



LEOBRAND

*Letters on*

# *Living Ethics*

*Introduction to Agni Yoga*



*15. Living ethics and nutrition*

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Cover picture: „Die Bauernhochzeit“, “the peasant wedding”- painting by Pieter Bruegel d. Ä.

## Living ethics and nutrition

### 1. Vegetarianism as an ethical problem

There are two empirical sciences that recommend moderate vegetarianism as the natural way of eating: namely Living Ethics, or the true Yoga, and modern medicine and nutritional science. While medicine is only very occasionally and hesitantly adopting this recommendation based on experience and the pioneering work of a few physicians, vegetarianism in Yoga is already an age-old requirement that cannot be circumvented on the path of self-perfection.

Modern medicine confirms the rules and the biological and medical foundation of the teaching of Living Ethics. Although these recommendations benefit all of humanity, they are only rarely accepted, as most physicians, despite better understanding, simply cannot abstain from the enjoyment of meat, nicotine, and alcohol. Enjoyment in every form is the general philosophy of life for today's humanity.

Living Ethics places very high demands on morality and self-discipline and is therefore difficult for weak and wavering hearts to accept. The teachings of Living Ethics are not for weak-willed people who crumble at the first test or who want nothing to do with self-improvement.

The recommendation of a purely vegetarian diet, however, does not stem from religious sentimentality, but is on the one hand medical advice, and on the other hand an unavoidable necessity on the path of self-perfection. Since Christians and also Christian sects, based on a false philosophy of ransom, reject self-redemption and believe that they can ascend to a higher world through the deeds of the Son of God, Jesus, and faith in him, they naturally remain meat-eaters. Nowhere on earth is nearly as much meat consumed as in the main areas where Christianity and atheism are prevalent. Atheists don't believe in an afterlife anyway. So why should atheists and materialists deny themselves what they consider a pleasure? Since eating meat fosters a warlike mindset, most of the longest and bloodiest wars were fought in the Christian Occident.

In the East, especially in India, vegetarianism is almost a given in those areas where Buddhism is prevalent, and the same is true for Hindus. Christianity, however, has rejected vegetarianism so far. Even the meatless fast days were made easier by permitting fish eating. Ironically, on Good Friday and Christmas Eve, most carp have to die so that even on these most important fasting days, Christians can have meat on their tables. It really couldn't be made any more convenient.

### 2. Vegetarianism as a medical problem

At the beginning of the 20th century, there were only a few doctors in Europe who emerged as pioneers of modern nutritional science. The most well-known nutritional researchers, namely Dr. Max Bircher-Benner from Switzerland and Are Waerland from Sweden, deserve special mention. Their work, combined with the observations of several younger researchers in this field, led to remarkable successes within a few decades.

At the third international nutrition and vital substances congress in Stuttgart in September 1957, 700 scientific experts in nutritional science from 36 nations met to discuss the means and methods that needed to be pursued in order to make the lifestyle of modern humans meaningful and healthy. As doctors and researchers, they felt a serious responsibility towards their fellow human beings, who, in their ignorance and under the banner of progress, were poisoning themselves with denatured and colored foods and luxury foods.

These doctors freely admitted that people eat too much meat and fat, which severely affects the liver and digestive organs. Vegetables are often considered incidental by the masses and perhaps be used to stimulate better digestion. It was unanimously agreed that the general

state of health of the war-torn peoples was much better in the “lean” years than in the “fat” post-war period.

Meat consists of about 80% water, with the remaining 20% being protein. Of course, this only applies to lean meat, which is completely lacking in fat and carbohydrates as fuel. If we compare meat with milk, however, the latter contains 3.4% protein, 3% fat, and 4.8% carbohydrates, even though it is only a liquid food. Milk protein is considered the best protein and far surpasses meat protein.

The value of meat is further reduced by the breakdown of nucleoproteins into uric acid and the formation of meat lactic acid, as well as by irritants and toxins such as phenol, skatole, indole, and leukomaine. **The fundamental difference between meat and carbohydrates (grain products) is that meat is broken down by putrefactive bacteria, whereas cereals such as whole grain bread, bran, pastries, and the like are digested by fermentative bacteria.** The fact that meat eaters have more foul-smelling stools than vegetarians proves that putrefactive bacteria completely dominate their intestines, which usually also leads to constipation, whereas in the intestines of vegetarians, the better fermentation bacteria dominate over the putrefactive bacteria. The daily or regular consumption of yogurt, flaxseed—ground and eaten with fruit or drunk as a mucilage tea—and also whole grain bread regulates even stubborn digestive problems.

If putrefactive bacteria predominate, the intestines work inefficiently and consume many times more energy to process the same amount of food than with fermentation bacteria. It is well known that the Chinese and Japanese, who for the most part consume only small amounts of whole rice, often perform even greater physical feats than Americans and Europeans, even though the latter consume significantly larger amounts of food. However, due to their high meat consumption, their intestines work inefficiently. In addition, Westerners eat rice that has been husked or polished instead of whole grain rice. The most valuable part of rye and wheat, namely the bran, is also removed, and the flour is chemically bleached and thus poisoned. The husking of rice leads to vitamin deficiency and has repeatedly caused the very unpleasant vitamin deficiency disease “beriberi” in the rice-growing countries of the East, when people there were fooled into eating husked rice as well.

Why do people value meat so much? It's not about the small amount of protein. Milk and even the lowly potato are more valuable than meat. Potatoes also contain a few percent protein and around 20% starch. Experiments have shown that you can survive longer on a diet of potatoes alone than on a diet of meat alone. But meat is valued as an indispensable delicacy because of its aroma and its stimulants. The same applies to tobacco, alcohol, coffee beans, and Russian tea. These are not foods, but more or less harmful stimulants that a student on the spiritual path must renounce, otherwise he will sooner or later perish both physically and spiritually. A pure spirit absolutely requires pure food.

*„Warnings are useful in all cases. Earthly ailments ought to be anticipated. It is impossible to provide people with a panacea if the conditions of life are not purified. People dream about deliverance from cancer, that spiritual scorpion, but they do nothing to preclude its germination. You already know that the remedy given to you is one of the best against cancer, but it is also necessary to make use of vegetarian diet, and not to indulge in irritating smoking and drinking. Furthermore, one must expel imperil, and then the indicated remedy will be a good shield. But people usually do not wish to renounce all the destructive excesses, and they wait until the scorpion stings them. Likewise do other terrible diseases spread, as the dark gates are held open for them.“(FW II, §384)*

*„Even for a simple examination by means of rays, the physician prescribes a special diet. Yet how much more subtle is contact with the Fiery Domain. One must prepare oneself not only through diet, but also by other external and internal means. Food requirements are not complicated. The chief thing is to avoid blood, since it is an element which introduces emanations unfit for the refined organism. But even in case of extreme necessity, one can avoid blood by using either dried or smoked meat. Similarly, in planning cereal or vegetable diets, one should be guided by the condition of one's organism. Yet even without Yoga anyone can understand that any excess*

is harmful. And everyone knows about the vitamins in raw products. But all these conditions, like excessive pranayama, are nothing compared with the heart's comprehension. You yourselves know how the fires flash up and how the most beautiful thoughts guide one. You may have heard more than once about robber sadhus, and they are probably quite zealous about counting their pranayama. You have heard also of certain Rishis who, even under the most intolerable conditions, did not shrink from helping people. It is especially good on each memorial day to recall the heart's acquisition of Fire. All other conditions are applied in accordance with the intrinsic worth of the heart. The heart will not fill itself with alien or animal blood, for the quality of the heart will not accept it. The fiery heart will not choke with evil speech, for this is contrary to its nature. Thus, let us welcome and always assist the natural kindling of the fires. "(FW I, §188)

### 3. The importance of pure food

„The foundation of life must be a clean one. True, certain bipeds pass their whole lives in mire; they somehow vegetate, but anyone who is accustomed to cleanliness stifles in filth.

It is exactly the same with food. For one who is accustomed to pure food, it is unhealthy to stuff oneself with impure decaying matter. Whoever has been accustomed from childhood to unclean food is not in immediate danger, but he must remember that the germs of the most terrible diseases are contained in impure foods. It is possible to postpone realization of this for a limited time only; eventually the sowing will yield its harvest. "(AUM, §218)

„Among the minor narcotics beware especially of bromine. It is an extinguisher of the fires, yet is very often used in various compounds. Valerian, on the other hand, kindles the fires. Treatment with narcotics is like curing by use of snake venom. The Atlanteans used snake venom, but one can imagine of course how often such treatment was fatal. For public health one must take care that foods should not be contaminated. Over-fermented cheese and other foodstuffs filled with the poison of decomposition must not be used. Fire requires pure fuel.“ (FW I, §381)

„Perhaps the seventh vitamin is Fire. It has often been clearly stated that pure air provides far more essential nourishment than city air. But by purity one should understand a particular fiery saturation. People in the mountains can live longer without food and without needing sleep. The nourishment of spirit, or Agni, can satisfy them without the need of heavy foods. Studies should be made of the nourishment by prana on heights. "(FW I, §404)

The striving spirit needs a pure instrument. This can never be shaped by bloody foods or the consumption of alcohol and nicotine. A disciple on the path must therefore abstain from these pleasures; otherwise, he will not be able to cross the threshold of the spirit on the path of self-perfection.



### 4. Rejecting blood-containing food – the core question of vegetarianism

The problems of vegetarianism and meat consumption are very complex. Certainly, killing an animal solely for food, when nature provides ample bloodless alternatives, cannot be justified in principle. **However, the core issue of vegetarianism lies primarily in the rejection of food containing blood, since blood exhibits strong and harmful emanations and quickly rots when consumed with meat.** Therefore, vegetarianism is also a medical problem; because meat is not healthy in the long run, especially when consumed in excess.

Unfortunately, there are many complicated questions in life. If meat consumption increases, a decline in human morality is to be expected. The Earth and humanity are not yet sufficiently developed to accept the higher laws of the cosmos and higher ethical standards. Therefore, a religious demand that involves abstaining from meat, nicotine, and alcohol encounters the fiercest human resistance. Eastern religions, however, have largely enforced these prohibitions, even Islam, unfortunately often through the threat of eternal damnation, because otherwise, believers could not have been persuaded to adhere to the commandments, which were intended to protect their health. Today, this goal can only be achieved by appealing to human reason.

Even for those who strive for improvement and are genuinely willing to reach a higher spiritual level through their own efforts, these ethical demands often present significant difficulties. One has to come to terms with the existing conditions and customs for the mass of people for a long time to come. For the time being, it will only be possible to find a small segment of the population who are honestly striving to improve themselves and refine or rather ennoble their lifestyles.

However, to avoid getting completely lost in the labyrinth of complicated and seemingly unsolvable life problems, the following rule of thumb applies: *"Of two evils, always choose the lesser one, and of two aspects of the good, choose the greater one."*

Therefore, our first concern should be for people, and only then for animals. Unfortunately, there are people who show less love and willingness to help their brothers and sisters than they do their pets. Only slowly it will only be possible to make people understand to learn to distinguish the essential from the non-essential. Only the gradual expansion of human consciousness will allow many imaginations to be recognized correctly.

## 5. Meat-based food and psychic energy

*„Any food containing blood is harmful for the development of subtle energy. If humanity would only refrain from devouring dead bodies, then evolution could be accelerated. Meat lovers have tried to remove the blood, but they have not been able to obtain the desired results. Meat, even with the blood removed, cannot be fully freed from the emanations of this powerful substance. The sun's rays to a certain extent remove these emanations, but their dispersion into space also causes no small harm. Try to carry out a psychic energy experiment near a slaughterhouse and you will receive signs of acute madness, not to mention the entities which attach themselves to the exposed blood. Not without foundation has blood been called sacred.*

*There can thus be observed different kinds of people. It is possible to convince oneself particularly as to how strong atavism is. The desire for food containing blood is augmented by atavism, because the many preceding generations were saturated with blood. Unfortunately, governments pay no attention to improving the health of the population. State medicine and hygiene stand at a low level. Medical supervision is no higher than that of the police. No new thought penetrates into these outworn institutions. They can only prosecute, they cannot help.*

*Hence, on the path to Brotherhood there should be no slaughterhouses.* (BR, §21)

*„Yet there are people who speak much against bloodshed but are themselves not averse to eating meat. There are many contradictions contained in man. Only the perfecting of psychic energy can promote the harmonization of life. Contradiction is nothing but disorder.“* (BR, § 22)

## 6. Aura and the influence of meat, alcohol and nicotine

As has been described several times in previous lessons, every human being has an aura that surrounds them in the shape of an egg. It can be regarded as their spiritual garment, because it forms a universal reading instrument with the help of which one can recognise a person's spiritual and moral development, provided one has the ability to do so. AGNI YOGA states that the time is not far off when aura photographs can be produced that reveal the state of a person's spiritual and moral development.

It is very noteworthy that the consumption of meat, alcohol and nicotine has a strong negative effect on the aura. Even with a limited ability to observe a person's aura while they are eating meat, smoking or drinking alcohol, one can see that changes are taking place in the aura's vibrations, rings and colours, and that these changes are clearly for the worse. The inner aura ring in particular contracts strongly. A disturbance occurs and it takes some time for the aura to recover, especially in cases of heavy alcohol consumption and excessive nicotine consumption.

*“One should not return again to a meat diet, if the organism has already become accustomed to a vegetable one. There can be exceptions only on account of hunger; but usually a handful of maize or rice can be found. People often do not suspect how meat can constrict and disfigure the aura. But a disturbance may be felt particularly when the organism has become accustomed to the advantages of a vegetable diet. People sometimes discriminate less than animals in the matter of food and its quality. Such meditation is useful on the path to the Fiery World.” (FW II, §408)*

Blood, lifeblood and brewing substances attract undesirable, low and often very ugly entities from the lower subtle world. As soon as it becomes possible to produce aura photographs, it will also be possible to photograph these entities. It will then be possible to see the significant difference between the environment of bloody, rotting and brewing food and the environment of living flowers, especially fragrant roses. While the latter are surrounded by pure elves, lower subtle beings crawl around on the meat and even approach the mouth of the eater.

## 7. Meat food generates a warlike disposition

*„In Tibet horses are fed on leopard flesh in order to make them fierce. The Kshatriyas of Rajputana depend upon a meat diet to maintain their warlike spirit. These two examples alone show the significance of meat-eating. People do not slaughter a vast number of cattle from a sense of refinement. Like troglodytes, they are ready to devour bears. One must realize that the mass slaughter of animals is carried on in full consciousness. People know that vegetables or fruit give more vital energy than a cup of blood, yet they prefer being served with bloody meat, greatly relishing this coarseness. There is no other name for this frenzy of blood consumption. People are perfectly aware that a handful of wheat or barley is sufficient to sustain life, but their animal instinct tries to drag their minds back to a bestial state. Do not beasts try to tear each other's throats? Does not darkness impel people to the lowest actions? Let us not forget that mass killings, whether in war or in the slaughterhouse, equally pollute the atmosphere and violate the Subtle World. It must be realized that every conscious killing shakes the entire surrounding atmosphere. Moreover, these actions strengthen the forces of darkness and chaos, breaking the rhythm. One must avoid disturbing the Subtle World in any way. We can allow a diet of vegetables, farinaceous food, and milk, also eggs, the very freshest and in a liquid state. You know how repulsive the very sight of meat becomes to the organism accustomed to a vegetable diet. Thus, in practice one must accustom oneself to refinement and remember that even an elephant increases his strength through plants alone. One should not think that people eat meat because of poverty. With the least effort one can obtain a vegetable diet; besides, many very nourishing herbs and roots are not utilized. One could learn much from certain animals, they know far more about natural foods than man, the meat-eater. Do not be concerned if the lover of blood scoffs at vegetable food; only remember him, because he is from darkness. Many are indifferent to meat and are compelled to it only by ugly home conditions. We do not mean them. We deplore the conscious vampires and necrophagi. Hence, be simpler and more refined in your diet. “(FW I, §482)*

## 8. Stomach overfilling and it's harmful effects

*„Work like sculptors. Their hands know how to approach the stone in order not to distort the form. But, then, the one who eats knows how much food he requires. Naturally, overfilling the stomach will not be the right measure. On the contrary, the requirement is not determined by earthly measurements. The fire of the heart gives the sign to the consciousness. Thus, it is cause for rejoicing that the true measures are found in the fiery knowledge.*

*I have in mind a well for the safekeeping of treasures; for since time immemorial a treasure was always hidden in the depths. We also see that achievements are preserved in the depths of the heart, and are verily surrounded by Fire.” (FW I, §45)*

*„Do not overeat, in other words be circumspect in food. Illnesses can especially develop when the manifestations of difficult currents are evident. One may observe the diseases of plants and animals also, and note that their healing can become difficult. Thus not only human illnesses, but the maladies of the whole world should attract the attention of scientists. “(FW II, §68)*

*„In general, food is not needed in the usual quantity. It is wisely said that eating is the chains of the devil. Many generations have been burdened by gluttony, therefore caution is required in applying counter-measures. In the final analysis, more people perish from over-eating than from hunger. But a gradual process is required always in overcoming atavism. It is impossible to abolish over-eating all at once, but it can be pointed out that all superfluous food is harmful. “(FW II, §168)*

**Inadequate nutrition leads to hunger and loss of strength, while excessive nutrition leads to poisoning and disease.** Incidentally, overindulgence is the greatest enemy of humanity's mental development. An overfull stomach and the associated digestive problems should not be treated with medication alone; short periods of fasting should also be incorporated. **It is very good for the digestive organs to have a little fast day from time to time.**

However, long fasting cures, which are undertaken in the hope of healing illness or for the purpose of getting rid of excess fat, should only be carried out under medical supervision. When fasting, it is important to remember that daily cleansing of the intestines is necessary and that, in order to conserve the stomach and intestinal mucous membranes, one cup of liquid should be consumed two to three times a day after a few days, preferably alternating between herbal tea, potato water and fruit or vegetable juices. Cold drinks should be avoided at all costs. Rest and warmth are important during a fasting cure. For working people, a cure with milk and stale bread rolls offers a substitute, as a strict fasting cure causes too great a loss of strength.

The most difficult part of fasting is not the fasting itself, but rather ending it and transitioning to a rebuilding diet. Great caution is required here. The transition must be made very slowly with easily digestible foods. Due to the long period of deprivation, old habits can tempt the fasting person to overeat, possibly even with fatty meat, which can lead to serious complications.

Fasting cures are mainly of medical significance. In the spiritual realm, they promote calmness, reflection and concentration on the essentials. However, it is impossible to attain higher abilities or magnetic powers through fasting, as has already been attempted. Deeper insights can be gained.

Far more than the withdrawal or reduction of food, lack of sleep damages the organism. It is known that fasting records range from 70 to 80 days. Even the healthiest organism cannot go without sleep and complete relaxation for such a long time. Humans do not need much food, but they do need a lot of sleep. Those who deal exclusively with mental problems need only two meals a day. Only in the dull atmosphere of cities are three meals recommended, whereby fruit, raw or steamed vegetables, potatoes, fruit and vegetable juices if possible, wholemeal bread, nuts, milk and dairy products are completely sufficient.

As soon as the desideratum arises to reduce the amount of food consumed, the body itself gives the signal; any excess becomes disgust. The signal must be taken as the physical decline in strength that occurs unexpectedly and inevitably during prolonged mental activity. Incidentally, there are no scholars who have large muscles.

Those who concern themselves little or not at all with intellectual problems have a higher food requirement and calorie consumption and therefore need not fear a decline in strength, even if they are vegetarians. The view that only the consumption of meat gives physical strength is refuted by humans and animals alike. Think of the Chinese rickshaw pullers, elephants and

horses. A reduction in sleep is much more likely to lead to a decline in strength than a reduction in food.

## 9. Refinement through vegetarianism

*„All earthly senses, when transmuted, ascend to the Fiery World. Not only do sight and hearing exist spiritually but even taste has its new application. Without taste it is impossible to understand many chemical combinations. And in the process of creation all the senses are needed as means of correlation. Therefore, it is necessary to refine the senses while on Earth. With due reason a certain hermit made his daily food of herbs and leaves in order to refine his sense of taste. And when a passer-by asked his reason for this, he answered, “In order to love thee better.” Thus, each subtlety is of use in the realization of the fundamentals. “(FW I, §333)*

*„Let the thought-creativity of the Subtle World remind us of what kind of amplifier is revealed to us. Verily, he who passes over in righteousness multiplies the righteousness, and he who passes over in evil becomes a source of evil. Thus we can multiply our energies without limit. It is therefore our duty to refine our organism in order that it be a worthy receptacle. And these actions can be performed in palaces as well as in huts. Only consciousness of the grandeur of the revealed Fiery World leads to the path of unity. “(FW I, §483)*

## 10. Vegetarianism and self-perfection

There are countless people for whom food seems to be the most important thing in life, whereas the number of people for whom the development of the spirit or the expansion of consciousness is the highest goal is very small. However, these are true spiritual people and Children of God or in spirit reborn, in whom the Christ inherent in every human soul awakens as a self-redeemer and strives for higher perfection.

*„...Disdain food, just as you do quarrels.” (LMG I, §438)*

*“Think not of food. He who fasts, but in his heart covets food, is of little merit. Not with hay do you prepare yourselves for salvation, but through the growth of your spirit shall you achieve.” (LMG I, §185)*

*“I promise the growth of consciousness. It comes gradually, unnoticed, like the growth of grass. First let us affirm disdain for food.”... (LMG I, §271)*

Buddha Gautama once said: *‘If the spiritual goal could only be achieved by abstaining from meat, then the elephant and the cow would have achieved it long ago.’* There are also indecent people among vegetarians, although certainly fewer than among meat-eaters. It is well known that among all the religions on earth, Buddhists have the lowest crime rate.

Self-perfection is not based solely on abstaining from meat, nicotine and alcohol, but primarily on overcoming one's negative characteristics. However, this requires good thoughts and good deeds; faith or hope in merciful salvation through a Son of God alone is by no means sufficient.

## 11. Subtle World and blood-containing food

*„The particles of higher energy which exist in each human organism correspondingly exist in the other kingdoms of nature. The animal kingdom and the vegetable kingdom know how to preserve the particle of energy also in the Subtle World. Especially certain animals that lived around man preserve a certain bond with the organism of the Subtle World dweller. When I advise kindness toward animals, I have in mind that it is better to encounter small friends than enemies. Indeed, one should preserve co-measurement in everything, otherwise one may receive harmful emanations from animals.*

*Likewise, when I indicate a vegetable diet, I am guarding against nourishing the subtle body with blood. The essence of blood thoroughly permeates the body and even the subtle body. Blood is so undesirable in the diet that only in extreme cases do We permit the use of meat which has been dried in the sun. It is also possible to use those parts of the animal where the*

*blood substance has been thoroughly transmuted. Thus, vegetable food has a significance also for life in the Subtle World.* "(AUM, §277)

*"All killing is contrary to the fiery nature. Everyone who ponders about the Fiery World not only should not kill but is obligated to prevent the shedding of blood. He must understand that bloodshed not only creates confusion in certain strata of the Subtle World but is a violation of earthly nature. Among certain peoples sapping of trees in spring is prohibited for the same reasons. But if, since ancient times, people have understood the significance of the sap of trees, how can they fail to understand the significance of effused blood? The very passage into the Subtle World, if bloodless, saves one from the approach of those dark creatures which are immediately attracted to the emanations of blood. Besides these physical reasons, it is time to realize what it means to prematurely cut life short. The destruction of earthly enemies by murder means the creation of a powerful enemy in the Subtle World. More than once We have reminded about the meaning of karma, but if this word has no appeal to some, let us call it Divine Justice. Never burden the understanding of your companion with a persistent definition. The thought must be directed toward the essence of a concept, beyond its customary expression."* (FW I, §557)

For this reason, the death penalty is also absurd. Criminals should be put to useful work and isolated from human society until they can guarantee that they will, in all likelihood, cause no further harm.

*"...But when people will apprehend the Subtle World and assimilate the Teaching about the Fiery World, they will advance many steps toward victory over the flesh."* (FW II, §357)

*"Refinement of the heart prompts one to give up eating meat. Moreover, an understanding of the Subtle World not only makes clear the harm of devouring decaying products but also reveals the sort of neighbors that decomposition attracts. Actually, it is difficult to decide which is more harmful, the devouring of meat or the undesirable guests that meat attracts. Though comparatively less harmful, even dried and smoked meats have an odor that attracts hungry beings from the Subtle World, and if those entities are welcomed with vile speech, extremely harmful associations come about. As you have heard, many people eat their food in silence or accompany their meal with worthy conversation. Naturally, no decomposition is permissible; even vegetables should not be allowed to decay. People do not need much: two fruits, some grain, and some milk. That way one may not only purify oneself internally but also get rid of many undesirable neighbors...."* (Heart, §331)

*"There is no doubt that narcotics and meats are obstacles to the harmonizing of the physical and astral bodies."* (Heart, §439)

There is no doubt that the lower beings of the subtle world are attracted by the emanations of earthly decay and decomposition, and are particularly drawn to the magnetism of blood. That is why there are so many different subtle larvae near slaughterhouses, in cemeteries, but also in restaurants where a lot of meat is fried and cooked. They literally suck themselves onto gluttons and drunkards who feed mainly on meat. Many people carry such vampires around with them on the earthly plane.

## 12. Death pain in animals and plants

The fact that not only animals but also plants experience the death pain proves that the primary reason for vegetarianism lies in the rejection of animal blood due to its strong and harmful effects. It is a mistake to assume that plants feel less pain when killed than animals. The consciousness of some flowers, for example, is comparable to that of many lower animals, such as fish and insects. Therefore, one should not claim that flowers and plants feel no pain when they are torn or cut.

Numerous experiments conducted on plants by the Indian scholar Jagadis Bose have proven that the sensitivity of the plant nervous system is quite astonishing. The English poet Bernard Shaw once visited this Indian scholar and praised the benefits of a vegetarian lifestyle, emphasising that his developed sensitivity did not allow him to cause suffering to a living being, even indirectly. Bose then vividly demonstrated to the poet the pain that even carrots and potatoes suffer when they are cut or ground pleasurably into mush by the teeth

of even a sensitive vegetarian. But that is not so bad. Such a sensitive person would also not be permitted to kill bacteria, but he is forced to do so, because otherwise he would not be able to breathe at all, or he would have to attach a very dense filter to his mouth and nose to prevent hundreds of bacteria from dying with every breath he takes.

There is a fanatical sect in India, the Jainas, who actually tie a cloth over their mouths and noses so as not to kill any micro-organisms. When they walk down the street, they stare spellbound at the ground so as not to tread on any caterpillars or insects. Vegetarian food is therefore recommended not out of religious sentimentality, but because of its great benefits to health and because the strong emanation of blood also causes psychological damage. Vegetarianism is also not asceticism. The latter, incidentally, has proven to be completely worthless due to its detachment from the bonds of the earth. Gautama Buddha once said in this regard: *'It is much harder to find a patient person than one who feeds only on air and roots.'*

*„Many teachings enjoin abstinence from any killing. Indeed, what has been left unspeaken is the question of the killing of the tiniest invisible creatures. Of course, what was considered was premeditated killing through evil will; otherwise with every breath man would be a murderer. The consciousness can whisper where the boundary line is. The heart can sense and can keep a man from killing.*

*If a bough has been senselessly broken let us nevertheless carry it to the temple, that is to say, let us be compassionate. The same feeling prompts one to guard against killing.*" (BR, §238)

### 13. Vegetarianism and the law of sacrifice

In nature, everything lives at the expense of the other. We should meditate on this great law of sacrifice, which underlies the life of the entire universe, i.e., think about it thoroughly. Then people would realize that they exist only at the expense of other living beings.

In the lower realms of nature, this sacrifice is cruel, for up to the human realm, everything is forced to live at the expense of the lower nature and to consume them. Even creatures of the same species devour each other in the animal kingdom, and incidentally, cannibalism is not entirely foreign to humans either.

On the higher planes of being, sacrifice becomes more fine and sublime, but it remains a sacrifice nonetheless. Only in the higher worlds does this law of sacrifice transform into the principle of giving back, thereby becoming a source of joy. Thus, the high spirits send their powers into the lower worlds by constantly emitting spiritual rays that nourish humans spiritually and psychical in the truest sense of the word. Humans need only be willing to open themselves to this stream. Some of the high spirits even sacrifice their earned happiness for a long time by descending into the earthly sphere, which resembles hell, and remaining there in order to advance the evolution of humanity or rather to correct it without interruption, instead of remaining in their higher world and leaving the earth to its fate.

Morally declining humanity resembles a gigantic vampire that sucks dry the Highest spirits of the earth, who keep constant eternal watch. In addition, their disciples and executive organs are also vampirised by the dark entities and often sucked dry to the point of complete exhaustion, which ultimately leads to their premature death. Without the influx of high spiritual forces and without the death-defying efforts of the representatives of the light, humanity would have destroyed itself long ago.

That is why one must always think first and foremost of one's fellow human being and help him, so that peoples do not wear each other down and kill each other. By improving people, we also improve the lot of animals; people who behave cruelly towards their fellow human beings will also mistreat animals.

So let us love animals and always treat them well, because by doing so we accelerate their evolution. But let us not make idols of animals. Let us accept the law of sacrifice, this eternal cycle of energy exchange in the melting pot of the cosmos, which transmutes everything in its eternal quest for perfection.

## 14. Rules for eating

**One should remain silent while eating and not linger at the table for too long.** It is particularly important not to strain the inner fire during meals. It is therefore advisable to eat in silence. Furthermore, it is very important not to eat while angry, agitated or irritable. One should remain silent while eating and not linger at the table for too long. It is particularly important not to strain the inner fire during meals. It is therefore advisable to eat in silence. **Furthermore, it is very important not to eat while angry, agitated or irritable.v**

*„...The silence that ancient people kept during meals had a sacred significance. But understanding of the idea of the sacred itself had healing properties. Thus, one often can strengthen the heart and nerves by keeping the goal of eating in mind when partaking of food. We are not gourmets, but every vital activity must be in harmony with its goal. Many prominent people have inadvertently poisoned themselves. Also, the Chinese used to sometimes feed enemies with livers of irritated roosters—people are so full of resourceful tricks. But in the New World everything must be directed toward the Good. “(Heart, §534)*

*„It is wrong for people to pay no attention to the consequences of eating while irritated or agitated. Very strong poisons form during this unwise activity. Many days must go by before this poison dissolves. People should remember that hunger is far better than harmful food. I advise that a person who is feeling irritated or agitated should take milk in all its forms as a regular antidote. Soda strengthens the effect of the milk. The ability to recognize agitation is in itself a substantial step toward the education of the heart. If agitation occurs, one should be able to render it harmless, but it is often confused with fatigue...“ (Heart, §534)*

Meals should be eaten regularly and at specific times of the day. It is harmful to eat irregularly and without specific necessity. You should only give your body as much food as it needs. It is very useful to maintain a regular lifestyle because the body also needs to be protected.

## 15. Milk, honey, musk and their significance

*„People are vainly seeking new remedies and medicaments without making use of the old ones. Even milk and honey are not sufficiently in use. Whereas, what can be more beneficial than vegetable products reworked through a succeeding evolution? Milk and honey are to be had in infinite variety, and they constitute the best prophylaxis when employed rationally and scientifically. The point is not simply to drink milk and eat honey; first of all, one must consider what kind of milk and what kind of honey. It is right to assume that the best honey will be from places that are replete with curative herbs. It may be understood that bees bring together not mere chance combinations of their extractions. Nature lore about bees has importance in the way of directing attention to the particular quality of the honey.*

*Moreover, many vegetable products require investigation. People regard things so primitively that they are content with the expressions “good and bad,” “fresh and spoiled;” besides, they are elated by the large size of a product, forgetting that artificial enlargement diminishes the qualitative value. Even such primitive considerations are lost sight of. In the development of vitality, its essence ought to be derived from all the kingdoms of nature. “(BR, §148)*

*„The best curative products are often neglected. Milk and honey are considered nutritious products, yet they have been entirely forgotten as regulators of the nervous system. When used in their pure form, they contain the precious primary energy. Precisely this quality in them must be preserved. Whereas, the sterilization of milk and the special processing of honey deprive them of their most valuable property. There remains the nutritive importance, but their basic value disappears.*

*Indeed, it is indispensable that the products be used in their pure state. Thus, the animals and bees must be kept under healthful conditions, but all artificial purifications destroy their direct usefulness.*

*The ancient knowledge protected cows as sacred animals, and it wove an attractive legend about bees. But in time people lost the conscious regard for the remedies as first given to them.*

*In the old manuals of healing, each remedy was looked upon from the standpoints of both usefulness and harmfulness. But such valuable substances as milk, honey, and musk carry no injury when they are pure. It is possible to point out many useful remedies in the plant world also, but the majority of them are best in the pure state, when the basic energy inherent in them, over and above so-called vitamins, has not been lost. The juice of carrots or radishes, or of strawberries, is best in the raw, pure state. Hence, it may be understood why the ancient Rishis subsisted on these wholesome products.* “(BR, §201)

*„Praise doctors who give the patient a strong tonic at the beginning of every illness. It is too late to try and overtake the illness when the heart has already grown weak. The doctor’s job is to catch the illness at its inception and pour in new strength to help fight it off. That is why We first of all direct your attention to musk. But since there is not enough of this precious substance for everyone, We once more turn your attention to the plants that make up the diet of musk animals. Of course, a vegetable compound will not be as strong, but it will still serve as a curative substance with a wide array of applications. That way doctors can avoid a major enemy of humanity—all narcotics. It is not very hard to find out the composition of the diet of musk animals...”* (Heart, §123)

## 16. Soda and its importance

Soda (sodium bicarbonate = double carbonated baking soda) is a preventive measure against cancer, but it should not be taken in cases of gastritis or low stomach acid.

*„It is right that you do not forget the significance of soda. Not without reason has it been called the ash of Divine Fire. It belongs to those widely given remedies which have been sent for the usage of all humanity. One should remember about soda not only in sickness but also in health. As a bond with fiery actions, it serves as a shield against the darkness of destruction. But one should accustom the body to it gradually. Each day it should be taken with water or milk, and in taking it one should, as it were, direct it into the nerve centers. Thus can one gradually acquire immunity.”* (FW II, §461)

*„Soda is useful, and its usefulness is linked with Fire. Soda fields themselves have been called the ashes of a great Conflagration. Thus already in antiquity people knew the significance of soda. The surface of the Earth is covered with soda, for broad usage. Likewise oil of Artemisia (wormwood), is a powerful strengthener of the nervous system. It does not destroy, but fierily cleanses of injurious deposits.”* (FW III, §595)



## 17. Valerian and peppermint

Valerian belongs to the category of life-giving substances and its importance is equivalent to that of blood in the organism. From an occult perspective, valerian is the blood of the plant world. It should be taken daily and continuously without interruption and regarded as part of one's daily diet. In addition to tea, it can also be taken as a tincture by steeping valerian roots in alcohol. Twenty to thirty drops a day are sufficient. Alcohol may be used for medicinal purposes, as in many cases it is not possible to extract and preserve the herbal essences in any other way. However, etherial additives should be avoided. It is best to drink valerian tea made from root infusion at least once a day in the evening.

In addition to valerian, peppermint is also very important. It can be used internally and externally in all forms and is particularly helpful for intestinal disorders. You can also mix peppermint with valerian and drink the tea daily in the evening. Peppermint also helps with inflammation of the centres. In summer, when the heat is intense, rubbing menthol on the face and neck is beneficial. Peppermint vapours help with some types of asthma. The inhabitants of the lower subtle world do not like the scent of peppermint. It is therefore advisable to either keep live peppermint plants in your home or use peppermint oil by adding a few drops to a bowl of hot water. Cheaper eucalyptus oil has a similar effect. Wormwood oil is good for rubbing into swollen glands. Weak wormwood tea also helps in such cases.



## 18. Vitamins and their conscious absorption

*„It is correct to investigate the importance of vitamins, but one should also experiment with the reaction of psychic energy. One can see that a conscious consumption of vitamins manifoldly increases their usefulness. Likewise, it can be observed that the absorption of vitamins while one is irritated may increase imperil, since an unconscious energy is strengthened at a point where consciousness is gathered. One can understand why the partaking of food was considered sacred by the ancients. It is easy to understand to what an extent realization multiplies all energies. So many simple experiments can be performed with a minimum of observation....“ (HIE, §263)*

*„...Besides, examine the nourishing properties of vegetables and grains and you will have many surprises....“ (AY, §42)*

## 19. Mountain air and aliment

*“You know that at an altitude of eleven thousand feet the astral body acquires a special quality. Each altitude has its specific effect on each body. You may have observed that at an altitude of seven thousand feet man can decrease his intake of food. The need for food gradually decreases as one ascends until at an altitude of sixteen thousand feet the decrease is substantial. Above an altitude of nine thousand feet I do not advise the use of wine, coffee, pepper or other spices. Above seventeen thousand feet even strong tea is inadvisable. With the decreasing need for food there is a parallel decrease in the need for sleep; one can consider sleeping for no more than six hours, and at twenty thousand feet four is quite enough. Thus one can understand that at great altitudes one can remain almost without sleep, or food. At the high altitudes, one should not take valerian — which has been recommended to you — with spices, and it is harmful to consume food in the same quantities as at lower levels. The*

mountains are important as an element that leads one out of the lower earthly conditions. On the heights one feels that one has been freed from ordinary earthly demands. Certainly, if an altitude of eleven thousand feet has a significant effect upon the astral body, then each added thousand feet has an even greater effect upon the physical body. It would be an irreparable error to try to artificially reduce the conditions on mountains to fit our lower earthly habits. Remember and apply.“ (AY, §73)

## 20. Health and cosmic causes

„When I advise caution I have in mind varying conditions. The state of health is bound up with many cosmic causes. Thus, one should not look for causes only in colds or indigestion. The chemism of the luminaries is analogous to substantial doses of medicines and mixtures which can perceptibly affect the organism. Similarly, nervous pains may be traceable not only to obsession but also to reaction to the currents of space. Why be surprised at the large number of nervous diseases? More than once have I indicated the horror of such epidemics. They are contagious and under many forms have one common basis—precisely, affliction of the subtle body. Now one can understand once again why it is so necessary to study the fiery energy without delay.“ (FW I, §486)

„Truly, the atmosphere is heavy. Noticeable to Us is the condensation of the lower strata around Earth. The causes are many, but it is impossible that the battle be without consequences. All the more imperative is care of the health, in fact, great care about everything is needed....“ (AUM, §307)

Since progressive spiritual development is associated with an increasing refinement of the physical body, students on the spiritual path must pay special attention to their health. **The spiritual man becomes more sensitive and delicate and therefore require a pure vegetarian diet.** Not only have countless ailments been cured by switching to a vegetarian diet, but some lives have even been saved.

**It is very important not to overexert oneself at work.** Moreover, one cannot perform heavy work with a fine instrument, which is why sensitive and spiritual people should refrain from doing so. Cosmic conditions are terribly difficult in the age of Armageddon, in the great conflict between light and darkness that has already begun. Therefore, every aspirant must see how best to get through it. Spiritually oriented people should avoid overexertion.

## 21. General instructions

„In regard to the question of nutrition, it should be noted that it is necessary to have some raw vegetables or fruit each day; raw milk is likewise preferable if the cow is known, and also bread of a somewhat coarse flour. Thus one can obtain sufficient vitamins without increasing the obvious superfluity of food. Hence, one should not burden oneself with the thought of food, because such thought often obscures many valuable strivings. He who has found the balance between physical and spiritual demands already stands at the border of understanding the Higher World.“ (FW I, §484)

“Soda is taken for the abatement of diabetes. A vegetarian diet is beneficial, especially oranges. Musk is not for diabetes, but it is useful for equilibrium. It is possible to cure diabetes in the beginning by suggestion, if the action is strong enough. Indeed, milk with soda is always good. Coffee and tea, as well as everything which generates internal alcohol, are not useful....” (FW III, §536)

Each vegetable has its own specific effect, and different varieties also cause different reactions. Asparagus, for example, affects the kidneys, while celery affects the reproductive organs. Garlic is a potent medicine and should not be used as a foodstuff. It primarily reduces blood pressure and helps with arteriosclerosis. However, with prolonged use, garlic irritates the liver and also promotes diabetes, which is strikingly common in the Orient where garlic is

consumed in large quantities. Radish strengthen the brain, carrots are good for the liver, and the juices of both should be drunk.

Vegetables that are not beneficial cause digestive problems. If we want to judge vegetables according to their usefulness, they can be recognised, just like fruit, by their active colours, such as yellow, orange and red. Other light colours, such as green and similar, are not as beneficial. Therefore, carrots and tomatoes are the most beneficial vegetables, followed by lettuce, cabbage and kale. Cauliflower is less valuable. Peas and beans come in third place. However, both cause bloating and can cause digestive problems. Neither peas nor beans are recommended for rheumatism and gout. Cucumbers can also be included here; they are less valuable and difficult to digest. Pumpkin is neutral, artichokes contain a lot of iron and are good for the nerves.

The most beneficial fruits are oranges and apples. The latter should always be available. Lemons are also important due to their high vitamin C content. Pears, peaches, cherries and plums are less beneficial. Strawberries are good, especially wild strawberries, and all edible forest fruits are better than those grown in gardens. Cranberries are useful against rheumatism.

Dairy products should be consumed fresh whenever possible. Curd cheese is very beneficial, but rancid butter should be avoided. Unfortunately, butter is now stored in cold stores; even though it appears to remain fresh there, it becomes rancid much sooner than fresh butter when used. No animal fats are recommended for a vegetarian diet, only olive oil, sunflower oil and other easily digestible vegetable oils, preferably cold-pressed, as heating fats should be avoided altogether.

## 22. Changeover to vegetarianism

*„It has been correctly observed that in order for the organism to adapt itself to a vegetable diet after a meat diet three years are needed....”* (FW I, §112)

Those who are accustomed to eating meat and consume it in large quantities will naturally find it very difficult to suddenly switch to cereals and plant-based foods. A sudden change would also cause undesirable reactions in the body. Therefore, caution is always advised when making a change, and a gradual transition over several years is necessary. Furthermore, each case is individual and each person must gather their own experience.

The mental attitude is crucial for the transition to a vegetarian diet. The craving for meat must be consciously lived out gradually, as must the craving for tobacco and alcohol. Any compulsion would only lead to a harmful relapse. There are very few people who are so strong-willed that they do not relapse when they suddenly change their diet. A gradual but determined change is recommended from both a mental and a medical point of view.

**Giving up meat, nicotine and alcohol is one of the most difficult tasks in human development.** Once one has successfully made this change, your new lifestyle will seem much healthier and, ultimately, completely natural. However, this does not mean that you have acquired a guarantee of absolute health. With today's increasing radioactivity and the use of toxins in fruit and vegetable cultivation, this is impossible anyway. In addition, there are harmful extra-planetary influences, even from the moon, to which sensitive people are very strongly exposed.

Last but not least, people still have karmic debts to pay off that go back up to four incarnations, i.e. millennia. Many of us are now atoning for old dietary sins. Without exception, all people have violated the rules of natural nutrition in the past and must now suffer. People who smile unconcernedly at the necessity of vegetarianism and believe they can ignore it will often be disabused in this life, or at the latest in the next. There is no mistake committed on earth that does not have to be atoned for in the earthly incorporated state.

Those who pay dearly today are moving towards liberation. In all people who have consciously embarked on the spiritual path and avoid meat, nicotine and alcohol, the spiritual centres of higher consciousness, the so-called chakras, are gradually awakening, bringing with them higher abilities in a natural way, without any mechanical exercises. However, this kindling of the chakras is accompanied by so-called 'holy pains', which also affected all true saints of the past. They are inevitable in the process of overcoming and refining matter.

After long observation from above, disciples on the spiritual path are assigned tasks in human evolution that correspond to their abilities. This marks the beginning of a difficult struggle with growing responsibility. In general, there is no life without struggle, for struggle is the basis of existence and progress itself. One must therefore learn to love the struggle, for it strengthens the spirit. However, it must be raised to a higher level. Spiritual conflict can take place in complete tolerance and mutual respect, according to the formula: 'Your God's Will shall be done.' This does not mean tolerating evil, but rather facing off vigorously.

Not a day goes by without a responsible person having to struggle, if not for anything else, then for the existence of his opus, trying with intent to be destroyed behind his back. The disciple on the spiritual path takes on difficult and responsible tasks, attracting more and more new people and co-workers, for whose development he must also take responsibility. This burden is particularly heavy increasing for the Masters of Wisdom, who even take their disciples into their consciousness, which is why the number of these disciples can usually be counted on the fingers of one hand. The master Bhagavan Rama Krishna, who lived in India in the last century and imparted his high teachings to his disciple Svami Vivekananda, who wrote them down, died of cancer because of the indiscipline of his disciples. So great and serious was the burden of their failure. When the masters of wisdom enter the earthly plane to fulfil high tasks, they must also submit to earthly conditions. See Christ Jesus and Buddha. Incidentally, Jesus showed the classic example of how the sons of God carry their cross to 'Golgotha' in order to show people the way to self-redemption and to encourage them to voluntarily take up their small cross as well.

## 23. Diet and vegetarianism

Since vegetarianism is primarily a medical recommendation, it is particularly suitable in various forms as a diet for all internal diseases. There are diseases for which meat consumption is completely prohibited, for example jaundice, which is best cured with a vegetarian diet and by drinking plenty of carrot juice. However, since there are meat eaters who would rather die than give up their usual meat consumption, medicine has invented remedies that are administered in the form of injections and infusions. In many hospitals, an outdated diet is maintained in the interests of meat eaters. Even the meat-free diet, which consists of carbohydrates (starch and sugar), is prepared with excessive amounts of animal fats and sugar, which causes digestive problems, as the combination of sugar and fat is just as difficult to digest as fatty meat.

Critics will object that even the smoked meat permitted by LIVING ETHICS is harmful from a dietary point of view. That is correct. However, this exception is only permitted in cases of extreme necessity when no other food is available, because smoked or dried meat has the weakest blood emanations and therefore causes the least harm of all types of meat from a spiritual point of view. However, this exception should not tempt one to eagerly switch to smoked meat and sausage instead of vegetarian food.

*„Those who plan their diet for a long time ahead act unwisely. Being fuel, food should be determined primarily by requirements. But these requirements are manifested in accordance with cosmic currents. The manifestation of certain cosmic currents may almost eliminate the need of filling the stomach, or the contrary. During a tension of the currents food is especially harmful. It can cause illnesses of the liver and kidneys, and intestinal cramps. “(FW I, §361)*

The following four-week treatment is recommended for cleansing the body. In the first week, milk and stale bread rolls; in the second week, steamed grains, especially wheat porridge without salt or sugar; in the third week, steamed vegetables without salt; and in the fourth week, raw vegetables or vegetable juices. During the treatment, unsweetened valerian tea should always be drunk in the evening.

Chlorinated or chemically purified water should be avoided if possible, as damage is inevitable sooner or later. Pure spring water is the healthiest. Some spring water even has healing properties, provided it is not passed through pressure turbines, as is often the case in large cities today, which destroys its beneficial effects.

## 24. Denaturation and chemical treatment of foodstuffs

In order to preserve food and make it visually appealing, it is often subjected to chemical treatment, primarily colouring, which completely denatures it. For example, oranges are often artificially ripened in order to achieve a higher price, which causes them to lose their beautiful colour. They are then artificially coloured and lose their pleasant scent. Yes, even artificial orange perfume is used to help.

A very serious problem is the spraying of fruit. The poison used to kill insects penetrates deep into the fruit skin. Natural extermination by songbirds that feed on insects would be much more appropriate. The spraying poisons also kill the songbirds.

Pesticides are not only used in fruit growing, but also to exterminate insects in large grain silos. For example, food storage facilities are disinfected with DDT, thereby becoming contaminated with toxins. Sensitive individuals may suffer liver and kidney damage as a result. When wholemeal is denatured into white flour, almost all vitamins are lost. Attempts are therefore made to artificially add the lost vitamins, which is of course of great interest to the pharmaceutical and chemical industries. However, this process is pointless and harmful to health. It only benefits the industries involved. But why first remove and destroy the natural vitamins and then add artificial ones, which are also harmful?

As if that were not enough, pesticides are freely sold on the market everywhere in horticulture today. Just think of E 605. A small dose of this is enough to poison a person. It is a crime that such poisons have been approved for use in horticulture and agriculture to control parasites. There is no pesticide whose chemical active ingredients would destroy insects alone. Each of these agents penetrates the plants and fruits themselves. Unfortunately, the health authorities are failing in this regard.

Furthermore, at the aforementioned nutrition congress in Stuttgart, it was established that all artificial colourings are harmful, and even antibiotics cause secondary damage by destroying the intestinal flora. Everywhere you look, food is being poisoned, even if only in trace amounts, but these are enough to cause serious illnesses later on, primarily affecting the liver, kidneys, stomach and intestines. Those who have the opportunity should only use organically grown vegetables and fruit and support efforts to promote pure food.

Unfortunately, due to the criminal use of pesticides, artificial vitamins and colouring agents, and not least due to the effects of increasing radioactivity as a result of atomic bomb explosions, even the best vegetarian diet is often illusory today. We must therefore take up the fight against this poisoning of the population with vigour.

Update: Actual information and facts with regard to “chemical treatment”:

DDT (dichlorodiphenyltrichloroethane) is now largely banned in agriculture worldwide. Its use has been prohibited in Germany since 1972 (and in the former GDR until 1989). Due to its longevity (persistence) and accumulation in the food chain, in animals and humans, it is a globally banned pollutant (Stockholm Convention).

Exception for malaria control: According to the Stockholm Convention, the production and use of DDT is only permitted to a limited extent for the control of malaria-transmitting insects (recommended by the WHO) in certain tropical regions.

Detectability: Although banned for decades, DDT is still detectable in the environment, in soils and in the food chain due to its longevity.

Although limited agricultural use or application against malaria may still occur in some countries, such as India or North Korea, the general trend is towards a ban.

(Source: ETI Umwelttechnik AG – ETI Environmental technology AG)

605 (parathion) is no longer approved for use as a plant protection product in the European Union or Germany. Its sale and use have been banned since 2001/2002. This highly toxic insecticide, known as ‘mother-in-law’s poison’, is carcinogenic to humans and can be fatal.

Important facts about the current situation:

Ban: Approval was withdrawn in the EU in July 2001 and it was banned from the beginning of 2002.

Reason: High toxicity to humans, vertebrates and beneficial organisms.

Finds: Despite the ban, there are still isolated illegal finds that kill wild animals or birds of prey, for example.

Remaining stocks: Old stocks may no longer be used.

The agent was formerly a common but dangerous insecticide.

(Source: Wikipedia, Uni-Klinik Cologne)

## 25. Observation of good advices

There are often terrible consequences when the instructions of the great world teachers, such as Buddha, Christ and Morya, are disregarded. Many people resist their useful advice or only follow it outwardly so as not to cause offence in their environment, but inwardly they oppose it. The latter circumstance should be noted carefully.

If only these people could understand how little their outwardly feigned smiles are worth. The best advice loses its meaning if it is rejected inwardly; then only the outer shell remains. One should also consider how many good instructions are simply twisted or even turned into their opposite. Take the question of nutrition, for example. The High Masters are strongly opposed to meat consumption, as it has sufficiently inhibited evolution, but there is often much hunger and then, in extreme cases, smoked or dried meat may be permitted. Alcohol numbs the mind, but there are illnesses that require medication that is mixed with alcohol. The same applies to the prohibition of narcotics, but there are unbearable sufferings that require the doctor to resort to anaesthetics. However, these exceptions must not become the rule, otherwise people will deceive themselves in order to continue indulging their weaknesses.

## 26. Moderate vegetarianism – the demand of the new era

As can be seen from the above, LIVING ETHICS recommends a moderate form of vegetarianism that can be adopted by people who are serious about self-perfection. The transition from a meat-based diet to a plant-based diet is made easier by these moderate requirements, which is why vegetarianism can be adopted by many people in the West over the coming centuries. Those who wish to go beyond this moderate vegetarianism can switch entirely to fruit and grains, but radical experiments are generally discouraged. Extremes have never been of lasting benefit; in everything, the ‘golden mean’ is beneficial. In addition to abstaining from

meat, it is absolutely necessary to purify one's mental world. It is of tremendous importance to constantly harbour benevolent thoughts and send them out into space, as well as to refrain from maliciously criticising other people. However, radical vegetarianism is worthless if, on the other hand, the ethical demands for purification of the mind and a benevolent attitude towards one's fellow human beings are ignored.

People find it difficult to understand that on the path to perfection, the purification of the mind, the refinement of impulses, intentions and feelings, and the expansion of consciousness are extremely necessary, because karma, the repayment of which causes great difficulties for human beings, is mainly created in thoughts. However, these considerations should not lull the conscience into complacency and tempt us to postpone the switch to a vegetarian diet until the next incarnation. What has been neglected can only be made up for with great suffering and difficulty. The sooner this necessary change takes place, the more beneficial the effect will be for the coming evolution.



List of references:Works of the blessed MAITREYA MORYA:

Blossoms of Morya's Garden:

<b>CALL</b>	CALL	§§ 387
<b>ILLUMINATION</b>	ILLU	§§ 358

New era:

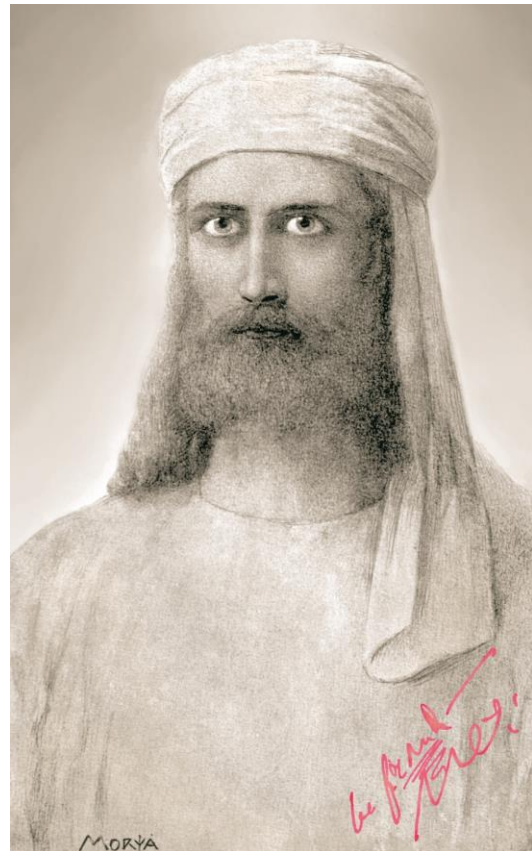
<b>COMMUNITY</b>	COM	§§ 275
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Doctrine of Living Ethics in seven themes:

<b>AGNI YOGA</b>	AY	§§ 670
<b>INFINITY</b> (2 parts)	INF	§§ 918
<b>HIERARCHY</b>	HIE	§§ 460
<b>HEART</b>	HEA	§§ 600
<b>FIERY WORLD I</b>	FW I	§§ 666
<b>FIERY WORLD II</b>	FW II	§§ 470
<b>FIERY WORLD III</b>	FW III	§§ 618
<b>AUM</b>	AUM	§§ 600
<b>BROTHERHOOD</b>	BH	§§ 610
<b>SUPERMUNDANE</b>	SMU	§§ 955

**Letters of Helena Ivanova Roerich**

2 Books: HIR I, HIR II



**MORYA** – Indian Rajput prince, whose spirit had enraptured to the great spirit of the MAITREYA, become enlightened and overshadowed by this. This ordered portrait drawing of the artist Hermann Schmiechen in 1884 was often copied, however the copies are only similar to the “face of the teacher”, so re-painted copies lead to failures in meditations!

**Living Ethics shows the way of a rational self-education through applied ethics.**

## Form Stars of Helpful Thoughts

Many responsible and concerned people are looking for a form of action that promises the greatest possible success without attracting much attention, without membership in an organization, and without political risk, in order to respond to their sense of responsibility toward the world situation. There is a possibility that can be carried out in complete silence, costs no money, and nevertheless enables the active participation of every responsible-minded person, no matter how modest, insignificant, or poor they may be. From now on, send positive and uplifting thoughts into the universe. A good thought protects you and helps your soul to grow into the light; it is also a highly real force with far-reaching effects. Never try to destroy your opponents or other people you dislike in thought, for evil thoughts return like a boomerang to their originator. Only with thoughts of helpfulness, love of one's neighbor, and peace can we improve both our own seemingly helpless situation and that of humanity. Through these powerful and valuable thoughts, humanity and world peace are best served. Let us therefore help through the power of our good thoughts and send the following invocation into the universe several times a day:



*„Aum – Tat – Sat – Aum“*

*Source of light in the universe,  
pour out light into human thinking,  
may it become brighter on Earth!*

*Source of love in the universe,  
pour out love into all human hearts,  
May love blossom on Earth!*

*Source of wisdom in the universe,  
pour out knowledge and wisdom,  
let wisdom prevail on Earth!*

*Source of peace in the universe,  
strengthen peace and justice,  
may happiness and joy be on Earth!*

*Source of power in the universe,  
seal the door to evil,  
so that the plan of the good may be fulfilled!*

*„Aum – Tat – Sat – Aum“*

(For further information see Lesson no. 6).



**LEOBRAND** – Leopold Brandstätter (\* 20th February 1915 Wallern, † 26th February 1968 Linz), was an Austrian nature philosopher and humanist.

His writings are concerned with ethics, humanities, psychology, philosophy, politics, ideology of the world and architecture.

In the 1950s he translated the Agni yoga doctrine from Russian together with a Baltic-German team, thus paving the way for this philosophy in German-speaking countries.

Leobrand founded a (non public) school for Living Ethics. Decades before the introduction of teaching ethics in public schools he had already written 36 lessons of Living Ethics, as the first interdenominational teaching aid for ethical training. He gave countless lectures and conducted seminars. Recordings of Leobrand's lectures are available. These historical audio documents offer the possibility to understand/think along the philosophical analysis of the great thinker Leobrand and open up new horizons for life's spiritual dimension. Philosophical accuracy and clarity of expression are Leobrand's trademarks.

The new concept of God is particularly noteworthy. For this new and completely independent concept of God, a new term was created: "UNIVERALO". Leobrand's concept is explained on a hierarchical basis, it detaches itself from the abstract and merges with the whole existence. It includes many philosophical and historical concepts as well as advanced knowledge of relatively immortal spiritual fields of force. Leobrand therewith expressed the first and only humanistic definition of God within a new world-view and pulls the rug from under atheism. The new concept of God is as dynamic as nature itself and thus indicative of the forthcoming independent humanities.

Other highlights are his work for a united Europe and for a forthcoming pannational world union. Many of those great-sounding ideas of Leobrand are already self-evident reality.

#### Works:

1955 - 1961: 36 lessons, **Briefe über Lebendige Ethik** (letters on Living Ethics - in translation)

1957: **Psychische Energie** (Psychic energy - humanities and psychology)

1958: **Heilung durch psychische Energie** (Healing by psychic energy - humanities and health)

1966: **Freude** (Joy - philosophy)

1967: **Der Ausweg** (The way out - politics)

1968: **Neues Europa und Welt ABC** (New Europe and world ABC - politics)

1968: **Das neue universelle Weltbild** (The new universal world view - world view)

1968: **Spiralik** (Spiralik - architecture of the future)

1953 - 1968: reprint, articles in magazines (partly unpublished manuscripts)

1976: **Der auferstandene Gott** (The resurrected god - humanities, compilation of articles)

1962 - 1967: Lectures and seminars on all his works (recordings MC in German language)

Activities:

1949: Establishment of a peace league

1953: Establishment of the (not public) „School for Living Ethics“ and magazine

1960: Publication of the magazine „Spirale und grüne Wacht“ (nature protection and biotechnology)

1961: Publication of the magazine „Weltreichspirale“

1962: Establishment of the association „Welt-Spirale“ - ethical society of progress and renewal of the world, and magazine.

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# Joy – Peace – Freedom

Serve peace and welfare of the world!

## Overview of the „letters on living ethics, Introduction to Agni yoga“ from LEOBRAND:

### Basic information ethics

1. The truth about yoga
2. **Problems of spiritual renewal**
3. The meaning of life
4. Karma and forming of fate
5. Might and meaning of thoughts
6. Self-help through proper thinking
7. Reincarnation – yes or no?
8. The meaning of suffering
9. Absolution or personal responsibility?
10. Dharma and life-task
11. Death and Rebirth
12. Devotions and sacrifice
13. The relationship of the sexes
14. Marital problems
15. Living Ethics and education
16. Living Ethics and everyday life
17. Living Ethics and nutrition
18. Living Ethics and art

### Spiritual training

19. Living Ethics – doctrine of life
20. Chakras or centers of higher consciousness
21. The spiritual meaning of the heart
22. The widening of consciousness
23. The subtle constitution of man
24. Monad or spiritual grain
25. The construction of the universe and Cosmoses
26. Subtle world
27. Fiery world
28. Brotherhood
29. The universal understanding of God
30. The Mother of the world
31. Occultism – yes or no?
32. Danger and meanders of occultism
33. Good and evil
34. The coming new world
35. Infinity
36. The path to become a master

The recommendation to eat a pure, vegetarian diet does not stem from religious sentimentality, but is, on the one hand, medical advice and, on the other hand, an unavoidable necessity on the path to self-perfection. Soda is a preventive measure against cancer, but it should not be taken in cases of gastritis or low stomach acid. From an occult point of view, valerian is the blood of the plant world. It should be taken daily and continuously without interruption and regarded as part of one's daily diet. Weaning oneself off meat, nicotine and alcohol is one of the most difficult tasks in human development. Unfortunately, due to the criminal use of pesticides, insecticides, artificial vitamins and colourants, and not least due to the effects of increasing radioactivity as a result of atomic bomb explosions, even the best vegetarian diet is often illusory today. We must therefore take up the fight against this poisoning of the population with vigour.

*„Welt-Spirale“* Ethical society for progress and world renewal

[www.welt-spirale.com](http://www.welt-spirale.com)