

## The right food for development?

Recently a major report, by organisation called Lancet, has been published. The report was a study on what kind of diet can support 10 billion people on this planet. It took 3 years to produce and 36 scientists worked on it. Its conclusions are very dramatic. It suggests that people need to dramatically reduce their intake of meat

It raises a discussion on what is the food that provides true development for both body and mind?

Consider a car. The car needs petrol or diesel, care and cleaning. If this is given in the right amount it would work properly. Too much fuel would make it possible to drive and too little would make the tank dry and hot. Careless use of the car will make it useless very soon and the result would be that it would stop in the middle of the road when you need it most. To avoid such events, one must take care and use it with discrimination.

We can use the car as analogy for our body and mind. The motor car is the body and the driver is the mind and heart. The body needs exercise and proper food to be strong and health.

For example, some people presented with nice food go on eating beyond their limit and suffer from it. Even then they do it again, for they cannot discriminate what and how much is useful for the body and what is not. The results is a cumbersome and lethargic body which is not good for daily living.

However, the machine is one thing and the driver is another. The material which is food for the car is no good for the driver. The driver, the mind and heart, also needs good food. This food is taken in through the five senses, through what we hear and see.

The mind needs fine food. It needs to see and hear good things. When the mind receives true knowledge and meditation it grows strong. Alternatively, If the mind is fed with on a diet of violence, then our minds our hearts become violent.

The mind also needs the right amount of food, which must be provided properly and fully, neither in excess nor ever deprived, always the in measure, the right amount.

With discipline, we can make good decisions on the food for our mind and body. With discipline, come measure and with measure you use your body properly. With discipline, you learn to discriminate in order to provide what is necessary and not provide that which is unnecessary.

Religions say this is a slightly different way, as in the prayer, the "Our Father" - "Lead us not into temptation"

So the challenge for the coming week is consider the question:

What is the right food for true development?