

- Research on vibrations emitted by meat and wine using bio-feedback instruments

Abstract

In our daily life we need to make numerous lifestyle choices that include diet, clothing etc. Man is benefited by the spiritual purity generated when making spiritually correct lifestyle choices. The influence of the [Raja and Tama](#) subtle basic components (excessive activity and ignorance) on him also reduces. The number of people following a spiritually pure lifestyle is on the decline in [Kaliyug](#). Our choice for food and drink is also no exception to this. In this article we discuss the vibrations emitted by meat and wine. And through a comparative analysis we realize the importance of choosing food and drink that spiritually benefits us.

1. Spiritual effects of a non-vegetarian diet

Anatomical evidence proves that humans are meant to live on a vegetarian diet. The canine teeth in meat eating animals are long, sharp and curved compared to the canines of humans, which are short and blunt, and therefore not meant to bite through flesh. Our digestive systems are also not designed for eating non-vegetarian food. Moreover the World Health Organisation (WHO) has declared that eating meat can result in various diseases like high blood pressure, high cholesterol and certain types of cancers. Vegetarianism is now being promoted by many medical doctors who claim that this diet provides optimum nutrition and guards against many diseases caused by non-vegetarian foods.

Spiritual research has shown that consuming a [vegetarian diet is more beneficial than a non-vegetarian diet](#). Vegetarian diet is more [sāttvik](#) and has less *Raja-Tama* component than a non-vegetarian diet. Consuming a vegetarian diet results in imbibing *Sattva* predominant frequencies which are conducive for our spiritual progress.

Since a non-vegetarian diet has a greater component of *Raja-Tama* the person consuming such foods derives the *Tama* component from them, hence they are best avoided. A *Tama* predominant diet results in the creation of *Tama* predominant thoughts and brings out negative qualities like fear, anxiety, anger and aggressiveness. The balance of mind and intellect is lost and man becomes immoral.

2. Spiritual effects of alcohol consumption

The fact that the use of alcohol is so visible and accepted in the world that we live in has overshadowed the fact that alcohol is a substance that contributes to many medical, psychiatric, social, and family problems. Some of the psychological reasons that people drink alcohol include fear, guilt, escaping from responsibility, broken relationships, loss of prestige, financial loss and death of a loved one. From a spiritual perspective [alcohol](#) has the ability to attract negative energy. Alcohol is a *Tama-Raja* predominant drink. As a result, drinking alcohol reduces the *sattvikta* in that person and at the same time increases the subtle *Tama* component. This results in an increase in spiritual vulnerability and exposes the person to attacks from [negative energies](#) and sometimes even [possession](#).

3. Analysis using biofeedback equipment

If one has an above average [sixth sense](#) ability, one can easily perceive spiritual vibrations, perceive whether an object is spiritually useful or not and accordingly make spiritually correct choices in life. Some types of biofeedback equipment such as the RFI (Resonant Field Imaging) and PIP (Polycontrast Interference Photography: a bio imaging type of equipment) are able to pick up the vibrations around an object and display it in a visual format. This gives an average person the opportunity to visually see the aura or energy field of an object.

Click on this link for more [information about PIP and its uses](#).

In this experiment we explored the vibrations emitted by meat and wine using scientific biofeedback instruments and compared them to the findings obtained by spiritual research.

In these tests we note down the changes that occurred in the environment due to an object. However, since the environment changes very often, we note down the recording (basic record) of the environment before an object is taken for testing. Hence, while testing the meat and alcohol, first the environmental readings without them were noted and then the objects of study were placed there and observations were noted again.

3.1 Results obtained with RFI (Resonant Field Imaging)

‘RFI’ record and its explanation			
What was measured		Record (MHz)	Explanation
1. Experiment of non-veg food (meat)	1A. Before	669.4	The frequency is dark blue, that is, it denotes positivity
	1B. During	603.8	After a meat dish was placed, black negativity was visible.
2. Experiment of alcohol (wine)	2A. Before	687.22	The color of the frequency is navy blue which denotes positivity, but is less positive than blue.
	2B. During	639.86	After alcohol was placed for the experiment, the frequency was blue, which denotes a positive change in the environment. (Note 1)

Note 1 : Upon analysing this RFI reading through advanced sixth sense, our research team found that this was not a true positive change but an illusion caused by negative energies through attraction of *māyāvi* (illusory) frequencies. Illusory frequencies are created by negative energies and make things appear falsely pleasant.

3.2 Results obtained with PIP (Polycontrast Interference Photography)

Before: The first image we took was of the aura of the environment. Here orange represents vibrations of tension, green signifies positive energy and yellow with a golden tinge signifies high level of universal vibrations.

In the aura of environment, there is yellow color denoting a high spiritual principle in the centre, orange color denoting stress is beside it and then the green color denoting positivity and momentum is visible.

After meat was placed on the plate, the entire environment underwent change. The positivity indicating green color reduced and the negative orange color increased and it was attracted to the meat. The positive yellow color also reduced.

In the aura of the environment, there is yellow color denoting high spiritual principle in the centre, orange color denoting stress is beside it and then the green color denoting positivity and momentum is visible.

After alcohol was placed for the experiment, the negative orange color increased and its rings enveloped the glass of alcohol. Hence, the positive green ring moved away. Due to alcohol, the yellow color denoting high spiritual principle reduced.

4. Conclusions

- Both non-vegetarian food and alcohol are *Tama* predominant
- Meat attracts negative energy
- Alcohol is capable of attracting illusory energy. Due to this, alcohol gave a falsely positive RFI reading
- From the above observations it is apparent that due to consumption of meat and wine, man receives the negative distressing vibrations that are attracted to the meat and wine and his nature becomes *tamasik* (*Tama*-predominant).

The above scan and analysis was done with the help of Mr. Santosh Joshi (Universal Energy Researcher, Mumbai, India).

The above conclusions corroborate the findings of our spiritual research about [various types of food and drinks](#).

Frequency Busters: 10 Common Things That Can Lower Your Vibrations

By [Susan Magine](#) [Spirituality](#) 11 MINUTE READ

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You've probably heard someone speak of good or bad vibrations before, such as, "he has really good vibes" or, "this person is giving off bad vibes". But what do they mean? What are vibrations and how does one know whether they are good or bad? Although it may seem like an imagined concept, vibrations are an actual and measurable phenomenon. They refer to the invisible field of energy that surrounds every living thing. This field has been scientifically proven and measured through instruments that detect subtle energy, such as Kirlian photography.

SEE ALSO: [*How Mercury Retrograde Is Trying to Help You*](#)

Good Vibrations

Energy composes and animates every living thing, including the human body. And because your body is made of energy, it radiates a detectable field around you, emanating a pattern of energy unique to you. This broadcast of energy, or frequency, is what is known as your vibrations. When you have good vibrations you generally feel happier, lighter and more positive. This is due to the high rate of energy oscillations in your field.

Conversely, when your vibrations are low they are moving slower, causing you to feel more negative, sad, lethargic, or even depressed. The quicker the energy movement in your field, the higher your vibration and the better you feel. Anything that you believe to be a part of yourself and your world is a part of your personal frequency. Your thoughts and emotions constantly affect your frequency, as does the wellness of your body, your environment, the food you eat, the people you encounter, the clothes you wear, and so on.

The key to keeping yourself feeling light and enjoying your life is to keep your vibrations high. In fact, your natural state of being is one of high frequency, yet you live in a world that is full of things that constantly bring it down. Awareness is the key you need to combat the negativity that is so prevalent in the world. With a little knowledge and careful maneuvering, you can learn to maintain high vibrations as a way of life.

Here are 10 common things that can cause your vibrations to plummet:

Food

Heavy, greasy foods, meat and dairy (particularly those from animals that have been mistreated and lived and died in a state of fear), chemicals, sugar-laden and processed foods, alcohol and drugs can

each cause your body to burn extra energy in order to process them. Consuming these can make you feel tired and heavy, and eventually, their negative effects may cause illness. Focus on fresh foods and drink lots of water to maintain not only your health but your mood as well.

Toxins

Toxins exist in just about everything these days, including food and beverages, the atmosphere, toiletries, detergent and soaps, the soil and even our water supplies. This imparts a huge strain not only on your health but on your subtle energies as well. Toxins force your energy field into defense mode, pulling down your vibrations and making you feel crummy. Whenever possible, opt for pure and organic products to help lessen the load on your system.

Music

Sound has a direct effect on your energy field. A harmonious sound will re-order your energy into a healthy pattern, while anything with angry or dark lyrics, or that lacks a syncopated, organized rhythm, will disrupt your energies. Choose uplifting music with beautiful harmonies when possible.

Clothing

Be aware that clothing in dark colors, especially black, garments with unpleasant or negative pictures (i.e. dark images, hateful language or negative messages), clothing that reminds you of an unpleasant experience from your past, itchy, hot, irritating or uncomfortable fabrics, synthetic fibers, loud patterns, or clothing that you wore when you were angry, ill, feeling negative or depressed, will lower your vibrations and your mood.

Edit your wardrobe regularly, keeping only items that you love, feel great in, and that don't remind you of anything negative. If you are in need of a boost of energy, consider wearing light-colored, fresh garments made with natural fibers, as these can add radiance to your energies that not only boost your field, but protect it from absorbing negativity as well.

Fear

When you are afraid, your frequency becomes dense and heavy. Do your best to release all worries and fears that are out of your control, and make a plan to deal with the ones that you can do something about and act on it. When you do become fearful, find a way to recover with opposing energies, such as laughter and a positive outlook, until you feel lighter. There are things to be afraid of everywhere, but there are also things to make you smile everywhere, too. Choose to focus on the good in every situation.

Environment

Environments make a huge impact on your energies and mood. An environment with a heavy past, anywhere others have suffered, museums with old artifacts, somewhere a crime or tragedy has occurred, hospitals, nursing homes, government buildings, bars and nightclubs, prisons, funeral parlors, a place where people were fighting, or anywhere that people have released heavy emotions into the environment, can have negative effects on you as well.

Open windows and let light and fresh air into these places if you can, or avoid them if you cannot. If you have to be in a negative environment, taking a shower when you get home will help refresh your energies.

Judgment

Acts of judgment and criticism are attempts of the ego to raise one's self-esteem upon the backs of others. The behavior comes from a negative place and therefore does have a negative effect on the one who serves it. While healthy judgment is important to steer you away from people and situations that are bad for you, you cross a line into bad behavior yourself when you criticize and condemn others based on your limited perspective of who they are and what they do. It's best to stay out of judgment as much as possible. Instead, work on acceptance while allowing others the right to be themselves.

Media

Television, movies, books, magazines, the internet, and social media all have the potential to carry negative pictures that influence you, your psyche and your perception of life. Steer clear of any outside influences that upset you in any way, and instead, seek out only those that uplift you and make you feel hopeful. This is especially important in these tumultuous times.

Lack of movement

As a murky swamp is to a crystal-clear, flowing stream, bodies that do not move breed stagnation and disease, while bodies that remain active keep their systems circulating, self-refreshing, and healthy. You are more likely to become depressed or ill if you've been too sedentary. To guard against inertia, find a way to move your body every day.

Cleanliness

As many spiritual traditions acknowledge, keeping yourself clean is an important aspect of hygiene affecting not just the physical, but the spiritual as well. Dirt and grime carry with it the vibration of its source, so if you are full of it, you are also full of these vibrations. Bathe daily, especially after a stressful event, or if you've been in a crowded environment, to keep your energy field crystal clear and your vibrations high.

Keeping it High and Light

When energy is stagnating, vibrations slow down, and when energy is free-flowing, vibrations speed up. To keep your energy moving, it's imperative that you strive to counteract the negativity of life. Find ways to maintain a positive experience of daily life – whatever that means to you.

Take care of your physical body by focusing on foods that are wholesome and nourishing. Find music that uplifts you, read material that inspires you, hang-out with people that respect and support you and maybe even make you laugh. Maintain a personal discipline, such as yoga, meditation or exercise, and do it daily. Help others have a hobby that brings you peace, keep your home clean and neat and fill it with things you love. Explore and experience wherever your curiosity leads you. Be alive, live your life, and love yourself.

With a little awareness and some tactical maneuvering, it is possible to achieve and maintain a high vibration pattern at all times. Make this a goal for yourself, and watch as your life transforms to a light and happy experience in all ways.

Here's why: meat dulls your senses and lowers your vibration. First off, it takes more vital life force to digest meat. Eating meat helps to ground the 'mind' energy (the energy of the [upper chakras](#)) and brings it down into the lower chakras (the root chakra, sacral chakra and solar plexus). Your body is so busy processing the meat that it reduces your psychic sensitivity – after all, when you eat meat, it brings a lot of blood down to the digestive system and away from the areas associated with the upper chakras and intuition – like the brain, and some senses like hearing and sight.

Secondly, some believe that meat contains residues of the animal's energy that was killed for its meat. When you take in meat, you are taking in the energy of that animal too, including any fear and pain.

Eating the flesh of another animal will usually involve you having to **desensitize yourself** to the energy of the dead animal you're consuming. You have to desensitize yourself in order to not feel that negative energy. But you end up **desensitized**, in the psychic sense too.

Why this is good for some people and bad for others

If you're trying to develop psychic abilities but it's not easy for you, it wouldn't help you to consume meat because it will keep you in a **desensitized** state and slow down your development.

When you open up to spirit, you will often feel called to stop consuming red meat anyway.

When I did my Spirit Guides coaching course (it was a six week coaching course I did last year, which is now discontinued), I noticed that one week, there were several students who all individually decided to give up red meat. They just felt like it was the right thing to do instinctively. This makes sense, since eating more plant-based food helps to open up your psychic abilities.

But on the other hand, if you're already a very psychic, sensitive and [empathic](#) person who needs more [grounding](#), meat will give you that. It forces you to desensitize yourself to the energy of the dead animal (because otherwise you'll just feel bad) and it will dull your perception somewhat. It will bring your energy down into the lower chakras and stop you from 'spinning your wheels' in the upper realms. This can be good if you need more grounding and less escaping into the etheric realms.

Although depending on your views on this issue, eating meat might not be the most ethical way to ground yourself.

Experimenting with Diet

I currently eat a predominantly vegetarian diet, but I also eat fish several times a week, and I eat poultry and eggs.

The only thing I can't stomach is red meat – beef and lamb. To me it would be like eating a fellow human. I occasionally have bacon but I feel bad afterwards.

(Update Jan 2018: I now eat all kinds of animal foods, except dairy products, and have noticed no adverse effects on my intuitive ability.)

I've tried every kind of diet (from raw vegan to the standard junk-food diet) over the last several years and I've observed the impact it has on my sensitivity. Here are my personal observations on the impact various diets have on my psychic abilities:

Standard diet: (when I say a standard diet I mean one that is not particularly healthy. This includes junk food, plenty of biscuits and cakes; lots of processed carbohydrates like white bread and of course, meat. This is the kind of diet I ate when I was younger.)

If you're on this diet and you want to develop psychic abilities, you'll often find yourself called to clean up your diet. This is because a cleaner diet makes it easier for spirit to reach you. A body that is full of processed junk food is not good for connecting with spirit. It will still be possible to connect with spirit, but it'll use up more energy because you're desensitized from all the junk.

When I was developing my psychic abilities about four years ago, I was eating red meat. I switched over to a vegetarian diet from time to time, because I felt instinctively like I wanted to cut out meat. However, whenever I relapsed back into eating meat, I'd get the same dream:

I'd be walking through a city in Spain, sightseeing, and I'd be with the same guy each time (who was my tour guide). Instead of taking me to see monuments and buildings, he kept showing me various rotting carcasses of animals that were dotted around the streets like grotesque sculptures.

When I asked why he was showing me such disgusting things, he'd tell me: "this is what your body is like when you eat meat."

Eating meat desensitizes our empathy and ability to pick up things, and it desensitizes us to suffering. That's why it's not always helpful to eat meat if you want an ongoing relationship with spirit (Ie. your Spirit Guides and Higher self) and you're the type of person who needs to actively create and nurture that relationship – as opposed to the sensitivity already being there.

The other extreme – Vegan and raw vegan diets:

A [vegan](#) diet will help to improve your connection to the spirit world quite quickly. For me personally, a vegan diet (which means eating only plant-based food – no dairy products or eggs) is too ungrounding because I don't need to improve my connection to spirit any further.

A [raw vegan](#) diet (I.e. a diet where you only eat raw fruit, nuts, seeds and vegetables) will positively catapult you into the realm of psychic sensitivity. I was raw vegan for two periods – one which lasted three weeks and one which lasted for a couple of weeks. It heightened my sensitivity a great deal. The first period went well for one week but then I began to feel spacey and disoriented. With the work I do (which keeps me even more attuned to the spirit realm than I would normally need to be), a raw diet and a vegan diet are too big a step in the direction of openness to spirit.