

## Gurtih XVI



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## Eating

### Eating before the Fall

In the beginning God made it very clear as to the diet and sustenance of humankind.

"And God said, Behold I have given you every herb bearing seed, which is upon the face of all the earth, and every tree in which is the fruit of a tree yielding seed; to you it shall be your meat." Genesis 1:29 KJV

From this we clearly see that God intended humankind to be vegetarians and that the human body is best designed for this sort of food.

### Eating after the Fall

Later this is what God said about eating animal flesh "Every *moving thing that liveth shall be meat for you, even as the green herb have I given you all things*" Genesis 9:3 KJV

Seems like a contradiction to Genesis 1 doesn't it! Reputedly after the fall of humankind and being expelled from Eden, God then allowed humans to eat meat.

So why would God change his mind? The thing is that after the fall of humankind, that we lost our innocence. We had become creatures of sin and were removed from the perfect environment of Eden. Nature itself suffered and also entered into a state of imperfection and minor chaos. It was into this wild world that humankind had to find existence and survival. So God in his wisdom allowed humans to eat flesh because he knew that only by doing so would humans survive the harsh environment ahead.

Additionally God knew that hunting and eating flesh would cause humankind's consciousness to change and result in an increase of human's brain capacity and intelligence. There is little scientific and physiological doubt that the eating of meat and hunting etc rewired our brains and greatly contributed to the increased consciousness and intelligence of within humans. Without the eating of it is unlikely that we would be as technologically advanced as we are (whether or not this is a good thing is questionable) and regrettably probably would not even survived the Ice-Age without eating flesh. So eating flesh actually became a part of greater plan, to ensure survival and as a catalyst to speed up human's evolution to godhood.

Though God *allowed* humans to eat meat, it does seem that He had some reservations; and in Leviticus a list of animals is provided that is unclean, unfit for human consumption.

### Eating Animal Flesh

During the Age of Pisces Jesus is shown eating fish with his disciples and others. However there are no scripture which reveals Jesus eating animal flesh. It is shown that fish contain a group of Omega fatty acids which are difficult to acquire and do not exist within red meat/flesh. Interestingly, some nuts (such as the Walnut) contain them. These Omega acids are extremely useful for assisting increased brain function and memory etc. Once again we are shown by God (Jesus son of God) food for assisting the advancement of humanity.

Later on Industrial Ages of the 20<sup>th</sup> and 21<sup>st</sup> centuries our technologies and methods of farming both animals and crops has greatly increased in proficiency and productivity. Supermarkets are a convenience stores, just as

are also fast food providers; these make life easier though further remove us from whence the food source comes from. Thus generally no or little thought is given to orchard or the animal that has been slaughtered for food. And because of our modern life style has removed from the very food sources that we eat we have lost to a large degree our natural relationship with ecology and the land. This is especially true in terms of animal flesh that is very often exploited (factory farmed) these days in extremely cruel, profit induced and unhealthy ways. Cruelty now has become a number one consideration regarding the lives of these animals.

### Factory Farming of Animals is Extremely Cruel

Fortunately because of God's plan, which once included humans eating animal flesh in the past, both to survive and also to increase intelligence we have now progressed to a state of technological civilization; wherein eating said animal flesh is absolutely no longer needed to insure a complete and healthy diet.

This is because of the invention of food powers such as Complan™ Food Supplement etc and world wide transport and trade that allows us to purchase easily out of season fruits, nuts etc that would not be available otherwise.

So as God intended modern man has reached a stage in his history, where foods are available from all over the globe and additionally there are supplements to compensate for any lacks of minerals vitamins etc.

### The requirement for eating animal flesh just doesn't exist any more

In fact eating animal flesh is becoming more and more dangerous' such as Jacob-Kreutzfeld disease in Beef, anti-biotics used in chicken and pigs, a host of other so-called vaccinations used in sheep and other farmed animals; all being absorbed into the animal flesh which are in turn eaten by the consumer.

### Eating animal flesh is no longer natural and is now unhealthy

There is also one other factor that we haven't yet covered. A topic that most of us try not to consider, and that is

### Eating animal flesh is simply cruel

Especially in terms of factory farming, such as done with pigs and poultry; now I am not suggesting to any flesh eaters, that you stop eating meat (I.e. the flesh of animals) and certainly I appreciate and agree that it would be difficult for many of us to get a balanced diet without meat.

If we eat flesh because we enjoy it, then it our responsibility to admit that an element of cruelty is involved in this practice. Both by the killing of the animal and our taste for flesh; and from this taking responsibility for our sin, (eating animal flesh) then we can progress to ensuring a minimalism of the level of cruelty to the animal often involved to appease our appetites.

Recall the teaching of Jesus "It is not what goes into the body that defiles a man, but what comes out of his mouth"; the coming out the mouth is not just speech, but also means our actions - our integrity. In the situation of eating flesh, this means it is not the 'eating of flesh' that is the main problem; but the thoughtlessness and actions of us whom have so far removed ourselves from a consideration of the animals. That we activity support from the commercial factory farming with our pockets at the supermarket and eat without regard. This is far worse than eating flesh.

Obviously another shame having a taste for flesh and yet being unwilling (or lacking the heart) to actually slaughter the animal itself; this is the action of hypocrite. And one thing that Jesus more greatly condemned that the sins of any, was the dishonesty of hypercritics.

What I am suggesting and proposing however (excluding another Ice-Age or literal starvation) is that we all try to eat foods as close as possible to God's plan; that we eat those fresh foods and healthy foods (that we can afford) more often than not and try to avoid eating animal flesh.

However if we do choice to eat animal flesh, that we do in fact take responsibility for the fact. No, bacon does not come from the bacon-factory! It comes from a sentient and intelligent animal, called a pig that

often has its entire life spent in misery within large and overcrowded building; never to see the sunlight or experience any happiness, a life time of misery and then death.

So please try to give a thought for the animal that has been slaughtered, buy free farmed and organic flesh only. Do try to eat as little as possible to maintain a healthy diet and satisfy any carnivorous desire and enjoyment of flesh eating. Do just once please go to a farm, choose the animal you want to eat. Pick up the knife or the rifle yourself and see if you have the stomach to kill the animal yourself, or watch it killed and then help skin, gut and chop the up flesh with the blood running over your clothes and feet. If you can't do this, then you have absolutely no right to eat animal flesh, and the eating of such will be harmful to you; just as all forms of hypocrisy poison the soul.

That said, overall try to maintain a healthy body; try to ensure that our eating habits do as *closely as possible* (and affordable) partake of foods that are natural as possible, are primarily (if not completely) vegetarian, and are raw (unprocessed) as possible.

### Spiritual Eating

There is no doubt that our fleshly human bodies need to eat. What is not so evident to many of us is that our non-physical bodies also need sustenance. This two fold human condition is the result of the union of flesh and spirit, the marriage of the spiritual and physical bodies resulting in the human soul.

Just as we have mouths and a tongue for eating, to partake and enjoy the nourishment of food which is then absorbed into the body; we also have skin and eyes to absorb the energy of life to energize our spirits.

Sadly today many of us are gluttons, over eating physical food and then doing exactly the opposite, literally starving our spiritual body. We eat in excess generally processed foods and rarely allow the wind or sunlight to caress our naked bodies.

Jesus taught "Man lives not upon bread alone, but from every word that proceeds from the mouth of God". The Word of God is not only referring to scripture, which is the divine revelation of the knowledge of God

communicating to man. For words have only being around since the invention of writing. And certainly did not exist in the Garden of Eden!

Rather the Word is the Life of God; the life force of creation is the Word; the Creative Word (Life) of God that has proceeds out of the Mouth of God. God spoke and it was.

The Word is the totality, the creative life force that shines with the Sun; it is that blows in the wind; and it is that that radiates up from the green grass and every living thing upon this earth. This is the Word of God. It is Spirit, it is Life.

Though your mouth; Eat healthily feed your physical body good and natural foods, such as raw fruit, nuts and vegetables. Avoid processed foods and animal flesh when able.

Though your naked skin and eyes; Eat healthily feed your spiritual body good and spiritual energies, such as the energy of life, the light of the sun and flesh air of country and ocean wind.

Be Blessed

Jean de Cabalis

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