

Assimilation

ASSIMILATION IS DEFINED as: “the conversion or incorporation of nutritive material into the fluid or solid substance of the body.” It is the end product of digestion, and it is literally true that we live, not by what we eat, but by what we assimilate.

Some people have difficulty assimilating certain or all of their foods properly. In order for them to determine how they may better adjust the assimilative process in their bodies, they must consider spiritual as well as physical factors.

From the physical standpoint, the law of assimilation requires that every particle of food we eat must be overcome and made subject to ourselves before it can be built into our bodies. Thus, in large measure, the extent to which foods are assimilated depends upon the degree of consciousness of the cells of which they are composed.

Knowing this, it would appear at first glance that minerals—the least conscious of created things on Earth—would be ideal foods for human consumption. This is not the case, however. The minerals have no separate vital body, and man is not so constructed that he can live upon a “dense only” type of substance. We are told: “When a purely mineral substance, such as salt, is eaten, it passes through the body, leaving behind it but very little waste. What it does leave, however, is of a very injurious nature” because it tends to harden and crystallize.

Plants, which do possess separate vital bodies, can assimilate the mineral compounds found in the Earth. By eating plants, then, man assimilates—at second hand, so to speak—the minerals he needs for nourishment and sustenance. Since the plant consciousness is that of dreamless sleep, little energy is required to assimilate food derived from

plants. Plant cells have little individuality of their own, and the life ensouling them does not seek to escape as quickly as that ensouling more highly developed forms such as animals. A vegetarian diet, then, particularly when the produce is interpenetrated with much ether, provides more enduring strength than does a meat diet. In addition to its moral and spiritual superiority, it is particularly beneficial for those people whose assimilative powers are deficient.

Solar energy, drawn into the dense body through the etheric counterpart of the spleen in the vital body, is the cementing factor of assimilation. An extra quantity of this vital fluid is required during the digestive and assimilative processes. The more hearty the meal, the greater the quantity of vital fluid which must be expended within the body, and the weaker the power of the outrushing currents of the vital body which normally carry off germs and microbes. Thus, frequent overeating renders us particularly susceptible to disease.

Assimilation proper does not begin until the Ego is seven years old. Before this time, the vital body cannot yet use the forces operating along the positive poles of the ethers. Since assimilation works along the positive pole of the chemical ether, what there is of it in childhood is due to the macrocosmic vital body—the ethers which act as a “womb” for the child’s vital body until the seventh year.

From the spiritual standpoint, the forces which work along the positive pole of the chemical ether and assist in assimilation are the nature forces composed largely of our so-called dead who have entered heaven and are there learning to build bodies we use on Earth. They are directed by higher Teachers, including Angels, who are particularly concerned with assimilation, growth, and propaga-

tion. These forces work in a marvelously selective way, well illustrating both the direction of divine intelligence and the universal law of service.

Spiritual students are likely to have more difficulty with assimilation than do other people because those who endeavor to live the spiritual life attract more of the higher light and reflecting, and less of the lower chemical and life, ethers. Therefore spiritual students in particular should take care to select food containing as much of the chemical ether as possible. Assimilation is also helped if the food is fresh, well-presented, and accepted with gratitude and appreciation.

The three attributes of God, and of man as a god-in-the-making, are Will, Wisdom, and Activity. These attributes are reflected in the threefold Spirit which is man. The second attribute, the Love-Wisdom, or Christ, principle, is the cohesive attribute upon which all nutrition and growth is based. It is linked with the Life Spirit, which, in turn, is reflected in the vital body. The blood, the carrier of nourishment, is the highest expression of the vital body. The ductless glands are also expressions of the vital body. The Life Spirit has its seat primarily in the pituitary body and secondarily in the heart, the gateway of the blood into the physical vehicle.

Uranus rules assimilation as well as intuition—the faculty by means of which the Ego may contact cosmic wisdom through the Life spirit, which is directly linked with the Love-Wisdom principle in man. Venus, the lower octave of Uranus, also rules assimilation during the first fourteen years of life. Venus rules the thymus gland, the link between child and parents until puberty. Before puberty, the child draws from the thymus gland a spiritual essence deposited there by the parents. With this essence the child can accomplish the alchemy of blood until the desire body becomes dynamically active, and he can manufacture his own red blood corpuscles.

In *Message of the Stars*, p. 573, we read: “It is well known that all things, our food included, radiate from themselves continuously small particles which give an index of the thing whence they emanate, its quality included. Thus when we lift the food to our mouths a number of these invisible

particles enter the nose and by excitation of the olfactory tract convey to us a knowledge of whether the food we are about to take is suitable for this purpose or not, the sense of smell warning us to discard such foods as have a noxious odor, etc. But besides those particles which attract or repel us from food by their action upon the olfactory tract through the sense of smell, there are others which penetrate the sphenoid bone, impinge upon the Pituitary Body and start the uranian alchemy by which a secretion is formed and injected into the blood. This furthers assimilation through the chemical ether, thus affecting the normal growth and well-being of the body through life.”

We are also told that: “There is a physical connection between the pituitary body, the principal organ of assimilation and therefore of growth, and the adrenals, which eliminate the waste and assimilate the proteins. These are also physically connected both with the spleen and the thymus and thyroid glands. The pituitary body is ruled by Uranus, which is the higher octave of Venus, the ruler of the solar plexus where the seed atom of the vital body is located. Thus Venus keeps the gate of the vital fluid coming direct from the Sun through the spleen, and Uranus is the warder of the gate where enters the physical food. It is the blending of these two streams which produces the latent power stored up in our vital body until converted to dynamic energy by the martial desire nature.”

Virgo is also connected with assimilation. This sign rules the intestinal tract, and is correlated to the Lords of Wisdom, who originally radiated to man the germ of the vital body.

Thus it becomes clear that assimilation is bound up with the Love-Wisdom principle. In proportion as that second attribute of God is developed within us, we have proper assimilation and a corresponding degree of good health. It follows, therefore, that the key to a permanent adjustment of assimilative powers lies in the unfolding of the Christ Love within us. The intellect must be spiritualized and the lower nature transmuted into the Higher. Only in this way can we develop to perfection the soul power necessary for fully satisfactory assimilation. □

—Diana Dupre