

**Sunday, October 18, 2009**

**Brother Satyananda**

**“A Diet for a Modern Yogi”**

Master offers a lot on how to implement diet into our sadhana.

No meat – no fish and fowl

But this is no dogma – it is not a doctrine. It’s a recommendation.

Vegetable Protein is easier to digest.

Eat to live – don’t live to eat!

Adopt a simple dietary lifestyle.

Master’s Diet: Lacto-Vegetarian – Veggies & Dairy – can be supportive of our spiritual lives.

SRF Lessons in early 80s – for diet. Master’s suggestions.

Holy Science – How human beings are most suited to plant diet. Sutras 9-11 in Chapter 3.

Good health – support of prana – life force. Increasing living prana. Stimulating auto-immune system. Supports health.

Ashram Diet:

Buffet Style – Veggie

Breakfast – eggs, cereals, yogurt, fruit, milk

Lunch – casserole with beans, dal with rice, veggies, raw veggie salad.

Dinner – soup, casserole, rice, etc. left over from lunch.

Monastics pick and choose based on what’s best for them.

Educate yourself. Understand your own health and needs. Make wise choices. Be smart and disciplined.

Look within – get attuned with yourself. How do you feel?

Brother lost 30 pounds. He went from 215 to 185 pounds in six months. He's been this weight and on this diet for three years. His research – calorie data on foods. Became aware of calories of food he was eating. Balanced calories consumed vs. ones he burned.

\*Don't go on a diet – but create a dietary lifestyle.

\*Know your foods and your calories.

\*Get a feel from what a 2000 calorie diet feels like.

\*Structure meals around fresh fruits and veggies. These have lots of prana and nutrients.

\*Pay attention to condiments! Reduce them so you can enjoy the flavor but not take in all the calories.

\*Keep high-processed calorie foods to a limit.

Brother uses a wok with oil or butter or veggie broth. Vietnamese style stir fry. Tofu, wild rice, brown rice, salads with raw veggies, spinach, feta cheese, olives.

Practice mindful eating. Don't eat more than you can comfortably digest. When full STOP! Throw food away rather than over-eat.

The whole purpose of all of this is pranayama – Kriya Yoga. Everything is to support sadhana. Life force and energy!

Mantra for Food & Weight Management: "NO!"

Read Fall 2008 SRF Magazine article on "Won't Power"

Nancy's Notes

## **Bro. Satyananda's Lecture on Healthy Vegetarian Eating: Diet for a Modern Yogi**

Look at hardships as chances to grow. As strength and courage increase, your fear will decrease.

Diet should support sadhana

Understand a little bit of what could be good for us

It's easier to digest vegetables

Why did the banana go out with the prune?

Because it couldn't find a date 😊

Intelligence in adopting a simple dietary lifestyle

Meditation is supported

Master recommends being a lacto-ovo vegetarian

Sri Yuketswar Holy Science Ch. 3 Sutras 9-11—human beings suited for plant based diet; suited for prana

Increasing vitality

Intelligent lifestyle eating plan that supports spirituality and health

Educate yourself

We have to be smart and disciplined

We have to look within us

R u carrying too much weight?

We can only solve it by changing.

Do I want this trend or do I want to change it?

Caloriecount.com

1—create a lifestyle

2—know your food and calories

3—structure meals around fresh fruits and veggies

4—prepare foods in a way that you enjoy

Bro likes spinach and Mediterranean olives in his salads

5—practice mindful eating

Don't eat more than you can comfortably digest, than you can safely consume and digest

Bro.'s weight management mantra—**JUST SAY NO!!**

You must mean no.

You need to have a plan.

No becomes discriminatory wisdom.

It takes will power to develop won't power.