



EAST MEETS WEST



The Talmud, amongst the oldest of the extant codes of wisdom, notes that each person is the spiritual size of the cosmos, with the powers and reach to transform reality. The spiritual warrior must train their mind and emotion for balance and inner peace.

“All aspects of the day to day life of a Jew must be permeated with sanctity and light which attach the Jew to G-d.”

- the Rebbe

Tune up your body to lighten the load during these birth pangs of Moshiach. Feel your connection to G-d and creation through food, blood, and action, by learning the order of creation and how it works for your benefit or harm. Gratitude to Our Creator for food is the very basis of our life. Without food we cannot live, think or propagate.

Get support and accountability for refining yourself physically, emotionally, and holily through mindful eating and living as given to the prophet Moses by Our Creator: the Torah way, in harmony with nature.

Benefits of aligning daily, physical life with a spiritual emphasis by understanding that the most practical first step towards this is the rejuvenation of our physiological constitution:

- Ability to view difficulties as positive learning experiences.
- Better clarity in thinking and promptness in action.
- More generosity in our interactions.
- Greater control over personal destiny.
- The belief that nothing in life is too difficult.
- Greater honesty with oneself and others.
- Better appetite, able to eat the simplest food with complete joy and deep gratitude.
- Deep and good sleep every night without bad dreams.
- The ability to fall asleep within minutes of lying down.
- Improved memory leading to better relationships.
- Greater freedom from anger, fear and suffering.
- Relief from pains and sicknesses.
- More generosity in our interactions.



WHAT IS THE NATURAL ORDER OF CREATION?

Gleaning from Great Life (macrobiotic) philosophy and Judaic texts we will learn the foundations of and reasons for eating macrobiotically. The physical world of creation took 7 days. When we correspond the order in Bereishit to the average ideal proportion in the creation, it suggests that our physical intake should be mineral to protein 1-7, protein to carbohydrates 1-7, carbohydrates to water 1-7 and water to air 1-7.



**The most transcendental
light is IN the physical
world. There is nothing
else but light and love**

- Ein od Milvado -

that IS the Torah.

All animals, including man, live by eating grains and vegetables either directly or indirectly. Grains and vegetables have no capacity to move themselves, but they give rise to those creatures, namely man and animals, who do enjoy this ability of self-locomotion. So what moves comes from that which does not move. When we view the hierarchy from this perspective, we discover that the origin of the animals and vegetation is in fact higher than that of man.

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**Man is not sustained by the food's substance,
but by G-d's energy within it,
the spiritual origins contained within,
which are indeed higher than he.**

ABOUT THE COURSE “EAST MEETS WEST”

Starting the Journey on August 5th through September 23rd we will learn the seven conditions of health and stages of sickness. As we begin to refine ourselves we will look at each of our individual transitional challenges. Finally you will create a way of eating based on your environment, your tastes and your constitution and condition.

We eat based on tracing the transformation from the Infinite G-d to individual life in seven worlds or steps in which each world creates and nourishes each subsequent one. The seven worlds are:

- THE INFINITE AND UNCHANGING
- polarity
- vibration (pre-atomic)
- elements
- vegetal
- animal/HUMANITY
- Sabbath.



Using Torah as the Jews definition, we begin with grains as it aligns with the human, and as we regress to primordial life we take in sea vegetables, root and leafy vegetables, legumes (beans) and small amounts of fish and animal food - we can eat everything (that is kosher). Principal food – “Only whole grains are meant to be used as principal foods...they form the foundation of a macrobiotic way of eating because they are a combination of both seed and fruit, are abundant on the Earth, and are the most economical, ecological, and nutritious food.” Grains, as being the food of humans contain the following: wheat, barley, rye, spelt or oats - the 5 grains we bless al hamichiyah on. Rice is shehakol.



DATES: AUGUST 5TH - SEPTEMBER 23RD

PRICE: \$ 225

This course will transform your relationship to food and life, and guide you toward greater balance and vitality. You'll receive weekly 1-2 hour live sessions - an open forum with personal support, a workbook, direct access to me via email, and a private, dedicated WhatsApp group.

**Classes will meet on Wednesdays
at 7 pm Israel Time, 12 pm EST or 9 am PST.**



**THE PROCESS OF TRANSMUTATION GOES ON
WHenever THERE IS LIFE,
NO MATTER WHAT SORT OF DIET WE FOLLOW.
BY UNDERSTANDING HOW IT WORKS, WE CAN TRULY BE
THE CREATORS OF OURSELVES AND OUR EXISTENCE.**



My name is Menucha Ben David.
I have a gift of being able to feel what you feel and when it hurts, to help you transform. I use this gift to please our Creator, in gratitude and joy!

If you have any questions,
please contact me by email:



menuchabendavid4@gmail.com



www.menuchabendavid.com

Menucha