

CAN WE EAT NON-VEG?

Many spiritual leaders strictly advise against consuming meat, warning that it will lead to problems. They try to change others by instilling fear. This approach is correct to some extent, as growth is possible with the help of rules, regulations, and fear up to a certain point. However, in the New Energy concept, there are no rules, fears, or forced changes. There are only suggestions and guidance. This is because it's like a Ph.D. course, where you need to experience and learn everything directly. Here, you need to climb one step at a time from wherever you are.

In this New Energy concept, you must overcome desires with love. If you forcefully stop or suppress them, the desire may intensify. In my case, I was born into a Brahmin family, so I wasn't a meat-eater. During my intermediate studies, I occasionally ate an egg to gain weight. After entering New Energy, I resolved to have a divine feeling towards everything. Then I felt within that eating meat would give me a divine feeling. Does that mean I need to do everything to have a divine feeling? Can't I just see some things and bring a divine feeling? I already see meat-eaters with a divine feeling. Now you say eat meat, and later you'll say that to have love for killers, you need to kill. Is all this necessary? ... Testing 2 or 3 grains is enough to check whether rice is cooked or not, no need to see every grain.

Despite this, I felt an inner urge to eat meat. So, I went to a hotel and ordered chicken biryani. As soon as I saw it, I felt like vomiting and couldn't eat it. Still, I ate a little rice and advised the meat energy, 'My dear meat energy, be satisfied and take me to the soul state.' Later, I satisfied that energy by eating eggs 4-5 times. After that, when I felt like vomiting while eating eggs, I completely stopped eating them. However, when someone eats meat in front of me, I don't feel any hatred towards them, nor do I try to change them. I accept them as they are and see them divinely.

But I used to have a strong liking for some vegetarian dishes. Whenever I enjoyed them with love, without thinking of good or bad, my excessive liking for those foods naturally decreased. I used to think that I was born on this earth just to eat that food and have this experience. Now, I can enjoy everything equally. My addiction and attachment to everything have decreased.

So, if you feel like eating non-vegetarian food, talk to it with love and eat it. Say, "Say, my dear meat, I eat you with love, I don't want good or bad from you, from now on I will eat you with a neutral mindset, I want pure energy from you, take me to the state where I can live happily without eating you, where I can go beyond the desire to eat meat." Then, remove the beliefs related to it, such as 'Eating non-vegetarian food is a sin,' 'Cholesterol will increase,' 'Strength will come,' etc.

When you eat meat with complete love, savoring every aspect of it: meaning if you relish the meat, spices, flavor, and other elements, only then can you move beyond meat consumption and transcend that desire. Taste is merely for the tongue, so keep the food in your mouth for as long as possible and enjoy its flavor while chewing. If you eat this way, after a few days, you won't feel like eating it anymore. But when you do feel like eating, enjoy it without suppressing your desire. However, the ultimate goal is to remain joyful without eating.

Because after you and your body reach a certain state, your body cannot digest non-vegetarian food. It only suggests eating things that are easy to digest. But to reach that state, you have to do it the way I mentioned earlier. Then only can you naturally avoid eating non-vegetarian food. Don't kill desires, conquer desires, that's the new energy concept.

You might think, 'If we start eating this with love, can we give it up?' This is the question everyone asks me wherever I go - Can we eat non-vegetarian food? Is it a sin to eat meat? My answer to this is... If you kill mosquitoes, is it a sin? If you cut down trees, is it a sin? Everything has life. If it's time to die hasn't come, you can't kill it, if you have the desire to eat, eat. I'm telling you to experientially know everything. How do you know that eating this is a sin and eating that is good?

Others say eating this is a sin and it causes problems and diseases based on their experiences. Don't blindly believe what others say. Even it could be me Brahma, the creator. What we say may be right. But practice and see. You have to know everything through your own experience.

So, try eating one day and not eating the next. If you practice like this for a few days, you will know what to do. Decide whether to eat or not based on that. Someone

else's knowledge is not your experiential knowledge. You have to experience everything yourself.

When I went to teach a class, a man asked me, 'Sir, can we eat meat? Some people say it's a sin to eat meat and it causes problems and diseases.' I gave him the same answer I mentioned earlier. He stopped eating meat forcefully, but after attending my class, he started eating again. After six months, he met me and said, 'Sir, I ate with love for two months as you suggested. Then, I felt like stopping from within, and I haven't eaten for four months now.'

Another person forcefully gave up his desire and stopped eating meat, then he got Parkinson disease. Then, the doctor advised him to eat meat again, and his health improved. After attending my class and following my advice, he was able to naturally avoid eating meat.

A couple who lived in Bhadrachalam got married ten years ago but had no children. Despite consulting many doctors, they couldn't conceive. Then, they learned that meditation could help them have children, so they started meditating and forcefully stopped eating meat. Still, they couldn't conceive. The husband met me and asked, 'Sir, I want to eat meat, but will it be a sin? Will we face new problems?' "Then I told him, those who don't eat non-vegetarian food doesn't have problems? The body desires non-vegetarian food, so until the body's desire is fulfilled, you won't have children. I said this to him.

Following my advice, they ate meat, took medicine as prescribed by doctors, but saw no results for two months. Then, they stopped the medicine and fully focused on the New Energy Concept, meditating and following my advice. After four months, they got the result - the wife became pregnant. He called me and said, 'Sir, my wife is now pregnant, and following your advice has solved all our problems.'

After that, they invited me to attend their kid naming ceremony. When I went there, the man introduced me to everyone and said that following my advice, they were able to have a child. Then, while I was eating, I didn't see any non-vegetarian food. So, I asked him, 'You said that eating non-vegetarian food helped you have a child, then why didn't you serve it?' He replied, 'Sir, I felt that killing all living beings was

necessary, so I didn't serve it.' I advised him to continue following his inner conscience.

There was a man from Khammam who had been married for four years but still didn't have children. Despite meditating for hours, they didn't get any results. When they came to me, I told them - 'Eat whatever you feel like, because children are born from the body, so when you fulfill the body's desire, it will fulfill your desire.' But he was very afraid to do so. He said, 'Sir, I have accumulated a lot of good karma by meditating, what if I get sin by eating non-vegetarian food? What if I fall into a lower state? What if I get problems due to sin?'

Then I said, 'How long will you be stuck in sin and virtue? Only when you transcend sin and virtue will your desires be fulfilled, and you will also attain liberation.' So from now on, do the things you consider sinful and ask them to take you to divinity. Similarly, do the things you consider virtuous and ask them to take you to divinity. Do the less risky ones outwardly and imagine the rest in your mind and journey to God through that. Only then will you grow and get the results you desire. I said that if you remain in the current state, i.e., in the state of sin and virtue, you will not get results.

After a long time of inner conflict, he finally ate non-vegetarian food as I suggested. After eating it for 3 months, his wife became pregnant. He called me and shared the news with great joy. Now I understand, sir, that from now on, I will do everything with the thought that everything is divine, not with the idea of good or bad. He said that he has now understood the secret of creation.

What I want to say is, if eating meat is a sin, then how did they have children? Shouldn't problems increase by committing sin, but instead, they are decreasing? Please understand this.

Wherever you are, take one step forward. There is no rule in New Energy that says you cannot eat non-vegetarian food, but surprisingly, 90% of people who follow New Energy concept naturally don't eat non-vegetarian food. The rest are still eating it, but they are also getting amazing results.

When you meditate following the New Energy concept, the new energy comes inside you and naturally removes what is unnecessary for you. Your interest and desire for it naturally decrease. So, please conquer your desires without killing them, this is my advice to you through my experience and the results I got.