

STOP KILLING ANIMALS **EATING MEAT IS KILLING YOU AND OUR PLANET**



**ACCORDING TO THE TRUE TEACHING of CHIDAMBARAM
RAMALINGA VALLALAR AND JESUS**

BY ARULUDAIYAAR

I - INTRODUCTION

like most of you, I used to eat dead animals. I did not see how oblivious I was and just imitating and following the beliefs of the collective consciousness. I was cowardly enough to eat meat despite the fact I could not bear to see an animal killed, and myself, I could never have killed a living being.

When I was asleep, I ate what I perceive today to be corpses. Today I know that by eating corpses, I not only ate dead animals, but I also ate the antibiotics, vaccines, hormones, and all the chemicals used by humans which served to make all these living things profitable for the consumer corpses industry.

Through the lack of consciousness that by eating meat I was helping the dark world industry of corpse production to continue its deadly work, so in other words, I was, and like most of us, a lazy murderer.

OPEN THE EYES

Today, it is more than urgent to open our eyes to this dramatic situation. This satanic industry, which is committing 150 billion murders every year, yes you read that right, 150 billion animals are killed annually to feed unconscious humans. By eating meat, one is agreeing for some of these murders and recurring genocide.

For my part, I am now realizing that when I ate meat, by paying to buy this meat, I condoned these crimes. I am aware of how cowardly and unconscious I was. I am going to explain in the following lines what finally opened my eyes, while at the same time all my relatives thought that I had embarked on the path of the dark forces and for that reason they did not dare to speak about myself anymore.

REVELATION

I ate meat until the day I was instructed into transcendental meditation, on November 9, 1979. On that day, I experienced a state of deep peace, a state of complete freedom and unfailing joy. I surprised myself being in contact with a reality, a dimension of being, that I did not know before, a space of consciousness from where I felt connected with everything. This experience made me perceive and feel that there was no separation between me and all living beings. It made me clearly see and feel that we were all connected and that we were all and everything inhabited by the same essence of life as light, compassion, and love. All living beings had become consciously part of me. Thereby, the realisation came to me that killing an animal was no less than killing myself.

EATING IS NOT JUST ABOUT FOOD... IT'S ALL ABOUT CONSCIOUSNESS – IT IS LOVE FOR THE SOUL

This brought me to discover that we are compassionate being and sensitive people, we are all about consciousness sensing and feeling the energy of other people and sentient beings, within ourselves. This brings me to understand the suffering behind each bite of meat that I put in my mouth and I also understood the consequences of these inhuman acts on my physical and psychological well-being and on my destiny. Because after a while I was no longer able to eat animals, I could no longer put death in my body nor continue to vote for this ritual, I could not help but to stop perpetuating darkness on the earth and that, even if I was not the one holding the ax. Every morsel we eat plays a role on that journey. The energy of our food becomes a part of our being, it goes deep into the soul – flooding into our cells; directly impacting our vibration by either lowering or raising it (depending on what we choose to consume). We

are spiritual beings in physical, human bodies – aspiring to ever higher realms of awareness. Eating compassionately has the power to heal and reconnect us to the universal flow. It can unleash trapped energy, free the soul, and raise our vibration. The energy of every bite counts.

THERE IS A THREAD THAT CONNECT ALL LIVING BEINGS TOGETHER

Earlier on in my journey I was determined to embrace a lifestyle where I would thrive for truth. I did not want to live my life as an imitator but rather to discover my own reality and live according to what I truly was. I felt deeply moved to live with peace in my heart.

as compassionate being, we know in our hearts that all beings are worthy of love and compassion. That there is a thread that joins us all together... plants, people, animals, and all sentient life. when we tug at that thread, we find that everything is connected. what we do to another, we ultimately do to ourselves. at our deepest levels there is a yearning to become whole again and to honour our interconnectivity with all living beings.

by living a life of compassion, you are seeded to awaken and raise your vibration; to shine the light so that others can wake up too. that is why you are here reading this now. One of the most important way, is that we can support ourselves and everyone else on this most unique journey, by eating consciously.

I found that denying and neglecting my physical body, by eating foods that were not optimal for me, totally disconnected me from Source. Eating unhealthy food, ultimately makes us feel like crap. Eating lifeless, processed stuff, makes us feel lifeless and processed. Eating meat and animal products makes us suffer

energetically as we become responsible for the pain and suffering that happened to the animals we consume. As compassionate being, we take on that energy. These things drain our energy and hinder the flow of life force through our being.

THE BENEFITS OF COMPASSIONATE EATING

When I contemplate the benefits of compassionate eating, the list is huge. Here are just a few of the ways I have noticed that it can support us on the spiritual journey...

- *helps bring our blockages to light (so we can let them go)*
- *allows us to absorb positive life force*
- *naturally makes us feel more vibrant*
- *draws us back to unity and oneness*
- *awakens the life force within us*
- *energises us so that we can in turn support others*
- *helps us attune to our higher purpose*
- *naturally makes us feel closer to 'home'*
- *helps us to stay more balanced*
- *reconnects us to the flow of universal life energy*
- *releases energy and trapped emotions from the cells of the body*
- *means that we take on less stuff from the food we eat*
- *naturally helps us feel interconnected with all sentient life*
- *helps us shine a brighter light*

EATING COMPASSIONATELY, BECAUSE WE ARE WHAT WE EAT...

I have enjoyed a healthy plant-based diet for over 45 years, experiencing optimal levels of health along the way.

Everything is energy! The energy of our food directly impacts sentient life on all levels, so it plays an important

role here. By embracing a plant-based diet of the most conscious kind (organic, local, homegrown where possible) we find a natural affinity and respect for all life. We begin to steadily raise our vibration and attune ourselves to the divine flow of the universe.

I believe that what we eat is important... for ourselves, for our fellow animals and for our beautiful Earth.

CONTEMPLATE YOUR CHOICES

Every piece of food should be vibrant and full of life-force – **this energy reminds us of who we truly are**, so if that food is to become a part of our own journey, then it all starts with a simple contemplation of where your food comes from. A few things to contemplate...

How is it produced and transported?

How is Mother Earth respected in the process?

Are the farm workers treated fairly?

Are our fellow creatures harmed?

CHANGE OF PARADIGM

If you tug at one thread, then you will likely find that the whole 'garment' begins to unravel. Do not be alarmed, because this 'unravelling' is an important part of the spiritual journey. Looking at life with an open-heart, with transparency and profound self-honesty are important steps for evolution of the soul. This is how we break free of the restrictions that bind us to out-dated paradigms which are destroying us rather than making us whole again.

EMBRACE THE BEST OPTIONS AVAILABLE TO YOU

Our fast-pace, money-making society has not made compassionate choices easy. You may need to re-define your world. Explore and find the best options you can. You will be surprised at what can be done. You are probably embracing some of these ways already...

USE HOMEGROWN AND LOCAL WHENEVER POSSIBLE

Homegrown, organic, and local ingredients have the highest vibration of all, brimming with a vibrational life force, especially when grown with an open-heart and gathered with gratitude.

FIND ORGANIC FOODS:

Organic foods not only carry a higher vibration with more nutrients to nourish us than their chemical laden cousins, but they cause minimal harm to Mother Earth.

FIND FAIRLY TRADED FOODS:

Fairtrade ingredients are embalmed with the energy of love as we support our fellow human beings with justice, with fair energy exchange.

COMPASSIONATE EATING:

Make compassionate food choices by honouring our fellow animals. We are all connected, so embrace the plant-based nourishment gifted from Mother Earth. Eating compassionately has a greatly beneficial, vibrational raising effect on our spiritual energy field.

MAKE YOUR FOOD FROM THE HEART

Gather your ingredients together with care. Connect with each ingredient as you prepare it. This might seem like a simple act, easy to overlook its importance. Just being connected with the divine source – in the moment – is a powerful practice for spiritual growth. It helps you appreciate the gift of food. It helps to bring peace and calm

to the moment. Preparing food with love is nourishment for the soul.

BEING THANKSFULL

Authentic appreciation is a powerful way to raise your vibration and send ripples out into the wider world. Taking a moment to pause before eating, allows space for gratitude. Offer genuine thanks for the circle of life that nourishes your soul. The important thing is to connect with your food and allow a natural arising appreciation to permeate you and into the field around you.

EAT SLOWLY AND SAVOUR THE TASTE

Eating slowly and savouring the taste sounds simple, yet it is amazing how many people rush their food, chatting away. Switch off your phone and T.V. (if you have one) and really taste your food. Connect with the texture, flavours, and vibrational life force, then you will begin to embrace from a centred place of true experience. You will feel much more guided on how much to eat and what your body needs for optimal health.

WHAT THE WORLD NEEDS RIGHT NOW

Remember what you truly are, and what the world really needs right now, is for you to shine. So, embrace conscious choices so that you can shine like the sun.

In the same way as for a forest to be green all trees have to be green, everyone in the world has to live and radiate the fullness of life, for Heaven on Earth, the Universal Brotherhood to become a living reality for all mankind; a world in which every living beings is living in peace, living as one unit, expressing the long-time wishes of all the sages, saints, prophets and siddhas since time immemorial.

WELCOME TO HEAVENLY LIFE ON EARTH THROUGH THE CREATION OF THE UNIVERSAL BROTHERHOOD

My work here is about compassionate, heart-centred living and profound self-honesty. A reminder that there is a light that flows through all things and that we are all connected.

We are all unique and incredible souls, each of us an important part of the 'whole'.

One breath

One heartbeat

One Love

We are in this together, to inspire each other to rise, to remind ourselves who we truly are, and to live our hearts deepest longing of unity and heart-centred beingness.

II - CONSUMING ANIMAL PRODUCTS PUT YOUR HEALTH AT RISK

While obesity currently affects two Americans and one in ten French people, along with diabetes, cancer and cardiovascular disease, environmental factors as well as excessive meat consumption are increasingly criticized by the scientific community. Cold meat (charcuterie) charged with nitrates and preservatives, hamburgers and breaded croquettes offered by fast food restaurants, grilled meat with saturated meat with fat or chemically processed, are all dangers for your health!

In a century, Westerners have tripled their consumption of animal products

“A European consumes on average 77.3 kg to 90.3 kg of meat per year, compared to 66 kg per year for a French” (The Food Revolution”, John Robbins, Conari Press,2001).

Currently on our plates: too much fat, sugar, salt, but certainly not enough vegetables ...

From an anatomical point of view, humans are more like herbivores than to carnivores. While her digestive system is exhausted digesting meat, her long gut keeps it longer than it takes in her body, leading to a potentially infectious maceration process.

The meat and milk industries, powerful in our countries, participate in the financing of food studies carried out by state bodies so that you do not know and continue to consume these products.

In figures, recent studies show that adopting a vegetarian diet, better still vegan, reduces cardiovascular disease by half and reduce the risk of developing certain cancers by 40% (« *Eating Meat : A Little Doesn't Hurt*, » Elizabeth Somer ,WebMD,1999 and “ The

Power of Your Plate”, Neal Barnard, M.D Book Publishing Co, 1990). That a meat consumer is 9 times more likely than a vegan to be obese (“The Food Revolution”, John Robbins, Conari Press, 2001). While a vegetarian live on average 9% longer than a person consuming animal product, a vegan life is 13% longer

CARDIOVASCULAR ILLNESSES

Frequent consumption of meat interferes with the proper functioning of the heart and arteries by promoting bad cholesterol.

The abundant presence in meat of the bacteria l-carnitine increases the rate of nitrogen excretion in the blood, which alters the metabolism of cholesterol and slows its elimination. It then accumulates on the walls of the arteries and promotes their hardening or atherosclerosis.

Cholesterol is only present in animal products ... totally excluded from the vegan diet. This diet rich in fruits, fiber, soy protein, vegetables and vegetable oils, lowers the levels (“Coronary Heart Disease Mortality among 7th-Day Adventists with Differing Dietary Habits ; American Journal of Clinical Nutrition” 31, R.Phillips (1978). Some researchers even claim that a diet excluding meat would be as effective as drugs in lowering LDL cholesterol, often called "bad cholesterol", triglycerides and the risk of cardiovascular disease (« Position of the American Dietetic Association and Dietitians of Canada : Vegetarian Diets », Ann Mangels, Virginia Messina, and Vesanto Melina, Journal of the American Dietetic Association, Jun. 2003).

DIABETES

Type 2 diabetes can be prevented and even reversed with a vegan diet high in fibre, plants, seeds, and vegetables (Kahleova, H.; Tura, A.; Hill, M.; Holubkov, R.; Barnard, N.D. A Plant-Based Dietary Intervention Improves Beta-Cell Function and Insulin Resistance in Overweight Adults: A 16-Week Randomized Clinical Trial. Nutrients 2018, 10, 189).

Many studies show that a vegan diet, rich in fibre and low glycaemic index foods is the best way to lower blood sugar levels, as well as fat, which only increases the risk of developing heart disease. for people with diabetes ("Dr. Attwood's Low-Fat Prescription for Kids", Charles Attwood, New York: Penguin Books, 1995). A vegetable diet is ideally recommended for them.

CANCER

The Physician Commission for Responsible Medicine (Association of Health Practitioners for Responsible Medicine), which brings together nearly 5,000 doctors, reveals on its site the results of numerous studies which establish a direct link between the consumption of meat and dairy products and certain cancers (colon, prostate, breast, oesophagus, large intestine, bladder).

Unlike a diet rich in plants, cereals, vegetables and fruits, sources of antioxidants (beta-carotene, lycopenes), unsaturated fatty acids (Omega 3), and phyto-chemical molecules, which exert a protective effect against cancer, a diet rich in meat and dairy products, which contains many saturated fatty acids and very little fibre, would be by nature carcinogenic.

It is thus noted that breast and prostate cancers are less frequent in countries with high plant consumption. This is particularly striking for Asian countries. Their populations, when they adopt a Western meat diet, match the affection rates of those who have practiced it for generations. Diet is therefore a determining factor in the risk of developing cancer, beyond genetical or geographical factors. [French doctor David Servan-Shreiber, himself suffering from brain cancer, has studied these factors and recommends a diet low in meat, in his book "Anti-Cancer"].

"Fruits and vegetables are particularly rich in antioxidant substances which protect the body from free radical

damage. On the other hand, red meat, which is high in saturated fat, is known to increase the excretion of bile acids which in turn produce substances that can encourage tumor growth (extract from the World Cancer Research Fund and the American Institute for Cancer Research « *Food, Nutrition, and the Prevention of Cancer* » 1997, and from the “*CANCER EPIDEMIOLOGY, BIOMARKERS AND PREVENTION*, vol. 13, n° 10, 2004”).

Frequent consumption of meat also results in the build-up in the body of hormones, antibiotics, and chemicals inoculated into animals in factory farms. Insecticides contained in meat are now twelve times greater than those found in cereals, with the effects, in the medium or long term, that we may fear on human health.

“It has been estimated that the risk of colorectal cancer is increased by 29% per 100g serving of red meat consumed per day and by 21% per 50g serving of cold meats consumed per day” (extract from the Brochure « *Nutrition et prévention des cancers*] (nutrition and prevention of cancers) 2009).

Milk is also not foreign to the development of certain cancers.

According to Henri Joyeux, former oncologist and professor of digestive surgery at the Faculty of Medicine of Montpellier: “One in two cancer is linked to bad eating habits” and “With regard to milk, one of the sources of concern is the presence of growth factors ”.

These molecules produced by cows are intended to feed their calves while ensuring them good growth as well as the gain of a hundred kilos in a few months ... They do not meet any need in humans, in the contrary, they can be harmful to their health, forcing their organism to a process of rapid cell multiplication which can be deleterious in the development of cancers (extract from the « *Le lait est-il bon pour la santé, (Is milk good for health) ?* », Ania Nusbaum, *Le Monde.fr*, 12/02/15.)

Eating fish is no less harmful to human health. Its flesh absorbs marine pollutants, heavy metals, PCBs, mercury, dioxins, and various pesticides. The beneficial nutrients that we recognize in it (Omega 3) can be easily replaced as part of a vegan diet with oilseeds (nuts) and vegetable oils (rapeseed, flax, etc.) which are rich in them.

HARMS OF MILK AND DAIRY PRODUCTS

In 1954, Pierre Mendes France organized, in France, the distribution of milk in schools to eliminate the deficiencies observed in children after the war. Since then, milk consumption has been regularly questioned.

While a cow can naturally produce only 14 liters of milk per day on average, a growth hormone, developed by the multinational Monsanto, can now increase this volume to 50 liters. The injection of this hormone, now common in the USA, has led, through genetic manipulation, to the creation of a new species of cow, with longer legs, in order to allow them to support udders that have become very big and especially painful. .

This hormone has now been shown to promote the development of lymphatic cancers in men. While they were exceedingly rare before, they have only increased since 1994, when the hormone was approved for marketing in the United States.

Exhausted by the intensive activity imposed on them, the cows that are expected to live up to 20 years are taken to the slaughterhouse when they are barely ... 7 to 8 years old. Their fragile bodies, to prevent the many infections to which they are subject during their short lives, are subjected to extremely high doses of antibiotics. Their level in milk is 100 times higher than 25 years ago.

milking cows are sick cows. In the US, 80% of them suffer from leukaemia.

Milk proteins are 80% composed of Casein, a powerful glue used in furnishings or to apply labels on bottles ... Received by the human body as a foreign body, it forces it to try to reject it, by the manufacture of 'histamine which is the cause of numerous inflammations (diseases in "itis" such as bronchitis, sinusitis, otitis etc.).

Humans are the only mammal that continues to drink milk into adulthood when it does not meet any of its physiological needs and contributes to deteriorating health.

Contrary to the messages conveyed by the industry, it does not contribute to the improvement of calcium reserves, nor to the strength of the skeleton. A diet high in animal protein increases the loss of calcium for the body. Conversely, consuming lots of fruits and vegetables (especially green leafy vegetables, cabbage, and dried fruits) helps keep it in the bones.

ANTIBIOTIC RESISTANCE

Intensive breeding, which relies heavily on antibiotics, produces meat that carries disease and promotes the growth of bacteria, such as Salmonella and E-coli, for which our medicine has no cure.

The confinement of far too many animals, their desired rapid growth, as well as their genetic heritage impoverished by repeated artificial inseminations, make them more and more vulnerable to influenza viruses and diseases, which justifies the injection for breeders and manufacturers. more medicines every day.

An FAO report indicates that "Three quarters of new pathogens that have affected humans in the past ten years come from animals or animal products" (« *Industrial livestock production and global health risks* », Otte, Joachin, David Roland-Holst, Dirk Pfeiffer, Ricardo Soares-Magalhaes, Jonathan Rushton, Jay Graham, et Ellen Silbergeld. 2007. *Pro-Poor Livestock Policy Initiative Research Pro-Poor Livestock Policy Initiative Research Report*. Rome, Italy: FAO).

The large-scale use of antibiotics leads to new resistance in the animal and human organisms that consume them to microbial attacks as well as the emergence of new diseases resistant to all the treatments developed by our modern medicine, (extract from « *Le triomphe des bactéries* » (*the triumph of bacteria*) A.

Andremont et M. Tibon-Cornillon, 2006).

Antibiotic resistance now causes 700,000 deaths worldwide per year, including 50,000 in Europe and the USA, (extract from the "Antibiotic resistance: the cry of alarm from David Cameron's experts", *Le Generaliste*, [Internet]: http://www.legeneraliste.fr/actualites/article/2014/12/15/resistances-aux-antibiotiques-the-cry-dalarm-des-experts-de-david-feron_256986).

Giving up eating meat would be an appropriate way to deal with this phenomenon and a major health issue for future generations.

VEGETATE YOUR DIET

Eating vegan is an effective way to preserve your health and protect yourself from the deadliest pathologies of our civilizations. This diet, which excludes meat, fish, poultry, eggs, and dairy products, in addition to being delicious and healthy, is not difficult to adopt. It meets all our dietary needs in vitamins, proteins, and iron (fresh vegetables, cereals, etc.), as well as in calcium (beans, lentils, tofu, nuts, green leafy vegetables, etc.) at all ages. life.

The American Dietetic Association, which has nearly 70,000 health professionals, published a report based on more than 200 studies which conclude that "Appropriately

planned vegetarian diets, including vegan diets , are good for health, represent adequate nutrition, and provide health benefits for the prevention and treatment of certain diseases. Vegetarian diets are appropriate during all stages of life, including pregnancy, lactation, infancy, childhood, adolescence, and for athletes. ".

However, it is necessary to eat in a varied way, in the wide range of plant foods available to us, and in sufficient quantity. Also, be careful not to lack vitamin B12, which is mainly present in animal products which should be dispensed with. It is essential for various vital functions of the body, such as the protection of the nervous system or the production of red blood cells. Foods fortified or dietary supplements with B12 satisfactorily prevent the deficiency. (*"Antibiotic resistance: the cry of alarm from David Cameron's experts", Le Generalist, [Internet]: http://www.legeneraliste.fr/actualites/article/2014/12/15/resistances-aux-antibiotiques-the-cry-dalarm-des-experts-de-david-cameron_256986*).

Meat and dairy products endanger our health. Adopting a vegan diet is giving yourself the chance for optimized longevity.

"Nothing can be more beneficial to human health or increase the chances of survival of life on Earth than a shift to a vegetarian diet. "

- Albert Einstein, The City of Ayuthaya

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