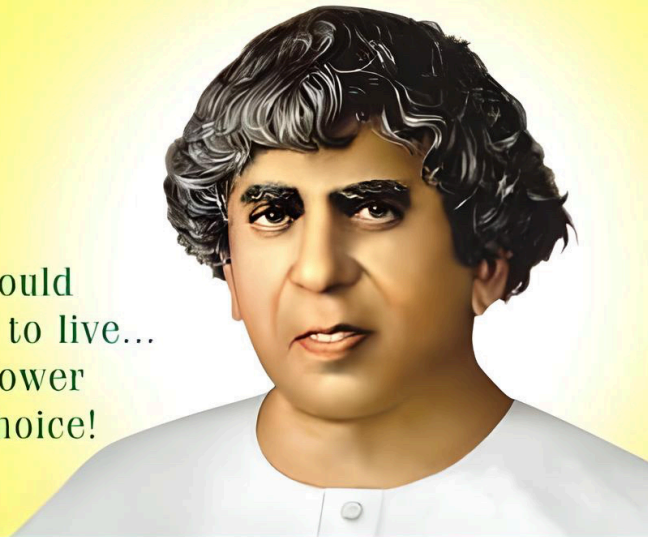


SAVE THE PLANET NEWSLETTER - SPECIAL EDITION

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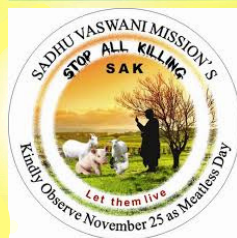
A creature could
continue to live...
that is the power
of your choice!



OBSERVE NOV. 25 SADHU VASWANI'S BIRTHDAY AS MEATLESS DAY

PLEDGE TO BE VEG

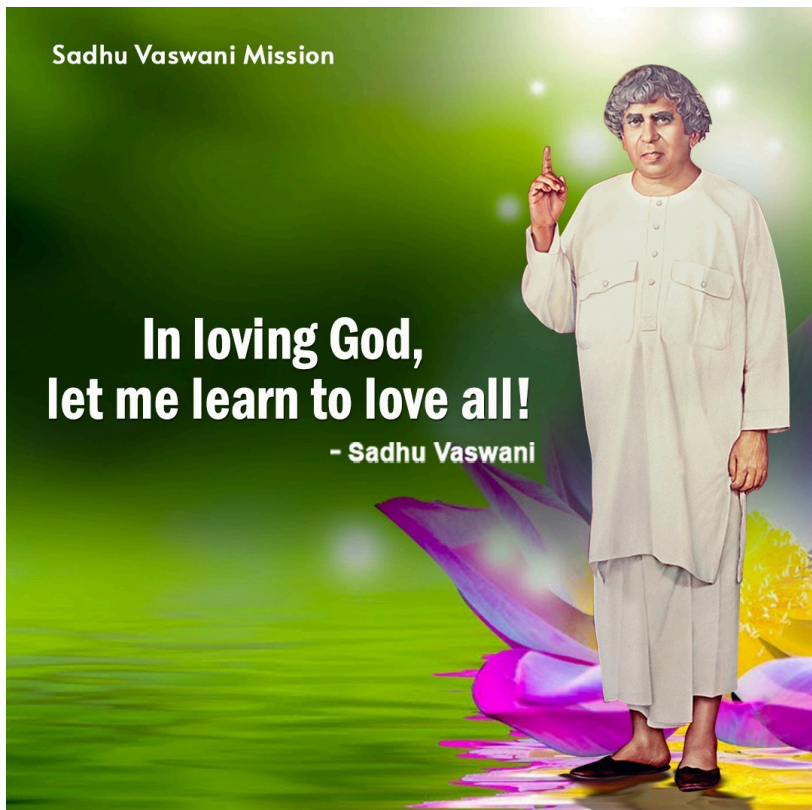
 Health and Happiness	 Calm and Peace
 Wealth for All	 Nutritious Diet
 Animal Rights	 Environmental Sustainability



Today the tide has turned. An ever increasing number of people all over the world are turning to vegetarianism as a “way of life” which strengthens the body, mind and soul.

~ Rev. Dada J.P. Vaswani

MASTER THE MIND, SAVE THE PLANET



Sister Shivani, a world renowned spiritual teacher and author of the bestseller “The Power of One Thought”, addressed a large gathering at Shakti Mandir in Lake City, Georgia (USA) on September 14, 2024 on the topic, “*Master Your Mind, Master Your Life*”. The session was uplifting, engaging, interactive and included practical examples on how to achieve success and peace. Through humor and strong conviction, Sister Shivani kept the audience spellbound during several group meditations, bringing calm to the group.



Sister Shivani challenged each person to observe 45 days of mindfulness, with a focus on that which we consume. On Diwali (November 1st), we may light the diya and also kindle the light within. Sister Shivani explained that the quality of our life is directly impacted by our thoughts, which ultimately shape our Destiny. Things that we consume create a certain vibration within us and at home. Consumption includes content through television, news outlets, social media, and other mediums that are designed to draw attention to material things...cont'd

Master the Mind, Save the Planet (cont'd)

First thing in the morning, it is important that we repeat words of positive affirmation and meditate. Repeat the following every morning and night: "I am the master of my mind; I am pure, Divine soul. I am happy always. My mind and body are happy and healthy always. God's love and protection surround me." Further, similarly repeat, "*the planet is perfect*". Such words, when repeated aloud, affect the subconscious and prompt us to take action.

As a prerequisite to mastering the mind, Sister Shivani urged the crowd to consume a *plant-based diet*. Consume food that is fresh, home-cooked, and blessed with prayers and positive affirmation. As is the food, so is the mind. Feelings of fear, violence, aggression and helplessness are in animal meats from slaughterhouses. When meat is consumed, we are unable to master the mind. Sister Shivani asked the audience, "why should someone die for taste?"

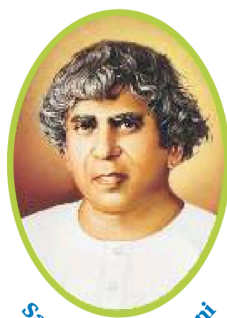
Our perception of others' behaviors is also considered consumption. Detached observation and meditation helps us be compassionate and understanding of another person's behaviors, and also helps us realize that animals have rights and feelings just like human beings. Once we have this deeper understanding, we are able to bring about positive change on our planet.

“The kind of food you eat is
reflected in the make-up of your mind!
Be careful about the food you eat,
And free your mind will be, from sinful blemishes!”

- Sadhu T.L. Vaswani

Source: Nuri Granth 927 (Vol 2: 1950)

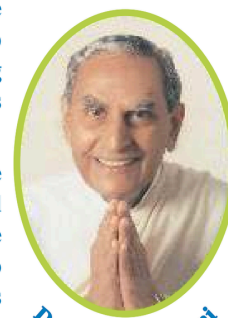
SADHU VASWANI CENTER ATLANTA, INC.



Sadhu T. L. Vaswani

The Animal Right's Day - Meatless Day Campaign is part of the SAK (Stop All Killing!) Association started under the flagship of the Sadhu Vaswani Mission and is aimed at creating awareness in the minds of people regarding the cuelties perpetuated on animals day after day.

Nov. 25th is the birthday of Rev. Sadhu Vaswani whose compassion flowed out in an endless stream to all animals and birds. He taught us again and again that birds and animals are man's younger brothers and sisters. He said, "For me not to love birds and animals would be not to love Lord". Hence his birthday every year is observed as an International Meatless Day and Animal Right's Day.



Dada J. P. Vaswani

KINDLY OBSERVE NOVEMBER 25 AS A MEATLESS DAY AND ANIMAL RIGHT'S DAY

World Vegetarian Day



1st October



Children of the Earth, Ye all are One!

- Sadhu T. L. Vaswani

**GO VEGAN IN NOVEMBER
#GOVEMBER**

