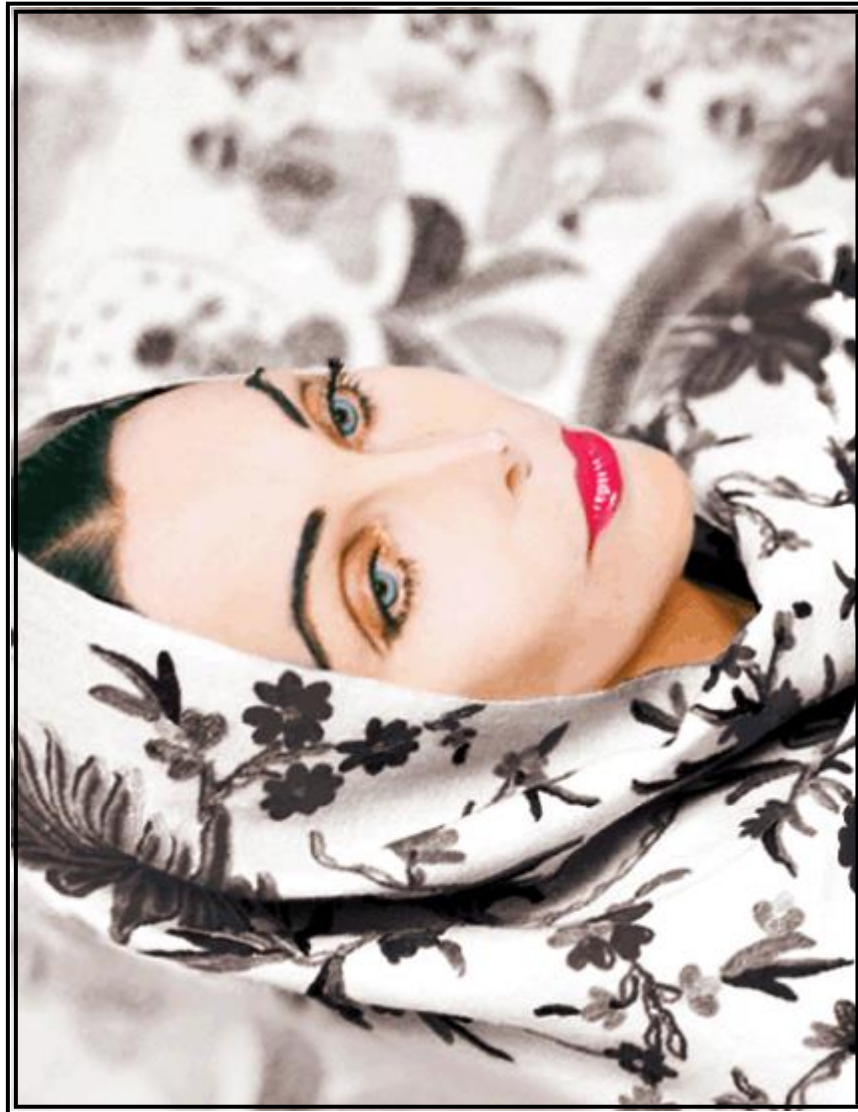


The Religion of ♥ Love
Soul Food

The Teachings of Mother Rytasha



Produced *Mother Rytasha*

By

Razzaque Khan

Soul Food

Nourishing a Holy Life

It was on the third day of the ninth month, that in the presence of the spiritual master, I Razzaque Khan, some disciples, guests, and others around the world, did celebrate the appearance day of the spiritual master.

In the morning there had been devotional dance and music and readings from the holy books of The Religion of Love.

From before dawn, Gauri and her team had been in the kitchen cooking. **And now there was a sumptuous feast. There was a variety of soups: chilled, clear, and creamed; garden fresh salads, baked bread, flat breads, and muffins; delicate pastry shells stuffed with spiced vegetables, myriad grains heaped up, creamy yogurts with slivered cucumber sprinkled with cumin powder, hearty lentil stews, multi layered vegetable casseroles, and more and more and more. All made without meat, fish, or eggs.**

Amid murmurs of delight and delicious, one guest, a woman of wealth, with emerald clips in her auburn hair, exclaimed, **“I have eaten in the finest restaurants around the world, and have in my own kitchens the best of cooks, yet never have I tasted such wonderful food. It’s... it’s,”** and she hesitated, searching the right word. **“It’s like – like – Love!”** “Yes,” said a disciple, **“Love is the secret ingredient.”** And then explained, **“This food is called the Mercy of God. It is prepared in silence with only the holy names of God filling the minds of the cooks, prepared with great Love for the pleasure of God, offered to God, and accepted by God. By this is the food sanctified, and those who partake, purified.”**

Then another guest asked, “In The Religion of Love I see all to be vegetarian. What is the merit in this for a holy life?” And Hassan Ali answered, **“In The Religion of Love we do not only speak of Love, but live Love, acting with mercy, kindness, and compassion, that we might cause no unnecessary suffering.”**

“I agree,” said an ex-army officer, and a follower of The Religion of Love. “Just last year I was taken on a tour of the different suppliers of food. **I went out to sea on a fishing boat and saw the clubbing and gutting of still struggling fish; to a poultry farm where chickens were crammed into cages so small that to keep them from pecking each other to death they must be de-beaked on a hot knife machine that isn’t always accurate, often slicing away the face as well as the beak. At a slaughter house I saw a cow put into a pen, turned upside down, her throat slit, and though she was not yet dead, skinned alive. Witnessing such cruelty, from that day to this, I have been vegetarian, neither buying nor selling, neither eating, cooking, nor serving, meat, fish, or eggs.”**

“It is interesting,” mused a guest newly arrived, “in my religion, we await the Messiah, and **a tradition tells, that in the time of the Messiah all will be vegetarian.**”

Then the wife of the army officer spoke, saying, “I also have become vegetarian, but not for the same reasons as my husband. It was when **I learnt of the millions starving and how meat eating was a cause, and how hazardous it is to the environment, causing soil erosion, air pollution, forest destruction, water wastage, and more. Do you know?**” she said, “**if all the soybeans and grains fed to livestock in America alone were instead fed to people, 1.3 billion starving people could be fed. The land, food, and water that produces only one pound of beef, the same could feed 20 vegetarians. Knowing all this I could no longer be part of millions starving and the planet being destroyed.**”

“I am a doctor,” said another, “and **the medical profession is just now coming around to the understanding that a well-balanced vegetarian diet is by far the healthiest.**”

Then a woman, who had come for the first time, said, “Hearing all this, and eating this delicious and nutritious meal, I too have decided to become vegetarian.” And a disciple, who well knew the woman, teased her with this riddle, saying, “Three polar bears were sitting on the ice. One bear decided to jump into the ocean. How many bears were left on the ice?” And the woman being quick to answer, “Two!” And the disciple laughing, said, “No, three! For deciding to do, and doing, are not the same thing.” And the woman had understanding and said, “No, I really will become vegetarian.”

“Well fine for you,” said another guest, and his voice carried a knife edge of anger. “I for one will never give up meat eating. **In my scripture God gives dispensation to eat meat.**” And well I knew the scripture of which he spoke, and so asked, “Does not God also forbid the eating of blood?” “We drain out the blood,” he answered. “Yes,” I agreed, “it is possible to drain the blood from the arteries, but not from the capillaries, therefore to eat meat is to break the Commandment of God. Is it not also true,” I asked of him, “that when making the holy pilgrimage God forbids the killing of anything, even an insect?” And he agreed. Then knowing him to be a man of religion, I asked, “And is not the whole of life meant to be a pilgrimage to God?” And again he agreed. “In the end,” I said, “each must decide and do that which he feels is most pleasing to God; mercy, kindness, and compassion – or cruelty and killing.” And the man repeated vehemently, “Do not ask of me the giving up of meat.” So that I replied, “Brother, I would ask nothing of you other than you think on what you have heard here today and do what you know in your heart to be right.”

Then a disciple took the talk to a higher level, saying, “**We do not live by food alone, but by every holy thing as given by God.**”

Then spoke the spiritual master, “There were two travelers,” said she, “a business man and a holy man. And as they traveled together, the business man read the newspaper, while the holy man studied his scripture. When he had finished the paper, the business man offered it to the holy man, who refused it. ‘Don’t you want the news?’ asked the business man. ‘Oh, I have the news,’ replied the holy man. **‘I have the good news. You have the bad news.’**”

“I am a professor of philosophy at the university,” said an elderly guest, “and your story saying good and bad has made me bold to ask, for seeing this world and the evil in it, I ask you, as often I have asked myself, **why must evil exist?**” And the spiritual master explained, “**We have free will, the ability to choose. If there was only good, there would be no choice.**” “I have studied the scriptures of The Religion of Love as well as all the other religious scriptures,” he continued, “and come to the conclusion that at the heart of all is Love and therefore **the highest action is to act in Love.**”

And the first woman to speak, said, “I was born to a great inheritance and live life in luxury. Anything I have ever desired is mine. Yet without Love my life is lonely.” And the master made comment. “**Love can substitute for anything, but nothing can substitute for Love.**”

Then another, said, “In ancient times was animal sacrifice condoned. In this time, in The Religion of Love, is there to be animal sacrifice?” And the youngest disciple, answered, “Yes,” to the surprise of all, then added on, “but not as in times passed. **For it is not slaughtered animals that the Lord hungers for, but our Love.**” Going on she explained, first saying, “I do not speak against animals, for they must act as nature intended, but we are not animals. The animal sacrifice in The Religion of Love,” she continued, “is the giving up of the beastly qualities inside ourselves.” And to make it clear gave a few examples. “We call a person who is dirty,” she said, “a pig; a man who chases after women, a wolf; a person whose acts are evil, a snake.” And all marveled that one so young could be so wise. And the disciple replied, “If you find me wise, it is by the grace of God and my spiritual master.”

Then while we nibbled on honey cakes and sipped mint tea, the Spiritual Master summed up the day’s discussion with this story.

“There was a king,” she began, “the richest in all the world. And being so rich he had a fabulous court. And of all his court, the favorite of the king was the court singer. One day, after the singer had entertained, the king took off his own ruby ring and presented it to the singer, saying, ‘Surely you are the best singer in all the world!’ Now the court singer, being an honest man, disagreed, and so said to the king, ‘My master is far greater than I.’ ‘Well bring this marvel here,’ said the king. ‘Sire,’ said the singer, ‘my master lives high in the Himalayas and will never leave his hermitage. If you wish to hear him, you must go to him.’ And that is just what the king did. Riding on his favorite elephant, a powerful beast, its huge tusks embedded with precious jewels, the king traveled to the hermitage of the master, and there heard him sing. The king was ecstatic, hearing the unearthly beauty of the songs. When the king was fully satisfied he returned to his court. Still the king was curious, and so he asked the court singer, what was the secret of his master that made him even better than the great court singer. And the court singer replied,

‘I sing for the king. He sings for God.’”



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