisfying. The country's resources are saved because all that refining not only takes away nutrients but burns valuable electric energy.

A perceptible shift to a new world order is taking shape. The true and real is standing its ground. The chaff is being sorted out. Consciousness about others, animals and earth is crucial if one wants to resonate with the universe. The pineal gland needs yoga and an uncluttered system to be able to allow telepathy and intuition to unfold. The sky is the limit to the innumerable possibilities for mankind that lie ahead. ☯

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