

24 November 1969

READING 4

THE METABOLISM OF THE 3 FOODS

PART 1

Some of you are probably now keen to hear the answer which our System gives to the question 'What happens to the Food we eat, the Air we breathe and the Impressions we receive from our environment, when these enter the body from outside?'

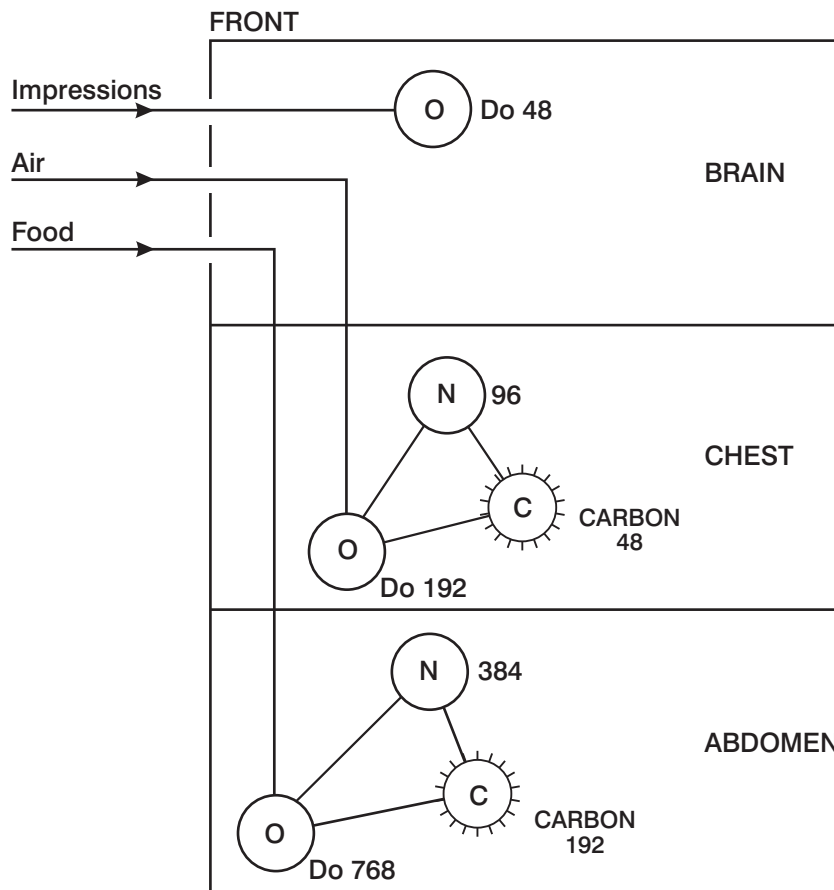


Figure 1

The first point to be sure of is that the 3 foods all enter the body in physical forms which can be accurately studied and measured; and that the food we eat and the air we breathe both meet with physical substances already prepared in the body, which can also be accurately measured. *But in the case of impressions no such substances are provided by Nature at their point of entry, so that (according to the System) they remain 'undigested' in ordinary people.*

This is a very challenging statement and to understand it one has to know a little physiology; to proceed by analogy from the known to the unknown; and to simplify it all by means of a special notation or code derived from a combination of the two Cosmic Laws – the Law of Octaves and the Law of 3 Forces.

FOOD

Human beings mostly eat specially prepared food which is processed and packaged in the mouth, swallowed as a lump or bolus, conveyed by the gullet to the stomach where it meets with strong acid and a number of solvents or enzymes and (when ready) is passed into the alkaline

medium in the first part of the small intestine where it meets with bile, pancreatic juice and intestinal enzymes. The process is one of hydrolysis; and all these smaller reactions are included in our diagram as one big step – the code description being ‘Oxygen 768 meets with Carbon 192 (enzymes) to form Nitrogen 384’. Nitrogen 384 is soluble food dissolved into its finest constituents (amino-acids, glucose, glycerol and fatty acids) ready to enter the venous blood of the portal veins to be taken to the liver for the second stage.

Though all these active substances or enzymes exist in precursor form in the newborn baby, their activation is a gradual process (requiring several days) closely geared by Nature to the ‘coming in of the milk’ in the breasts of the mother. Moreover, during the first few months the mother’s milk changes in composition according to the needs and demands of the growing baby. It is all rather wonderful and it is a pity that more mothers nowadays haven’t the time or the patience to enjoy it!

AIR

Whereas the first step in the digestion of food is measured in days, the first step in the digestion of air is much more sudden and dramatic. The baby must take its first breath within seconds of birth, and with the first breath widespread changes take place. The baby changes from an aquatic foetus to an air-breathing animal; the air cells of the lungs open up, and an artery (which had previously bypassed the lungs) snaps shut and withers away. All the blood in arteries and tissues changes from mother’s oxygenated blood to baby’s own oxygenated blood. Moreover the first breath starts a breathing rhythm which repeats in man’s average full life about 900 million times, until with the last breath the body dies.

In our diagram the first step – the entry of air as Oxygen 192, its meeting in the lungs with the complex pigment haemoglobin as Carbon 48 to form oxyhaemoglobin or ‘Nitrogen’ 96 – is the basis of the first triad.

IMPRESSIONS

What would be the equivalent of all this if the appropriate Carbon to ‘digest’ impressions were to be provided by Nature? That is a big question which we shall only gradually understand. For this is something beyond what can be studied scientifically on other people or in laboratory animals. Science tells us a lot about the reception of impressions whether of pressure or temperature by special end organs in the skin, of physical taste by the tongue and mouth, of sound waves by the cochlea of the ear, of electromagnetic waves by the retina of the eye or of fine chemicals by the smell cells in the nose. It tells us that ultimately many of these are codified and brought as nerve impulses of differing wavelengths to a great central headquarters in the middle of the forebrain, but below the threshold of our consciousness. In the last decades it has taught us that parts of this central headquarters have to be alerted by a special arousal system before they arrive at the cortex of our cerebral hemispheres and finally to the frontal lobes behind the forehead where we can become conscious of some of them.

The expression ‘Impressions enter as Oxygen 48’ must refer, then, to all those processes except the last; and the ‘site of entry of impressions’ must be that great central headquarters. So if the ‘appropriate Carbon 12 were to be present’ it must have something to do with an extension of the ‘arousal’ process. Further, H12 is the most powerful energy that most people ever experience. That must be as far as we can take the question at the moment.

(Pause for discussion)

PART 2

We can now (Figure 2) show how far the metabolism of the 3 foods goes in ordinary man – man whose consciousness (top storey) remains at the level of 48. We make the main process easier to follow by leaving out the Carbons.

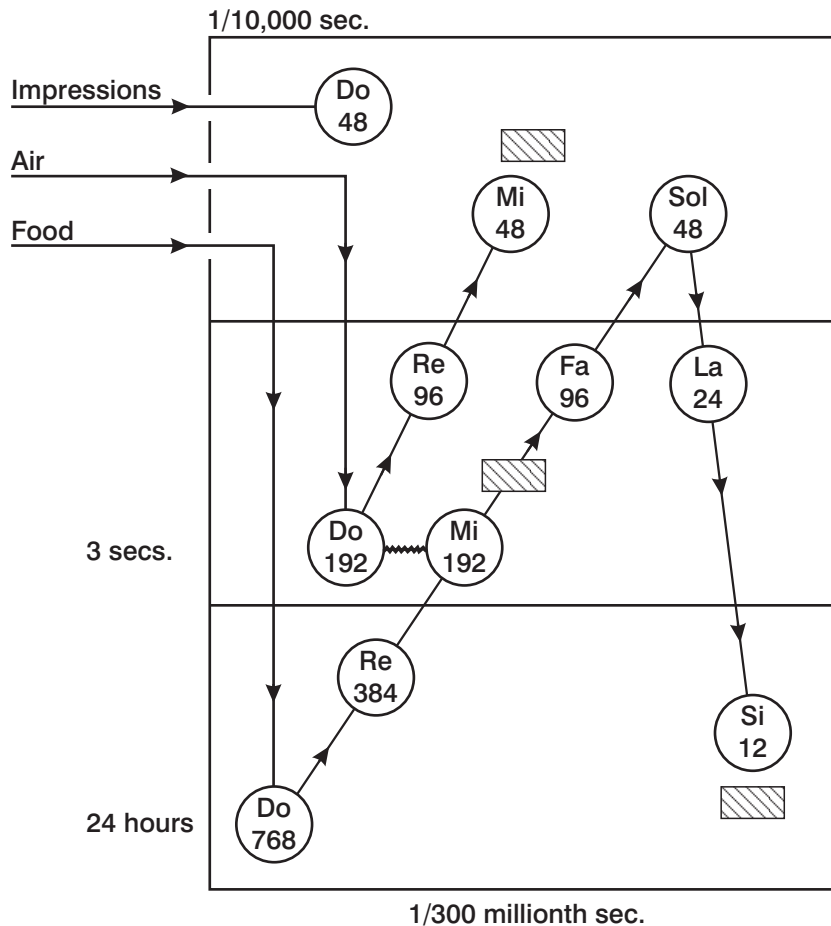


Figure 2

Applying the Law of Octaves once more, there will be 'intervals' between Mi and Fa and between Si and Do which can only be passed by an additional impetus or shock. In the single case of the food we eat, (at Mi 192) this additional shock is provided by Nature. It is given by the entry of air into the lungs (Do 192), and this transforms *all the organic substances* (like hormones) contained in the venous blood which then becomes arterial. The change is marked by a striking change of colour which we never see because *all* shed blood becomes red when it meets with air.

The ordinary man then has a full octave of food metabolism, less than half an octave of air metabolism and no octave of metabolism of impressions. It is not a satisfactory state with which to be content! When you have adequately digested this, we can go on to inquire into the physico-chemical changes which must take place in the setting up of Observer 1 and Observer 2.

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You will notice 4 'times' in Figure 2. Hitherto no one has successfully related the Hydrogens and the Food Table to 'time'. To do this quite a lot of work is needed and this work consists of three kinds: First, we have to rid ourselves of certain built-in misconceptions such as that 'time' must always be related to movement from place to place, whereas in fact everything has its own inherent 'time' (or frequency) whether it is moving or not. Secondly, we have to look inwards to ask the right questions without prejudice, and learn to listen to the answers which tend to come unexpectedly from the Atman in the silence. Thirdly, we have to collect and sort the relevant data from the physical world and learn to apply it to the subtle world.

If anybody is interested enough to ask questions, we can have some material about this next week. For now, just consider that these 4 'orders of time' cover all the ordinary events of mind and body in the human organism. Looking outwards into the visible world there is increasing time measured in moments, days, years and lifetimes; looking inwards towards increasing frequency, time (and space) gets less and less until with the Atman 'there is time no longer'.

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