

The Magic Behind the Meal

In one of our industrial projects, we found energy of canteen and food both very poor. On inquiring in detail, we learnt that the canteen contractor had some issues with the management and was forcibly working for them.



Our team explained him the importance of Conscious Vaastu® and connection of energy and food. He instantly realised and changed his attitude of working. This impacted positively on his relationship with the management as well as the food quality and energy. The discomfort that we and factory team were experiencing regularly after having the meals was vanished like a magic. So, what changed? It wasn't the recipe. It was his positive energy and love that got infused in the food that he served.

Food, after all, is a source of life force energy. The farmers, transporters, vendors, and cooks all contribute to bringing these ingredients to your table. Each meal is a Divine Creation, harnessing the five elements of nature: earth, air, fire, water, and space.

Moral:

Cooking with a Bad Mood: This depletes the food's energy and makes cooking a chore instead of a joy.

Compulsion vs. Choice: Cooking out of duty, not desire, reduces the food's positive energy.

Our Journey – this should focus on how we have progressed: