

**Veg. Vs. Non-Veg.**

**Does it make any**

**DIFFERENCE?**

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# Introduction

Some things in life are so obvious, but we humans get confused due to various unscientific and illogical opinions.

Let us consider the differentiation between Vegetarian and Non-Vegetarian. It is like differentiating between day and night where there can't be any gray area or need for a second opinion.

This book will not take more than around 30 minutes out of your entire life! I promise you that this little time invested in this book will reward you with a new way of thinking and will add value to your life and also to others.

We will analyse and understand the difference between being a Vegetarian and a Non-Vegetarian and at the end I will leave it upon you to decide which one do you think is a better way of living?

In my opinion only 'Vegetarian' is the best way of living. If you are already a Vegetarian then this book will help you to cross verify the same and also to be firm and constant on your approach. You will get scientific and logical reasoning to support your thoughts, which you can share with others through this book.

If you are a 'Non-Vegetarian' then I am sure that this book will make you think that Vegetarian life is a better life. If you read this book with an open mind and then apply your own judgment after going through all its contents; then you will definitely like to become 'Vegetarian'. You can share your learning with others through this book.

The living creatures falling under the Veg. and the Non-Veg. category include both Food and Non-Food items. Hence, throughout this book we will use a common term "goods" for them. It represents all consumables falling under both food and non-food categories as applicable to respective forms of lives i.e. living creatures used for Veg. and Non-Veg. items.

## Life of Veg. Vs. Non-Veg. goods

Let us first define the terms 'Veg.' and 'Non-Veg.':

### Veg.:

For food it mainly includes all vegetables and fruits etc. For non-food category let's take clothes as an example. The clothes, say which are made out of cotton, come under this category. There can be other consumables like perfumes, oil and other accessories etc. made out of Veg. goods.

Those who consume only Veg. goods are called "Vegetarians".

### Non-Veg.:

For food it simply means any food other than Veg. food. It mainly includes food made from the flesh of animals, birds etc. In non-food category say clothes; it includes clothes where animal's skin or bird's wings etc. are used. There can also be other consumables like perfumes, oil and other accessories like leather shoes, belts, bags and show-pieces etc. containing Non-Veg. goods.

Those who consume only / also Non-Veg. goods are called "Non-Vegetarians".

This was the simplest way of describing Veg. goods and Non-Veg. goods.

Now let us understand the same scientifically:

Any living creature can have maximum five senses or less than that. The five senses have an order in which they are bestowed upon a living creature by nature Viz. touch, taste, smell, sight and hearing. All creatures do not possess all the five senses.

In addition to that there may be powers to think, speak, walk, hold things, fly etc. depending on the body structure of various forms of lives.

Both Veg. and Non-Veg. products are made from living creatures. Then what is it that differentiates them from each other? It is the number of senses and other powers gifted to them by nature within the given form of life. The common life for each of them is their individual SOULS but the un-common physical form is due to the BODY STRUCTURE they have in their current forms of material lives.

### Life of Veg. Goods:

The life of Veg. goods is very limited i.e. they have very limited senses and powers to enjoy while they are alive. They only possess one sense out of five, the sense of touch i.e. their body which feels the sense of touch and their soul survives within their body.

For example a plant does not have a tongue to taste, nose to smell, eyes to see or ears to hear. The plants can not speak, walk or fly as well.

Thus the body structure of life of Veg. goods does not have following:

- They can't Taste, Smell, See and Hear.
- They do not have powers to Think, Speak etc.
- They do not have separate body parts like Hands, Legs and Wings etc.

Life of Non-Veg. Goods:

The life of Non-Veg. goods is much more powerful than the Veg. goods and they have higher senses as well.

Life of Non-Veg. goods can enjoy following while they are alive (as applicable as per their form of life):

- They can possess any additional or all senses out of the five senses apart from the sense of Touch as per the order of Taste, Smell, Sight and Hearing.
- They have powers to Think, Speak etc.
- They have various body parts like Hands, Legs and Wings etc.

As we all know we have got various terms to define people when they are born with different types of physical disabilities e.g. the one who can't speak is described as Dumb; the one who can't hear is described as Deaf etc.

Are these terms applicable to the lives of Veg. goods? Obviously Not, because the way in which they are designed by nature they anyways do not possess all these senses and powers in the first place.

Now can these terms be applied to life of Non-Veg. goods? Obviously Yes, because as designed by nature they are supposed to have all these senses and powers. So even the life of Non-Veg. goods can be Dumb, Deaf etc. just like we humans if they are born handicapped or may be disabled due to an accident.

## Death of Veg. Vs. Non-Veg. goods

We have already discussed the difference between lives of Veg. goods and Non-Veg. goods.

Now let's discuss the difference between deaths of Veg. goods and Non-Veg. goods.

Anything which has life has to die one day. Anything that dies, takes re-birth in some other form of life and so on.

What does this mean?

This simply means that the actual life i.e. the invisible eternal soul takes shelter within a particular form of life for the life time of that body and then the soul leaves the body i.e. Death for that body and then lives in some other form of material life i.e. Birth for a new body, which has no beginning as per the [Theory of Karma](#) (Action-Reaction).

This is the law of life managed by nature and we humans do not have any power to change it unless we opt for the best route, which is possible during the life as a human being that can finally end with a state of soul having no Karmas i.e. deeds / material actions balance to be paid for by way of either future material pleasures or material pains based on Law of Karma i.e. Principle of [Action-Reaction](#). It is termed as [Salvation / Moksha / Nirvana](#) i.e. permanent liberation of soul from birth-death cycle.

In simple terms when the soul achieves salvation, it gets freedom from the slavery of material forms of lives to survive and so there is no further birth-death cycle attached to it. It is various material forms of lives that start with birth and end with death, on various material planets Viz. [Earth, Heaven and Hell](#).

The soul is the driving force which keeps moving from one form of material life to another, at various material planets, till it achieves freedom i.e. independent eternal life of completely enlightened soul at '[Spiritual Space](#)'. '[Meditation](#)' helps in self-realization and takes us to the stage of '[Omniscience](#)'. Once we succeed in getting rid of our karmas balance then there is no further reaction and so no further birth-death.

Thus it relieves the soul from slavery of birth-death cycle forever and hence from all related material needs, desires, pleasures, formalities, worries, problems, pains etc. associated with it.

Let's not get into deep discussion of the term salvation right now.

So, coming back to the topic of our discussion on death of Veg. goods and Non-Veg. goods; let's see how they are different from each other:

We all understand that for cooking food and for that matter while producing anything out of Veg. and Non-Veg. goods, they die and thus their journey of life within that particular body comes to an end because we use them for our consumption.

[Death of any life includes death of all powers attached to that life including its senses.](#)

Death of Veg. goods:

When life of Veg. goods end then only those limited powers / senses die which are possessed by them, which we have already discussed in the previous chapter.

Death of Non-Veg. goods:

When the life of Non-Veg. goods end all the powers and senses attached to their life also comes to an end which are not limited like the Veg. goods.

Here is a table to describe the same in a more simplified way:

Senses and Powers as available	End of life of Veg. goods (apply to all Veg. goods)	End of life of Non-Veg. goods (as applicable to their individual forms)
To Taste	N.A.	Dies
To Smell	N.A.	Dies
To See	N.A.	Dies
To Hear	N.A.	Dies
To Think	N.A.	Dies
To Speak	N.A.	Dies
To Walk, Fly	N.A.	Dies
The Body, i.e. the touch sense (Apart from 4 senses as above including power to think, speak and ability to walk, fly etc. due to respective body parts)	Dies	Dies

## Differences in Opinions Vs. Truth

Let's discuss some of the very important areas.

- Holidays for Vegetarians and Non-Vegetarians:

Some may claim to be a Vegetarian but subject to a few holidays when they can have Non-Veg. food.

Similarly some are Non-Vegetarians and they see nothing wrong in that, however they believe that on few particular days of the week or say few particular days in a month or year they can't eat Non-Veg. food; may be because of some religious beliefs attached to those special days.

So if these people do not eat Non-Veg. food during few particular days due to some religious beliefs attached to those days or it may be to respect the God in which they believe, then it indirectly means that apart from those specific days on all other days they simply do not care about whatever religious beliefs they follow or the God they believe in. It can be termed as "Holidays for Non-Veg.". It is like making a fool of and doing injustice to one's own self.

If it's the respect to the God that one believes in or any religious belief that one follows then ideally it should be applicable to each day of one's life. Does it make any sense in believing them to be applicable only on a few days?

- Egg: Is it Non-Veg.?

Yes, it is. Some may argue that they are Vegetarian but they eat only eggs because according to them egg is not a Non-Veg. food item. It's again like fooling one's own self and playing with thoughts to define one's own comfort level. Here in case of an egg, the life which is growing inside is relevant and not the current look of egg itself as we see it.

It's true that currently we can't see anything other than an oval white box sort of life structure containing yellow colored liquid inside but finally it gives birth to a chicken growing inside. The liquid will eventually turn into a chicken but the only thing is those powers take time to get formed into the body structure.

Thus killing an egg is like killing a prospective chicken and for that matter all its senses and powers as well.

Some agree that egg is Non-Veg. food but they have it only when its there in cakes or chocolates etc. because in this case they can't see it directly in its original form and thus for them it's just a piece of cake or a chocolate. It's like saying that "I can see different colors only when my eyes are open and so I close my eyes because then all colors look just like the color black to me".

I do not think this requires any further discussion because this is again a foolish explanation and nothing else. They are cheating their very own soul.

- Fish: Is it Non-Veg.?

Obviously, it is. I was surprised to know that few people even considered fish as a Veg. food item. This is completely absurd. I do not think there is any need to explain it after already having discussed about Life and Death of Veg. and Non-Veg. goods in previous chapters, to prove that the fish should fall under the Non-Veg. goods category like any other animal.

Also all other animals which might be living inside the water fall within the definition of Non-Veg. The only difference is that they live inside water, but since they have got more senses and powers than Veg. goods even they are Non-Veg. goods as defined in earlier chapters.

- Milk: Is it Veg.?

Why not? Milk is a Veg. food item. However few argue that if one is Vegetarian then that person should not drink Milk as well because it is obtained from animals. This is not a correct argument because if we apply the test of Life and Death as explained in earlier chapters then we can understand more clearly that milk falls under the Veg. category and it is not a Non-Veg. food item.

It is true that milk is obtained from animals but it does not require killing of animals. Milk by itself does not have all those senses / powers as available to animals.

However it is true that in some cases the cows are harassed to obtain milk and also the calves are deprived of his / her mother's milk. That's an equally serious issue but it does not make milk a Non-Veg. food item.

- Complete Vegetarian Vs. Vegetarian only for food habits:

We can categorize any consumable as Veg. or Non-Veg. and not just the food. That is why we used the common term "goods" throughout the book as already explained in the introduction.

Thus Veg. vs. Non-Veg. applies to all consumables like clothes, perfumes, oil and other accessories like shoes, belts, bags and show-pieces etc. used by us in our day-to-day life as defined earlier as well.

Thus some may believe to be strict Vegetarian but then it actually means only with respect to the food habits and they may be Non-Vegetarian while consuming Non-food items.

Out of many such things consumed by us in our day to day life few might be just pure luxuries. We get influenced to consume them only because of our psychological needs and desires which actually does not add any real value to our life.

Thus such unnecessary consumption habits can be avoided by controlling our own psychology, emotions and desires or the least we can do is find a substitute which is made from Veg. goods.



- Ecological Balance:

Some may also argue that consuming only Veg. goods may lead to ecological imbalance. It may sound to be correct and true when we hear it for the first time but when we try to analyze it then we may realize that it is actually not a problem at all. In fact it is the best available solution to lot of our problems.

If we humans protect nature to support and promote the lives of the Veg. goods then this can never lead to ecological imbalance. The way we humans give importance to the development of industrial and service sector similarly the same level of importance, rather higher level of importance should be assigned to protecting and growing primary sector. The fact is that a lot of farm produce is used to feed the animals and birds which are finally consumed as food.

This will in fact help us to reduce pollution, waste products, global warming and diseases which are the growing concerns in today's world. Let the Non-Veg. goods live independently in their own environment, as it is defined by nature. Only we humans have got higher power of thinking than any other form of life due to which we can decide for ourselves if we want to lead life as a Vegetarian or Non-Vegetarian. Whereas the rest of lives on earth will continue to manage the ecological balance by default as may be defined by the laws of life by nature.

In fact we selfish humans are causing tremendous harm to nature and creating huge ecological imbalance by killing not only numerous animals and birds etc. but also the lives of Veg. goods for our excessive consumption needs and habits. By protecting nature and turning back to the Veg. life we will cause great benefit to world at large. It will promote huge ecological balance. The world will be ruled and managed by laws of nature, which will bless us with peace, happiness and success forever.

Also, we consume a lot of things for no rhyme or reason. We should try to control our illogical desires which are influenced by comparison, jealousy, competition and ego. We should try to minimize our consumption and possession needs by controlling our material desires for enjoying the luxuries because desires are endless! We should not be selfish and think about ourselves only and also for this life alone.

Let's have a broad and long term vision for life. We all have to ensure that earth continues to be the best place to live forever. It will ensure long term sustainable and constructive growth with ever increasing peace, happiness and good health for all forms of lives across the globe. It will also help us, the souls, into various journeys of our material lives until we succeed in achieving Salvation / Moksha / Nirvana.

- Health consideration:

Few people have a wrong impression that Non-Veg. food is very essential to ensure good health. However, the fact is that Veg. food is always better to ensure good mental and physical health than the Non-Veg. food.

Some also argue that they eat Non-Veg. food to obtain proteins, which is not present in many of the Veg. food items. However there are so many Veg. food items like milk, sprouts, pulses, broccoli, soya etc. which provide huge amount of proteins.

Let's not get into further details with scientific data on the same. I suggest that if any one is misguided that Non-Veg. food is better for maintaining good health and that Veg. food does not provide all the nutrition to stay healthy then they should get proper guidance from some knowledgeable and reliable source for the same and get their misunderstandings clarified and also rectified.

- Unintentional Vs. Intentional Non-Vegetarian:

Let's begin this with an example; It may happen that while walking, unknowingly we step on an ant and it dies, but technically it does not make anyone Non-Vegetarian because it was a mistake / unintentional and was not intended for any purpose.

However, on these grounds some may argue that we may cause death to say ants etc. unintentionally then anyhow we become Non-Vegetarian. This is not acceptable because it is only the intention that matters although we can't deny the fact that we caused death to that ant too. We can't ignore it and so we should always be very careful in whatever we do so that we do not harm any one, in any manner, to the maximum extent possible and at all times.

Killing Non-Veg. goods purposefully for our consumption makes us a Non-Vegetarian. So some may argue that those who claim to be a Vegetarian may also be Non-Vegetarian in some manner as explained above and thus they try to fool others to make it easy for them to justify appropriateness of them being a Non-Vegetarian.

- Other important areas:

- The animals / birds etc. are also used in scientific experiments, circus, zoos, as a pet etc. though each form of life has equal right to live and also to enjoy freedom just like we humans do.
- According to the interpretations done by few, the killing of animals / birds etc. is done to follow some of the religious beliefs, to worship the God they believe into.

This is a very critical and sensitive area because it is linked to religion.

Please do not read it either as a direct or even indirect objection to hurt anyone's religious belief in any manner, but let us just make an honest attempt to at least discuss the same to learn with an open mind, as a human being.

Different religions have beliefs in different names and / or forms of God. At the same time we also believe that the God is one for all. Hence we all will agree to a fact that let it be any name and / or form of God as one believes but its true to say that God (Nature) promotes love and happiness for all. Going by that understanding we will also agree to the fact that the God wants us to take care of all forms of lives across the universe including ourselves by ensuring non-violence, truth and peace.

Thus the best way to worship God can be by way of ensuring non-violence!

## Veg. Vs. Non-Veg. It makes a DIFFERENCE!

We can't say that death in any case is death and so it does not matter whether it is the end of life of Veg. or Non-Veg. goods.

No doubt it matters a lot!

There is a huge difference between life and so also death of Veg. and Non-Veg. goods. It is so obvious and apparent that both the birth as well as the death of life of Non-Veg. goods is much wider than that of Veg. goods.

This can be better explained by referring to the concept of "Partial Death". Partial Death is death of one of the senses / powers of life. Say when one loses the hearing sense then it is termed as being Deaf.

It is not necessary that a life can be Dumb or Deaf etc. only at the time of birth. It can be caused due to some accident during the journey of life as well. Thus the life continues but senses / powers may reduce. That is known as "Partial Death". Thus a complete death also includes death all senses and powers attached to that body.

Hence killing the Veg. goods in that sense is comparatively less sinful and painful than killing Non-Veg. goods. We can't go by the argument that if a person kills one or hundred, in human court that person can be punished with death only once so it's equal. Obviously killing hundred people is a much bigger sin than killing just one person though punishment can be given only once to a person in human court for both the sins because death can't be repeated a hundred times.

But in the Court of Nature i.e. as per laws of life by nature based on the principle of 'Action-Reaction' i.e. 'Theory of Karmas'; that person i.e. the inner soul, is punishable for hundred times separately in various forms of material lives.

We humans have limited power and so we don't remember the same. But we can see and understand the world around us consisting of so many various forms and characteristics of lives which is the proof of Nature's Laws of Life on its own!

In some cases, mainly with respect to Non-food category, the products made out of lives of Non-Veg. goods can be made from animals / birds etc. which were already dead due to natural reasons and hence are not termed to be killed purposefully. Then one may consider it to be a separate category of Non-Veg. as "Non Living Non-Veg. Goods". It is less sinful than consuming things which require intentional killing of lives of Non-Veg. goods.

However the use of this discretion is challenging because it is really difficult to ensure it's authenticity of being a 'Non-Living Non-Veg.' product and anyway at the end it's simply made out of EX-Non-Veg. goods. However this can surely help us indirectly to start avoiding Non-Veg. goods and try to shift to Veg. life. But at any point of time the best way of living can be only that one which is completely Veg., which is much more challenging. However gradually we can try to change.

We know that we have to eat food to survive. However whether to be a Vegetarian or a Non-Vegetarian, including for non-food stuff, solely depends on us. We have to appreciate the fact that we all have to pay back for everything we do as per the law of nature of "[Zero Sum Game](#)" of life.

Thus we have to suffer the equal amount of pains and troubles which we cause to other lives, in different lives lived by us one after another, to pay for everything we did till that day including things, if any, pending for previous lives and also for things which we will continue to do. This continues till we do not have any 'Karmas' i.e. Deeds / Actions balance left in our account with nature to be paid for. If we succeed in closing our Karmas account then we achieve Salvation.

Thus being Vegetarian can also help us to at-least get 'closer' to SALVATION / MOKSHA / NIRVANA because it is less sinful than being Non-Vegetarian.

As discussed in earlier chapter; it is safer to be a Vegetarian to have a long-term healthy life. It also helps to manage and reduce emotion of 'anger' because those who eat Non-Veg. food are more likely to get angry easily due to its negative impact on our mental health. It will also ensure ecological balance and will help the world to survive with ever increasing peace and true happiness with real success!

I am sure that by now we will all say:

**"Veg. vs. Non-Veg., it makes a huge DIFFERENCE!"**

I am sure that after having it discussed with so many details, each one of us will agree to the fact that Veg. is a better way of living than being a Non-Veg.

So what are we waiting for?

Let's act on it together and also take others along with us. Let's do justification to our current form of existence as a human being to do the best we can to benefit the world at large forever.

This is one of the ways to worship God i.e. Nature. It is a respect to nature for giving us such a wonderful mind to think, decide and act differently.

Remember that we all are here for a short journey so let's make it the best one. This will also help each one of us, the individual eternal souls, in our spiritual growth path.

Some may not find it that easy to implement the moment we finish reading this book but we can at-least try and begin to incorporate it gradually in our day to day life.

We can start with consuming Veg. food and then gradually shift all our needs to Veg. goods. In non-food category we can try to begin with consumption of products made out of animals / birds that have died out of their natural death.

Thus slowly and gradually we can improve and sincerely try to achieve perfection.

**Let's give our own selves a fair chance.**

# *Thank You*

The views mentioned in this book are not influenced from any religious beliefs. They are the laws of life as defined by nature and it's relevance to everyone's life as the final point of concern.

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“Happiness can not be owned, share it to feel it”