Impact of Spiritual Food on Managerial Decision Making
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Abstract: From ancient days it is believed that there is strong connection between mind and body. Due to this food taken by human individuals not only provides energy to the body for work but also affects the mind a lot. Mental waves including vibration fluctuate according to the state of food materials taken inside. Attitudes are produced due to experiences in memory. Many of the attitudes are affected by vibrations generated by food materials and according to their nutritional values. It is truly said that as like as food you take as like as your mind will be. There are some foods which on taking produce aggressiveness, anger and negative attitudes and many vice full desires. While some foods provide mental satisfaction, peace and make mind energetic and help in quick decision making. Behaviour or attitudes play vital role in managing things and managerial decision making. In modern world many of the managers and employers suffer a lot due to unpleasant expressions generated in their minds while controlling and dealing their subordinates and employees at workplaces. These adversely affect the employees and workers. Very often we do not know the causes of generation of aggressive and harmful behaviours of others. However there is invisible connection between them and nutrition with mind and body. Better health produces better attitudes. So we need to study about impact of food on mental and physical health with respect to spiritual food culture. Because in decision making consciousness plays major role and it depends on the purity or impurity of the mind waves. This study emphasizes about impact of spiritual food in healthy, better and proper managerial decision making. Hope this will be beneficial.

Keywords: Food, nutrition, mind, attitudes and decision

I. Introduction
Beloved supreme father says, “So, why do you feed that soul the food of hell? In heaven they have so many physical comforts, so why do you invoke that soul here and feed him the food of hell?” Also God speaks, “Now I am giving you the third eye of knowledge. You will then become the kings of kings once again.” (Morning Murli, 14.04.03) For millions of people in modern world food has become the matter of controversy and confusion. Food has given rise to many conflicts among different races of human beings. At this age increasing rate of obesity, diabetes, weight gain and eating disorders have puzzled the minds of many which have adversely affected human health and attitudes. Adding to these factors increasing rate of addictions, use of bad products which badly affect physical health and mental health and use of commercial beverages have increased the competition of consuming these worldwide for which the consumers of these have not forgotten certain steps of committing violence. Such usages have increased more confusion to many in taking decision of choosing their food and drink. It is seen that many of us have forgotten about spiritual connection of ours with food. Due to lack of knowledge about relationship of body with spirit very often we wander inside darkness. The lightest tiny spirit feels very much heavy today due to modern heavy chemical landed diet. However simple and nourishing diet adds flavour of life in soul making more energetic. From very ancient days people have taken advantages of spiritual food for nourishing their soul by perfection. Modern day’s food propels us in dilemma producing the behaviour of confusion about food and its relationship with mental thoughts from which the attitudes are generated frequently. Modern people spend many more money for consuming heavy chemical foods which taste very well but become hazardous in many cases which happens due to lack of knowledge and awareness about food and its nature. The Holy Bible states, “Why do you spend your money for that which is not bread and your labour for that which does not satisfy? Listen diligently to me, and eat what is good and delight yourselves in rich food.” (Isaiah 55:2, English Standard Version) Foods which do not benefit more and produce gases, clumsiness in mind, increase risk, produce disease, produce laziness in activities, give poisonous impact and spoil both physical and mental strengths are very often considered as foods of hell or harmful foods. Swami Vivekananda (1863-1902) defines spiritual food as food providing pure energy to the holy soul and body which is mainly obtained from plant sources with toxic free substances with pleasant essence of Godly feeling through which mind perceives love, mercy, peace and bliss. Mahatma Gandhi (1869-1948) defines spiritual food
as life sustaining nutritious energy provider to both mind and spirit that does not contain any poisonous substances, harmful microbes but contains helpful minerals and vitamins of required amount to nourish and purify health both mental and physical to fit for sustaining in the universe peacefully with harmony. Sri Aurobindo (1872-1950) defines spiritual food as the sacred food of nourishment of both body and mind which is obtained from nonviolent way specifically from vegetable sources that helps in purifying body, mind, actions and attitudes of the consumed person. John W. Ritenbaugh (1932) defines spiritual food as source of energy of holy nature for both body and mind which nourishes purity in all regards up lifting human tendency with values from inner core of holy soul to fulfil God’s purpose. Diplomat of American board of holistic medicine Dr. Gabriel Cousens (MD) (1943) defines spiritual food as the food of holistic nature that is free from toxicity and aggressive ingredients, nutritious and nourishes both mind and body with pure minerals and vibrations in terms of increasing strength of life and life span. Generally decision means any conclusion or resolution reached after any consideration about any matter or thing in any organization as an authority or in personal level at any workplace or home. Prince Upendra Bhanja (1670-1720) defines decision making as an important adjacent process of life in day to day actions which is completely based on the trust of experiences of either spiritual or material nature with possible alternatives to shortly bring one definite and perfect one among them. Professor of psychology James T. Reason (1990) defines decision making as a cognitive process which is resulted in the selection of belief or in a course of action among different alternative possibilities which produces a definite final choice which may prompt or may not prompt respective action. James G. March (1994) says that decision making is a central human activity which is fundamental in nature to individual life, group life, organizational life and social life. Professor Stephen P. Robbins (2003) defines decision making as a process of choosing the best out of many alternatives basing on own experiences in all fields of performing duties or actions. He says that life is sum of decisions and better decisions mean a better life. Basing on his training experience Straus professor of Business Administration of Harvard Business School Max H. Bazeman (2005) says that for careful judgements in required situations persons are influenced by their own biases to some extent. These biases can better be overcome by managerial decisions. Examining judgement in different varieties of organizational contexts, practical strategies for changing decision making process and improving these become very much important parts of human behaviour.

II. Objectives

It is important to understand and evaluate the strength of mind and body basing on food intake. The nature of food, chemicals within and many more ingredients not only nourish the physical health but also affect the mental vibrations. It is necessary to realize the truth behind this and evaluate that how does food affect mind and thought process? Why does and how does bad food degrade the strength of life and spiritual food nourish physical and mental behaviour? How do attitudes are related to food induced thoughts and vibrations? How do different ingredients of food regulate and affect decision making process? Such many questions may affect minds of many forming such objectives of this study only with the motive to evaluate these properly and understand.

III. Literature Review

Many debates are happened from many years about the intake of food and relationship of mind with the nature of food. The scriptures of almost of all religions suggest for the spiritual food of good nature for better human behaviour and attitudes. There are several controversies exist many times due to misunderstanding about spiritual and non-spiritual food. Increasing rates of usages of non-spiritual foods have motivated the modern mass of human resources. Accordingly the violent behaviour and negative attitudes of many people are also increasing time to time across the world. Spiritual historians argue about such cases relate to heavy usage of processed and heavy chemical landed commercial foods specifically non-vegetarian foods obtained from violent sources of killing animals and birds. Researches remark about dangers of eating such foods as harmful for both physical and mental health and thus produce bad attitudes due to psychic imbalance. Few of the medical resources argue that certain amino acids required for human growth are not available in plant sources. However other teams including spiritual healers say that scarcity of amino acids can be fulfilled through vegetarian sources as nature abundantly preserves all materials for us. They say that animals like elephant, horse, cow, giraffe, buffalo, ox, gorilla, rhinoceros and hippopotamus, having more muscles than any other creatures in this universe consume large of proteins to fulfil getting almost all amino acids required for gaining muscles eating only vegetarian foods of plant sources. There is no need to eat meat for gaining more meat on body.

A. Dangers of eating meat

There are several dangers of eating meat. Modern medical science proves that cooked meat contains harmful compounds like carcinogens. Animal meat cooked in very high temperature, with multiple reactions of amino acids and creatine produces heterocyclic amines. On cooking red meat also relates with nitrosamines. Such things increase the risk of cancer and its development. Red meat contains saturated fats that increase the level of cholesterol that lead to heart diseases, diabetes, increases the risk of developing colorectal lung, stomach, pancreatic, oesophageal and endometrial cancer. Eating of meat, fish and other sea foods increase the uric acid content in the body that acidifies the body. It increases the risk of joint inflammation, creates mucus that is not
miscible with water in the body, increases the body weight, disturbs hormonal secretions and its balance and drags premature onset of puberty and development of children. With intake of little meat increases the chance of greater amount of proteins that lead to excess of uric acid causes illness in joints and makes origination of many diseases. Research of Harvard School of Public Health indicates that eating red meat including fish, chicken etc. can hasten the death or deadly effect. Author Pan has studied more than 121,000 doctors and nurses in two big studies regarding meat related heart diseases, stroke, cancers and other disease deaths for 22 years. He has concluded that 13 to 20 % of death rates increase due to heart diseases and 19.5 % cancers related death rates due to consumption of meat. Pan confirms that cooking meat releases nitrosamines that increase the risk of cancer. It is said by the researchers that protein lovers are 74 % more likely to die which are obtained from meat sources. Research of University of South California (USC) clarifies this along with the indication that meat eater are more likely to die in diabetes. Researchers of USC confirm that animal protein is the chief culprit. Also they clarify that plant based proteins specifically obtained from vegetables like beans do not seem to produce mortality effect as animal proteins. Valtor Longo says that almost everyone is having the chance of cancer cell or pre cancer cell with them with habit of meat eating. USC study of 6381 people of age 50 or more over a period of 18 years, shows that death risks are four times more likely high in meat consuming persons with animal proteins in middle age like 50-65. Richard Corliss describes meat as more complicated and hazardous food. Lack of physical exercise, increasing rate of addiction to narcotic substances and alcohol and due to bad habit of eating and consumption of red meat increase the risk of high bold pressure and reduced health standard. Fats in meat, heavy cholesterol and heavy salts in processed meat increase the chance of high blood pressure. It is confirmed from the research that vegetarians get low cholesterol than the non-vegetarians. In many cases it is seen that for neutralization of acids induced from meat eating is carried out by calcium. To fulfill the sufficient requirements of acid neutralization this calcium comes from human bones and gradually on long meat eating habit weakens the bones which results diseases like osteoarthritis and osteoporosis. It is further known from the research as per the report of Harvard School of Public Health that persons eating red meat are 19 % more subjective and persons eating processed meat are 51 % more subjective to suffer in diabetes. According to many medical authorities around 62 % strokes happen due to high blood pressure are the dangerous effect of eating of red meat. Brain hemorrhage i.e. internal bleeding of brain due to rupture of any vein or blood vessel happens if a person eats red meat (meat of cow, goat, sheep and other most of the mammals) with condition of high blood pressure and in this case death is definite. However even a person with high blood pressure if eats green vegetables and maintains vegetarian diet remains safe and no such condition he faces. Maneka Gandhi argues that white meat i.e. meat of chicken etc. is also dangerous as excess protein cannot be kept inside body and it is converted in to uric acid. It is noted that production of each kg of meat emits 3 or 4 kg of CO₂ (Carbon dioxide) to the atmosphere multiples many ecological problems. The water portal of UNESCO specifies that for production of 1kg of beef, 15000 litres of water is used. However production of 1kg of vegetables requires 1000 litres of water. Differences are not only restricting to water used but also many other factors. According to western agricultural engineers two and half acres of land (a hectare) is needed for two years for producing food for growth of a cow to obtain only 300 kg of meat. However that same hectare i.e. two and half acres of land can produce 7000 kg of wheat or 12000 kg of corn on cultivation for vegetarian diet for human consumption. Same thing is happening for growth of goat and sheep. Many of the people who die in starvation in this modern world can be feed well if the consumption of meat will be reduced and cultivation of vegetable cereals will be increased. The Holy Bible says, “It is good not to eat meat or drink wine or do anything that causes your brother to stumble.” (Romans 14:21, English Standard Version) Dr. Frank Hu, professor of nutrition of Harvard School of Public Health says, “We should move to more plant based diet. This can subsequently reduce the risk of chronic disease and risk of premature death.” Dr. Dean Ornish of the University of California, San Francisco, says, “What we include in our diet is important as what we exclude.” He also says that including lower fat diets are the strongest weapons for prevention of chronic diseases. Lower fats diets include all good vegetables from plant sources. Author Pintu Mahakul cum researcher of Berhampur University, India favours the vegetarianism as per his research findings on the turmeric of Kandhamal and suggests that every day people should consume little of turmeric powder along with cooking of vegetable dishes that reduce the risk of all types of cancers.

B. Dangers of eating onion and garlic

Usages of onion (Allium cepa) and garlic (Allium sativum) are increased these days. In ancient Indian, and Greek civilizations onions and garlic are not seem to be used in food. Archaeological discoveries indicate that the sculpture of garlic bulb dates back to 3700 BCE, while paintings of garlic are found in arts of 3200 BCE of Egyptian civilization. Spanish brings garlic to Americans in between 1400-1500s AD and Americans show huge reaction towards garlic in this era. Many debates are also going on this issue of usage of both. People ask why mediators and spiritual persons do not use these in their food although these are obtained from plant sources. Answering to such questions we can say these are falling under pungent food category. Onion and garlic both are toxic in nature. Research shows that usage of these lead to prostate cancer. Garlic contains neuro-toxins. Garlic totally desynchronizes the brain and causes for leading to the loose psychic mind. Very toxic sulphone-hydroxyl ion present in it easily penetrates blood brain barriers like dimethyl sulphoxide i.e. DMSO and acts
like poisons for brain cells. Garlic reduces the reaction time and decision making process interfering fine vibrations of mental waves. Dr. Robert Bob C. Beck in 1980s finds in his research that foods of garlic families have detrimental effect on brain and very much harmful in nature. They are also harmful to the animals like dogs and cats. Dr. Beck (Dsc) in 1950s says that while he takes flight test, flight surgeon warns him along with his team of pilots not to touch even garlic at least before 72 hours before driving aeroplanes as it reduces reaction time 3 to 4 times because it desynchronizes the brain. He agrees that onions are just magnet for micro organisms like bacteria, fungi and viruses. Even it is not at all safe to use cut onion next day as it invites microbes. It also attracts flue towards it. Raw and cut onions become highly poisonous. Sliced onions are even not at all safe to keep in zip bags. As onion acts as magnet for poisonous bacteria, there is more chance of adverse stomach infections, excess bile secretions, food poisoning etc. Even of sulphur compounds fly in little air from the cut surface of broken tissue of onion and make watery eye and increase the chance of headache. The organosulphoxides in onions, garlic, leeks, chives and shallots react with red blood cells of dogs and cats causing damage or explode. Cats are more sensitive towards allium as it has more lytic effects. Consumption of onions and garlic causes halitosis i.e. bad breath. It is reported by the various researchers that 80 to 90% of the bad breaths originate in mouth are due to consumption of above five pungent plant foods. Tsang –Tsze reports that five pungent vegetables contain five different enzymes that cause detrimental effect to five organs of the body along with repulsive breath. He says that onion is harmful to lung, garlic to heart, leek to spleen, chive to liver and spring onion or shallot is harmful to kidneys. Roman poet Horace writes that garlic is the most harmful hemlock. In Reiki practice alliaceous plants are considered as first toxic along with usages of tobacco and alcohol as they have negative effects on the human body. Red onions dangerously produce dry cough, watery eyes, running nose, sneezing and many other cold related symptoms. In Greek civilization many aristocrat families do not eat onion and garlic. In ancient Roman civilization priests have also never shown interest for onion, garlic and meat and other harmful food materials considering them as main obstacles in the path of prayer and meditations. Traditional Chinese, traditional Japanese, Buddhists, Vaishnavas, Jainas and many pious people of the world avoid onion and garlic in any form. In William Shakespeare’s famous play, “Midsummer Night’s dream” character Bottom tells others not to consume onion or garlic to utter sweet breath.

IV. Importance of the study
There is invisible connection between food and mental actions. Nature of food, minerals and vitamins within them interfere the behaviours of human individuals. Toxic food generates toxic thoughts in mind and unfavourable or less suitable food generates waste and negative thoughts. However favourable and spiritual foods generate positive thoughts of high standard. Thoughts are directly related to action and thus to behaviours and attitudes. Vegetables obtained from plant sources which are free from toxicity and aggressive ingredients and harmful chemicals are generally considered as the favourable and spiritual foods. Food nourishes both physical and mental health. Good health is the key of better attitudes and decision making. Realizing this truth Donald Watson in 1944 cofounds the Vegan Society in England and also coined the term vegan which means strictly vegetarian. Dr. Gabriel Cousens (MD), an American physician brings forward the vegan movement with establishment of vegan schools for holistic education for children. In modern super markets the demand of vegan foods are continuously increasing. Ayurveda describes about the qualities of food and behaviours produced. Holy Gita states that foods of Sattva Guna which are free from toxicity, passionate and aggressive ingredients are of best qualities which give good health, wealth and good attitudes and behaviours are produced from these and hold the knowledge. Foods of Rajo Guna i.e. fill with passionate ingredients which give sorrows and pain and produce materialistic behaviours and attitudes generally generate selfish desires, bad attitudes and unethical actions. A person consuming this category of food works foolishly with sensual gratification. Foods of Tamo Guna i.e. fill with aggressive ingredients, toxic materials, rotten, spoiled and which produce diseases, laziness and many more harmful attitudes with mode of ignorance are dangerous. Persons adopting this category of food cannot take instant and effective decision due to slow and ignorant reaction time. It is clear from this that food ingredients are key factors for better health and attitudes.

A. Effect of Vegetarian and spiritual food on human health and attitudes
Modern food system is full with junk and fast foods which aggravates high blood pressure and other health complications with production of many more negative attitudes. Preparation of food at kitchen should be in hygienic condition and the person who cooks should have good motive because the mental vibrations enter inside the food invisibly create thoughts accordingly while another person takes this. The purely vegetarian food, when prepared with memory of Divine with good vibration in a pure place with pure mind in a strictly hygienic and neat and clean kitchen with clean utensils and before serving offered to God in mind and the person who takes first offers to Divine and eats in memory of Divine is called spiritual food. Such food generates calm and favourable vibrations in mind with many more positive attitudes which become pleasant to others. To keep blood pressure right National heart, lung and blood institute of America suggests consuming low fat foods which means strictly good vegetables. According to the institute, glutamic acid present in vegetable helps in reducing high blood pressure and thus it reduces hyper tension and aggressive behaviour.
Fruits like lime, orange and grape contain phytounitrient and bioflavonoid which prevent the blood blocking in veins and allow circulating properly. Antioxidant lycopene present in tomato reduces the high blood pressure. Cauliflower, broccoli, cabbage, and other leafy vegetables contain glutamic acid which helps brain working properly. Magnesium, potassium and carotenoids present in melon fruits prevent hardening and thickening of blood vessels reducing cholesterol. To maintain blood pressure properly and to be free from diabetes it is better to be vegetarian.

B. Effective managerial decision making produced by spiritual food

We take decisions every day in our life frequently. This is definitely a cognitive process that results the entire course of action among several alternatives of actions or many alternative scenarios. Decision making process becomes pleasant while the mental status remains in a condition as good as possible. This can be well maintained by dietary plan of regular practice of intake of spiritual food. Purely vegetarian food keeps the state of mind free from negative tendencies and memory of Divine purifies every thought before instant decision.

B.1. Purpose identification of decision: - Whenever we proceed for taking instant decision it is highly essential to identify the purpose of particular decision, its importance and effect after taking this in surrounding environment and persons. Purpose identification is a major step followed by thought process judged by intellect.

B.2. Gathering of mass information: - Before taking decision it is highly essential to gather all possible information for analysis. Mind sharpens with spiritual food and a human individual shows interest and cleverly gathers all positive and valuable information with definite objectives. Due to mass information it becomes easier to understand the necessity of decision.

B.3. Judging alternatives with God’s principle: - Taking alternatives for each aspect of decision is essential and to judge them is intellect’s work. Without proper judgement it is not so easier to choose a valuable alternative. If choosing gets motivation from selfish and material desires then it fails for effective decision making. Spiritually empowered human being who takes spiritual food on the basis of God’s principles takes judgement of alternatives frequently and properly for which spiritual food produces positivity

B.4. Analysis of various choices during brainstorm: - Brainstorm is nothing but a moment in which one person suddenly becomes unable to think clearly over any matter or acts sensibly either in individual level, group discussion or for production of ideas in group discussion. Due to non-spiritual food the reaction time becomes slower three to four times of brain like intake of onion and garlic with existence of impurities and negativity. Spiritual food increases the reaction time of brain. So a person overcomes brainstorm and analyses various choices properly. This is also an important task done in favour of decision making process.

B.5. Alternative evaluation: - Evaluation in quick manner is carried out only due to positive and pure vibrations of mind in good state. Without evaluating alternatives chosen decision cannot be taken effectively. Vegetarians bring better evaluation process than others to draw out perfect alternative among other alternatives.

B.6. Selecting best alternative based on righteousness: - Random choosing of alternatives with material motives may not be fruitful. That may be tempted by unrighteousness. It is essential to have the efficiency of choosing alternative with righteousness within the periphery of spiritual laws of universe. Spiritual food maintains both physical and mental health in a state of righteousness which helps a lot in selecting alternative.

B.7. Executing decision with spiritual aspect: - Execute is nothing but to plan and order properly. Decision chosen with best alternative now should be planned properly and ordered is sequence based on spiritual views for better success. Only intake of spiritual food keeps the state of mind in spirituality which helps in executing decision properly.

B.8. Evaluation of final result: - Any decision leads to a result. A best decision brings out grand organizational success. If the result is not properly understood and analysed the decisions for future can never be taken in right manner. Evaluation of final result finishes a phase of decision making is definitely a product of effective sharp and pure mind.

V. Discussion

Spiritual food is different than material food. Spiritual food is purely vegetarian food prepared in memory of Divine. The vibrations enter in to it by the food maker are pure and of good and pleasant motives. Eating food we eat conscious vibrations of the maker. Good vibrations generate positive thoughts and remove negativity from mind. Mind needs special attention for the benefit of effective decision. Increasing rate of high blood pressure, diabetes and many other diseases are related to impure foods. Good health produces good attitudes. Spiritual food not only balances physical health but also keeps the person mentally fit. It’s difficult to take instant decision with ill mental state. That is again more crucial during risk and uncertainty. Eating red meat, onion and garlic produces pungent mental state and spoils the good physical health. It badly affects managerial decision making process due to bad reaction time and brainstorm. In modern organizational systems managers take frequent decisions even under work pressure, stress, dilemma and ill health. These may not be effective necessarily. To keep good health and mental fitness it is essential to strictly follow the spiritual food culture.
VI. Conclusion

Every plant based toxic free seed, leaves and fruits are suitable for food to maintain good health and produce better attitudes. Health and attitudes are correlated. Mind and body are also co related. There is strong connection between body mind and food. Spiritual food holds secret vibrations for effective decision making. After knowing these managers, employers and employees who take organizational decisions will become more careful for their daily intake of food knowing attitudes are produced from food. After having this study we can eagerly say that it will be beneficial for managers in planning, organizing, maintaining official workload by correcting their food intake practice. This also reduces the stress at workplace. Vegetarian managers take more frequent decisions properly then non-vegetarians due to rapid reaction time. Decision making becomes easier and the process is well evaluated and understood. Not only practice of spiritual food balances the workforce in purity but also teaches effectively the other generation of managers and employees about decision making process as important mental work. It becomes easier for effective training and development. Beloved God Father says that all impure, bad, toxic and pungent foods are the foods of hell. Finely God declares that he has given all required food materials in plants only to each bird, animal, reptiles and human beings. Strictly vegetarian foods obtained from good plant sources can be of better qualities and can be considered as the pure foods of heaven. God reminds this in Holy Bible and says, “Behold, I have given you every plant yielding seed that is on the face of all the earth and every tree with seed in its fruit. You shall have them for food. And to every beast of the earth and to every bird of the heavens and to everything that creeps on the earth, everything that has the breath of life, I have given every green plant for food. And it was so.” (Genesis 1:29-30, English Standard Version)

References