

# About Diet & Spiritual Satanism

HP Hooded Cobra 666

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In Spiritual Satanism there are no dietary restrictions. As it has been stated, one is able to eat anything they think is best for them, what they like, but also, since our only sin is stupidity, we should be tentative to a healthy lifestyle.

There are no real "specific diets" that one has to follow. The optimal diet to follow is what satisfies one, and what one is most importantly healthy from. This ranges between people, changes with medical conditions, and also what one wants to attain.

When it comes to specific spiritual practices, specific choices of food may be the best thing to follow. In short, if you want to do serious meditations, you might want to avoid foods that cause gasses on the stomach, and foods that make you extremely heavy or uncomfortable.

Overeating, or undereating, can indirectly affect the quality of your meditation. This can be overcome when you are very experienced, but it is better to avoid this. You cannot sit to calmly meditate while experiencing extensive hunger or extensive filling.

The purpose of eating food, it's extremely important to eat nourishing food. Let us not comment on what garbage "Food" circulates this world or how it's constantly being devalued in its essence and properties, with much of it being empty junk that hardly provides nutrition.

In Ancient Greek, the word for "Food" is etymologically related to the notion of "Light". [Fai- Fos]. The good food is not only nourishing to the material body, but also energizing the body that can later increase the soul.

Inside food, there is contained, to a lesser or higher extent, a certain portion of light, or rather, it's created after ingestion inside the body. Depending on the food, the release can be slower or faster [sugar is the fastest but wears off quickly and is of measly essence, carbs are slower, proteins the lowest, the list goes].

Meat absorbs slower, and releases more of this living energy. Greens and other similar foods, do provide another level of this energy or in plain, bioelectricity.

All of the above is to be related to your inner balances. There is no specific diet

you must follow in Spiritual Satanism. The diet of other people might not for you, be deadly, and or might simply not fit your necessities.

Anyone who tries to enforce a specific "diet", is only shilling and one must never listen to them. Because that is irrational nonsense. As one also is different as an individual or a human being [race also], certain diets that work with one can be incompatible with another.

There are people who can drink milk in the gallons, and people who if they drink one glass, unease and other problems ensue quickly.

These also relate to your elements in your body, personal health situation, or what you seek to attain. You can also check into Ayurvedic or Chinese Medicine and get more information about your specific case here, but also, when you are past a point, this will arise for you out of meditation and because of how well connected you are to your own body.

-High Priest Hooded Cobra 666

## Reply from High Priest Hooded Cobra 666:

*Shadowcat wrote:*

*Wed Oct 27, 2021 5:55 pm*

*"It essentially comes down to energy indeed which is why we must eat. Plants conduct photosynthesis to use direct sunlight for food. Plant eaters take up that energy when they graze and likewise then with carnivores who eat meat. It's a literal chain.*

*I wonder if our yogic breathing and foundation meditations can have these effects directly in the long term. Aside from decreased appetite possibly being a kundalini manifestation, I wonder if this also can come from the body absorbing energy directly these ways which is basically the closest an animal would get to photosynthesis so to speak. Energy from the sun is literally fuel in several ways."*

The physical body requires physical sustenance, which is from physical foods. However, the sunlight does also "Feeds" the very soul. And less of this type of hunger [sometimes conflated with physical hunger which can lead to obesity], can bring a balance to the material hunger.