Vegetarianism in Yoga

Vegetarianism in Hinduism includes dairy and plant food, but not eggs. Western vegetarianism will include everything from meat like fish, chicken, turkey and also allow eggs which actually makes it meaningless, and this is the argument that vegans make as well. The reason why they don't allow eggs in Hindu vegetarianism is because it's a form of meat.

In the eastern texts, the reasons for vegetarianism (which is dairy and plant food only) is openly given.

Meat is stated to stimulate the energies of the lower chakras, and especially the sacral chakra. It's interesting to note that the eating of meat is stated in the Yogic texts to help give more power to the subtle body and its ability to express power into (and through) the physical body. It's also designed to build a more powerful body that can handle the stronger flow of life force. Some texts mention that vegetarianism purposely weakens the sacral chakra in order to lower the sexual power, which is the life force. The sacral chakra is given great importance as the seat of creative power. It's called the seat of Shakti because this is the chakra where the entrance to the sushumna nadi is located and is part of. Weakening this chakra weakens the ability of the Kundalini to travel upwards. The original Ayurveda texts call meat the Sattvic form of food meaning the most powerful. Kundalini yoga was part of the practices of the Raja class, and they eat meat normally. Sexual activity is part of the original eightfold path, and the practices around such relate to making this chakra powerful with SEXUAL ENERGY, and then using this to open the door to the sushumna. Vegetarianism is meant to weaken the process of Kundalini yoga, and to weaken the person.

From the experiences of people following Hindu vegetarianism, when they activated the Kundalini it actually made it dangerous as the energy couldn't ground properly into the physical body. It was only when they started eating meat that this balanced out.

September 21, 2019