

SILENCE PLEASE

Please Enjoy Your Meal In Sweet Silence

Benefits of eating in Baba's Remembrance

- * *The intellect becomes divine and pure*
- * *Your sleep becomes righteous and you have pure dreams*
- * *You earn double at one time*
- * *One is the income of remembrance and secondly, when anyone looks at you, their attention will be drawn towards Baba*
- * *The mind becomes purified and through this purity you become helpers in world service*
- * *You become detached and desireless and greed for food ends*
- * *Polluted food through nature becomes pure by eating in Baba's remembrance*
- * *Pure food works as medicine and it even helps the body, because when in Baba's remembrance the speed of eating will be slow, you won't get excited by the physical organs, rather this food helps to calm the physical organs, you won't be lazy in actions, your face will never wither, you will always be active and beyond tension, you experience lightness*
- * *No obstacle will break the link, for pure food helps to make you constant yogis*
- * *We souls remain contented*
- * *Body consciousness is destroyed and the intellect remains above easily*

As the Food, so the Mind * As the Company, so the Person