

'NOURISHMENT, ITS EFFECT ON BODY AND SELF'

Majdalani giving his address



Joseph Majdalani, founder of the Esoteric Center in Lebanon (which is managed by the Society of the Friends of the White Knowledge), delivered a lecture recently at the Soveit Cultural Center.

In his lecture, entitled "Nourishment, its effect on body and self", Majdalani explained the importance of the esoteric sciences in human life, because they teach man how to live an integrated life, in the actual, psychic, mental, and even health-wise aspects, in an attempt to acquire knowledge and develop consciousness.

It was worth mentioning, he told his hearers, that the esoteric sciences take in all knowledge related to human beings, even in regard to daily nourishment.

In his lecture, Majdalani indicated that

nourishment experts in ancient ages were appointed as kings' physicians, consultants and assistants. This was because nourishment affects not only the body, but also psychological and mental activities, he said noting that specific kinds of food can be a substitute for medicines in certain illnesses and cure some cases of psychic stress and melancholia.

He also said that the old Arabic proverb which speaks of the stomach as the "home" of illnesses was incomplete, because the stomach is the "home" of treatment also. There are some kinds of food which may cause illness, and others which may cure illness as well.

Majdalani declared that knowledge presented by esoteric sciences is tested and proved, through actual experiments, by es-

oteric scientists in the laboratory of human life, before it is presented to the public, because the main principle of esoteric sciences is not to rely on unproved theories.

The lecturer emphasized the need to specify the origin of illnesses, which he said resulted from one of two causes. The first is the lack or the excess in quantity or quality of nourishment, the other is a person's psychic condition.

In addition to these two factors there are some cases where illness is a natural outcome of carelessness or "weak immunity".

Majdalani touched upon the relation of the body with the inner self, explaining that the part can affect the whole. Therefore, any defect affecting one part can affect the whole, and vice versa.

He warned against eating processed

foods, or foods including chemicals, emphasizing the importance of eating natural food-like fresh vegetables, fruits, cereals, and yoghurt and its derivatives.

He also explained that illness is a warning sign, because it reveals the presence of a defect, either in man's health or in his psyche, because negative attitudes and behavior lead to illnesses. On the other hand, man can treat illness by himself, if he can determine its cause or take necessary precautions to avoid this defect.

Majdalani said in conclusion that despite the importance of nourishment in human life, it was only part of the outer mask, since "the truth lies in the inner self".

A discussion between the lecturer and the audience followed the talk.