

The  
Spiritual Property  
of  
Food



# The Spiritual Property of Food

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IN THESE days when so much is being published on the subject of dietetics and methods for increasing or decreasing the weight of the body through dieting or improving the general health through a regulation of food, it appears strange that the important subject of the spiritual effect of food should be completely overlooked.

Probably long before man discovered in any scientific manner the precise chemical nature of food and its effect upon the physical body, he was aware of the spiritual properties of food and the effect of food upon the personality and emotions of human beings. But this very important subject gradually became a part of the secret teachings of various exclusive organizations, and today it has been retained almost wholly in the private teachings of various mystery schools as a subject for limited discussion among those who are in the inner circle of understanding.

## REAL PURPOSE OF FOOD

Perhaps the lack of a proper appreciation of the spiritual effects of food is due to the fact that very few persons fully understand the real purpose of all foods. The popular idea appears to be that food is eaten solely to maintain the chemical and physical constitution of the body and to provide vitality to animate the body. In other words, food is considered as a means of physical sustenance and is viewed, therefore, in its purely chemical aspect. But even here, however, the subject is not dealt with properly, for the chemical effect of food cannot be measured exclusively in its relationship to the purely physical side of man's being.

When we stop to realize that man is more than a mere physical body, that he is composed of more than purely chemical elements, and that life and consciousness are something that is not wholly dependent upon the chemical elements in the food eaten, we can realize that man is a very complex creation and that there are really two divisions of nature manifesting in his being; namely, the physiochemical constitution, and the spiritual-conscious nature. In the oldest of the secret or sacred writings regarding the nature of man's personality and character, there are many references to the fact that the spirit in man manifests through his physical body and that the real part of man within his being is dependent upon the condition of the physical body for its expressions and its manifestations.

MAN'S  
INNER  
ATTRIBUTES

