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Foods According to Their Qualities

Sattvic, rajasic and tamasic foods, and what each does to our vital principles.

FOODS ACCORDING TO THEIR QUALITIES

According to the Gnostic teaching of
the Avatar of Aquarius, Samael Aun Weor



SATTVIC

100% OF VITAL PRINCIPLES

- Freshly harvested and unprocessed foods.
- Examples: raw fruits and vegetables.
- They help revitalize our energy and support our hormonal and metabolic systems.



RAJASIC

50% OF VITAL PRINCIPLES

- They retain part of their vitality, but contain harmful substances that can damage the body.
- Examples: foods that are very spicy, salty, sweet, acidic, hot, or cold.



TAMASIC

LACK VITALITY

- They encourage sluggishness, laziness, and lack of motivation.
- Examples: industrialized, refined, processed, frozen, cured, and canned foods.



**WHAT WE EAT NOURISHES
OUR PHYSICAL AND EMOTIONAL EXISTENCE.**

If we want to live a balanced life,
we must take good care of our diet.

SOURCE: THE FIFTH GOSPEL - SAW