

Lesson XV

DIETETICS AND SPIRITUALITY

- 1 Dietetics relates to proper diet. Diet is a
name applied to combinations of food used
to sustain the animal organism. The various
4 degrees of refinement of the animal organism
demand different foods. Dietetics, while
applied to the regulation of food of the sick,
is especially applicable to the promotion of
8 health through right diet. Right diet is har-
monious combinations of food. Harmonious
combinations of food relate to the natural
chemistry of the organism.
- 12 Spirituality is the unfoldment of conscious-
ness in conformity with spiritual principles.
These principles are innate as the governing
factors of being. When one has reached a
16 certain limit of natural progression, capacity
to spiritually unfold opens. The unfoldment
of spiritual principles changes the chemistry
of the organism. This, in turn, sets up
20 demands for food that conforms more directly
to the forces of nature. The restoration of
the organism to conformity to the Principles
of Being brings the forces of nature under
24 control of the Spirit. This also controls the
desire nature, functioning as appetite and

passion. The demand for the natural foods, 1
chiefly uncooked, gives rise to the necessity of
knowledge pertaining to foods.

The ideas, metaphysically entertained, that 4
one can eat anything and pray to offset any
resulting inharmony, violate one of the funda-
mental premises of spiritual unfoldment. The
fundamental premise of spiritual unfoldment 8
is to gain wisdom, and to be obedient in the
application of that wisdom. To separate the
spiritual qualities from their application on
the plane of the physical is to continue to keep 12
the "kingdom of heaven" in the air, instead
of bringing it to earth.

It is not that food has any power to defile
the real consciousness of man. Man is greater 16
than food. The refinement of the vehicle, the
body, by which the spiritual qualities function
and reëmbody themselves, is greatly worked
out by means of regulating the food. Har- 20
monious combinations of food produce
harmonious results in the body, when the
chemistry of the body is harmonious enough
to permit it. Through changing the thought, 24
the chemistry of the organism is changed. To
eat in keeping with understanding is to
develop obedience and to subject passion of
appetite. This is equivalent to subjecting the 28

- 1 will, the impetus of bodily expression, to the
wisdom of the Spirit, by which the govern-
ment of Love may be set up in Man.
- 4 To fail to give the body due consideration
in relation to spirituality is to hold the
ego in bondage, and to limit the Spirit's
expression. If the Spirit could express,
8 independently of the nature of the physical
organism, it would have produced its own
vehicle of organism before now, and have
wiped out the mortality of consciousness. One
12 cannot function the energy rate of spiritual
ideas and qualities in the old wine-skin or
body. The energy of the body must be raised
through subjecting the will of sense to the
16 Divine Will. The will of sense consciousness
is greatly operative in the pleasures of food,
physical and sexual. Eating is the primal sin.
The restoration of eating to right relation to
20 the innate Principles of Being is that which
prepares the way for the government of God
to be set up in the consciousness of Man.

John the Baptist types the natural man with
24 appetites and passions in control. This is the
state of consciousness that marks the fulfil-
ment of the natural. This prepares the way
for the Spirit's unfoldment, making straight
28 the path of the Lord (action of God as Laws

of Being). John and his disciples fast and 1
pray. This is to say, consciousness at this
stage of progression, fasts from the adverse 4
forces of thought and food, establishing com-
munion with the Inner Spirit. This permits
the Principles of Being to unfold, they per-
forming their healing work by coming under 8
the authority of John (natural man). This
is descriptive of the baptism of Jesus by John.
This is done that the whole law may be ful-
filled. For, if the spiritual cannot express 12
by means of the purified natural, how can it
project its qualities to man and the race? The
kingdom of the Spirit is within the conscious-
ness. It requires a refined and controlled
natural organism to permit the qualities of 16
the inner kingdom to penetrate the con-
sciousness of man, giving him rebirth and
regeneration.

The adjustment of food is one of the first 20
requirements for the sick. Doctors are not
dietitians nor do they give out instructions
as to how to continue in health and to pro-
mote harmony. It is their business to heal 24
the sick, through mechanical or external
means. If they worked to keep people well,
through promoting harmonious diet, they
would not have as much business. Some 28

1 doctors have transcended this current of self-
fishness enough to join forces with the
dietitians, whose chief business is to promote
4 health through food regulation. Anyone,
having normal mentality and will-power,
ought to be able to regulate his own diet.
Such a one need not wait for a doctor to
8 impose his authority, nor the necessity of
sickness that forces the authority.

Raw fruits and vegetables are the natural
foods. But few, if any, have attained to the
12 capacity to live upon this natural diet. Cli-
matic conditions also enter that make it
impossible. People in temperate climates
fare best on raw diet. But people, with
16 sufficient will of development, as well as
cleanliness of nature, can, during the warm
months, live nicely on a raw diet. A complete
diet of grapes has been found to be a great
20 cleanser. This is because the grape conforms
to the perfected natural consciousness. It is
a nontoxic proteid in constituent, and is
called the "Queen" of fruits. The "Grape
24 Cure" for cancer has been especially pro-
moted by Johanna Brandt, N.D., Ph.N., M.A.,
of South Africa.

Raw fruits and vegetables supply the organ-
28 ism with natural elements. These have a

purifying effect upon the organs of the body, 1
as well as a dissolving effect upon filthy
accumulations and discords. When one has
spiritually subjected the forces of thought, 4
emotion, and will to the Higher Powers, living
on a raw food diet has no devitalizing effect.
There is no loss of strength, and no great loss
of weight. But where the natural elements 8
have never been adjusted, nor the organism
cleansed and purified through harmonious
diet, one may experience a deteriorating
effect from raw food. 12

The greater the tribulation arising, through
adjusting the diet harmoniously, the greater
the need to clean up the system. Because
severe headaches follow a few days' fasting 16
only imply the poisonous condition the sys-
tem is in. The more poisons in the system,
the greater they are stirred up, under fasting
and pure diet. When one can fast, or go on 20
a raw diet without physical disturbance, the
system is fairly well balanced and clean.
Such a one is always eating harmoniously,
though may partake of cooked food. While 24
cooked food is unnatural, the unnatural
mortal organism must be sustained until its
dissolution, through the Laws of Christ.
Hence, cooked foods can be eaten in harmo- 28

1 nious combinations.

One spiritually unfolding cannot overlook the adjustment of the diet. Especially, because of the relation the body finally bears to the unfolding spiritual qualities. Now that we are coming to the redemption of the body, the forces of the body must be subjected to the Divine Will. In this way, man becomes a living sacrifice as to his emotions and appetites, permitting the Divine Will to beget the new creature. The outer body is to the unfoldment of the new creature, what a vase is to the flowers it contains. If the vase is beautiful the more harmonious will be the appearance of the flowers. When the body is naturally aligned to the laws of self-control and cleanliness, it becomes a more harmonious container to the unfolding spiritual qualities. A purified state of natural consciousness invites the unfoldment of the spiritual.

Many have opened to the spiritual through promoting physical cleanliness and purification through diet. Others, opened mentally to the higher concepts of life and being, include diet in the adjustments made. This unites the spirit and body as one, which is the ultimate goal of Life. While a new spirit and a new body come into manifestation, when the new

creature is revealed, the spirit and body of the 1
natural man must be conformed to each other
in harmony, to permit the spirit of union to
manifest the new creature. 4

Each ego is expected to sanctify the vessel
of the body and to make it fit to be inhabited
by the Spirit. This includes food adjustment
as well as other forms of conservation and 8
mastery. The restoration of consciousness to
the food, created by God for man from the
beginning, is an evidence of mortality's close.
That which was idealized in the beginning is 12
actualized in the end of a cycle of progres-
sion. While the new creature will be sustained
in a Law that transcends dietetics, the mas- 16
tering of the forces of the material plane of
existence is essential toward inviting a new
plane of progression. One does not enter the
next grade of progression without mastering
the forces of the present one. This includes 20
the mastering of appetite, the subjection of
the elemental passions of mortal sense to the
understanding, given by the Spirit.

The mastering of food is in reality the 24
subjection of the will of the flesh to the will
of Intelligence. In this way the entire body
can be brought under subjection to Christ.
It is not for the material benefit that one 28

- 1 progresses, but for the spiritual that may be
2 manifested because the material has been
3 mastered. Every natural force controlled
4 invites its corresponding spiritual into operation. All progression is for the Lord, that is, to permit a fuller action of God to take place in man. A controlled diet is a controlled
5 appetite. A controlled appetite is a controlled will. This is the control of the passions of the flesh. The flesh controlled permits the Spirit, which controls it, to assert itself.
12 Hence, those who present their bodies as living sacrifices come under the authority of the Divine Will, by which they are spiritually born.
- 16 From the small beginning of food control, the organism of consciousness can be controlled to the Laws of God. Especially is this the case when the spiritual progression
20 prompts the control of appetite. The original eating is controlled to the Lord at the point where the Divine Will assumes authority over the flesh, induced by mastering appetite.
- 24 Purified appetite changes the sex desires, ultimating, when the will of the flesh is controlled by Divine Will, in the ego being restored to the substance of Being of which
28 he may eat and never hunger again. This is

to eat of the Living Bread that cometh down 1
from Heaven, by which the reality of being is
formed as the spiritually born ego.

MEDITATION 4

Spirit and Body are one in Christ, and I
rejoice in their unity.

I eat to glorify the real nature and rejoice
in controlled appetite. 8

I partake of the pure substance of Spirit
in all things and am satisfied from the Source
of my being.

