



# Gandhi The Vegetarian

*Holly Harlayne Roberts*

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## **Gandhi The Vegetarian** Holly Harlayne Roberts

Was Mahatma Gandhi a vegetarian? Of course he was. He was born into a vegetarian family, lived in a vegetarian country, and belonged to a vegetarian faith. How could he not have been? But beyond his hereditary, Gandhi was a vegetarian by choice. By a strong choice. Although Gandhi's vegetarian values were deeply rooted in his faith, they grew within his heart. He believed the only reason to be vegetarian was a moral one. As a Hindu, Gandhi envisioned the soul of God within each being. He identified himself with all that lives, and felt compassion, pity and a brotherhood with all. He considered any act of killing another being a sin. Gandhi believed that humankind must follow a path of non-violence, non-abundance, and merciful living, for life on this planet to sustain itself. Any act of violence, any taking more from this planet than one needs, and any unkind thought, word, or deed, will invariably lead to a cascade of violence, suffering, and pain. This cascade, within infinite time and space, will eventually, somehow, affect all humanity, all creatures, and all creation. Gandhi could never justify the taking of another being's life, just to appease one's palate. This book describes the health related, moral, spiritual, and compassionate vegetarian philosophy of this great man.

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