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monks cookbook vegetarian recipes pdf

Buddhist cuisine is an East Asian cuisine that is followed by monks and many believers from areas historically influenced by Chinese Buddhism. It is vegetarian or vegan, and it is based on the Dharmic concept of ahimsa (non-violence). Vegetarianism is common in other Dharmic faiths such as Hinduism, Jainism and Sikhism, as well as East Asian religions like Taoism.

Buddhist cuisine - Wikipedia

Ahimsā (Ahimsā) in Jainism is a fundamental principle forming the cornerstone of its ethics and doctrine. The term ahimsa means nonviolence, non-injury or absence of desire to harm any life forms. Vegetarianism and other nonviolent practices and rituals of Jains flow from the principle of ahimsa. The Jain concept of ahimsa is very different from the concept of nonviolence found in other ...

Ahimsa in Jainism - Wikipedia

"May there be good fortune throughout the universe, and may all envious persons be pacified. May all living entities become calm by practicing bhakti-yoga, for by accepting devotional service they will think of each other's welfare.

Newsletter162 - HKnet

Stephen Byrnes, BA, MA, DR(AM), was a nutritionist and naturopath who grew up in New York and attended Hunter College in New York City where he received his BA in Comparative Religion.

Myths of Vegetarianism - The Weston A. Price Foundation

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Technologies de l'information et de la communication

Archives and past articles from the Philadelphia Inquirer, Philadelphia Daily News, and Philly.com.

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