

## CAN WE EAT NON-VEG?

Majority spiritual masters are certainly saying that we should not eat non-veg food. They are creating fear and trying to change others by saying that if you eat, you will be immersed in problems. Telling like this is perfect. Up to some stage with the help of restrictions, controls, fears only development is possible. But in new energy concept: there are no rules, no fears, no controls, no changing others; we only give advices and guidance. Why because this is like P.H.D course. Here practically you should know everything. You have to develop step by step from your present state.

In new energy concept you have to overcome desires with love. Instead, if you stop forcefully or if you suppress it, then there is a chance that desire may become stronger. In my case, I born in Brahmin family, so I didn't had non-veg food. When I was studying inter, sometimes I ate egg to increase weight. But when I entered new energy concept I put a desire that divine feeling should come towards everything. Then I felt within that, if I eat non-veg, then only you will get divine feeling. Then I argued with non-veg energy like this, divine feeling comes only if I do everything practically? For some things by seeing also we can get divine feeling? I am seeing non-vegetarians with divine feeling, now you say to eat non-veg, later you say if you kill physically then only you will get love towards killers, is it necessary? Testing 2 or 3 grains is enough to check whether rice is cooked or not, no need to see every grain.

Even then from within pressure came to take non-veg food. Then I said "ok" and went to hotel and ordered chicken biryani. After seeing biryani I felt vomiting sensation in stomach and I am unable to have it. Even then I tasted little bit of rice and gave advise that - my dear non-veg energy, get satisfied and take me towards beyond state. After that I ate eggs 4-5 times and satisfied that energy also. After that when I ate egg, I felt discomfort in stomach, so I stopped eating eggs completely. But if anyone eats non-veg in front of me, without hating them, without trying to change them, I accept them as it is and I see them divinely.

But I had lot of affection towards some vegetarian food items. When I enjoyed those foods with love by assuming that "I don't want good or bad from this food", then affection naturally decreased. Interestingly I ate food, means with a feeling that only to eat only to experience this, I took birth. Because of doing like this, now I am enjoying all items equally. Addiction towards everything decreased.

So when you have desire to eat non-veg, with love talk like this and then have it - "my dear non-veg food I eat you with love. From you I don't want either good or bad. From now onwards I will eat divinely, I want pure energy from you. You only take me to the state, where I can stay without eating non-veg, where I can overcome the desire to eat non-veg food". After that release related believes, for example eating non-vegetarian food is sin, it increases cholesterol, it gives energy etc.

With 100% love when you eat non-veg: means with awareness if you enjoy the meat, spicy flavor, its smell and other things then only you can overcome it and you can go beyond that desire. Taste is only for tongue, so keep food in the mouth for maximum time and enjoy its taste while chewing. If you eat in this manner, after some days you won't feel eating it. But when you have the feeling to eat, enjoy it without suppressing the desire. But final state is being blissful without eating.

Why because once you and your body reach certain state, then body can't digest non-vegetarian food. It indicates to take only easily digestible foods. But the path to reach this state is to follow the above said method. Then only naturally you can stay without eating non-veg. We should not kill desires, we should overcome it, that is new energy concept.

You may feel - what is this, he is telling in this way, once we start eating with love, can we give up? Where ever I go all are asking the same question, can we eat non-veg food? Weather eating non-vegetarian food is sin? My answer is if we kill mosquitoes is it not sin, if we kill trees is it not sin, everything have life. Unless death time arrives for them, you can't kill. If you have desire then have it. Know everything by your own experience. How you know that if you eat this, it is sin; if you eat that it is virtue!

According to others experiential knowledge they are telling that eating non-veg food is sin, because of that problems and diseases arises. Listen whatever other person says but don't believe blindly. It may be my advice or even lord brahmas advice. Whatever we are saying it may be correct or may not be. So practically do it. You have to know everything through your experience. So eat one day and observe, observe another day without eating. Like this if you practice for some days then you will know what to do. Then you take decision, whether to eat or not? Other person's knowledge is not your knowledge. You have to know everything by your own experience.

When I went to class to teach one person asked me - sir can we eat non-veg, lot of people are saying that if we eat we get bad-karma that's why don't eat. Then I gave the above said answer to him. In the past he forcefully stopped non-veg based on others advice, again he started eating after listening my class. After six months when we met again he said - Sir, as per your guidance with love I had non-veg for 2 months, then from within I felt it's enough, stop eating. Since 4 months I stopped eating non-veg.

Another person who stopped non-veg food by killing his desire got tremors disease. Then when he consulted doctor he advised to eat non-veg again. After eating non-veg illness decreased. After hearing my class he ate non-veg as per my guidance, now naturally he is able to stay without eating it.

Another person from bhadrachalam got married 10 years back, but have no children. They consulted many doctors but they haven't got children. Then through someone they came to know that if they do meditation they will have children. So they came to spirituality, did meditation and stopped eating non-veg forcefully, and then also they didn't get result. He met me and said his problem - sir I have desire to eat non-veg, but if I eat whether I get sin? Or any new troubles arise? Then I said vegetarians also have troubles. Your body is asking non-veg, so until you satisfy body's desire, you won't get children.

According to my advice they started eating non-veg and used medicine given by doctors. Two months finished, but no result. Then they stopped using medicines completely and followed new energy concept and did meditation. Then after 4 months they got result. He called me and said happily that, my wife is pregnant, by following your advice we could solve all types of problems.

Then they invited me to attend their kid naming ceremony. When I went he introduced to the people and said that by following my advice only he got baby girl. While having meal, I didn't saw non-veg food. Then I asked him - what is this man! By eating non-veg only you got child, then why didn't you arranged that food? Then the answer he said is – sir I felt, is it necessary to kill animals, that's why I didn't arranged. Then I said - very good, naturally it came from within, follow it.

Another person from Khammam, even after 4 years of marital life, he had no children. Even doing good actions and doing meditation for so many hours also there is no result. When he came to me, I said eat whatever you want, because children have to take birth in the body. So if you satisfy body's desire then only body satisfies your desire. But he felt lot of fear to do what I suggested. He asked me sir, I gained so much virtue by doing meditation, if I eat non-veg it may cause sin, I may drop to lower stage, because of sin again problems may occur.

Then I said: how many days you stuck in sin-virtue? When you go beyond sin-virtue then only your desire manifests, at the same time you will also get liberation. So from now onwards do the works which you feel sin and tell them to take you to divine state. Same way do the works which you feel virtue and tell them to take you to divine state. Do the works outside, in which less risk is involved, remaining imagine them in the mind and reach divine through them. If you do like this then only you will grow and your desired result arrive. If you stick to your present state, means sin-virtue state you never get results.

After struggling inside for many days, at last he had non-veg as per my suggestion. Then 3 months later his wife became pregnant. Then he became blissful and called me and said: now I came to know sir, from now onwards without feeling good-bad, if I do everything with divine feeling then only I get results, I understood the secret of creation.

So here what I want to say is, if eating non-veg food is sin, then how they got children. If we do sin problems has to increase, but how it is decreasing? Please try to understand.

Try to evolve step by step from your present stage. In new energy concept there is no rule that you should not eat non-veg. But surprising thing is 90% of new energy followers stopped eating non-veg naturally. Remaining people still eating but even then they are getting miraculous results.

When you follow new energy concept and do meditation, then new energy enters within and removes unnecessary things naturally. The desire and interest towards things decreases naturally. So please don't kill your desires, overcome it. This is my advice based on my experiential knowledge and the results I got. Then it's your wish.

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Anyone inspired by new energy concept or whoever wants to donate, please deposit in the following bank account. Your help will encourage us in spreading this concept to huge people. Name: P. Sreedhar; State bank of India, Saving bank account number: 30603897922. Branch-name: Hanumakonda; City: Hanumakonda, Warangal District, Telangana, India. IFSC Code: SBIN0003422. My Mobile No: 9390151912. Your generosity and support is appreciated! This mobile number also has GooglePay and PhonePe.

### **MELT**

If you want to reach soul by going beyond body, mind and heart, first recognize that you are affected by your thoughts and living in them imprisoned. After that turn your focus from thoughts to "yourself", and then practice melting. Whatever happens within, without participating in the process, you say that only I am melting, and melt like an ice cube and become pure. After that spread inside. Means without talking, without thinking, not doing anything, only stay in a feeling that I am present in the whole body. Then you will enter into sleep like state, or coming out from your parts you stay in empty space. In this state if you can stay for some time, then thoughts dissolve on its own and silence happens within, and after that soul appears. Then you will experience pleasantness, lightness, freshness and blissfulness. Without opening your eyes immediately, spread this bliss to all your parts. Then you will get solution to all your problems. Also coordination happens among all your parts. This meditation can be practiced by anyone, anytime, anywhere, and no time limit. Daily practice this meditation for at least 10 minutes.