

NEWENERGY-TRIGUNAS-DIET

The food we eat not only nourishes the Body but also affects our mind and emotions. With consistent and dedicated attention to diet, it is possible to balance not only physical health but also our emotional health.

In pure nature three Gunas are in equal ratio. Of all the foods we eat, these trigunas are present in different proportions. This has resulted in a wide variety of substances. These affect all parts of us. So our health depends on the food we eat.

There are basically three tatvas in nature. These are the main forces of this cosmic intelligence. These determine our spiritual growth. This we call as Gunas. Those who bind are called Gunas. If we misunderstand Gunas, they make us stuck in the external world.

Satva Guna Food

Saatvik food is always fresh, natural. That means fruits, vegetables, ghee milk etc... These foods are not cooked at all; or cooked using less: salt, chilli and oil.

Examples: All kinds of fruits like apple, banana, orange, Mango, guava, Papaya etc... Also dry fruits, water, vegetables, nuts, wheat, corn, beans, non-pasteurized and homogeneous fresh milk, all fresh milk products (ghee, butter, cream, fresh pannier, curd, lassi), and raw honey etc..

High proportion of Satvaguna is present in sky and air tatvas.

It regulates muscle building and breathing. It contributes to heart rate and cellular production. If Satva Guna is present in the right proportion, it enhances creativity, humility and the ability to adjust. If it isn't in the right proportion it may trigger fear.

Saatvik food helps not only to lead healthy life, but also contribute for peaceful mind. Organically grown fruits vegetables such as: celery, sweet potatoes, sprouts, cauliflower, zucchini, lettuce, green beans, spinach, broccoli, asparagus etc... That means these are free from additives and preservatives.

A person who follows Saatvik diet is called as a Saatvik person. Saatvik individuals are loving and pure-minded. They always face life events confidently. They feel compassion for all beings. Saatvik people have a good control over their emotions. It's not easy to make them upset or angry. Saatvik people always look fresh, alert, aware, and has subtle intelligence. Their sleep quality is better, so they get good rest even though they sleep for less hours.

Rajo Guna Food:

Rajasik foods are very hot, spicy, bitter, dry or salty. Excess flavoring of salt and spices is given to food to make it tastier. Rajasik foods are irritants and stimulants. Readymade curries, bottled fruit juices, fermented foods and all tempting foods come under the category of Rajasik food.

Examples: pepper, ginger, onion, radish, garlic, coffee, tea, cola drinks and energy drinks, brown or black chocolate, pan etc.. If we take food quickly, it gives us Rajo Guna.

High proportion of Rajoguna is present in fire and water tatvas.

It enhances body's basic energies. It protects digestion, body weight and body temperature. It also causes vision, heat, thirst, happiness, and intelligence. If it is not present in appropriate ratio, it can cause anger, hate and jealousy.

People who are dominated by Rajasik qualities tend to be ambitious, aggressive, egoistic, and competitive and are proud of themselves. They have a tendency to control others. They work hard and love power, prestige and position, and they are perfectionists. They suffer from fear of failure, tend to be angry and jealous. They have few moments of happiness.

Some believe that this Guna does not cause both health and illness, and some believe that it causes illness. Rajasic individuals are quickly drained of mental energy. They need at least 8 hours of sleep, because their quality of sleep is not so good.

Thamo Guna Food:

Thamasik foods take more time to prepare. They are no longer fresh, and difficult to digest. Foods that are prepared unconsciously or with the distracted mind are Thamasik in nature. Also while cooking food, if the person is angry or in a negative mood, that food is also considered as Thamasik food.

Thamasik foods are those that have a sedative effect on the mind and body. In general, they are considered harmful. These foods are to be avoided as they can cause mental dullness and physical numbness. They are unhealthy because the body's immune system is depleted. However, in times of pain they are allowed to lessen suffering. Overeating is also Thamasik.

Thamoguna food means stored foods, varieties of non-veg items, fish, eggs, mushroom, pizzas, burgers, sodas, alcoholic beverages, opium and any food kept overnight before consumption.

High proportion of Thamoguna is present in earth and water tatvas.

It strengthens bones, muscles and nerves. It also generates energy that binds the cells together. All body parts get water through it. If it is present in right proportion we have love, serenity and compassion. If not, jealousy and hatred grow.

Individuals who are dominated by the Thamasik quality stay with depression, laziness. They desire over eating, drinking etc... Thamasik people will be greedy, possessive, attached to materialistic things, irritable and uncaring towards others. Thamasik people lack motivation, they require more efforts to complete their task. They need more sleep.

What is noteworthy here is that, in Saatvik state there is peace with awareness, but in Thamasik state there is peace without awareness. In Satva all works dissolve in silence, but in Thamas all works will drop in sleep.

Fresh vegetarian food is usually Saatvik; and becomes Rajasik by adding chills, frying or over-cooking; and becomes Thamasik by cooking in advance and keeping it for too long. For instance a potato is a perfectly fine Saatvik food when baked or cooked freshly with relatively low heat (compared to frying). Freshly made french fries or made as salad with spices like chilli, pepper and mustard it becomes Rajasik. However frozen french fries or stored potato salad are Thamasik.

The necessity of the three Gunas

We have three Gunas within us in different proportions. All these trigunas are necessary in life, for survival and to move in a progressive direction. How we respond to the events and circumstances in our life, depends on the predominant Guna within us.

Saatvik qualities makes the person calm and joyful. Rajas makes the person active and passionate, while Thamas makes the person grounding and promotes stability. It functions as the force of gravity that retards things and holds them in specific limited forms. Realize here that, if we want to shape our desires, if we want to get results for physical, financial, and emotional issues, then Thamo guna is definitely needed.

A Saatvik mind has a calm, clear, creative thinking that allows it, to easily find effective solutions to life's problems. Then we need Rajas to implement these creative ideas and solutions. Then Thamas is also required to bring these activities to an end, when the problem is actually been solved. That means to destroy, decay, and ruin all things in the world, Thamas becomes the cause.

For example: eating, drinking – creation; utilizing them – operation; sending out unnecessary in the form of feces-urine etc.. is destruction. Since everything that has taken birth will also die, so we must also destroy everything with awareness. Without Thamo guna, nothing can be destroyed. If we don't destroy, it creates imbalance, and this can cause lot of problems. That's why, Paramaathma, appointed Brahma-Vishnu-Maheshvara as masters for Three Gunas. To maintain balance in the universe, they perform creation-operation-destruction.

We need Rajasik foods to stimulate creativity and for active outward motion. Thamasik food is helpful when excess Rajas is present to bring stability. If the mind is hyper and ungrounded, Thamasik foods can be eaten to stimulate stability. This means that Saatvik food is not suited to this situation. Since Satva is nonviolent, it does not have the talent to break habits forcefully. If Thamas is more, we use Rajas to break it. To move from Thamas to Rajas, often Rajasik healing is required. This means that you need to stimulate or shock a person to wake up from their repressed pain.

Saatvik therapies work through Saatvik qualities of love, peace and nonviolence. It utilizes inner nature, power of inner mind, and meditation. Rajasik therapies work through Rajasik qualities of stimulation, energisation and agitation. Thamasik therapies work through Thamasik qualities of sedation, sleep and grounding. Since New Energy practice adopts these three Gunas equally, it doesn't require external treatments. Body can heal itself with the help of three types of symptoms that arise within itself.

Every atom has these three Gunas. If these three Gunas are not there, you cannot hold anything together – it will break up. If it is just Satva, you won't remain here for a moment – you will be gone. If it is just Rajas, it can't remain stable. If it's just Thamas, you will be asleep all the time. So realize that, it is compulsory for all Gunas to be in tune and work together.

Also in Thamoguna, Energy stays in negative form and keep holding things in one place. In Rajoguna energy is in positive form and creates motion and movement in things. In Satvaguna energy stays in neutral form and coordinates things.

Normally when we are not aware, Rajas and Thamas work together. Rajas brings over expression of energy, which eventually leads to exhaustion, in which Thamas prevails. For example, too much spicy food, alcohol, or addicted to anything, initially feels Rajasik or stimulating. These eventually lead to such Thamasik conditions as fatigue and collapse of energy. On a psychological level, too much Rajas, which is turbulent emotion, leads to Thamas or mental dullness and depression.

So here understand that, to reach Satva, We need to practice with awareness and first we must reach from over Rajas to Thamas, and from over Thamas to Rajas, and then only we can reach Satva. That means, works in which we were actively participating, now we should remain inactive and works in which we were inactive, now we should work actively. Practicing like this, we reach Satvaguna, that means we reach peaceful state and then we get enlightenment.

Rajo-Thamao Gunas staying equal is Satvaguna, i.e. 50% Rajasik energies, mixed with 50% stable Thamasik energies is equal to Satvaguna. To mix like this, first we must clear our emotions. After that to mix both we must practice as said in [InnerJourney](#) topic. Increase of Satva creates calmness and reciprocity. Because of this we again reach pure nature and the divinity which gives liberation. But if we hold bondage with Satvaguna, that means holding and hanging to experiences like: Health, morality, Justice, prestige, fame etc... mind will be captured and we go far away from divinity. So don't hold Satvaguna too much.

We humans have the unique ability to consciously alter the levels of the Gunas in our bodies and minds. Gunas cannot be separated or removed, but can be consciously acted upon to encourage their increase or decrease. Gunas can be increased or decreased through the interaction and influence of external objects, lifestyle practices and thoughts.

But even with utmost caution, there is a chance of attaching to Gunas. So be prepared to sacrifice all Gunas. We get liberation from Gunas only after experiencing soul feeling. To experience soul, you need to offer yourself to the Divine. So to acquire soul knowledge, sacrificing results, controlling trigunas, keeping 33.33% Trigunas within is not enough. It is also required for us to surrender to the divine and become one with him.

Positive Thinking - Divine Thinking

Desire means Positive or, Negative? Everyone select positive desires which they like. When we wake up in the morning we are in a state of tranquility, stillness, close to the divinity. But as soon as positive thoughts come to mind, we feel we are incomplete and lose our stillness. Then we chase our desires and move away from divinity. Hey, you are tiny, you will achieve happiness, name and fame only if you achieve this or that... like this positive say sweet magic words, and pulls you out from tranquility and divine realm.

So every day, it's positive who cheats us. It's like showing bait(food placed on a hook or in a net) and catching the fish. Positive is pulling us out of peace, and putting us in trouble. It's like golden deer. It gives cookies and destroys our lives on a daily basis. We're still addicted to his magic words. Ultimately it takes us to negative only. Even If we achieve what positive thought said, the happiness come with it, will stay for short period only. Why because, immediately again it generates new desire. This means positive is not giving us eternal bliss, it gives us temporary pleasure and traps us in illusion.

To say more, negative is better. Because openly it will say that, I'm going to kill you. But positive say sweet words and deceive. We need to understand this properly and focus not only on the material world, but also on divine world. So be careful as soon as you come up with a positive thought. Look positive just like you see negative thoughts. Don't lose your tranquility by blindly believing positive. That's why gnanis/yogis say that we should not have any desires. Also, If the desire to reach the Divine does not keep you peaceful, be aware that it also turned into positive desire, and be satisfied with the existing state.

Here I don't mean we shouldn't have any desires. Their impact on us should be normal. Since we can't stay without doing karma, therefore do karma without losing peace. If your mind is not peaceful, put aside all things, do the practices that I have suggested, and first come to a peaceful state. After listening positive words, how much far you travelled away from the divine, the same distance you need to travel back. In the meantime if negative attacks, you can't deal with it. So if you can stay still in positive situations, then only you can stay still in negative situations also. In this way if you can stay still and peaceful in good-bad situations, then you're always available to the divine. Then only whenever problem arrives, you can reach the Divine immediately. Then only with divine support you can solve your problems easily.

This means you can simultaneously stay in illusion and beyond illusion. So realize that Positive Thinking is Dangerous. Do Divine Thinking instead. Going beyond love-hatred and doing works, means practicing 33.33% trigunas concept is Divine Thinking.

Pure satva

In Satva, Rajas and Thamas are also present in seed form. Satvguna is in neutral state. Both Rajas and Thamas try to grab Satva energy, and try to dominate each other. In every day situation, Satva must either favor Rajas or Thamas. Because of this, mind will always be in conflict and this causes instability. That's why all trigunas must be transformed into pure energies. That means we must see trigunas equally. Only then without forgetting the soul, we can always keep it in the mind.

Regular practice is required to develop Pure Satva. It does not condemn Rajas and Thamas but understands their place in the cosmic harmony. When Pure Satva is more in our consciousness, then we go beyond time and space, and discover Paramaathma. Jeevathma regain its purity, and become one with Paramaathma.

After taking births of Thamo-Rajo-Satvaguna, we take Pure Saatvik births. NewEnergy-Advaita practice starts with Pure Satva. Pure Satva means watching three gunas equally, impartially. That means keeping 33.33% Thamoguna, 33.33% Rajoguna, 33.33% Satvaguna. Lord Krishna has used all the three Gunas simultaneously, and they are present in him like the three proportionate lines of an equilateral triangle. Just as the equilateral triangle has three lines of equal length, in the Krishna's personality all the three Gunas are present and united in equal measure. Because of this, it became very difficult to understand Krishna.

Individual, who is dominated by any one Guna, stay in good-bad, right-wrong, sin-virtue state. This is because they assume that the Guna they hold is correct and the rest are wrong, and therefore play the roles of that dominated Guna only. Also while performing duties they feel that they are the doers.

Pure Satva practitioners recognize that all three Gunas are essential and play all kinds of roles to suit the situation. Their sleep isn't the same, it depends more or less on the situation. They try to go beyond good-bad, right-wrong, sin-virtue. Until they experientially know that I am the Divine, they will not feel that they are doers. They feel that Paramaathma is the doer, and to reach surrender state, they practice 33.33% trigunas concept. As long as there is no meeting with the Divine, they are devoted to him. Immediately after merging with divine, they feel that they are the doers and do works and also witness it.

How much we should eat

Till now we have realized that we need all trigunas, so daily we must eat trigunas food. According to your food intake, divide it into three parts. For example, if you eat kilo food at once. Then eat 333.33gms Saatvik food, 333.33gms Rajasik food, 333.33gms Thamasik food.

You can eat these foods separately or in combination. Create harmonious relationship between these three types of foods, by eating: fresh fruits in the morning, stomach full cooked food in lunch, light food in the evening; or in any other manner. Always ensure three types of foods are in the same quantity all day long. Also do not strongly believe that daily you must eat trigunas food equally. Little more or less in quantity is also acceptable, why because we also take divine help when we eat. By providing what is needed, how much is needed, for every part, he coordinates everything inside.

What to chant while eating

Design your daily diet, staying in the present movement and using your creativity. While eating chant like this, Positive-Neutral-Negative-Atma-Paramaatma present in the food, should merge with Positive-Neutral-Negative-Atma-Paramaatma, present in me. And eat as if you are eating Divine Prasadam (food kept before god). Realize that Atma here means divinity which is limited to that form only, Paramaatma here means, the divinity which is omnipresent throughout the universe. Since this is 33.33% trigunas practice, if you eat with this mindset, you will only reach state of Atma.

Or for easy choosing, chant like this, my dear food, I want the divinity which is present in you. Then we get the divinity. How current becomes the light of the bulb

and the air of the fan, in the same way since divinity is formless, it can take different forms, necessary quantities, needed for different parts within us.

After reading books and reading on the internet, I got this knowledge which I am explained to you so far. Since knowledge is infinite, in my opinion nobody has full perfect knowledge. Proof for this is that, no matter how good how systematic we live, we couldn't live healthy happy life. Also, we have not created the body, the mind, and the rest. So it is impossible for us to fully know what and how much is required to them. Only divine, who created it knows it. For example, in our bodies, billions of atoms will born and die every moment. In this way creation-operation-destruction is always happening within us. Every moment if it doesn't happen like this, it will create lack of coordination between parts of us, which can lead to a number of problems.

But while eating we are not believing that, this food must be used to kill unnecessary atoms within. Just we choose health only. Since no one knows what's really going on in the body, if you follow what I suggested above, then the divine within decide, what, how much is needed to our parts. So surrender to the Divine, and allow him to lead our life. Also it's better to take advice directly from God.

When I once had meeting with Divine, I asked what will happen in the body, he suggested that, since body is a mini world, it is impossible to explain clearly what is happening, so try to know less about it, don't over analyze and give me the opportunity to make the necessary changes in the body, mind and in other parts. For more information read [Body](#) and [BP-Sugar](#) Topics.

Therefore, we must release our old beliefs about food and establish a new belief that: everything is divine, and everything came from divine. To know how to change beliefs read [NewEnergyPamphlet](#). Since you came to know that everything is divine, don't try to eat poison. First take eatable foods, chanting as I suggested above and establish divine connection. Then follow divine guidance.

Making changes in our food habits is not always an easy task. But you can take small steps by choosing balanced foods every day. After some time, you will effortlessly make accurate choices, because your body will naturally tell you, to do it!

Mind

Once the food we eat goes to the stomach and is digested, it becomes the necessary vitamins and proteins for different parts and the unnecessary comes out in different forms. Food also turns into pure energy, only then we feel happy and satisfied. That means formless is transforming into form as food and finally transformed into formless. It causes indigestion in the stomach if the food remains in the same form, and that can lead to many diseases. This means that all forms must be transformed into formless again.

In the same way we grasp and store many things through the mind, in the form of thoughts-emotions-feelings-beliefs. Just how we practice to transform food into pure energy, in the same way it is our duty to transform, the information we have gathered through the mind and the experiences we have gained, into pure energy. If we don't do like this, karmas remain stored within. This can lead to psychological problems. They will later convert into health problems.

So we must digest and witness divinely: all experiences, all things, all characters on earth, everything that happens in creation. To know how to witness like this and also how to take direct advice from Divinity, you must read [guide](#) and [inner journey](#) topics.

Choice-practice

First we must know how to choose. This means we have to practice choosing everything as soon as thought comes up, because it requires the cooperation of everything related to that thought. For example, as soon as thought comes, that you are going to die, choose death-birth-neutral-atma-paramaathma; when thought comes to the mind that you lose your money, choose lose-gain-neutral-atma-paramaatma; when thought comes to the mind that, fighting happens, then choose fighting-frendship-neutral-atma-paramaatma.

Then why you are choosing like this, you need to clarify clearly to the mind. Otherwise the mind will not support for practice. You need to understand first and then clarify to the mind that, when money goes out, then only you can buy whatever you want. Then experience by imagination in various ways, that money is coming-going-neutral-atma-paramaatma. After that you will be in a state of rest or stillness or a state of surrender. If you do so, you will be able to solve all the problems.

Whatever you try, it awakens related consciousness. So if you try Pure Satva, then consciousness associated with it will awaken. That means you have to put 33.33% effort only to balance trigunas; then 33.33% stay neutral, that means stay in doing-being mixed state; and then leave 33.33% trigunas practice completely and stay still. Only then the consciousness that the trigunas can be seen equally awakens. Then you work together with the Divine consciousness and achieve results. These results, will not only be useful for your well-being, but also for world welfare. For more information on this read [Dharma](#), [Surrender](#) Topics.

Note:

1) It is not compulsory that one should eat all the foods listed above. For example - many people are addicted to meat, alcohol, cigarettes, medicine etc.. If you leave these items immediately, it can create new problems. Since this has been the case for most people, you'll naturally come out of them, if you take them with divine feeling as I mentioned above. It means you can overcome them, without suppressing. Or just imagine consuming them in the mind, and any emotions, thoughts and feelings that emerge within from the imagination, can be divinely felt and resolved. Naturally many people came out of addiction, by following what I suggested. So keep this in mind and continue practicing. For more information on this read [non-veg](#) topic.

2) Start practicing with the foods you eat every day, and overcome them. Then eat what you like, and then eat the foods you're feeling that they doesn't suit you. Then you'll be able to enjoy them too. In this way, many people consumed unsuitable foods, feeling them as a divine prasadam and experienced satisfaction. Then go beyond these foods also. Since without addiction you have overcome all foods, you can leave those foods that are not tuning to the body for some other reason, easily-naturally-fearlessly-divinely.

3) Since Sunday is Jolly Day, once a week, eat the food you like, by keeping aside the above said guidelines.

4) Eat when you're hungry, and drink water only when you're thirsty. Even if it's midnight, you can eat food. Eat the food needed, to keep your stomach light and comfortable. If you eat too much, or if a situation arises in which you eat food without hunger, or if a situation arises in which you eat on time, experience the discomfort that arises from it, divinely. To know how to experience read [guide](#) topic. If you eat without hunger, drink water also, even if you don't feel thirsty. Depending on the nature of your body, decide how much you should drink. Gnani/Yogis says that fasting is the ultimate medicine. So if there's no hunger, don't eat. But experience the feeling that arises from fasting divinely. Fasting is also good, because the body uses stored things (fat) to survive.

5) Eat the juice and drink the food. This means that you have to chew the food slowly and divinely.

6) No matter how good a fruit is, it also has unhealthful properties. So don't overeat any item. Since the trigunas are temporary, if you stay touched-untouched state, then your union with the eternal divine will take place, who is present right here. Then hold divine and play with trigunas.

7) Even if crops are harvested with pesticides, those who wash them with water and eat as I suggested above, they are getting good results. So even if crops are harvested with pesticides, consider them as Satvaguna and continue practicing. Because organic foods may not be available to everyone.

8) Eat seasonal fruits and vegetables that are cheaply available. Please realize here that you need not buy expensive foods.

9) Positive-negative-neutral-atma-paramaathma, there is no need to follow this sequence. You can say in any sequence. Ultimately, we have to believe that everything in food should mix with everything within us.

10) While eating, whether we should listen to the words of the tongue or the words of the stomach!? If we just listen to the tongue, we eat too much, then the stomach gets angry. If you just listen to the stomach, the tongue doesn't cooperate, then we can't eat because there's no taste. What we should understand from this is that, whatever we do, it requires the cooperation of all parts. And to coordinate, we definitely require Divine support.

11) How the director uses opposite roles hero-villain-joker, and delivers the message he intended, in the same way, with the help of the divine and using trigunas, achieve the goals you set for yourself.

12) Food is called as the reflection of divine. It means that every form is divine forms. So if you use foods, thoughts, emotions, feelings, beliefs, panchabhutas and triguna as I suggested above, then everything works like ultimate medicine and offer solutions to all the problems you have. Gnani/Yogi also converts poison to medicine, but agnani/ ignorant even converts medicine to poison.

13) My answer to the question, whether food really has an effect on us is that, when you're one with the Divine, since your influence is going to be greater, so while eating whatever you believe same thing happens. If you lose your connection with

the Divine and fall into illusion, the effect of illusion is on you. Since food is also part of illusion, eat food as I suggested above. Grasp here, if you feel like, I can't stay without eating chips, then the influence of chips is on you. If you can stay blissfully without eating chips, you can influence chips.

14) To put it briefly, the essence that I came to know is that, if we eat naturally available fruits and vegetables in the same form it is Satvaguna, if we eat cooked food then it is Rajoguna and if we eat stored food then it is Thamoguna. So don't ask me, sir eggplant, comes under which category, search the net and find it on your own. Since I also have 33.33% forgetfulness, I can't always remember exactly which items comes under which category!!

** To read the topics suggested above, simply click the word. Then that topic will appear in front of you or it will be downloaded. This convenience is available only to the computers, laptops, mobiles which has net connection. Or click the following link <http://darmam.com/englishtopics.html>

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MELT

If you want to reach soul by going beyond body, mind and heart, first recognize that you are affected by them and living in them imprisoned. After that shift your focus from your parts to “yourself”, and then practice melting. Whatever happens within, without participating in the process, you chant inside, “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.