

(mind) and superconsciousness (spirit). Consciousness, however, is acted upon by two forces; society and metabolism. We, therefore, find that in this life, metabolism or diet acts as the fulcrum between the external and internal worlds of humanity; subsequently, health and food lie at the heart of today's problems. Whoever controls these life factors controls people. It is this control in the hands of small power groups that has developed the diseases both mental and physical in the world today.

Food, meaning nourishment for the spirit, mind, and body, represents the most powerful weapon in the world today. We in America live in a society that is the director of much of this power influence in the world today. No nation on Earth can ignore its presence. Its technology is highly advanced. More people are going to school now than at any other time in the history of this country. Yet, the emergence of healthy babies into the world has decreased. Now that women can indulge in most of the activities of men, the health rate among women has declined. The suicide rate among youth between the ages of 15-21 has doubled since 1966. The physical fitness of American youth has declined since 1966.

Mental illness clouds the very atmosphere itself, yet mental hospitals are on the decline. But still, according to all holy writings, people have the greatest position of power upon the planet Earth.

However, this dominion has been diminishing progressively. The sick desire among *men* for power has seen to that. These groups have purposely kept the world masses ignorant of how to live in accordance with natural laws. The desire for power has been referred to in ancient days as lust. In modern times this lust manifests itself as overconsumption.

Proper living can be defined as the constant striving for perfection of spirit, mind, and body. If we concede that we are all creations of perfection, we must also realize that we are all potentially perfect as well.

Small groups of men have written laws that disobey the laws of the universe. These men have then proceeded to subject people to them, threatening them with physical incarceration or elimination, or spiritual damnation.

These threats represent the prime factor in the production of stress, stress being a major obstacle in the proper navigation of the ship of mind. During slavery in America, this was referred to as breaking in. Within more sophisticated times, it is referred to as the socialization or re-education process. The evidence of the crimes produced by societally imposed stress presents itself in the large amounts of tranquilizers, laxatives, alcohol, and cigarettes that are consumed by the adult population of the Western-influenced world. In general, the adult population seeks refuge in desensitization and stupefaction. For the youth of Western-influenced societies (America in particular) escapism through various hallucinogens is the norm. The greatest manifestation of this stress is overeating—gluttony—a disease of civilization.

The religious groups have played a tremendous role in this health decline that we all face. Historically the church has always worked in cooperation with the feudal kings if they were not as equally powerful with it. The role of religion in many ways has been that of teaching government-endorsed beliefs on what God's intentions for the people were.

This was never done without the destruction of the original people's beliefs, the dark-skinned people of the world being the greatest victims of this crime. Religion and science have been opposed to each other in the West. It is, however, through the analysis and synthesis of these two that the Philosophy of Divine Nutrition lives upon. The Philosophy of Divine Nutrition is an attempt by the author to prove that the distortion and suppression of religious books is, at least in part, responsible for the decay of the human organism. The Bible in particular, when read from the allegorical and symbolic viewpoint, will be shown to be