

# HEALTHY SPIRITUALITY

## PART 1

### *CARING FOR YOUR TEMPLE*



# Healthy Spirituality Series

- Importance of Eating Well
- GMOs- Genetically Modified Organisms
- Factory Farming Practices
- Dairy Choices
- Exercise- How much is needed
- Living a Balanced Life in an Unbalanced World

# A Gnostic Must Be

- Temperate
- Not slander people
- Not be gluttonous or lazy
- Retire to the bedroom at 10:00 p.m. daily in order to practice internal meditation
- Rise at dawn in order to practice all of esoteric exercises
- Clean, tidy, decent, honest and upright
- Punctual and happy
- Never angry with anyone, nor be against anyone in any way
- Shower or wash daily, and dress presentably

# Why Should We Feed our Bodies Well?

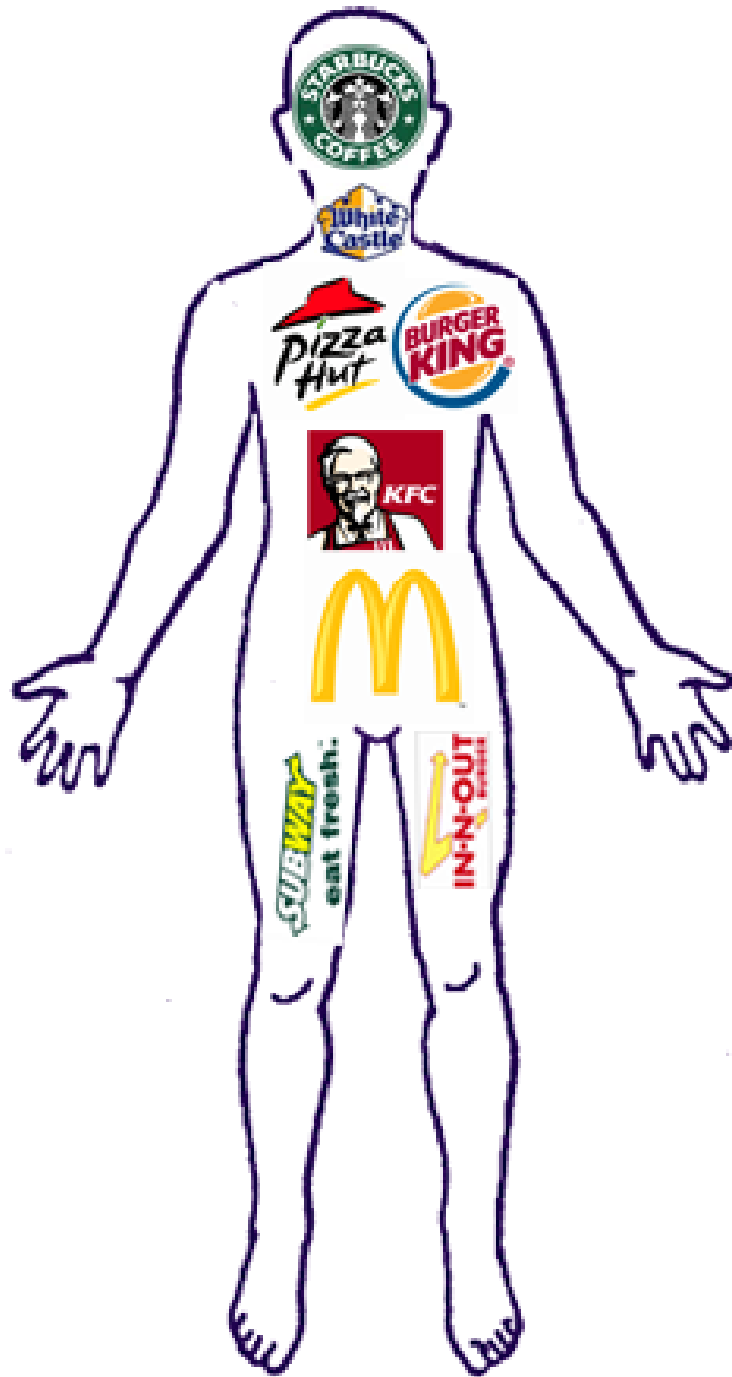


In order to be able to perform the  
Spiritual Work of Your Being

# Three Factors of The Revolution of Consciousness

1. Birth of our Internal Bodies
2. Death of our egos
3. Sacrifice for humanity

**You are What  
You Eat**



So what are  
YOU?

Supersize Me

“It is indispensable that each person be nourished sufficiently. When nutrition is imperfect, the blood weakens and becomes poor, this being the reason why the cells also weaken.”

- Samael Aun Weor, [The Mystery of the Golden Blossom](#)



**10 TIPS TO START  
EATING FOR A  
HEALTHY SPIRITUAL  
BODY**

# Eat More Produce





1. commercial produce is ok

2. frozen fruits and  
vegetables are also ok



3. organic is much better

# BENEFITS OF EATING ORGANIC

- keep chemicals off your plate
- protect future generations
- save energy
- protect water quality
- support a true economy
- promote biodiversity
- nourishment
- flavor

# Organic vs. Non-Organic Produce

## Organic produce:

- **No Pesticides**
  - Grown with natural fertilizers
  - Insects are controlled using natural methods (birds, good insects, traps)

## Conventionally grown produce:

- **Pesticides used**
  - Grown with synthetic or chemical fertilizers.
  - Weeds are controlled with chemical herbicides.
  - Insecticides are used to manage pests and disease.

# The Dirtiest Produce: Buy these Organic

- Apples
- Bell Peppers
- Blueberries
- Carrots
- Celery
- Cherries
- Grapes (imported)
- Kale
- Leafy greens
- Nectarines
- Peaches
- Pears
- Potatoes
- Strawberries
- Spinach



# Non-organic fruits and vegetables with low pesticide levels

- Asparagus
- Avocado
- Broccoli
- Cabbage
- Corn (sweet)
- Eggplant
- Kiwi
- Mango
- Onion
- Papaya
- Pineapple
- Peas (sweet)
- Sweet Potatoes
- Tomatoes
- Watermelon

# **Tips for keeping the cost of organic food within your budget**

- **Shop at farmers' markets**
- **Join a food co-op**
- **Join a Community Supported Agriculture (CSA) farm**

## 4. Local is even better



Why people buy locally grown food:

- **Financial benefits**
- **More Environmentally Friendly**
- **Fresh produce**



5. fresh is best

- **just get healthy food into body**

- Watch what other people are buying
- Try New Vegetables
- Have fruit as a mid-morning snack
- Add strawberries, blueberries, or bananas to your waffles, pancakes, cereal, oatmeal, or toast
- Add vegetables like bell peppers, broccoli, spinach, mushrooms or tomatoes to your egg or egg white omelet
- Stash bags of dried fruit at your desk for a convenient snack
- Top a cup of yogurt with sliced fresh fruit



## 6. Prepare Your Own Food

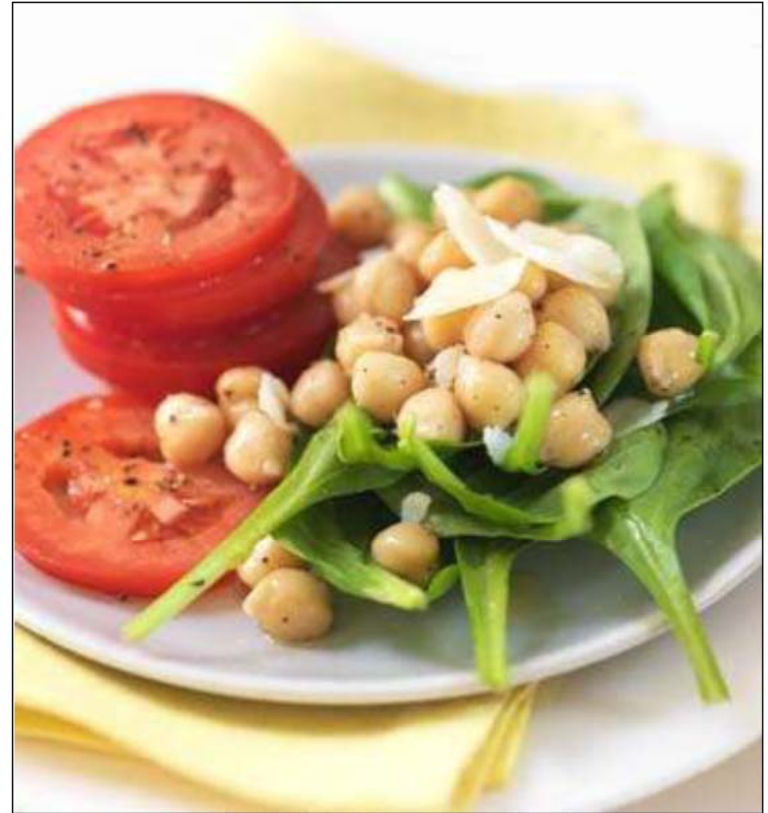


Cook once,  
eat twice

- less time in the kitchen
- more time in life

## 7. Keep it simple

- 2 - 3 ingredients



- not more than 4 - 5



## 8. Ask Others for Help



- create connection
- share time together



## 9. Don't Eat Foods You Don't Like



## 10. Crowding Out

- Canned Food
- Fast food
- Pork
- Soy, corn (unless it's organic)
- Soda
- Too Much Sugar
- Artificial Sweeteners
- Processed Food

# Secret Ingredient in Preparing Food



**LOVE**





# Resources for this Lecture

## **LECTURES**

- Three Factors of the Revolution of Consciousness
- The Pancatattva Ritual

## **MOVIES**

- Food, Inc
- Fresh
- Supersize Me

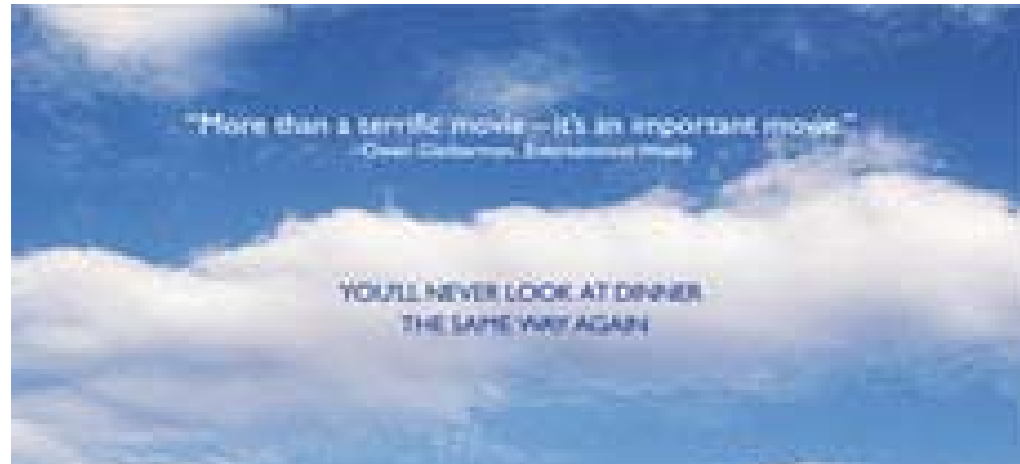
# Fresh



*New thinking about what we're eating.*

**A film by ana Sofia joanes**

[www.freshthemovie.com](http://www.freshthemovie.com)



**How much do we really know about the food we buy at our local supermarkets and serve to our families?**





**“I’m Lovin’ it!”**  
*Peter Travers, Rolling Stone*

**“Funny and outrageous!”**  
*Sam Colman, Entertainment Weekly*

**“Two thumbs up!”**  
*Carl & Roger*

# **SUPER SIZE ME**

A Film of Epic Portions

