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No meat anymore – Now!

Good reasons to give up this ancient Tradition!

by Christopher Benjamin

Why is it so important ***to stop Eating Meat*** and ***to stop Smoking***? What are the reasons that masters and sages of the East, in India recommend to deny meat, fish, eggs, cigarettes and drugs, alcohol, coffee and tea, everything which stimulates your brain? Why does Rudolf Steiner ask to eliminate potatoes and spinach from your list of vegetables? And why does the Essene movement insisted and insist on a rawfood-diet with regular fasting?

There are a lot of reasons, but the ***major reason is to open your awareness, your consciousness and to reconnect you with the divine regions of the spirit.*** To have divine conversations in your meditations and divine inspirations in your daily life. That you feel better guided and better equipped in your daily struggles and “combats”. To stand difficulties and to be able to master them.

THAT YOU BECOME YOURSELVES!

Then you can face every sudden change, every “coincident” at any time and understand them as a challenge to grow and to face them with a even tempered mood. You become able to act in these situations and not to react only. You feel the link with Heaven who prepared your life like a journey on a boat, an act of cruising where every situation is planed and determined to accomplish your life-goal.

All humankind, the solar system, and even the whole cosmos, must undergo events decreed since the beginning of time, and there is nothing we can do to change this. Imagine we are cruising on board a ship: there is a prearranged itinerary and scheduled ports of call which are, of course, impossible to alter, and there is no way we can leave this ship – unless we fall overboard. However, on board we can read, enjoy conversing with our fellow travellers, sleep in our cabins, or visit the bridge to scan the ocean. This metaphor of a ship illustrates the destiny of humankind: we are all on board a ship whose itinerary has been mapped out by the Lord Himself, and there is absolutely nothing that anybody can do to change it. ‘On board’ – inwardly – we may do as we please, we can improve or demean ourselves, but our scheduled destination remains the same.

You evolve and grow spiritually, become serene and a peaceful, joyful center for others around you. You become able to help others to reach their goals.

THIS IS THE MAIN REASON TO CLEAN-UP OF YOUR LIST OF FOOD-CONSUMPTION.

But why is it so important for Heaven that you ***stop Eating Meat*** and ***stop Smoking***?

<p><u>These two deplorable habits are the main limitations of your spiritual awareness, your blockers of spiritual growing and keep in you the illumination that you are victims of life and a capricious God.</u></p>
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But there exist also other reasons:

By eating meat you allow others to kill your little brothers and sisters from the lower level of consciousness ... the animals. It doesn't matter if you don't eat dogs and cats, and only cows, horses, pigs, chicken, and whatever.

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You allow others to kill, for you and ... you accept that a chain of suffering becomes created, that an industry of emotionless, dulled workers earn their money with tormented or by tormenting creatures.

You neglect that they are also spiritual beings who have a soul, who are able to think, to feel, to suffer, to express joy and happiness as you do. They also have fear like so many of us. They are like children ... and you should protect them!

But what do you do?

You abuse them and furthermore you have the desire to slaughter them! Strange!

THIS IS PERVERTED!

You deny their right of living and reduce them to resources of food. Like machines without a soul. But for your car you care more than for them.

Is it right to belief, that you have the right to eat meat?

There is something else you shouldn't forget: by eating meat you also eat their accumulations of waste and impurities, their states of feelings (suffering and pain, their feeling of being abandoned, their fears etc.), everything you also experience and are daily confronted with, and which is impregnated in this piece of flesh. And why is it that so many people feel abandoned, insecure etc. ...

IT IS BECAUSE OF EATING MEAT.

These impregnations have a deep influence of your psychic state, of your consciousness.

Do you realize this chain of suffering you create by buying meat in the (super)market? Do you imagine the kind of impact ***Eating Meat*** has onto your personal 'well'-being? How it ***influences your consciousness and awareness, your state of mind?***

I am sure the majority still does not! This is the reason why they still kill millions of animals every day and continue eating them and have the impression that they do right!

You know also, thanks to a lot of researches in this domain, that the production of meat destroys our environment and reduces the food-resources for feeding mankind. You waste precious nutrition. We all know that.

But do you also know that the meat-production in the common sense [huge factories with tiny places for every animal (think about cows, pigs and chicken)], the slaughterhouses worldwide produce in the astral world, in the invisible world a pollution which is more worth and dangerous than anything you can imagine in your physical world? More dangerous than the situation during smog alarm in industrial areas in third-world-countries or in Mexico-City?

IT REMINDS ME TO A THOUGHT OF A FRIEND OF MINE WHO SAID:

"When man seeds carrot's the question doesn't arrive what he will harvest! But when he slaughters millions of animals what can he expect to harvest?"

This kind of pollution you create is much more dangerous because it has a huge impact in your physical and your spiritual health, in your spiritual connection to the divine regions and therefore in your way of living, behaving and acting!

And this cleaning in the astral regions is very difficult to accomplish.

**AS LONG AS WE HAVE PLACES TO SLAUGHTER
ANIMALS, AS LONG WE WILL HAVE WARS AND NO
PEACE IN THE WORLD!**

Also this you know. You know that warriors in times of war eat meat in the morning, at lunch and at supper. This makes them fearful, cruel and aggressive! Without meat no-one would do a shot, would kill someone. They would go home to their families and friends and work for peace and harmony in their environment and through that in the world.

Without eating meat, the economical and spiritual situation would change. Science confirmed that already.

And do you realize the reasons why (your) children, so called "amok-runners", mass murderer etc. behave and have desires like they do and have? It is because of eating meat – at breakfast, lunch and supper. Constantly and without having a break! (Sausages, even slices, are also made by meat and blood, the carrier of the soul). ... and becoming trained at this war-machines and war video-games they "play" with. They behave like they do because they are finally weaker than the others and easier to be influenced by the destructive thoughts which hover in the invisible, astral world. They are the weak point in the chain and materialize the thoughts and desires which are wandering around!

Meat consumption hinders spiritual grows! Meat is like a helm, a barrier against the divine emanations, the divine waves you need for exchange. Meat consumption produces suffering in the physical and spiritual realms and therefore a pollution which does the same for the rest of mankind. It isolates the earth more and more from the divine areas so that only high advanced souls can get in contact with them. The others become influenced and victims of devils, demons and other evil spirits of the lower astral planes who need them to survive.

The reason that you still are in exchange and in communion with the divine regions is that we have saints, masters and spiritual disciples incarnated on earth who do a constant clean-up in their astral surrounding. But they need support. They need your help to erase it as you do when you fast!

YOU HAVE TO STOP EATING MEAT AND TO BECOME VEGETARIAN!

The positive influences of these quiet saints are described in the following thought:

To be good is more charming and beneficial than to be evil, yet even a few good people – by their qualitative worthwhileness – counterbalance the quantitative influence of evil. One moon gives more light than all the stars. The sun drives away the darkness from a space millions of time larger than itself. One good man, whether he preaches or not, by his very presence in the world sets in motion invisible good vibrations; their power is sufficient to counteract even vast volumes of inharmonious vibrations emanating from the wrong thoughts and actions of evil persons.

Paramahansa Yogananda

AND FINALLY AN ADDITIONAL, SPIRITUAL REASON WHY YOU SHOULD AVOID MEAT:

When we eat, we are constructing the material of our own bodies, and these bodies are destined to become the temple of the spirit. The matter we absorb is part of this construction and must be pure; otherwise it will prevent the spirit from taking up lodging within us. People who eat meat should understand that all the animal cells they have absorbed are now integrated into their bodies, and will refuse to co-operate with any intended noble or

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magnanimous acts. When a person eats meat, he absorbs, along with the flesh, all the animal characteristics of fear, greed, cruelty, etc., so when he wishes to develop his higher self, he meets with difficulties, because animal cells cannot comply with the same high ideal. These animal cells have a will of their own, which is directly opposed to that of the person in whom they dwell. Animal cells do not want the temple of the spirit to be built.

The Universal Brotherhood of Light recommends all those who have problems with avoiding meat a little help to come over this taste:

=> EAT FISH! IF NECESSARY 14 TIMES A WEEK!

Why? Because you replace with fish meat and ... fish is a species which was until now 'successfully' able to avoid evolving. You will help them evolving by eating them and ... you produce no karma! You don't pollute the Ether as you generally do when you eat meat! You will realize with the time that your conscious- and awareness increased! (read more about this in the pocketbook „*Yoga of the nutrition*“ from Omraam Mikhael Aivanhov)