

## Genetically Modified Foods

Genetic modification, splicing genes of plants with other plants and animals has been used to produce pest resistant crop and otherwise more sellable crops. We do not know what their long term effects will be on the people who eat them. This is a list of genetically modified foods which are currently on the market. These foods in particular should be bought from a certified organic source.

### List of Genetically Modified Foods Sold Commercially

Soy beans	Rapeseed (Canola oil)	Rice (to be on the market in
Corn	Sugar cane	2013)
Cotton (Cotton seeds oil)	Sugar beet	Zucchini Squash
Alfalfa	Tomatoes (no longer on the	Sweet pepper
Papaya	market)	

What is more alarming is that many micro-organisms which are used to make enzymes for the production of many food items. These enzymes could be used in virtually any processed food. We should research which companies use genetically modified (GMO) ingredients and favor those which do not use such potentially detrimental products.

**It is more important than ever for the consumer to be well educated and to seek out natural chemical and GMO free foods sources.**

## Environmentally Friendly Products

Bhūu Maataa (Mother Earth) gives so much to us. It is due to Her support that we live and breath. We should live with a spirit of gratitude toward the Earth, the animals, and the plants which support our life. We are truly indebted to Mother Earth for Her support. It is very important that we pay back our debt to Mother Earth by protecting the environment. We should not put trash on the ground, into the water or other places where it can be a danger to animals or destroy the natural beauty. We should pick up litter when we see it and avoid products which use excessive packaging. We should reuse plastic and paper bags and card-board, or avoid these products whenever possible. We should recycle, and even more importantly we should buy recycled products. The paper which this handout is printed on is made from recycled paper.

There is a story about recycling which I like, from many years ago when I was living in another town. This town had a public recycling program, and the people in this town were enthusiastically participating. Every week they would rinse and sort their recyclables and then trucks would come and pick up these goods from outside the peoples' homes. One day, it came out in the news that this recycling company was not actually recycling the items which they picked up, but dumping them in a landfill. At that time, my neighbor told me she was outraged. She felt that her faith that her things were being recycled had been abused, which it had been. She asked me if I was upset by this deception.

I said "No not at all, as a matter of fact, it seems to make sense that they are not recycling our trash."

She then asked me "Why do you say it makes sense," and I simply asked her.

"Have you ever bought a recycled product? Have you even seen them in the store you buy your groceries in?" When she thought about these things, she had to admit that it made a lot of sense. Then I told her "I don't really worry about recycling. There are a lot of people doing that. I just strive to use recycled goods."

Recycled Products are becoming much more readily available do to the good efforts of many people to recycle. We should support such projects wholeheartedly.

It is very important to avoid chemical drugs, foods, cosmetics, fertilizers, pesticides, insecticides, insect repellants, cleaners, detergents, polishes, fuels, etc. etc. In food and drugs, dangerous chemical additives are regulated. This does not always mean that they are safe for our bodies or the environment. We should research the effects of such products on the body and on the environment and carefully select the products we use. There are many products like cosmetics, cleaners, and fuels which are not so strictly regulated. It is even more important in the case of these sorts of products to research thoroughly their long-term effects on the environment. We should favor natural, organic, eco-friendly cleaners, polishes, cosmetics etc. for our health and the health of the planet. We should favor environmentally friendly and renewable energy sources. We should be respectful of nature by using Her resources sparingly and with gratitude.

Natural sites are peaceful, beautiful, and powerful to uplift consciousness toward God-realization by helping to induce stillness in the mind. It is natural for people whose minds are pure and still to protect their Mother Earth. For people who have compassion toward all life and even the rock, the spirit of Divinity will be apparent in all things and meditation will be natural. We cannot learn to see the divinity within the world if we do not develop an attitude of respect for nature and our bodies cannot become pure Temples of bliss and fulfillment unless we learn to worship the Lord in the beauty of His creation.