



SHSK Temple, Lafayette, Louisiana - Targeting April 2018 for completion and Inauguration

Why Eating Food During Lunar Eclipse is Harmful

Sadhguru explains why consuming food during a lunar eclipse can have a negative impact on the system.

Sadhguru: During lunar eclipses, what would happen in 28 days over a full lunar cycle is happening in a subtle way over the course of two to three hours of the eclipse. In terms of energy, the earth's energy is mistaking this eclipse as a full cycle of the moon. Certain things happen in the planet where anything that has moved away from its natural condition will deteriorate very fast. This is why while there is no change in raw fruits and vegetables, there is a distinct change in the way cooked food is before and after the eclipse. What was nourishing food turns into poison.

Eclipse Effect: Food Once Eaten, Turns To Poison!

Poison is something that takes away your awareness. If it takes away to a certain minor level, that means you are dull. If it takes away your awareness to a certain depth, that means you are asleep. If something takes away your awareness completely, that means you are dead. Dullness, sleep, death – this is just a progression. So, cooked food will go through the phases of its deterioration much more rapidly in a subtle way than it does on a normal day.

Eclipse Effect: Can We Eat Raw Food?

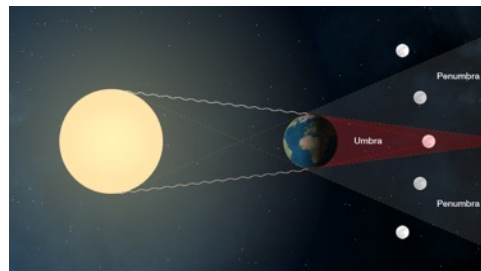
If there is food in your body, in two hours' time your energies will age by approximately twenty-eight days. Does that mean you can eat a raw food

diet on such a day? No, because the moment food goes into your body, the juices in your stomach attack and kill it. It becomes like semi-cooked food and will still have the same impact.

This is not just about food. This is about the way you are itself. If you have moved away from the natural dimension of who you are in anyway, you become more susceptible to these forces. If you are in your natural state, you are least available to these forces.

Eclipse Effect: The Moon & The Human Body

The cycles of the moon have an impact upon the human system, physically, psychologically and energy-wise. This is evident in the way our mothers went through their cycles. I am talking about our mothers because we are here only because our mothers were in tune with the moon. If our mothers' bodies were not in tune with the moon we wouldn't be here today. When the moon is going through a whole cycle in two to three hours' time, there is a little bit of confusion in all our mothers' bodies. This is also happening in a man's body, because your mothers are present in a certain way – not physiologically but in other ways.



Eclipse Effect: When The Body is Confused...

When the body is in a confused state, the best thing is to keep it as empty as possible, and as conscious as possible. One of the simplest ways to be conscious is to not eat. Then you will constantly be conscious of at least one thing. And the moment your stomach is empty, your ability to be conscious becomes so much better. Your body becomes more transparent and you are able to notice what is happening with your system much better.

www.isha.sadguru.org

January 2018 Dates

Based on Lafayette, Louisiana, US Time

12 Friday	Shatila Ekadashi
14 Sunday	Makar Sankranti
16 Tuesday	Mauni Amavas
21 Sunday	Vasant Panchami
23 Tuesday	Ratha Saptami
24 Wednesday	Bhishma Ashtami
27 Saturday	Jaya Ekadashi
31 Wednesday	Magha Purnima, Chandra Grahan Purna

For more details please refer
DrikPanchang.com

Thank you for your support and blessings.

Sri Krishnaarpanamasthu
Srinivasan Ambatipati, Editor