Beloved Master
Revered Babuji Maharaj

Whispers from The Brighter World

Sunday, October 29, 2000 – 10:00 a.m.

It's unusual that we tackle topics of this kind. We care about your wellbeing in general, and the food you all give your physical bodies has an impact on the other bodies. You cannot escape that.

That's why we suggest a vegetarian diet rather than a meat-based one. Indians are not inclined towards the latter, partly for economic reasons but also religious ones.

Their way of life is specific to the culture of this country. Ancestral customs have been perpetuated to this day; they will evolve in a distant future, after many upheavals that will lead to a change in climate.

Peoples' diets are largely correlated with this element.

The Earth is moving towards profound transformations, and populations will have to adapt over the course of time. There will be no other way to cope.

As we have often said, this planet is subjected to a system of evolution and regression that brings about perpetual change.

Babuji