

## **Mens sana in corpore sano**

### **(A healthy mind in a healthy body)**

The intellectual and spiritual life of man is due to a single element in the universe: the Solar Fire, prana to some, and harmoniac salt to others. This element is introduced into the human body primarily by breathing. It is absent from solid food and only two liquids have it, wine and water.

Once it enters the body the Solar Fire element begins working to create conscious physical life. Through this work it loses power and is contaminated, becoming impure and ultimately toxic. It is then removed by means of solid or liquid excrement. Therefore, it is important that these excrement remain in the body only a short time to prevent scattering toxic elements.

Part of the Solar Fire, however, is captured by the blood, especially the salt of the blood. When this salt becomes toxic it is eliminated in part by sweating. Toxic elements are pushed out to the skin and therefore daily removal is an absolute necessity. This need is illustrated by the symbolism of water baptism or ritual ablutions.

In our modern world, elimination should be done with running water, i.e. shower, sea or river bath. In a bathtub, the water is not renewed and therefore extraction of the physical and spiritual toxic principles is not done. During the shower, you have to focus on the fact that water flows sending impurities into the ground that will then regenerate and return them to chaos.

After the shower, clean underwear must be worn because some impurities have been absorbed by the underwear. Any competent alchemist knows that impure salt “putrefies” as soon as possible so as to remove impurities. This phenomenon starts within 24 to 48 hours after sweating. The underwear must be changed at least every 48 hours, but preferably every 24 hours.

Bodily cleanliness is a major point for good and powerful radiation of the aura. For this same reason other clothing, however less contaminated, and must be maintained in a clean state. We often encounter candidates to the initiatory Path whose aura radiations are low but whose olfactory emanations are powerful. This personal negligence is a serious error for it becomes unpleasant and even painful to others, and the first Door cannot be opened under such conditions.

In conclusion, we say that one who cleans his body correctly (the vehicle entrusted to him), without forgetting to clean inside the head (his thoughts), treads harmoniously on the path of "Ora et Labora". This must be done alone in one's inner attitude as well as through interactions with others.

Respect yourself and you will respect others.

Jean DUBUIS

