

CHAPTER XXII: A DIET FOR MYSTICS AS POINTED OUT IN THE BIBLE

"and thou shalt eat the herb of the field; in the sweat of thy face shalt thou eat bread, till thou return unto the ground" (GEN. 3: 18)

"For he shall be great in the sight of the Lord, and shall drink neither wine nor strong drink; and he shall be filled with the Holy Ghost, even from his mother's womb." (LUKE 1:15)

"Now therefore beware, I pray thee, and drink not wine nor strong drink and eat not any unclean thing." (JUDGES 13:4)

"She may not eat of any thing that cometh of the vine, neither let her drink wine or strong drink, nor eat any unclean thing: all that I commanded her let her observe." (JUDGES 13: 14)

"But Daniel purposed in his heart that he would not defile himself with the portion of the king's meat, nor with the wine which he drank:" (DANIEL 1:8)

"Prove thy servants, I beseech thee, ten days; and let them give us pulse to eat, and water to drink." (DANIEL. 1: 12)

"And at the end of ten days their countenances

appeared fairer and fatter in flesh than all the children which did eat the portion of the king's meat." (DAN. 1: 15)

"And be not drunk with wine, wherein is excess: but be filled with the Spirit;" (EPH. 5: 18)

"For a bishop must be blameless, as the steward of God; not self-willed, not soon angry, not given to wine, no striker, not given to filthy lucre;" (TITUS 1 : 7)

"Do not drink wine nor strong drink, thou, nor thy sons with thee, when ye go into the tabernacle of the congregation, lest ye die: it shall be a statute for ever throughout your generations:" (LEVITICUS 10: 9)

The above quotations clearly indicate the necessity for mystically inclined souls to adopt a vegetarian diet, free from alcoholic drinks.

It is a natural condition for the body of earth to live on the products of it in its earthy environment. In this way the body can get the products of the earth direct and the magnetism of the earth, if the foods are properly chosen and prepared according to the individual's needs.

The sap in all vegetation is the life thereof. This rises in the plants in daytime by the attraction of the sun energy which causes oxidation in all foliage. At night this energy in the sap retires to the root system for nourishment and absorption into the entire plant structure. In this manner all vegetation responds to the sun and moon energy in our universe. Heaven bestows warmth and air, and the earth and waters

respond and bring forth substance and fruits, each after its kind.

All vegetation and life need these four essential elements to grow and maintain health: Warmth and sunshine, air, moisture, and the soil of the earth. Human beings too need these things in substance and essence, either from the sources direct or through the medium of food and liquid. In this simple way can the body of man, the microcosm, keep in rhythm and tuned to the natural vibrations of the macrocosm or the universe. This causes no suffering or hardship for animals. They also have a right to live and fulfil **their karma**, so here is a more considerate way of life for all other life, which interferes with none. It is a graceful way of living, worthy of mankind full of Love and thoughtfulness, and freedom for all.

The animal creation is a lower realm and keynote of life, as a whole, than the human form. The animal spines are usually horizontally placed in relation to the earth. Animal life is mostly a life of force and quick reactions, the element of fear predominating. With a few exceptions, life lives upon life everywhere, whether on land or in the sea. This animal nature is also within man, as **his lower** nature, which he must overcome and surrender completely before he can become a full-fledged human being of spiritual stature.

In the Old Testament the sacrifices of the animals were used to show man that he must give up these animal qualities **within himself**, one by one, as a sacrifice for each sin or animal tendency, until the humble and contrite heart **became a natural thing** with man. Then his Spiritual evolution could start in earnest and

the human element and the fuller Love Nature of the soul could have a chance for expression in life, thoughts and deeds.

This is why Spiritual Masters usually require a non-flesh meat, non-egg and non-fish or fowl diet of their disciples. The avoidance of alcoholic drinks is also necessary as they stimulate the animal nature in man.

St. John the Baptist was a vegetarian. He is supposed to have lived on the locust pods, also called Karob or St. John's bread and wild honey. The apostles stripped wheat stalks and chewed the wheat when they were hungry. They also had their coarse bread as the mainstay of their diet. Jesus lived a very simple life and ate very little. His disciples often begged him to eat something. It was then that he told them that he had food to eat which they knew not of. He referred to the Spiritual Nectar, the Holy Sound Current within. This was his mainstay; not the food of the earth:

"But whosoever drinketh of the water that I shall give him shall never thirst; but the water that I shall give him shall be in him a well of water springing up into everlasting life." (John 4: 14)

Jesus met the needs of his time and its purpose. Love was the keynote of his message, and that included and covered everything. Love is God, God is Love!