

UPF Bratislava, Slovakia: Culinary Evening - Cooking Food for Body and Soul

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Following the Interfaith Harmony Week, UPF organized a cultural-culinary evening. The Hare Krishna missionaries Raghunatha and Sucitra manage food delivery; they cook according to the Vedic (ancient Indian) cuisine. Occasionally, the couple enriches our events with cakes. The high quality of their dishes made us curious: Yes, their cooking includes prayer and meditation! And their altar looks like an offering table.

Despite heavy rain, many guests came to our Peace Embassy on Monday. They start with a piece of ancient music, followed by a talk outlining food-making principles. There is abundant advice about a healthy diet, but quality ingredients do not produce mental delight. Raghunatha Priya told us how to make eating a holistic experience and how food affects our spiritual growth and consciousness. Food selection builds a bridge to our Creator; eating should lead to spiritual enlightenment. He told us about bad food, which produces the opposite effect.

For the tasting, Sucitra served dishes to all participants (41). But our thirst for knowledge was not quenched even after two hours. Patiently, the lecturer continued answering all kinds of questions. The rich program has definitely made new friends!