

# Vegetarian - Ahimsa

What is Ahimsa? Himsa means physical suffering, more so of physical suffering thru violence. Based on the western modern law, if one uses violence upon another human being and causes death be it via murder, manslaughter, homicide and such, they can be punished severely. Sometimes, the adage an eye for an eye will be used and one can end up being jailed or even sentenced to death for their wrongdoings. And this is based on human law. Now, what about God's law? God is perfect. So his law can only be perfect. His law is based on Ahimsa which basically means the importance of Nonviolence, Dharma which is Righteousness, Prema that is Love and Shantam which is Peace.

Ahimsa is the opposite of Himsa. Himsa as described earlier means cruelty or making other people suffer. Therefore it is of the utmost importance that one practices Ahimsa and not Himsa. Do not knowingly or unknowingly hurt anybody's feelings, do not ever physically hurt anyone. You will definitely be punished by the laws of God because God is merciful and merciless when it is needed. In Hinduism or Sanatana Dharma, this Ahimsa concept is extended to protect the welfare of the animals to. This is due to the fact being, we can personally see them scream and cry with pain. For a case in point, if you accidentally trod on a puppy's paw or a cat's tail, that puppy or cat will definitely scream out of pain. Now imagine the feeling of those animals that are slaughtered for their meat, skin, bones and ivories. Fear is a natural component within everyone and every being. How would you behave when somebody ties you up and leaves you helpless. Now imagine them sharpening the butcher's knife in preparation to slicing your neck and carving your limbs out? Gory, Distasteful and downright heinous are the only feelings that can be summed up. Now, ask this question, is it worth having that dish of curry chicken and mutton chops that came out of such intense suffering of being cruelly slaughtered to satisfy our own wants?

In this instance, let us analyse the situation. Our tongue is one of the indriyas which are modes of senses. It is a small piece of skin with taste buds and because of this small piece of flesh with taste buds; we are willing to be so cruel. Here is much reason as to why the ancient Rishis recommend vegetarian food. At least you do not get to see the vegetables suffer. Do not give the excuse that even plants suffer, since what you see is more important. God has given us two eyes to see, determine, analyse and decide. You have to determine how important is it to ensure that the food you put in your body does not come from cruel killings. You alone must conclude how essential it is the Lord's law and His own preference in regards of meals to you. When you put others ahead of you in every manner, including in the foods you eat, you will definitely please the Lord. This is called the real Ahimsa.

Only then can we begin the journey of AHIMSA PARAMO DHARMA which exemplifies Non Violence of the Highest Order which includes not harming both humans and animals in any way possible.