

UPF Slovakia organizes *Cooking For Body and Soul*, a cultural-culinary evening

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Bratislava, Slovakia, March 11, 2024 - As a follow up to Interfaith Harmony Week, UPF Slovakia organized a cultural-culinary evening. The Hare Krishna missionaries Raghunatha and Sucitra Priya, who have occasionally enriched our UPF events with cakes, cook according to the Vedic (ancient Indian) cuisine and manage a food delivery service. To our question as to why their food is so tasty, they responded that the preparation is accompanied by prayer and meditation!



Despite heavy rain, the event held in our Peace Embassy attracted forty-one participants. The missionary couple opened the program with a piece of ancient vedic music. In his talk Raghunatha outlined the principles of food preparation and told the audience how to make cooking and eating a holistic

experience. "Food definitely affects our spiritual growth and consciousness. Eating bad food may lead to mental degeneration." Selecting food, cooking and eating are actions connected to the Creator. "The ancient cultures placed food on their altars as offerings. Sharing meals has been an important part of social culture since time immemorial", he declared.



A power point with colourful slides illustrated his talk.



But the thirst for knowledge was not quenched even after two hours and Raghunatha patiently answered a variety of questions. Sucitra served all the participants with sample dishes to taste.

We have made new friends, for sure through this rich program!