

A HOW-TO GUIDE

Plant Based Living

PSSMovement | @pssmglobal



Table of Contents



About PSSM, Our Mission & Founder's Vision	02
Why Plant-Based Living?	03
Benifits of Plant Based Living	04
Getting Started with Plant-Based Living	05
Case Studies	07
Ahimsa Rallies in India	09
What is Ahimsa?	11
Join Our Movement	12
Resources for Further Learning	15
Contact Us	

ABOUT PSSM

Our Mission & Vision

About PSSM:

Pyramid Spiritual Societies are non-religious, non-cult, non-profit voluntary organizations whose sole mission is to spread Anapanasati Meditation, Plant-Based Living, Spiritual Science and the beneficial uses of Pyramid Energy to one and all. We do so all in the spirit of service, free of charge.



Our Mission:

At PSSM, a main part of our trifold mission is to raise awareness about compassionate living through plant-based living. We firmly believe that all beings are interconnected, including animals, birds, and fish. Our goal is to promote a harmonious existence where compassion and respect extend to all living creatures.



Our Founder's Vision:

Brahmarshi Pitamaha Patriji, the visionary founder of PSSM, strongly advocates for the law of non-interference. This principle emphasizes that every being has the right to live its life without interference from others, including the freedom from having their life taken for the pleasure of others. It is through this belief that we strive to create a world where all beings coexist peacefully.



The Law of Karma boils down to becoming a vegetarian immediately and at once.

— Patriji

Why Plant-Based Living?

Compassionate Living:

At PSSM, we believe that choosing a plant-based lifestyle is an integral part of compassionate living. By adopting a plant-based diet, we reduce the harm inflicted upon animals, protect the environment, and prioritize our health. Plant-based living aligns with the principles of compassion and respect for all living beings, fostering a world where kindness and empathy prevail.



What is Plant-Based Living?

Plant-based living is a lifestyle centered around consuming foods derived from plants, such as fruits, vegetables, whole grains, legumes, nuts, and seeds. It emphasizes the abundance and nutritional value of plant-based foods while minimizing or eliminating the consumption of animal products like meat, dairy, eggs, and honey.



Benefits of Plant-Based Living:

Embracing a plant-based lifestyle offers numerous benefits. Plant-based living promotes optimal health and well-being for ourselves and all other living beings. It reduces our carbon footprint, conserves natural resources, and mitigates the negative impacts of animal agriculture on the environment. By making compassionate choices, we contribute to a sustainable future for our planet and all its inhabitants.



BENEFITS OF PLANT-BASED LIVING

Health and Well-Being: Plant-based diets have been associated with numerous health benefits. They are typically rich in fiber, vitamins, minerals, and antioxidants, which support optimal health and reduce the risk of chronic diseases like heart disease, obesity, type 2 diabetes, and certain cancers. Embracing plant-based living can lead to increased energy levels, improved digestion, and a stronger immune system.

Environmental Sustainability: The food choices we make have a significant impact on the environment. Plant-based living helps to reduce the carbon footprint and conserve natural resources. Animal agriculture contributes to deforestation, water pollution, and greenhouse gas emissions, making plant-based choices an eco-friendly option that promotes a more sustainable future.

Compassion for Animals: Plant-based living aligns with a compassionate mindset. By reducing or eliminating the consumption of animal products, we can contribute to the well-being of animals. Choosing plant-based alternatives allows animals to live free from suffering, promoting a more ethical and compassionate approach to our food system.



No doctor can really help us, No hospital can help us, No drug can help us, Only Meditation will help us, Only Vegetarianism will help us.

— Patriji

CHAPTER TWO

Getting Started with Plant-Based Living

Transition Gradually: Start by incorporating more plant-based meals into your diet. Begin with a few days a week and gradually increase the number of plant-based meals as you become more comfortable. This approach allows you to explore new foods and adapt your taste buds.

Embrace Plant-Based Foods: Dive into the diverse and delicious world of plant-based foods. Experiment with different fruits, vegetables, whole grains, legumes, nuts, and seeds to discover exciting flavors and textures. Get creative in the kitchen and try out new recipes or explore plant-based alternatives to your favorite dishes.

Educate Yourself: Equip yourself with knowledge about plant-based nutrition. Learn about essential nutrients, meal planning, and cooking techniques to ensure a balanced and fulfilling plant-based diet. Consult with nutritionists or dietitians who specialize in plant-based diets for personalized guidance.

Connect and Share: Join plant-based communities, both online and offline, to connect with like-minded individuals. Share your journey, seek advice, and learn from others' experiences. Engage in discussions, attend events, and participate in cooking workshops to expand your knowledge and network.

Enjoy the Process: Plant-based living is an opportunity to explore and savor a wide variety of delicious, nutrient-dense foods. Embrace the adventure and discover new flavors, cuisines, and culinary techniques. Be open-minded and approach the transition with joy and enthusiasm.



Pyramid Spiritual Societies Movement is a significant part of the world-wide New Age Spiritual Revolution. It is a movement leading humanity from violence to non-violence... from non-vegetarianism to vegetarianism... from blind belief to scientific experimentation and scientific logic... from insane materialism to sane spirituality.

– Patriji



CHAPTER THREE

Case Studies

Plant-based diets are environmentally favorable

In 2010, researchers studied 4 meals, each with different amounts of soybeans or peas used as feed for meat production or directly consumed. While all 4 meals required the same amount of energy use, results demonstrated that it is environmentally favorable to replace meat with peas. In particular, the addition of more legumes to potentially reduces global warming, eutrophication, acidification, and land use.[1]

Plant-based diet may protect against type 2 diabetes

As in other parts of the world, Type 2 Diabetes diagnoses are rising at an alarming rate in India. Researchers set out to observe the effect of diet in two Indian communities practicing sedentary lifestyle. Of two groups observed, those on a vegetarian diet experienced less incidents of Type 2 Diabetes and had lower blood sugar levels than non-vegetarians, despite both groups having similar lipid profiles. The study suggests that a plant-based diet may protect against diabetes for those leading an inactive lifestyle.[2]

Plant-based diet promotes general well-being

A 2019 study found that despite worry that food restriction in the form of vegetarianism may promote disordered eating, some women find that sharing their experiences with plant-based living promotes a healthier relationship to food. Engaging in a plant-based lifestyle (as opposed to just a diet), appears to have a number of positive effects such as a less focus on body image, a stronger sense of control and agency, more meaningful social relationships, and a sense of connection with others.[3]

Plant-based living may promote gut health

A 2021 study of lean, healthy vegans and omnivores finds that while only small differences in the gut microbiota were found between the groups, their metabolic activity differed substantially. In particular, vegans had significantly lower abundances of potentially harmful metabolites and higher occurrences of potentially beneficial metabolites, suggesting a plant-based diet improves gut health.[4]





If we have not yet become a
vegetarian, it means we are not even
standing at the portals of the
Kingdom of God.

— Patriji

CHAPTER FOUR

Ahimsa Rallies in India

At PSSM, we stand united in our belief that collective action holds the key to a brighter, more compassionate world. Our mission is simple yet profound: to foster miraculous change through the power of community engagement and education. Our Ahimsa Rallies are a testament to this commitment.

Ahimsa Rallies: Driving Compassionate Living: Our Ahimsa Rallies lie at the heart of our purpose. "Ahimsa," meaning non-violence, guides our every step as we embark on a journey to advocate for compassionate living and plant-based lifestyles. These rallies bring together people from all walks of life in villages, towns, and cities, transcending boundaries to inspire change on a global scale.

Aims and Objectives:



Community Engagement: Our rallies are dynamic platforms where communities converge, share ideas, and connect with like-minded individuals who share a vision for a kinder world.



Education: Through informative talks, workshops, and interactive sessions, we empower individuals with knowledge about the benefits of adopting plant-based lifestyles for personal health and the environment.



Advocating Non-Violence: By embracing and advocating non-violence towards all living beings, global consciousness undergoes a transformative shift towards a harmonious and sustainable future for our planet Earth.



Foster Compassion and Ethical Living: Promote empathy and cruelty-free choices. Educate on plant-based benefits, inspiring collective action for a kinder world that respects animals and supports sustainable lifestyles.



Tirupati, Andhra Pradesh, India Rally attended by 2000 people

Funding the Vision:

We owe the success of our Ahimsa Rallies to the generosity of our donors. These remarkable individuals, driven by a desire to propel this message of change forward, contribute to the cause. Their support enables us to organize rallies that leave a lasting impact and create ripples of transformation.



CHAPTER FOUR

Ahimsa Rallies in India

At PSSM, we stand united in our belief that collective action holds the key to a brighter, more compassionate world. Our mission is simple yet profound: to foster miraculous change through the power of community engagement and education. Our Ahimsa Rallies are a testament to this commitment.



Tumkur, Karnataka Rally in India from July 2023 - attended by more than a 1000 people

CHAPTER FOUR

What is Ahimsa?

Ahimsa, commonly referred to as “nonviolence” but more literally translated from Sanskrit as “absence of injury” is an ancient concept originating in the Vedas—Indian spiritual and philosophical wisdom dating from as far back as 1900 BCE, or nearly 4,000 years ago.

Great leaders such as Buddha & Gandhi lived by the teaching ahimsa paramo dharma: “Nonviolence is our greatest walk of life.”

THE YAMAS

Ahimsa - ‘Non violence’

Satya - ‘Truthfulness’

Asteya - ‘Non-stealing’

Brahmacharya - ‘Continenence’ or ‘Right use of energy’
(sometimes referred to as celibacy, but don’t let that put you off!)

Aparigraha - ‘Non Greed’ or ‘Non-attachment’

The very first – and often thought of as the most important – Yama, is ‘Ahimsa’, which means ‘Non-violence’ or ‘non-harming’. (‘Himsa’ = ‘hurt’ and ‘a’ = ‘not’) In this sense, we’re talking about non-violence in all aspects of life. When we act with ‘Ahimsa’ in mind, this means not physically harming others, ourselves, or nature; not thinking negative thoughts about others or ourselves; and making sure that what we do and how we do it is done in harmony, rather than harm.

This implies that those who do not cause harm emit ‘harmonious vibrations’, encouraging others to live peacefully too.

“The greatness of a nation and its moral progress can be judged by the way its animals are treated.” -
Mahatma Gandhi

Ahimsa means harmlessness. Harmlessness toward self, human beings, animals, and Mother Earth. It means that we do not cause any harm to any living being whatsoever. Ahimsa is about the intent, rather than the action itself. It is an attitude of universal benevolence.

Patriji says, “If we don’t have the power to bring back one’s like, we don’t have the right to take a life.”

Do not harm animals in any way. Animals are not food, fashion, sports, transport, entertainment, experimentation, objects, or slaves. They are living beings who want to live a free life. Animals carry so much compassion, empathy, and friendship and we need to learn a lot from the animal kingdom.

Ahimsa = Harmlessness

References:

Demystifying Patanjali The Yoga Sutras (Aphorisms), Swami Kriyananda.

yogajournal.com

ekhartyoga.com

CHAPTER FIVE

Join Our Movement



Rally that took place in Rajanagaram, Andhra Pradesh, India (August 2023), attended by over 1500 people

Start Your Plant-Based Journey Today!

By choosing plant-based living, you can prioritize your health, contribute to a sustainable planet, and extend compassion towards animals. Embrace the power of plants and embark on a transformative journey that will nourish your body, mind, and soul. Take the first step towards a vibrant, compassionate, and sustainable lifestyle. Welcome to the world of Plant-Based Living!



CHAPTER FIVE

Join Our Movement

Together, We Can Make a Difference:

We have the power to create a world where compassion knows no boundaries. By embracing plant-based living and honoring the law of non-interference, we can extend love and kindness to all beings. Join us in our mission to raise awareness, educate others, and promote a lifestyle that is rooted in compassion, respect, and empathy.

Join our Movement:

Become part of PSSM and connect with like-minded individuals who share a common vision of a kinder and more compassionate world. Through workshops, seminars, and community events, we provide resources and support to help you on your journey.

Take the first step towards compassionate living with PSSM. Together, let's create a world where all beings can thrive in harmony and peace. Welcome to the Pyramid Spiritual Societies Movement!



Bengaluru, Karnataka, India, Ahimsa Rally, August 2023

CHAPTER FIVE

Join Our Movement



PSSM welcomes everyone who believes in the potential of collective action to ignite positive change. Whether you're a seasoned advocate for compassionate living or someone taking their first step towards a plant-based lifestyle, there's a place for you in our community.

Be the Change:

Our Ahimsa Rallies are more than events – they are a call to action. Together, we can create a world where empathy, kindness, and sustainable living flourish. Join us on this transformative journey towards a brighter future

Contact Us:

Ready to make a difference?

Contact us today to learn more about upcoming Ahimsa Rallies and discover how you can contribute to the cause. Your support can be the spark that lights up the path to change.

Website: www.pssmglobal.org

Email: connect@pssmglobal.org

Together, let's rally for a world of compassion and positive change.



RESOURCES AND SUPPORT

Resources For Further Learning

**Resources for the Case Studies found in Chapter Three:**

- [1]: <https://doi.org/10.1016/j.foodres.2009.08.017>
- [2]: <https://doi.org/10.24870/cjb.2017-a132>
- [3]: <https://doi.org/10.1016/j.appet.2019.104418>
- [4]: <https://doi.org/10.3389/fnut.2021.783302>

**Books and websites recommended by Dr. Miriam Maisel, MD:**

<https://plantbasedlifestylemedicine.com/en/resources/>

**YouTube Resources:**

- <https://www.youtube.com/watch?v=i9XjEB1ti4g>
- <https://www.youtube.com/watch?v=y9KeyKVuLHU>
- <https://www.youtube.com/watch?v=y9KeyKVuLHU>

**Movies on Netflix:**

- Seaspiracy (2021)
- The Game Changers (2018)
- What the Health? (2017)
- Cowspiracy: The Sustainability Secret (2014)
- Forks Over Knives (2011)



RESOURCES AND SUPPORT

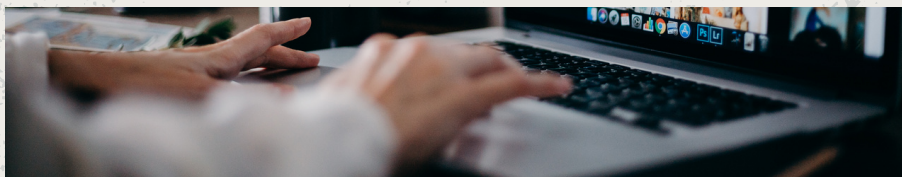
Resources Continued

**Articles:**

- <https://www.pbs.org/food/the-history-kitchen/evolution-vegetarianism/>
- <https://www.britannica.com/list/8-of-historys-most-famous-vegetarians>
- <https://www.medicalnewstoday.com/articles/149636>
- <https://www.alv.org.au/cow-truth/17-reasons-to-wean-yourself-from-milk-today/>
- <https://theprint.in/opinion/indians-love-cows-but-dont-understand-this-intelligent-animal-maneka-gandhi/419128/>
- <https://www.hsi.org/news-media/world-water-day-2019/>
- <https://plantbasedlifestylemedicine.com/en/vegetarian-vegan-healthy/>
- <https://www.heartfoundation.org.nz/wellbeing/healthy-eating/nutrition-facts/plant-based-vegetarian-vegan-diets>
- <https://www.healthline.com/nutrition/vegan-diet-studies>
- <https://www.foodmatters.com/article/why-we-believe-power-nutrition>

**Websites:**

- Plant-Based Healthcare Providers <https://plantbaseddocs.com/resources/>
- True North Health Coaching Services <https://www.healthpromoting.com/>
- Dr. Michael Klaper, True North Health <https://doctorklaper.com/>
- T. Colin Campbel Center for Nutrition Studies <https://nutritionstudies.org/>
- The website of Dr Dean Ornish <https://ornishspectrum.com/>
- Dr. Esselstyn's Prevent and Reverse Heart Disease Program <https://www.dresselstyn.com/site/>
- Dr. Joel Fuhrman <https://www.drfuhrman.com/>
- Dr. Michael Greger <https://www.nutritionfacts.org/>

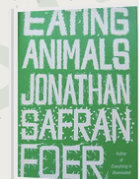
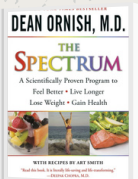
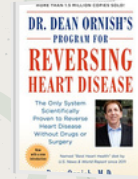
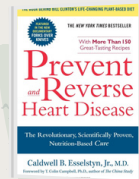
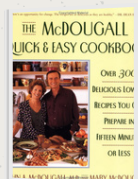
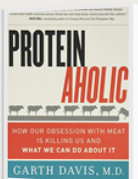
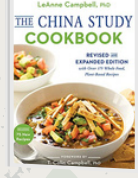
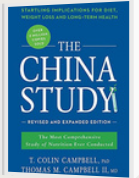
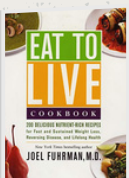
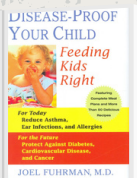
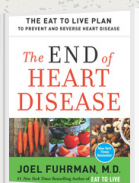
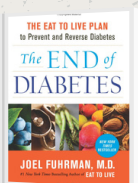
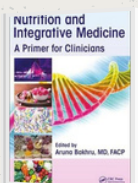
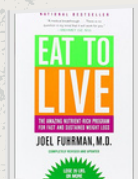
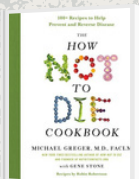
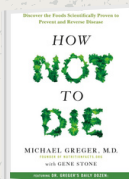
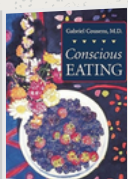


RESOURCES AND SUPPORT

Resources Continued



Books:



PSS Movement



connect@pssmglobal.org



pssmglobal.org | pssmovement.org



[@patrijiofficial](https://www.instagram.com/patrijiofficial) | [@pssmglobal](https://www.instagram.com/pssmglobal)



[@PMCGlobal](https://www.youtube.com/PMCGlobal)