

The  
**ROSICRUCIAN  
MAGAZINE**

*Rays From  
The  
Rose Cross*



**FEATURES**

*The Method of Attainment  
The Unseen Power That Rules  
Those Mysterious Rosicrucians  
Stars, Jewels, and Angels*

**MARCH  
1944**

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# The ROSICRUCIAN COSMO- CONCEPTION

By  
MAX HEINDEL

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**THE ROSICRUCIAN FELLOWSHIP**

Oceanside, California, U.S.A.

The  
**ROSICRUCIAN**  
**MAGAZINE**

*Rays from the Rose Cross*

ESTABLISHED BY MAX HEINDEL

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# The Rosicrucian Fellowship

## AN AQUARIAN MOVEMENT

There was a time, even at late as Greece, when *Religion*, *Art*, and *Science* were taught unitedly in the Mystery Temples. But it was necessary for the better development of each that they should separate for a time.

*Religion* held sole sway in the so-called "dark ages." During that time it bound both *Science* and *Art* hand and foot. Then came the period of the Renaissance, and *Art* came to the fore in all its branches. *Religion* was strong as yet, however, and *Art* was only too often prostituted in the service of *Religion*. Last came the wave of modern *Science*, and with iron hand it has subjugated *Religion*.

It was a detriment to the world when *Religion* shackled *Science*. *Ignorance* and *Superstition* caused untold woe, nevertheless man cherished a lofty spiritual ideal then; he hoped for a higher and better life. It is infinitely more disastrous that *Science* is killing *Religion*, for now even *Hope*, the only gift of the gods left in Pandora's box, may vanish before *Materialism* and *Agnosticism*.

Such a state cannot continue. Reaction must set in. If it does not, anarchy will rend the cosmos. To avert a calamity *Religion*, *Science*, and *Art* must reunite in a higher expression of the *Good*, the *True*, and the *Beautiful* than obtained before the separation.

Coming events cast their shadows before, and when the Great Leaders of humanity saw the tendency towards ultra-materialism which is now rampant in the Western World they took certain steps to counteract and transmute it at the auspicious time. They did not wish to kill the budding *Science* as the latter had strangled *Religion*, for they saw the ultimate good which will result when an advanced *Science* has again become a co-worker with *Religion*.

A spiritual *Religion*, however, cannot blend with a materialistic *Science* any more than oil can mix with water. Therefore steps were taken to spiritualize *Science* and make *Religion* scientific.

Centuries have rolled by since a high spiritual teacher, having the symbolical name Christian Rosenkreuz—Christian Rose Cross—appeared in Europe to commence this work. He founded the mysterious Order of Rosicrucians with the object of throwing occult light upon the misunderstood Christian *Religion* and to explain the mystery of *Life* and *Being* from the scientific standpoint in harmony with *Religion*.

In the past centuries the Rosicrucians have worked in secret, but now the time has come for giving out a definite, logical, and sequential teaching concerning the origin, evolution, and future development of the world and man, showing both the spiritual and the scientific aspects; a teaching which makes no statements that are not supported by reason and logic. Such is the teaching promulgated by the Rosicrucian Fellowship.

*Correspondence Courses in Rosicrucian Christianity, Western Wisdom Bible Study, and Spiritual Astrology, given on the freewill offering basis, are offered to those sincerely interested. Address—*

**The Rosicrucian Fellowship    Oceanside, Calif., U.S.A.**

# The Current Outlook

[FROM THE ROSICRUCIAN VIEWPOINT]

## The Unseen Power That Rules

By WILTON JOSEPH DARROW



MOST people think that the generals and commanders, the prime ministers and the presidents, the troops and sailors, decide the issues of war. This article is designed to show through a very outstanding incident that it is the Invisible Government that makes the decision. Our object in this article is to indicate the powers involved which operate behind the scenes, but not to predict their decisions.

The incident referred to was reported in the January, 1944 issue of the *Reader's Digest*, under the title, "A Drink That Made History" by Major Peter W. Rainier. Major Rainier calls it "A fantastic drama of thirst that turned the tide of battle at El Alamein, and altered the course of the war." He further says that the world generally believes that the German advance through North Africa into Egypt was stopped by the British at El Alamein but then he flatly contradicts this and says it wasn't; that it was due to something entirely different.

Before going further into this matter we wish to say that the Invisible Government described by the Rosicrucians, which governs international conflicts and determines their outcome, is composed of Race Spirits. There is a Race Spirit for each nation of the world today with the exception of the United States. The Race Spirits are under the direction of Jehovah, the God of War,

and the Spiritual Director of the earlier phases of man's evolution. The outcome of the present war will mark a turning point in world history in preparation for the highly advanced Aquarian Age, which will begin about 700 years from the present time. Thus we see how the Invisible Government looks ahead, far in advance, so that the right conditions will obtain when a New Age starts. The nations which fail to comply with the laws of the Invisible Government are due to lose their battles, and the ones which make real evolutionary progress will

THE INVISIBLE win as long as they  
GOVERNMENT continue to make prog-  
LOOKS AHEAD ress.

Now to continue with Major Rainier's extraordinary account of what happened at El Alamein in the early part of July 1942. The main object of the conflict at that particular part of Africa was the capture of Alexandria, 50 miles to the north. We will quote the Major:

"On July 3, 1942, Rommel smashed our center and what was left of three Panzer divisions plunged through. Before nightfall they had covered half of the 50 miles between El Alamein and Alexandria. . . . Rommel's men could see the towers of Alexandria, the goal for which they had striven through two years of bitter desert warfare. Rest, food, water—particularly water for their parched throats—seemed almost at arm's length."

Major Rainier states that the military strength of both sides in this sector was about the same, comprising some 5000 men each. He says: "Great was the issue left to the valor of so few. Had we failed to stop Rommel's Panzers that morning, Alexandria must have fallen, all Africa would have been lost, Russia might well have been outflanked in the Caucasus, and the Axis tentacles could finally have stretched across Asia to join Japan. All through that hot desert morning . . . men on both sides were so close to exhaustion they could hardly see to aim through the sweat-packed sand caking their blood-shot eyes. Each army was close to the breaking point. . . . As soon as the grim will to fight had been drained to the last drop, one or the other would collapse. . . . Our men were fast reaching the end of their endurance, when the Nazis broke. Ten minutes more and it might have been we."

"And then an astounding, incredible thing happened. Eleven hundred men of the 90th Light Panzer Division came stumbling across the barren sand with their hands in the air. As they stumbled wearily closer, the plot of that dread desert drama began to unfold. Cruelly cracked and black with coagulated blood, their swollen tongues were protruding from their mouths. Crazy they tore water bottles from the necks of our men and poured life-saving swallows between their parched lips. Later I talked with some of them, and this is the story they told:

"When they had broken through Alamein the day before, they had already been 24 hours without water. But at our overrun defenses they found a six-inch water pipe line. At various points along a two-mile stretch where it was above ground, they shot holes in it and men dropped to their knees to drink the cool, gushing stream. In all a thou-

sand men drank the water and took great gulps before their parched throats gave a belated warning—*the water was salt!* All night those men suffered unspeakably. Only the lure of quenching their thirst in Alexandria sustained them through the hours of that grim desert battle next morning. But when the Nazi infantrymen could bear the agony no longer, in a mass they started for our side—and fresh water.

"Why was that pipe line full of salt water? As the officer responsible for supplying the 8th Army with water through all its desert campaigns, I can give you the answer." He goes on to explain that the pipe line was a new one and that he always used salt water in testing new pipe. He said that if the Panzers had plunged through Alamein the day before, *that pipe line would have been empty; two days later it would have been full of fresh water.* As it happened, the Nazis arrived just in time to get salt water. Finally he says:

"The balance of that crucial desert battle was so even that I believe the Nazis—without that salted torture—might have outlasted us, and then defenseless Alexandria would have fallen into their hands. On so small a turn of fate is history written!"

The foregoing is certainly a remarkable instance of the probable workings of the Invisible Government which decides the outcome of battles. It is hardly possible to assume that it was a chance incident when we know the principles underlying battles between nations, particularly when the outcome of the incident described by Major Rainier would have been so prodigious in its effect throughout the world.

It may be asked, What is the reason for such a world war as is now raging, why the Invisible Government permits it to go on and what result it expects to accomplish thereby. From our knowledge of the Rosicrucian Philosophy we

can give the answer by saying that this colossal war is primarily due to the vast expansion of materialism among all the nations of the world, and the increasing denial by man of the existence of God together with the consequent augmented non-obedience to His commands.

In the Rosicrucian "Gleanings of a Mystic" it is stated: "The occultist who is gifted with spiritual sight knows . . . that each nation has a different Race Spirit which broods as a cloud over the whole country. In it the people live and move and have their being. It is their guardian who is constantly working for their development, building up their civilization and fostering ideals of

THE ROLE  
OF THE  
RACE SPIRITS

the highest nature compatible with their capacity for progress. . . . All civilizations when started by the different

Race Spirits have great and golden ideals but humanity by reason of having some free will and choice does not follow implicitly the dictates of the Race Spirit. Hence in the course of time a nation ceases to rise, and as there can be no standing still in the Cosmos, it begins to degenerate until finally the feet are of clay and it is necessary to strike a blow to shatter it *that another civilization may be built upon its ruins.*

"So when the handwriting is on the wall, someone is raised up to administer the blow; it may be a Cyrus, a Darius, an Alexander, a Caesar, a Napoleon, or a Kaiser. Such a one may think himself a prime mover, a free individual acting by his own choice and prerogative; but as a matter of fact he is only the instrument

of the Invisible Government of the world, the Power behind thrones, who sees the necessity of breaking up civilizations that have outlived their usefulness, so that humanity may get a new start and evolve under a new and higher ideal than that which ensouled it before."

In the light of the above occult information about the Invisible Government and how it directs the destiny of humanity, it is quite easy to suppose that the description given by Major Rainier concerning the drink—salted water—that made history was not merely an accident, but one of the innumerable methods used by the Invisible Government to bring about the result it desires.

The United States of America has no Race Spirit; therefore it might be asked why the U.S.A. has a part in this war. The answer is that the world is preparing for the coming Aquarian Age when love and

THE PART  
OF THE  
U.S.A. IN  
PRESENT  
CONFLICT

harmony will supersede war and hatred, and that the United States has a vital part in that preparation. But it is to be noted

that the American Army did not take part in the salted water incident as that battle was conducted between the British and the Germans, both of which nations have Race Spirits. Thus, the "fantastic drama of thirst that turned the tide of battle at El Alamein and altered the course of the war" was highly probably an expression of the Invisible Government and the methods it uses to accomplish its designs.



# The Mystic Light

## The Rosicrucian Fellowship

The Rosicrucian Fellowship is a movement for the dissemination of a definite, logical, and sequential teaching concerning the origin, evolution, and future development of the world and man, showing both the spiritual and scientific aspects.

The Rosicrucian Philosophy gives a reasonable solution to all mysteries of life. It is entirely Christian, but presents the Christian teachings from a new viewpoint, giving new explanations of the truth which creeds may have obscured.

*Our motto is: A SANE MIND, A SOFT HEART, A SOUND BODY*

## The Method of Attainment

By MAX HEINDEL



WHEN we discourse upon the method of spiritual attainment, it becomes necessary first to emphasize that it is really not a matter of absolute free will whether we apply ourselves to attain or not, for to him that knoweth to do good and doeth it not, to him it is sin, and it is therefore fitting that we should further fix in our minds the responsibility of knowledge.

The lower kingdoms act under duress of the laws of nature, and the Group Spirit, which are both outside their creatures and encompass them on every side, leaving them no choice. The lion must prey, the plant must flower, and the mineral must crystallize. They cannot help themselves; but as they are thus dominated entirely from without by the Group Spirits and natural law, without choice, they have no responsibility for their actions. Neither do they know sorrow and pain in the higher sense, and they enjoy inward peace.

The creature which we call man, the personality rather, was like that in the Lemurian Epoch. The Spirits were outside the bodies, and the great Hierarchies ruled them without question along lines of cosmic harmony; hence

there was peace with neither sorrow, pain nor death.

Then came the so-called Fall, when the Spirit drew into its vehicles and dominated that vehicle from within, contrary to the laws of nature without. Then there were two opposing influences, and as a consequence they warred and the reign of sorrow, pain and death commenced.

Now there is not only the war with others, but there is the war that is waged within ourselves. That is the worst. The animals may fight one another, but there is peace within. In humanity of today there is the fiercer war which is within, for we may rid ourselves of outside adversaries. But we cannot get away from ourselves, and therefore it is the acme of bitterness when a Paul exclaims: "O, wretched man that I am! who shall deliver me from the body of this death? for there was a constant war between his flesh and the spirit; or when Wagner and Faust are walking, what pinnacle of mental suffering is indicated in the words of Faust:

"Two souls, alas, are housed within  
my breast,  
And struggle there for undivided  
reign;

One to the earth with passionate  
 desire  
 And closely clinging organs still  
 adheres,  
 Above the mists the other does  
 aspire  
 With sacred ardor unto purer  
 spheres."

Paul in his anguish cries to be freed from this body of death, and it is that cry in each and every man which at a certain time starts him upon the Path of Attainment.

It is of the highest importance that we make no mistake but take the right road, and we can best see what that road is if we are very clear as to the path we have followed up to the present. Let us therefore clearly enunciate the steps of man from the lower kingdoms to Godhood.

In the lower kingdoms the evolving Spirits lack selfconsciousness and individuality; they are guided entirely from without by the Group Spirit and cosmic law, hence their existence is happy and carefree.

In the human kingdom the Spirit is within and the law is without. Cosmic law demands obedience, but the Spirit, feeling its divinity, refuses to submit to this dominating tyrant. Hence it breaks the law, suffers under the law of consequence, and chafes under its galling yoke, seeking for liberation and asking, as Paul, whence that is to come.

In the kingdoms of the Gods we have the administrators of what we call the laws of nature. Each divine being works in harmony with all the rest for the common good; each is therefore a law unto himself so that both the acting intelligence and the law are within. Thus they also are at perfect peace within.

We see therefore that the method of attainment is the transference of the cosmic law, which now dominates us from without, to the within so that it will act in conjunction with the in-

dwelling Spirit instead of being opposed to it as at present. Therefore the Bible points to a time when under a new covenant the laws written on tablets of stone shall be abrogated, and the laws will then be written upon our minds and on the tablets of our hearts, as Paul expresses it in his letter to the Hebrews. This also was symbolized by the Ark of the Covenant, which had within it the golden pot of manna, representing man, the thinker, and the tablets of the law, with Aaron's rod as a symbol of the spiritual power attendant upon attainment, where man is not ruled by law from without, but from within.

The method of attainment is also pictured in the symbols of Masonic Temple legend, which is fully described in our book entitled, "Freemasonry and Catholicism."

Since that time the Sons of Cain have been continuously working upon the World Temple, and those who understand the more intimate side of the matter are also conscious of a work on the temple of man, which is a replica of the larger structure.

The arts of the sons of Cain are threefold: Wisdom, Strength and Beauty. Statecraft, the product of the Sons of Cain, with its law and order is the means of curbing the turbulent impulses of the forces in the desire body and guiding them into organized constructive endeavor. It is therefore the embodiment of cosmic *Wisdom*.

Churches and benevolent institutions, the social structure of the family ethics, and such arts as music, poetry and literature work spiritualizingly upon the vital body as embodiments of *Beauty*.

All the technical arts, such as architecture, engineering, and inventions which make for comfort and increase physical well-being, promote the spiritualization of the physical body, and are embodiments of the Masonic conception of *Strength* and skill in action.

To live in the world we are forced to

comply with the demands of the laws of the country where we live. We must also render allegiance to social customs or we shall be ostracized, and we are forced to perform a certain part of the world's work in order to maintain ourselves. Thus we are slowly learning our lessons through association with others, and are working upon our threefold bodies to spiritualize them into soul. Therefore it is easy to see how disastrous it is to anyone to become a recluse and shun the society of his kind. By that act he actually stops his evolution and even retrogrades. We are placed here in this world to take advantage of the lessons here to be learned, and our environment is just what we need in the judgment of the Recording Angels who guided us here to a certain country with a certain religion etc., and it behooves us to live that religion first before seeking elsewhere. The path of evolution may be likened to a road studded with spears pointed in one direction. So long as we go the way they point, well and good; but if we attempt to return, we shall find the spear points sharp and dangerous.

The older race religions also know of a method of attainment that suits those who stand upon the corresponding plane, and their devotees may even aspire to the Christian Initiation under certain circumstances for that is progression. But for the Westerner to go to the East for initiation is a retrogression, and will bring serious results whether apparent or not. The reason is not far to seek.

In the beginning of human endeavor humanity was governed by King-priests of supreme authority from whom the governed had no appeal. They were the just rulers called Melchisedec in the Bible, and ruled humanity in peace.

Then comes the reign of divided authority where the temporal power is in the hands of Kings and the ecclesiastical power is under the priestly rule, still without the consent of the people who

are ruled, and who are made pawns in the wars, enmities, and strife between their spiritual and temporal rulers.

Next comes the republican government in temporal affairs, where any man may become the head if properly qualified. Similar conditions have also been tried in religious organizations, which call their spiritual advisers and dismiss them at pleasure.

In time even such rulership will cease, for each one will be ruled from within and unite in himself the offices of king and priest, for the Bible says that when the laws of God shall have been written in our minds and hearts it will be unnecessary for others to teach men to know Him, for they shall all know Him from the least to the greatest.

All who are under the Race Religions such as Buddhism, Judaism and Hinduism are yet bound by loyalty to their tribe or caste unless they emancipate themselves and embrace the Christian Religion, which preaches the cessation of allegiance to race and kin and the concomitants of priest and king. In the west we are feeling this liberty, and can only progress by extending this principle to the limit of our capacity.

The Rosicrucian method of Esoteric training has been well set forth in Lecture No. 11. It emphasizes that it is our duty to endeavor to progress when we have once become spiritually awakened. It requires but a few minutes a day if the pupil cannot give more. . . . It demands no obedience to the dictates of a Master, but only a pledge to self, which should not be signed till it can be done in childlike faith. Christ could do no miracles where there was lack of faith. Then comes the patient endeavor at the esoteric exercises until one day individual instruction is granted. Then comes the meeting with the Teacher, who is the Friend in the highest sense, and to whom there is the strongest bond of affection, not tinged with fear for perfect love casteth out fear.

## Brother Jim

An Experience in Contacting a Soldier Who Had Passed  
to the Great Beyond

By AUDREY BENSON GEORGI

Dear Mother:

Last night I dreamed the strangest, most wonderful dream about Jim, and I want to share it with you for I believe it may bring you comfort, too. To me this dream, coming as it did almost a year to the day after he was taken from us, was like receiving solace directly from heaven. I have been so worried, so dubious about him and about why anyone like him, so young and genial, should have to be killed. Had there been a reason for his death, a greater work perhaps for him to do on the other side, I often thought, it would have been easier to give him up. And now the answer has come: there *was* a greater work!

In my dream I encountered brother Jim on a big battlefield. There was the roar of many explosions, and their blinding flashes, in the distance where the fighting obviously was going on. I stood a moment watching the battle progress. Then as I saw hundreds of bodies catapulted through the air, some torn apart, the limbs and torso flying in different directions, a horrible feeling swept over me of fear of such inhuman violence. But where we were, all was quiet and calm. Many soldiers lay on the field around us. Silent figures were bearing them away—not on stretchers, however, but in their arms.

I felt no surprise when Jim addressed me. It seemed natural that he should be there. "Take that one there, will you, Sis?" he said.

I looked at the big six-footer he had indicated and wondered how he expected me to carry him alone, but I knelt down and prepared to try anyhow to pick him

up. What was my surprise when I discovered that he weighed practically nothing! As I walked with him across the field, I observed that his skin was of a bright red color.

"You mustn't be angry," I told him, for I seemed to know that he was *very* angry.

There was a break—a blank—in my dream at this point. Then I took it up again—another scene:

Jim and I were sitting on a hillside with a group of other people. A strange blue light hung about us like a heavy fog. The battle appeared still to be raging all around outside, but we were perfectly tranquil within his region of blue light.

Jim sat clasping his knees and looking dreamily out into space as he so often used to do. "Yes, Sis," he said, musingly, "they put me to work as soon as I arrived here. You see, so many fellows are coming across these days that the celestial hosts can not take care of them fast enough. So they break in as many of us as they can, and teach us how to help these newly arrived ones to orient themselves in their new environment. And this is not always easy, for many of them do not even know they are dead and refuse for a long time to believe it."

"Then those soldiers we were carrying off the battlefield were all dead?" I asked.

"Their physical bodies were dead. We were rescuing the more vital part of them," he said.

"Rescuing?" I repeated.

"Yes. If left on the battlefield, the

terrific impact of the modern explosives might thoroughly disintegrate them, and it is a very complicated process to gather a person's spirit body together again."

"Jim," I asked, feeling just a little alarmed, "am I dead, too?"

"Of course not, Sis. You're only sleeping."

"Then I am dreaming."

"No. Your spirit is here together with thousands of others who are engaged in this work of helping those who pass into the Beyond."

"But what do I know about helping others here?" I asked.

"Your Higher Self knows. And when necessary, you are instructed by invisible teachers," he replied.

"Then that was how I knew that soldier was angry!" I said.

"That's right."

"But why was he angry?"

"Well, one cannot kill with love in one's heart, and he happened to die fighting as most of them do."

"Where did we take them?" I asked.

"I can't remember."

"To a special resting place in this higher realm where they may relax and bask in the pure white God-light until their souls are ready to go on."

"But come now, we must get back to work. I won't be able to talk with you again, Sis. No time. Nor to Mother either. Tell her for me that I'm exceedingly busy helping these fellows across, will you?"

"Of course, Jim," I answered.

He smiled at me, his old gay smile, but there was something almost divine added to it now, and I felt humbled in his presence. Then he walked away, disappearing in the smoke of battle. And my dream, too, faded.

Don't you think that my experience was a wonderful revelation of truth?

Your loving daughter,

*Janet.*

## A True Experience

By EMILY W. LORTCHER

They 'phoned Marion at once. "Jim died suddenly—heart attack." They told her first because she was closest to Charlie Bond, and Charlie loved Jim better than he loved himself. So it was natural they would ask Marion to break the news to Charlie.

Marion hung up the receiver with a trembling hand. Not because of Jim but on account of Charlie. Charlie was still very ill, had just passed the crisis. Marion groaned aloud—"In his weakened condition—the shock might kill him." Suddenly a determined look lighted her eyes. She had forgotten for the moment that she was an occult student and had allowed the old habits of fear and doubt to prevail. "This difficult mission was not given to me by chance," she firmly announced. "My job is to set forth to do it—and depend on God to open the way."

Within an hour she arrived at Charlie's bedside. They talked of various things but Marion couldn't say the terrible words whirling through her mind. Something always pushed them back until, in desperation, she cried deep within her soul, "God, you must help me. And him, too." Instantly she saw the upper portion of a man at Charlie's side. His arms were about the sick man holding him in a close embrace, pouring into him courage, strength and peace. Marion looked at his face, glowing with gentle strength and radiant assurance, and peace stole through her, clearing her mind and calming her fears. "An Invisible Helper," she whispered. He smiled warmly at her, slightly nodded—"Tell him now," and faded from her sight.

Now she found herself able to tell Charlie, gently but sure of herself, knowing just what to say. To her great joy, the sick man took the news calmly, even responding to the beautiful inter-

*(Continued on page 142)*

## Those Mysterious Rosicrucians

By RAYMOND O. MANN



WHO are the Rosicrucians? This question has been asked by many who have wondered about this secret band of mystics and occultists. The real beginning of this Order, which is to play a very important part in the shaping of the religion of the future, is shrouded in deepest mystery. Much has been written and many claims have been made as to its inception, but to endeavor to trace these claims and prove them brings the searcher up against a closed door. To trace them previous to the year 1313 A.D., when the Rosicrucian Order was founded, is impossible.

Let us go back into history before that year, and what do we find? A humanity dominated by a most dreadful octopus! For centuries previous to that darkened time the world was under the yoke of a priesthood which had become so cruel that human life was valued no more than that of an animal. The layman was kept in greatest fear of the priestcraft, who were many in number. And the people were taxed so heavily to support the priests that the greater part of them were forced into direst poverty. This so disheartened the people that numbers of them drifted into crime and materialism. During the latter part of the twelfth century these conditions had reached a stage where our earth was in danger.

But our Heavenly Father is ever watchful of His children and will not permit them to come too close to the precipice. The Ambassadors of His Invisible Government are ever ready to lend a hand when the danger becomes too great.

During this dark period, when humanity had become seemingly hopeless

and life not worth living, there appeared an individual whose life and habits were shrouded in deepest mystery; a man whose physical body was not robust, but whose personality carried a magnetism which was felt by all with whom he came in contact. This person was known by the name of Christian Rosenkreuz—Christian Rose Cross. Everything surrounding him was clothed in mystery. It was whispered about that he and the Brothers connected with him possessed great powers. This mysterious personage sent out into the world, four at a time, the Brothers whom he had trained. Wherever they remained for awhile they gathered about them a band of other similar Brothers, who lived a most simple life, healing the sick, and serving humanity in many ways. They shunned all mention of themselves, and worked unselfishly for the benefit of all without ostentation and in the most unobtrusive manner. Therefore but little was known of them before Max Heindel gave to the Western World the truth about these Brothers of the Rosy Cross. Thus no "history" of the Rosicrucian Order can be written. The Brothers preached the Gospel in the most secret manner, for the priests were ever alert and watchful for heretics.

Previous to 1313 A.D. highly developed Occultists, including Christian Rosenkreuz, worked under cover until the year 1614 when a small pamphlet printed in both the Latin and German languages was circulated by them among a very few wise men who were ready to receive the teachings it contained. The Brothers had not been idle and their philosophy prospered. Secret groups were forming.

Gradually a spiritual unrest began to

be felt which eventually burst into flames, and a religious and political uprising plunged Europe into civil warfare. This brought with it an intellectual movement accompanied by awakened spirits in search of the truth. These awakened ones refused longer to be bound by traditional forms and ceremonies. This reformation was an introduction into a religious realm theretofore forbidden to humanity, although the priests had long been familiar with its rites and secret teachings.

This upheaval brought about a new translation of the Bible into a language which the common people could understand, and Protestantism was the outcome. The religious freedom and the spirit of truth which had thus been awakened had direct connection with the early bands of Occultists and Mystics, the Rosicrucian Brothers, who were secretly roaming over the country.

It is thought by many that the story of the Rosicrucians and the personality of Christian Rosenkreuz is only a myth, and that such a personage as Christian Rose Cross never lived; but the fact remains that the work of these Brothers actually marked the beginning of an epoch-making period of religious changes and the counteracting effect of material science, which is now wide-spread in the Western World.

The great Brothers of the Rose Cross have studied the secrets of nature for centuries and have kept their findings pure and sacred. There was a time when the sacred teachings were kept in secret by the Masters, and all who had gained any Light or reached Initiation must, for the sake of their lives, keep them secret. The Ecclesiastic Hierarchy forced all men to bow to its power, and this period was rightly called the "Dark Age" when many were forced to desert their religious connections. The result of this dropping away from their religion was a wave of crime and lawlessness which swept the country, for a religionless humanity is a reckless hu-

manity, because the Star of Hope has gone down. When man is deprived of his confidence in his Maker, when he has lost his God, then he has reached a dangerous stage.

The Rosicrucian Teachings came to this "lost" humanity as a bright Star. To the thinking man it gave some hope. This Light which shone into the darkened world during those times has never gone out. The Rosicrucian Lamp was hidden and preserved until humanity had evolved to a greater mental understanding. Moreover this spirit, whom the world knew in the 13th and 14th centuries as Christian Rose Cross, is still inhabiting a physical body, and has appeared under the personalities of men who were guiding the work of the world. Death is not a necessity to one who has evolved to this high state; to such an Ego the discarding of one body to take up a new one is like taking off a garment to exchange it for one more modern and useful.

The Rosicrucian Order is formed on the cosmic lines of Seven, Five and One. The Brothers have always worked in Twelves; together with the silent and invisible influence of the Thirteenth, whose great power is felt but who is never seen. This group of Elder Brothers is still in existence; still working for the benefit of humanity. During the centuries that have rolled by since the Rosicrucian Order was first formed, they have worked quietly and secretly. They first aimed to mould the thought of western Europe through the works of Paracelsus, Jacob Boehme, Francis Bacon, Shakespeare, Robert Fludd, and others. Then as now, each night at midnight when physical activities are at their lowest ebb and the spiritual impulse at its flood tide, they sent out from their Temple soul-stirring vibrations to counteract materialism and further the development of soul powers.

With the beginning of the twentieth century a further step had to be taken. It was realized that something must be

done to make religion scientific as well as to make science religious, in order that they may ultimately blend, for at the present time heart and mind are divorced. The heart instinctively feels the truth of religious teachings concerning such wonderful mysteries as the Immaculate Conception (the Mystic Birth), the crucifixion (the Mystic Death), the cleansing blood, the atonement, and other doctrines of the church, which the intellect refuses to believe as they are incapable of physical demonstration and seemingly at war with natural law. Soul growth is accomplished only when both the heart and mind receive training.

Mankind had now reached a stage where it could be given a more exalted phase of the Christian religion, and where the Mysteries should be given to the many instead of the few. These are the Mysteries spoken of in Matthew 13:11 and Luke 8:10. The Rosicrucians, having studied the trend of thought for centuries, knew the path most likely to be taken by the majority of mankind; therefore they formulated their philosophy so as to give a teaching that would satisfy the heart and at the same time appeal to the intellect, and which teaches man to escape restraint by mastering self.

As the first and sixth decades of each century are the most propitious for the commencement of a spiritual teaching, the Brothers applied the necessary test to Max Heindel in the early part of 1908 to see whether he would be the chosen Messenger or not. Let not the reader suppose that this was some rite or ceremony to make one a member of a secret organization. This was a test conducted through a great temptation, for the Brothers use much discrimination before giving out such an exalted teaching. To be trusted with this mission indicated one of strong character and high soul development, for to supply the ignorant and weak with the powers of destruction would be equivalent to providing chil-

dren with gunpowder and matches to play with. Max Heindel turned out to have the necessary qualifications.

In due time he was invited to visit the Brothers in their home, which is interpenetrated by the etheric Temple, and was given instructions as to how to reach it. Accordingly, a little later, he made the journey there, where he became a guest as well as student, and where he stayed a little over a month. During this time he was given the essential information later embodied in that wonder book, the *Rosicrucian Cosmo-Conception*. He was then instructed to return to the United States, have it published, and proceed to promulgate its teachings throughout the Western World. Thus much of the formerly secret lore of the Rosicrucians was given to the general public.

Where the Temple is located has ever remained a secret with Mr. Heindel. He could only reveal that it was situated in what was formerly Bohemia, near the border of Saxony, and not far from the noted baths at Carlsbad. But at no time did he divulge its exact location for the reason that were it to become known, the resulting publicity would destroy the peace necessary for the Great Work of the Brothers. There are many who have gone in quest of this Temple and failed to find it after long and diligent searching. Even the Lay Brothers and Sisters of the Rosicrucian Order do not ordinarily visit the Temple except on the nights corresponding to the Initiatory Degrees they have taken. However, any one of them, having taken one or more Initiations in the invisible body, can go to the physical home of the Brothers, which is interpenetrated by the Etheric Temple, in his or her physical body and have no trouble in finding it.

The Rosicrucian Temple is never guarded by a "door keeper" such as we find in ordinary lodges and occult order rooms. Neither do the Brothers exact a "password" at the door. But it is surrounded by an Aura, a spiritual wall,

which has been built by the Brothers who for years have worked and prayed here until the Temple rate of vibration has been raised so that only those who can respond to that particular rate can enter. Strangers, interlopers, and curiosity seekers when they come within a certain distance of the Temple are unconsciously turned in another direction. This very powerful vibration is the only "guard" needed to keep it free from undesirable visitors.

The Lay Brothers and Sisters through Initiation are admitted to the Mystic Midnight Mass, but only on the nights corresponding to the Initiatory Degrees they have taken. The vibration is different each night, therefore only those "who are duly and truly prepared, worthy and well qualified," can enter, and only on those nights to which they vibrate.

The early Rosicrucians were deep students of the Occult, and were accredited with great power. They were learned doctors, mathematicians, and alchemists, Supermen who understood the power necessary to turn base metals into pure gold. They knew the secret that enabled them to make the famous Philosopher's Stone. These supposed powers were veiled spiritual secrets which infant humanity could not understand. But the learned man was instructed how to work with the tools of the spirit and was taught how to make this Stone, the formula of which is contained in the symbolism of the Rose Cross and which was wrought by Christ while inhabiting the body of Jesus; for in this noble School there is but one Teacher, the Christ.

The Rosicrucians teach that the virgin spirit is of divine origin, that it has clothed itself with a physical body in order that it may learn all the secrets of creation; that with this physical tool it must work its way from impotence to omnipotence; that the end and aim of human evolution is eventually to develop

the divine Superman; that the Red Roses of the Rosicrucian Emblem signify the purified, passionless blood of the evolved man; that man is unconsciously an Alchemist who is changing the baser man into the Superman, the baser metal being transmuted into the pure gold of the spirit.

All are engaged in the making of that priceless Jewel, the Philosopher's Stone, viz., the highly spiritualized human being, whether they are upon the path of faith or of knowledge; whether following the path of the Mystic or the Occultist, all are making the Diamond or the Ruby stone of the Alchemist. But it is known that the highest alchemical work is not accomplished until the Will and Imagination, the mind and heart, the male and female principles, have been united by the blending of Fire and Water. "If the male Sun cohabits with the female Moon in the Water of Truth, they will produce a Son whose name is Wisdom." The attainment of this higher consciousness is the great arcanum that cannot be learned from books; it is the *Magnum Opus*, the *Great Work*, of which the Alchemists said that thousands of years may be required to perform it, or it may be consummated in a moment, even as by a woman while engaged in spinning. This is the "Mysterium Magnum" of the Rose Cross, the Mystic Marriage with Christ.

The present reawakened interest in mysticism and occult knowledge, and the desire to delve into all things hidden, has started a corresponding wave of interest in Rosicrucianism, and many indeed have come and laved their souls in the illuminating teachings of the Elder Brothers of the Rosicrucian Order. It is the purpose of the Brothers of the Rose Cross to give the teachings that will enable many to "form the Christ within." To those who have aligned themselves with this Mystery School we append the following impor-

tant information from the esoteric writings of Max Heindel:

“Six hundred years ago the western outpost of the Mysteries was fixed in Germany, and the Rosicrucian Order commenced to teach the few who were ready. Today the outpost then established has nearly accomplished its work so far as it is possible in that place. It is now preparing a farther outpost on the shores of the Pacific Ocean, and some day, we know not when, but probably when the sun enters Aquarius, the Brotherhood itself will follow.”

It is known to the occult student that in all systems of religion there is a teaching reserved for the Priestcraft and not given to the multitude. The Christ spoke to the multitude in parables but afterwards explained the inner meaning to the Apostles in secret. There has always been an exoteric and an esoteric teaching in each religion given to the humanity for which it was designed, and the esoteric instruction was given in Mystery Schools. But in the last few hundred years, with the advent of modern science, an intellectual part of humanity has appeared that does not believe in anything they cannot touch, taste or handle. In the case of these Egos the head has complete dominion over the heart, and materialism has squelched all spiritual impulses. It is therefore necessary that appeal should first be made to their intellect so that the heart may then be allowed to believe what the head has sanctioned. In response to this demand the Rosicrucian Mystery teachings aim to correlate scientific facts with spiritual verities.

In the past these Teachings have been kept secret from all but a few Initiates, but now Initiation is “open to whomsoever will.” All who seek and knock will find the Temple of Learning, for though the secret Temple of the Rosicrucians is still hidden from the profane and ignorant, its teachings are no longer so mysteriously concealed as of old.

Our present materialistic age is ever ready to reject without examination the secret symbols and allegories of the past because it does not possess the treasures which they represent. Engaged in the pursuit of material pleasures it loses sight of Divine Wisdom and exchanges spiritual wealth for worthless baubles. Like Esau it is throwing away its birthright for a comparatively worthless mess of pottage. Losing sight of his destiny, man runs after the shadows and illusions of life, closing his eyes to the real Light of the World. Ruled by fear, man bows before the Moloch of superstition and ignorance and rushes into the arms of a cold and dead materialistic science to perish in its stony embrace. But the wise, whose far-seeing perception reaches beyond the narrow circle of his material environment and beyond the short span of time which includes one of his lives on this earth, knows that it is in his power to control his future destiny. He walks in the world, but he is not of it; and above his head shines that bright Constellation formed of Truth, Wisdom and Power, whose center is the Law, the germs of which can be found in the spiritual self-consciousness of every human being.



# Cessation of Pain Through Self-Conquest

By KATHARINE HILLWOOD POOR



THROUGH all of human life and its phenomena are woven the double threads of joy and suffering. To human consciousness, focused upon the material plane of being in the bonds of selfishness forged by the lower nature of man, these feelings seem to be the only true realities. The human heart rebels at suffering as it exults in joy, but little effort is made by the personal self to comprehend truly their purpose as they are interwoven throughout his daily life.

Philosophic thought through the centuries down to the present has to some extent analyzed these seemingly opposed conditions, but without practical results so far as the mass of humanity is concerned, which is immersed in living its heedless life, careless and unthinking in the intense pursuit of material things. This is the natural consequence of the development of the material or lower nature of man, as yet unequipped to comprehend the nature and purpose of human suffering and joy; unequipped because its dense covering of selfishness prevents the stimulative activity of the spiritual self save in brief flashes or periods.

According to Divine and Cosmic Law, man both individually and in the mass must eventually progress in soul growth far beyond the plane of sensation whereon his life is now focused. He as a self-responsible being or entity must come to recognize in ever increasing fullness that the life of sensation is but a school wherein he learns to discern something of the existence of his own inner, potential powers, with which he may rise to higher grades of evolution, and acquire ever enlarging knowledge and power. He must realize that the

qualities, attributes and conditions pertaining to the life of sensation and recognized through the avenues of sense perception are all agents or emissaries projected from his spiritual Ego into its lower reflection and working vehicle, the personality, for its spiritual education. After long and arduous training and discipline this may accomplish the subjection and purification of the lower personal self and bring about the promised conscious union with the Higher Self.

The selfish personal entity constituting the lower nature (animal, emotional, intellectual), and forever at war with the Higher Self, must eventually bring about its own release from bondage and become blended with and absorbed by the Spirit of man.

Joy and suffering therefore are spiritual agents, and must perform in humankind their great share in the alchemical transmutation of base and impure human metal into the pure and shining gold of spiritual reality. When it is realized that God is IN man, that each man is the "arbiter of his own destiny," a potential Christ, the phrase, "the hand of God lies heavy on me," becomes luminous in meaning. To the keen and spiritually scientific thinker not wholly bound by materialistic concepts, it is clear that man's suffering as well as his joy is brought about by himself, and that no other being is responsible.

The Ego or God within is man's own teacher and guide, and his first achievement in spiritual development is to become aware of that Higher Self, and to place the personality under its direction. Throughout the ages this has occurred to many advanced souls. It ap-

pears a marvelous happening to him who experiences it, and many straight-way consider that the ultimate has been attained, that they have reached an advanced degree of consciousness, even "cosmic," instead of in reality having placed their feet upon a lower rung of the spiritual ladder.

Little real and lasting joy has been known among men through all the past centuries. Joy in its essence is purely spiritual, and to be really known must have a spiritual foundation, which as yet the race has not built. What man calls joy, its counterfeits, are the product of sense reactions and are but fleeting. And of course this applies equally to suffering. Therefore joy and suffering are agents of spiritual growth, inciting the personality to greater efforts for the attainment of the one and the elimination of the other. The results are more often than not disappointment and disillusion, which teach invaluable lessons.

Through the successive stages of evolution the vibratory action becomes more and more rapid, the Higher Self gradually absorbing, refining and controlling the personal self, until at last the day of true spiritual awakening arrives: light shines upon and illumines the darkness and man-human evolves into man-spiritual.

To all come occasional gleams of spiritual joy, which, if understood, truly foreshadow future possibilities of attainment. Dim and faint though these may be, they yet illumine the path man treads and ever urge him on to gain the spiritual heights; whereas merely human joy (pertaining to the personal self of sense) only urges on to material acquisition, placing false values before the true, and frequently means spiritual sloth and stagnation.

Pain is conceded to be the great teacher save by those who rebel at it and deny their own responsibility in bringing it about. Such as these must

repeat the lesson over and over until it is learned thoroughly and becomes an integral part of the inner self, when the necessity for pain will cease. It then blends with its polar opposite, joy, and peace is born.

The lesson of the *oneness* of all life, of God and man, must be learned, for it is a basic concept of Truth. God, the Supreme Consciousness, is *all*, and within His being contains all the units of consciousness now functioning upon the separative planes of life. These individual units must seek and learn the truth of the oneness of all conscious being, each one a drop in the ocean of immortality.

At present these may be termed metaphysical and intangible concepts; none the less they must in the course of time become concrete truth to man, and as such made a living and vital part of his life and being. The age of spiritual realization approaches, for which the way is being swept clear of impediments and uncleanness, when such seeming mysteries will become clear and luminous in the shining brilliance of the Christ truth. The New Age Teaching holds the fundamental tenet that man is in essence a divine being; that he transmutes eventually the life of the senses into spirituality, constantly expanding in consciousness.

Man as an individual entity is responsible for his own spiritual growth, and therefore collectively that of the race; and although he is given all help and direction possible under Divine Law by the spiritual Directors and Elder Brothers of the race, yet the actual labor of transmutation of human into spiritual, man into God, the refining and raising of vibratory force as expressed in the individual being, is his task alone. Only so can he attain to true spiritual responsibility and become a wielder of Creative Force, a conscious and intelligent Creator in his own right.

A wealth of scientific detail is com-

prised in the above processes. At some time in his career man must take upon himself the duties of the life of conscious discipleship to the Christ principle of life. At this stage, or even previously according to the karmic status of the individual, there are seemingly showered upon such a one in some form great trials and suffering. We have said this may occur prior to the conscious soul awakening, and in such cases it probably operates as the direct means of such awakening. Intense suffering, mental, moral, less often physical, acute or prolonged, is often the direct means of opening and stirring into action certain inner centers pertaining to the intuitional self, thereby making possible certain spiritual contacts, the reception of spiritual stimuli, and allowing freer play of the spiritual currents. Those whose failure to comprehend the principles and processes involved in the above description, shrink from such action and are not yet ready to tread the Spiritual Path, to abide by its laws, and to share in its glorious results.

We have referred to the trials, tests and suffering seemingly showered upon the aspirant to the spiritual life at or about the period of spiritual awakening, and which may extend for a considerable time thereafter. This is identical with the "karmic outpouring" of nearly all systems of advanced thought, and is found in some form in all systems portraying spiritual discipleship. All dross and uncleanness of the selfish nature of man *must* be destroyed (transmuted). The conflict is long and oft-times severe. It may seem finished and the victory won, when the monster of self again arises and threatens in another and more insidious form, whereupon it must be crushed again and again until finally it is disintegrated and transmuted, and the spiritual entity freed. Freed to pass through the doors of Initiation into Christ illumination

and an ever expanding degree of consciousness, when it finally merges into the Divine.

We repeat, again and again the personal self asserts its dominance, and only through pain, *the agent of the Higher Self*, is the victory won and final self-conquest achieved. This condition once attained, pain no longer exists, for it has become merged in joy: the seeming opposites are blended and fused and recognized as one. It is a basic truth that with self-conquest comes cessation of pain, for the atoms of substance through which pain may manifest have been dissolved and transmuted into a higher vibration which is immune to pain. Then tears no more shall flow, for a spiritual stability of character has been established; emotion and sensation seated in the personality lose their power. The personality, the little self, has been transcended and gives way to the Christ Self, the heart and center of love and compassion.

The Christ within each soul waits, eager to claim Its own. When the heart and head of man (love and intelligence) shall blend, when the spirit's will shall absorb the human desire-will and both become absorbed in the Divine Will, then shall man regain his birthright as a conscious creator. Then shall suffering be no more; nor weeping nor wailing nor lamentation. Let us look forward to the coming races and ages in which these things shall be, then turn our lives to the labor of hastening their advent.

Therefore rebel not at the suffering that comes to you, for it is an angel in disguise. With yourself alone it rests to seize the opportunity it brings, to understand its meaning, learn the lesson and its application, and thereby grow spiritually. From your long past life periods you have brought atoms of untransmuted substance now incorporated in your bodily sheaths, express-

(Continued on page 116)

# The White Carnation

The Story of a Young Released Convict Who Made the Right Decision

By A. J. HAWORTH



'ERHEAD, in fleecy clouds, the seagulls squalled and swooped gracefully, free as the wind that whipped their silvery spread. Below, the setting sun cast faint shadows on grey prison walls. Grey barred cell doors clanged shut behind grey-clad men. . . .

Upon entering his cell, David Shelton eagerly snatched from his bunk an envelope—an envelope for which he had long been impatiently waiting. He tore it open and withdrew an official form. Glancing at it he danced a jig and waved it at his cell-mate, who had flopped wearily on his bunk.

"Here she is, Spike—the release notice."

"Yeh, you're a lucky kid," said Spike, enviously surveying the precious piece of paper; "now you'll hit the front gate tomorrow and can start workin' on that 'out' for me." He sat up and his beady eyes became glittering slits as he went on in a lowered voice. "I'm counting big on you to grab that 'snow' I've got planted in the hills and sell it quick. You'll have the location of the cache and the list of fellows to peddle it to. It ought to bring fifty thousand at least. Even split you know. Take mine to my mouthpiece and see that he gets right after his fixer for my parole. Big money talks. Then we can team up for the future. I have plans for us."

The shrewd Spike had decided to take a desperate chance on his cell-mate, who after a night of joy riding in a "borrowed" car was serving a short first-offense term for auto theft. Spike had plied him nightly with glib tales of daring and easy money, and he knew the young and inexperienced David had

great respect for his underworld acumen and was ravenous for adventure.

"Sure," David was saying confidently, "I'll have all the information for the job on that paper you had Stitchey in the tailor shop sew up in the sleeve of the coat I'm wearing out tomorrow, and the rest will be easy. We'll—" he stopped as a guard paused at the cell and passed him the weekly letter from his mother near Cleveland.

Spike lay back with a detective magazine, and David hopped to the upper bunk to read the letter.

She wrote how happy she'd be to see David again, and how dad was aging and needed him on the dairy farm. She also wondered if he had decided to finish at the University, and concluded with some details about spring planting and her new carnation beds.

David lay for a long time staring at the plain grey ceiling, trying to picture himself back on the farm tending tame cows, picking wild grapes, cranking the tractor on a cold morning and the cream separator at night, and the many other familiar chores. Then his mind strayed to the shadows of a chinatown he had heard and read about, dim lights, new faces and strange noises. He felt the throb of a high-powered car on open stretches of pavement.

That night, when David finally fell asleep, he dreamed that he was home meeting his mother at the front gate. Her beaming face was crowned by her silvery hair, in which reposed a white carnation. The fragrance of the flower seemed to envelop them as he held her in his arms; and a warm tear was on the cheek that he pressed to his own.

"My boy," she whispered.

Then her radiant countenance caressed him once more as she seemed to recede and vanish.

The next morning an excited Spike gave final instructions, then went to his clattering loom in the dusty jute mill. A slightly puzzled David changed to his new suit in the tailor shop, and Stitchey grinned and winked broadly as he helped him into the coat. David managed a thin smile and nodded knowingly. By the time he started for the warden's office he felt a little queer and uneasy; but he shook off the feeling and chided himself for a weakling. He walked briskly into the office and found the official behind his large desk.

The warden appraised him thoughtfully. "Good morning, Shelton; here's a ticket for Cleveland," taking an envelope from his desk. "I guess you'll be going—"

"Er—not at present, sir," said David, but there was some hesitation in his voice, for even as he spoke he noticed through the open door an inmate sprinkling some carnations in the nearby prison garden.

"And a message," continued the warden slowly: "son, your mother passed away last night."

The boy stepped through the door and fumbled momentarily with his coat sleeve. Presently he lit a match, and a piece of paper fluttered to ashes on the spring breeze, as he slowly walked to the garden and carefully selected a white carnation which he placed in his lapel.

O'erhead the sea gulls tipped and swayed majestically in a cloudless sky.

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### CESSATION OF PAIN

(Continued from page 114)

ing as karmic debts. These you must adjust and pay in full, and then you will be free.

With a higher status of evolution at-

tained, a fuller expansion of consciousness, the great fear, even the fear of death, falls away, for man shall know *there is no death*, no extinction of individual consciousness. Only a change of focus, as it were, a change of polarization from one plane of manifestation to another.

The Angel of Suffering and the Angel of Joy—side by side these two walk the earth bringing to sad and weary men the consequences of their deeds, good and bad, generous and selfish, kind and unkind, dealt out to their fellow men. These Angels twain work always under the Cosmic Law. Give them welcome to your hearts and firesides; give them service and understanding, and your repayment shall be beyond estimate. As time passes, their task achieved, these two Great Angels become blended in the PEACE foreshown to us for all time by the Love Exemplar, the Christ, who is gone before to show the way, but who in very truth is ever and always with us, waiting for our coming and conscious union with Himself.

Where now the suffering, the pain? Only joy, illusion absorbed in truth, death swallowed up in life!

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### "Think It Not Strange"

By IRENE STANLEY

*Concerning the fiery trial which has awaited,*

*And still awaits us till a vital change,  
Is felt in thought and action—long  
belated—*

*Think it not strange!*

*Rejoice instead, that we have seen the  
breaking*

*Of God's new day; that we have heard  
the voice*

*Of righteous thunder; shared in man's  
true waking!*

*Again, rejoice!*

# A ROSICRUCIAN CATECHISM

## The Vital Body and Epigenesis

Q. After the spirit, in its preparation for rebirth, has gathered the material necessary for the mind and desire body, what occurs?

A. The seed-atom of the vital body is next aroused into activity.

Q. Is its formation merely a matter of attraction like that of the mind and desire body?

A. No, because those vehicles were comparatively unorganized, while the vital body and the dense body are more organized and very complicated.

Q. How is the vital body built?

A. The material, of a given quantity and quality, is attracted in the same manner as in the case of the higher bodies, according to the nature of the seed-atom; but the building of the vital body and its placement in the proper environment is done by four great Beings of immeasurable wisdom, the Recording Angels, who are the "Lords of Destiny."

Q. How do these Beings aid the spirit in relation to its new earth life?

A. They impress the reflecting ether of the vital body in such a way that the pictures of the coming life are reflected in it.

Q. Do They have any assistance in this work?

A. Yes, the inhabitants of the Heaven World and the elemental spirits help build the vital body in such a manner as to form a particular type of brain. But mark this, *the returning Ego incorporates therein the quintessence of its former vital bodies and in addition to this also does a little original work.*

Q. Why is this necessary?

A. This is done that in the coming life there may be some room for original and individual expression, not predetermined by past action,

Q. Does this harmonize with the Law of Cause and Effect?

A. Perfectly. The chain of cause and effect is not a monotonous repetition. *There is an influx of new and original causes all the time.*

Q. How does this apply to evolution?

A. It is the backbone of evolution—the only thing that gives it meaning and makes it other than an unrolling of latent actualities.

Q. Is it this special work by the Ego on the new vital body that renders free will possible to man?

A. Yes. It is "Epigenesis"—the free will that consists of the freedom to inaugurate something entirely new, not merely a choice between two courses of action.

Q. How does this apply to effects of causes already set in motion?

A. We may, up to a certain point, modify or even altogether counteract certain causes already inaugurated, but once started and no further action taken, they will get beyond our control.

Q. Does this mean that their influence is inescapable?

A. Yes. This is called "ripe" fate, and it is this kind that is meant when it is said that the Lords of Destiny check every attempt to shirk it.

Q. To what extent are our destinies under our control?

A. With regard to our past we are to a great extent helpless, but in regard to future action we have full control, except insofar as we are hampered by past actions. By and by, as we learn that we are the cause of our own sorrow or joy, we shall strive to order our lives more in harmony with the laws of God and so rise above the laws of the Physical World.

(Reference: *Cosmo*, pages 134-137)

## WESTERN WISDOM BIBLE STUDY



## "Sin No More"



Afterward Jesus findeth him in the temple, and said unto him, Behold, thou art made whole; sin no more, lest a worse thing befall thee. (John 5:14)

And that servant, which knew his lord's will, and prepared not himself, neither did according to his will, shall be beaten with many stripes; but he that knew not, and did things worthy of stripes, shall be beaten with few stripes.

(Luke 12:47)

A student of the higher teachings, who understands the Law and has striven for some time to change his life accordingly, finds that by degrees he is being made whole in mind, soul and body. He is becoming a new creature in Christ Jesus. Through purification every atom in every vehicle has become sensitized, readily responsive to immediate influences.

The harmonies of heaven now pulse through his hitherto unreceptive senses, bringing peace, joy, power. He becomes aware of a quickened mind and strange beauties in thought, feelings, and the commonplace acts of daily life. But he finds, too, that the old sins, when at intervals they catch him off guard, leave a more poignant, lasting sting than formerly. His whole complex structure has become so sensitized that when he gives way to discordant emotions, the effect is intensified and the disturbance almost more than he can endure.

In former years, when he lost his temper he might have been upset for a few moments, or an hour, then it passed from his mind. Now, however, when anger, jealousy, violent resentment, passion rush through his desire body, he

feels the agitation to his very soul; it might actually make him ill, keep him awake through the night, and torment him until he rights the wrong. The wise aspirant, therefore, will strive unceasingly to overcome his peculiar faults, "to sin no more," and so enter increasingly and permanently into the joy and service of his Lord.

Every occult student knows that the Law, or his Lord's will, demands that he *prepare* himself, through the slow, thorough process of self-purification and conquest, for conscious union with Him. But there are those who are unwilling to follow this slow, safe path of preparation. They are impatient for phenomenal results, for the glamour of the superphysical, and so strain every effort to that end. They do not train their minds to probe and understand, their emotions to obey their will, or their high-strung nervous system to be calm and steady under stress. Instead of strengthening their will through positive development, they surrender that most precious possession in negative receptivity. The result is that they are indeed "beaten with many stripes"; they prematurely contact conditions they cannot cope with, and their *unprepared* vehicles find themselves at the mercy of bewildering supernatural forces they often cannot withstand. These forces play upon and through their unprotected inner constitution with relentless persistency.

He who *prepares* himself through the positive process of regeneration shall be made whole, secure in wisdom, peace, and mastery on every plane, a co-worker with God and a mighty power for good among his fellow men.

# The Astral Ray

Astrology is a phase of Mystic Religion, as sublime as the stars with which it deals, and not to be confused with fortunetelling. The educational value of astrology lies in its capacity to reveal the hidden causes at work in our lives. It counsels the adults in regard to vocation, the parents in the guidance of children, the teachers in management of pupils, the judges in executing sentence, the physicians in diagnosing disease,

and in similar manner lends aid to each and all in whatever station or enterprise they may find themselves.

The laws of Rebirth and Consequence work in harmony with the stars, so that a child is born *at the time when the positions of the bodies in the solar system will give the conditions necessary* for its experience and advancement in the school of life, and in perfect accord with divine justice.

## Stars, Jewels, and Angels

By ANN BARKHURST



MUCH has been written on talismans of one kind or another, jewels figuring pre-eminently among them. In order to convert a jewel into a talisman it must be correlated with zodiacal signs and their planetary rulers; set in specially selected metals of a nature to harmonize with the stellar influences; given astrological baptisms according to ancient formulae; after which it is believed to be the focus of magical powers—a talisman! However, quite aside from their use as talismans, some jewels were anciently valued in witchcraft and sorcery because it was thought that a genie or spirit dwelt in the jewel as in a house, and might be invoked.

In *The Message of the Stars* Max Heindel gives a brief discussion of the talismanic art. A study of the table on page 64 shows us at once that each planet represented, Sun and Moon excepted, rules over two signs of the zodiac, and that therefore there are two signs to which the same color and metal are assigned, although the stones attributed to them differ. We shall have a good understanding of this dual rulership if we think of each planet as expressing polarity according to place and circumstance, for each planet rules one positive

and one negative sign. Thus Mars rules the positive Aries and the negative Scorpio; Mercury rules the positive Gemini, the negative Virgo, and so on; in each case the positive being masculine and the negative feminine. All fire and air signs are positive, all earth and water signs are negative.

The planetary Spirit therefore expresses Itself masculinely in the masculine signs and femininely in the feminine signs.

Only in the case of the Sun and Moon do we find a single rulership: the Sun ruling the masculine, fiery Leo, and the Moon ruling the feminine, watery Cancer. Here we must think of the Moon and Sun, Cancer and Leo, as polarities. Together they constitute the keystones of the Arch.

To simplify our discussion we rearrange Max Heindel's diagram thus:

The Sun: rules Leo—gold, orange: ruby and diamond.

Mercury: rules Gemini and Virgo—mercury, violet; precious stones: crystal, aquamarine, pink jasper, hyacinth.

Venus: rules Taurus, and Libra—copper, yellow; precious stones: moss agate, emerald, diamond, opal.

The Moon: rules Cancer—silver, green: emerald, black onyx.

Mars: rules Aries and Scorpio—iron; red; precious stones: amethyst, diamond, topaz, malachite,

Jupiter: rules Sagittarius and Pisces—tin; blue; precious stones: carbuncle, turquoise, chrysolite, moonstone.

Saturn: rules Capricorn and Aquarius—lead; indigo; precious stones: white onyx, moonstone, sapphire opal.

To the neophyte of the Rose Cross, the chief interest in all this is not in the talisman as such but in the spiritual reality which it represents. It is not for nothing that the Desire World (also the Light Ether) has been called the *starry* or *astral* world. More fascinating by far than the talismanic art is the celestial craftsmanship of the glittering world which we may fittingly call the Cosmic Diamond, the source and prototype of every jewel.

The Desire World—or, specifically, the First Heaven—is in fact the home world of all Art. It is the world of beauty of form and color; vibrant with energy, scintillating, fiery. Music, of course, is also present there, but as an ephemeron of a higher world.

To really understand the spiritual nature of the talismanic principle, it is necessary to digress briefly into the field of alchemy. Although it is possible to do the work of spiritual alchemy without a knowledge of astrology, there is no question but that it does have, and always has had, an astrological equivalence; for example, it is stated in a medieval text that iron can be transmuted into gold only when the Sun passes through Scorpio. The signs of the planets, of the constellations, and of the seasons figure again and again in alchemical literature; and interwoven with all this is the Great Work, the making of the Philosopher's Stone, which is variously designated as a Ruby or Diamond.

Astrology, as well as alchemy, owes much to Arabic culture, for the alchemy of the Middle Ages came to Europe from the Arabs, the word "alchemy" being of Arabic derivation. One might almost say that Arabia is the holy land of Rosicrucianism, or alchemy; for in

the legend of Christian Rose Cross we read that he tarried not at Jerusalem but traveled to Damascus and over into Arabia; and that he translated his master work, *The Book M* (on the secret forces of nature), from the Arabic.

Both Roger Bacon and Paracelsus (among others) named by Max Heindel as Rosicrucian Initiates, refer to Arabic sources of their knowledge; and Damascus, where C.R.C. tarried, was the home of the world-famed school of alchemy founded by Geber, whose name is important in medieval alchemy. Research has shown (what the esotericist immediately suspects) that the works attributed to Geber are not by any means the fruit of one man's labor, but rather of a school operating in his name. At Damascus also dwelt the great Arabian mystic Ibn Arabi, whose mystical journey through the seven heavens of Ptolemaic astrology, under the guidance of a feminine "angel," is curiously similar to Dante's "travels" in the *Paradiso*; even including the ultimate vision of the Celestial Rose. (Dante also is considered by many to be a Rosicrucian Initiate.)

Now it is a significant fact that the alchemists were profoundly interested in the manufacture of glass and artificial gems; which throws considerable light on the genesis of the Philosopher's Stone, such as the alchemist sought to create from certain subtle essences. The earliest made glass was green, but transparent, or at least translucent, *and so is gold leaf*. Therefore the biblical "sea of glass" is likened to "gold," since gold leaf, if rolled thin enough, transmits a green light.

Alchemical records show that the basic substance in the Great Work is green: which in the glass-making allegory must refer to primitive green glass; called the Green Lion by alchemists. From this, by the addition of suitable substances, all gems were to be created. The great effort was directed, of course,

toward producing the Diamond or Ruby. (This process is not to be confused with the production of artificial true gems from a white sapphire basis, which, however, easily lends itself to alchemical interpretation.)

Max Heindel also speaks of the Ruby and Diamond as signifying the beautiful soul jewels of the occultist and mystic (not the ordinary Desire Body). Again, he speaks of the Mystic Emerald, the glory of Lucifer's Crown, which fell into the abyss of materiality. Lucifer's Emerald is the Green Lion of alchemy.

Now note that the Arabian mystics not only called stars *jewels*, but they also called Angels *jewels* (also Birds of God). Why call the angels Jewels of God? Obviously because of the jewel-like scintillance of the angelic aura, which is often all that is visible to the rudimentary clairvoyant vision. Clairvoyants frequently mention the fact that at a distance a group of angels have the appearance of a starry cluster, which, upon approaching closer (in mental space), is cognized as consisting of humanlike beings radiating streams of color and magnetism, or having a starry light burning on the forehead, or above the head as in the Fra Angelico paintings. The effect in the latter instance is very like that of tall candles. Ovoid auras of light and color are also seen.

Again, the various "astral" and etheric centers are jewel-like when awakened in the aura of the trained clairvoyant; the Crown of Thorns being a crown of diamond light, emitting thorns of fire. An angel of a particular Hierarchy may appear under certain conditions as a gigantic fiery Ruby flashing through the mental air, its glory shining in the upper portion of the aura corresponding to chest and head.

The alchemist is warned not to allow his mixture (Soul Body) to set and become vitreous and brittle; the fire must be neither too hot nor too cold, or the work fails, and neither Diamond nor Ruby is achieved.

As the fire burns under the crucible, the auric forces rise upward from their root center in a fountainlike structure, reminiscent of the vital forces ascending in a tree, the jewel-like vortices representing the fruit or flowers. Incidentally, the sacred evergreen, or Tree of Life, was lovingly called the Prince of Emeralds by the Chaldeans, and was holy to them as the Christmas Tree is to us. The lights on the Tree are alchemical fires.

All of which leads to the inevitable conclusion that the true value of the jewel talisman is not to promote material success, but to purify the imagination, rendering clear and transparent what was before opaque, so that the imagination itself becomes the House of Glass, the Pure Crystal, in which the Angelic World is reflected.

To achieve this result through meditation, we take the precious stone as a symbol of an angelic Hierarchy, and follow through to the Archetypal Idea in which Planet, Angel, and Jewel had their beginnings. These can be correlated by using the diagram 9 on page 221 of *The Rosicrucian Cosmo-Conception*; and the diagram in *The Message of the Stars*, page 64. Note that no Hierarchy is attributed to Aries; but Max Heindel states that in his opinion the Lucifer angels are destined to aid us in the work of regeneration as figured in Scorpio and Aries (page 46, *Letters to Students*). Spiritually, therefore, their symbol is properly the amethyst or diamond; the amethyst as a type of spiritual (poetic) love between the sexes; the diamond, hardest of precious stones, as a type of the Spiritual Will, also of the fiery auric envelope with its prismatic spears and shafts of light.

Similarly, the other stones may be meditated upon with their zodiacal and angelical correlatives; and when the imagination is sufficiently clear, when it has become the House of Glass, we shall "know, even as we are known."

## The Children of Pisces

Birthdays: February 20 to March 20, inclusive, 1944.



**D**URING the thirty days preceding the beginning of spring the sun moves through Pisces, the last and perhaps the least understood of all twelve signs. After having passed through the eleven signs since the beginning of its cycle at the previous Spring Equinox, the sun usually brings about that unsettled condition in Nature during which winter is forced to make way for the spring that is coming.

Like the uncertain weather preceding spring, Pisceans are subject to varying moods. They are naturally of a kind, sympathetic and peaceful disposition, with a dislike for crudeness and discord of any sort. This, and a high degree of sensitivity which enables them to feel deeply, tends to make them yielding and non-aggressive in such a way as to incur the misunderstanding of others so that they are often considered negative and weak-willed. Though intense, the "storms" of the Piscean personality are usually short-lived, and often of a subjective, inner nature.

It has been said of Pisceans that their greatest strength as well as their greatest weakness is their sensitivity to all stimuli, their tendency to non-resistance. In this sign are to be found the highest and lowest types of humanity. Unrestrained appetite for drink and drugs is often an affliction which can lead to a wasted misspent life. Or, with the aid of Neptune, ruler of this sign, Pisceans can live up to the higher side of their nature and become deep mystics, or inspired leaders in the world of art and drama, and can surpass even in material achievement.

Neptune passing into Libra at the close of 1942, after his stay of thirteen years in Virgo (where at some point or other he opposed the Pisceans' sun),

should not only bring relief, but also opportunity for readjustment and the restoration of a certain degree of harmony in their environment and affairs, and within themselves. It should now be easier for them to merge with their ideal, as the rays of Neptune, which Max Heindel calls the "planet of divinity," can bring the children of Pisces much in the way of inspiration and spiritual blessings. Sacrifice of self, however, is usually in some way or other the key to all of Neptune's treasures.

Uranus entering Gemini in 1942 and remaining there until the middle of 1949 will at some point during those seven years form aspects likely to bring unexpected and far-reaching changes in the Piscean's life. Max Heindel stated that altruistic love and other Christ-like qualities find expression through Uranus. It should waken in these natives a deeper realization of their true relationship with others and with God. Those willing to work with Uranus will not find him disruptive, subversive or erratic, even during his inharmonious aspects, though he can create much wreckage if compelled to blast away forcibly the obstacles set up by selfishness. Cooperation, altruism, devotion to the needs and rights of others, and a progressive and aspiring outlook are the lessons of Uranus to Pisceans this year.

Saturn, also in Gemini, continues for some time to test the motives of the Pisces natives, and urge them to build the foundations of that for which they dream. Jupiter now in the Piscean's solar sixth house should bring many blessings involving health and occupation.

Mercury in Aquarius during the first third of this period, gives originality and independence to the mind, high ideals and aspirations, a love of popular science and mathematics, and often inclines toward the occult sciences.

## Astrological Readings for Subscribers' Children

We delineate each month in this department the horoscope of *ONE* of our subscribers' children, age up to twenty-one years. This includes a general reading and also vocational guidance advice. The names are drawn by lot. Each *FULL* year's subscription, either a new one or a renewal, entitles the subscriber to an *application* for a reading. The application should be made when the subscription is sent in. The applications not drawn by lot lose their opportunity for a reading. *Readings are*

*NOT given with EACH subscription, but only to the ONE CHILD whose name is drawn each month.*

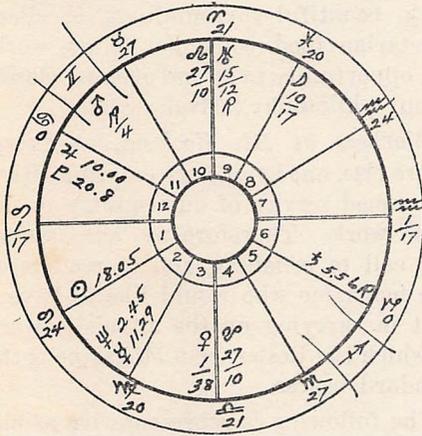
In applying be sure to give full name, sex, birthplace; and year, month, and day of month; also hour and minute of birth as nearly as possible. If the time of birth is *Daylight Saving Time*, be sure to state this, otherwise the delineation will be in error.

We neither set up nor read horoscopes for money, and we give astrological readings only in this magazine.

JACQUELINE McC.

Born August 11, 1930, 3:51 A. M.

Latitude 34 N. Longitude 118 W.



Leo on the Ascendant gives stateliness, pride, great endurance and recuperative powers. Leo children never like to follow, they usually are the leaders. They give generously of their time, money and knowledge; never stoop to do a mean act or take advantage of another. Although very ambitious to succeed and forge ahead, they use only honorable means to attain their object. As Leo rules the heart, no inconvenience or sacrifice is too great to make for those they love. Honest and faithful, they love truth and never use subterfuge but go straight to their object.

The Sun in Leo, and well-aspected as in this chart, gives wonderful vitality and strength. A noble, ambitious, aspiring nature with great personal magnetism. Strong will power which helps to win to the top despite obstacles and

the opinion of others. A masterful nature with a large measure of self-control and a keen sense of honor. The Sun in the first house makes the person cheerful and optimistic. Sun sextile to Mars tends to make the health radiant, and the person dauntless and determined, with courage to face any task. It also gives a frank, open disposition which at times is rather blunt and brusque, but Leo people are so intensely bent on whatever they are doing that they have no time for conventionalities; however, they are the people who with their great energy get the world's work done.

The Sun trine Uranus denotes an original, intuitive and independent mind. Sometimes these natives are considered eccentric because they are interested in unusual subjects, such as occultism and astrology. The Sun trine Midheaven with the Dragon's Head in the tenth house indicates general success in life and the ability to hold a high position of trust and responsibility.

The Moon in the eighth house may bring a legacy, but being in Pisces gives a tendency to indolence and a desire to dream instead of doing; this tendency should be guarded against and the power of the strong Sun used to combat it. The Moon in opposition to Neptune gives an unusual sensitiveness to unseen forces. The emotions must be kept under control and no seances attended or mediums contacted. The Moon trine Jupiter and Mercury trine to Saturn strengthen the constitution and the rea-

soning faculties; and if reason and common sense are used a great deal of trouble and sorrow can be avoided. The Moon sextile Saturn gives self-reliance, system carefulness, thrift and success in life through tactful, diplomatic dealings with others, and makes the native trustworthy, patient, persistent, and persevering.

Venus in the third house makes the mind cheerful and optimistic, and denotes a love for art, music, and literature, with great facility in expressing oneself either in writing or speaking. Venus in Libra indicates musical and artistic ability and popularity in public life. Venus square to Saturn warns that there may be some disturbance in the female functions, digestive troubles, and poor circulation. The diet should be carefully selected as Jupiter in Cancer tends to the overeating of rich foods, and Pluto there also tends to an abnormal appetite for unusual foods. Venus sextile the Ascendant will help improve the health if proper precautions are used.

Regarding the occupations in which success and satisfaction may be secured, the following are offered. A choice should be made early in life so the proper training and education necessary may be obtained. Aries on the Mid-heaven, Mars in Gemini, Leo on the cusp of the second house, Sun in the first, Capricorn on the cusp of the sixth with Saturn posited therein, all show ability to work as an organizer or executive in some large industrial concern. Saturn in the sixth house denotes ability to handle employees in an efficient manner. With Mercury and Neptune in Virgo, trine Saturn in the sixth, this young woman could become an investigator or inspector of hygienic or economic conditions of industrial concerns.

Ability to become an efficient nurse or chemist, hygienist or dietitian, is strongly indicated by Mercury and Neptune in Virgo, trine Saturn in the sixth, also by Pluto and Jupiter in the twelfth,

Saturn sextile the Moon, and Jupiter sextile Mercury and trine the Moon. As Sun and Moon have progressed into Virgo, and Neptune and Mercury are still there, the indications are that nursing would be the ideal vocation.

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## HELP WANTED at Mt. Ecclesia

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We should like to receive applications in all departments—if possible from persons not subject to military selection. Mt. Ecclesia is an ideal place to live and work, beautiful surroundings, excellent vegetarian food, congenial fellow workers, opportunity to attend evening classes in our philosophy, astrology, etc.

*Workers at Mt. Ecclesia*, as everywhere else, one by one are entering either the armed service of our country or defense work. Therefore we are issuing this call to members, and to readers of this magazine who would like to have a part in carrying on the altruistic work of which the Rosicrucian Magazine is the standard bearer.

The following is representative of our needs now or in the near future—

Pressman.

Housekeeper.

Houseman.

Vegetarian cook and helper.

Kitchen worker, dishwasher.

Office workers, typist, stenographer having fair speed in dictation, bookkeeper, accountant.

(Certain provisions of law make it impossible to accept applications from foreign countries.)

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Please apply by letter only. Workers and guests eat in the Dining Hall. We have no housekeeping accommodations.

Address—

THE ROSICRUCIAN FELLOWSHIP  
Employment Department  
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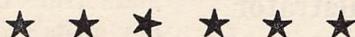


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# VOCATIONAL GUIDANCE ADVICE

THESE PAGES are a free service for readers—whether subscribers or not. Advice is based on the horoscope; therefore please give us the following information: Sex,

place of birth; year, day of month, and hour; full name. No readings given except in the Magazine and ONLY FOR PERSONS 14 to 45 YEARS OF AGE.—EDITOR.



## Executive. Teacher

**DANIEL J. M.**—Born July 27, 1920, 10:30 A.M. Lat. 41 N. Long. 74 W. Five planets in Leo (Sun, Venus, Mercury, Neptune, Jupiter) and four of them in the 10th house is the outstanding feature of this chart, and indicates executive and managerial ability, the Sun and Leo being the significators of authority and government. Therefore this young man has the ability to rise to substantial positions along these lines in business concerns or government. This configuration also shows marked ability to teach dramatics or other forms of entertainment. With six planets in fire signs, Mars in Scorpio indicates aptitude for surgery. Three planets with the Dragon's Head and Midheaven in water signs, and Mars sextile Uranus, show ability as marine engineer or mechanic.

## Teacher. Publisher

**THEODORE B. M.**—Born April 9, 1920, 5:45 A.M. Lat. 41 N. Long. 74 W. Jupiter and Neptune in Leo in the 5th house, Saturn in Virgo in the 5th house, Pluto in the 3rd and Moon in the 9th, indicate success in newspaper work, publishing, and editorship. Teaching drama, music (Venus in Pisces conjunct Mercury) are also shown. Another vocation which should prove successful is that of chemist: Uranus, Mercury and Venus in Pisces, with Mercury, Venus and Sun in the 12th house.

## Telegraph Operator. Writer

**ELLA E.**—Born January 24, 1909, 7:20 A.M. Lat. 37 N. Long. 27 E. Scorpio on the Midheaven, Mars in the

10th house and well aspected indicate ability in telegraph and telephone work. Sun and Venus in the 12th house show ability to work in hospitals or other institutions where the newer methods of healing are used (Sun in Aquarius), particularly hydrotherapy and electricity. Considerable talent is shown for writing by Sun, Mercury, Pluto, Dragon's Head and Ascendant in airy signs.

## Architect. Musician

**MARILYN A. B.**—Born November 9, 1929, 10:30 P.M. Lat. 42 N. Long. 71 W. Taurus on the Midheaven, Venus in Libra, three planets and the Dragon's Tail in the 4th house, show ability as a landscape architect. Musical ability is indicated by Taurus on the Midheaven, Venus in Libra, Neptune in Virgo trine Saturn, and Saturn in the 5th house well aspected. If surgery appeals, success may be had in this line indicated by Sun and Mars in Scorpio and both well aspected. There is also writing talent shown by Jupiter in Gemini, Moon in Aquarius and Venus in Libra.

## Machinist. Reporter

**ALOIS A. S.**—Born April 11, 1917, 4:30 P.M. Lat. 41 N. Long. 74 W. With five planets in the fiery signs and Sun sextile Uranus, ability as machinist is shown; any occupation in which fire, metal or tools are used would be profitable. The Moon in the 3rd house, Uranus in the 5th, and Mercury in the 8th indicate success as a reporter. Three planets in the 7th house, Saturn and the Dragon's Tail in the 10th, denote

success in some public office or as head of a mercantile house; Jupiter conjunct Mercury in Taurus and Saturn in the 10th also give good judgment concerning houses, mines, lands, etc.

### Merchant. Administrator

*REINO W. N.*—Born March 16, 1915, 2 P.M. Lat. 48 N. Long. 116 W. Success as a merchant in the automobile or electrical lines is shown by the four planets in Aquarius. Uranus, Mercury and the Dragon's Head in the 7th house indicate success with the public. Sun, Mars and Jupiter in the 8th house in Pisces denotes success as administrator of property. Four planets and the Dragon's Head in airy signs show talent for writing on the more serious subjects such as the sciences, etc.

### Physician. Writer

*KING V. S.*—Born September 18, 1933, 6:40 A.M. Lat. 36 N. Long. 96 W. With four planets in the 12th house and three of them in Virgo there is every evidence that success could be had as a physician or chemist. Writing ability is indicated by Mercury, Jupiter, Saturn, Dragon's Head and Ascendant in airy signs. But not fiction; rather the more serious subjects. Musical talent is shown by the conjunct of Mercury and Jupiter in Libra and Libra on the Ascendant, also Venus sextile Neptune.

### Appraiser. Novelist

*WILHELM T.*—Born May 28, 1915. Hour unknown. Neptune in Cancer trine Jupiter, and Pluto and Saturn in Cancer sextile Mars and Venus in Taurus are strong indications pointing to success as an appraiser of real estate, lands, mines, etc.; insurance agent; also investigator or inspector of agriculture, mining, economic conditions. Sun and Mercury in Gemini, and Uranus and Dragon's Head in Aquarius show ability to write novels or dramas dealing with the humanitarian viewpoint of life.

### Engineer. Bookkeeper

*EDWARD S. R.*—Born November 3, 1909, 12:20 A.M. Lat. 42 N. Long. 71 W. With Saturn, Venus, Ascendant, and Dragon's Tail in fire signs and Mars trine the Moon, engineering in any of its branches, but particularly oil or mining, is indicated. Mercury and Sun in the 3rd house, and Mars and Saturn in 8th, show ability as a bookkeeper. There are also indications that as a surgeon he would have success.

### Executive. Artist

*MARIE E. L.*—Born April 9, 1901, 12:30 P.M. Lat. 45 N. Long. 93 W. Success as the head or owner of some industry where fire, tools, metal, or sharp instruments are used, is shown by Sun, Venus, Uranus, Moon, Mars, the Ascendant and Midheaven in fire signs. Sun trine Mars denotes executive ability and Saturn in 6th house the ability to handle employees successfully. Venus conjunct Sun in the 9th house, well aspected by a sextile to Pluto, Sun sextile Neptune, and both Venus and Sun trine Uranus and Moon, indicate ability as a broadcaster or technician in the radio industry. Literary ability and originality are also shown.

### Drafting. Sciences

*FRANCES M. D.*—Born November 3, 1913, 7 A.M. Lat. 43 S. Long. 173 E. With Venus in Libra trine Saturn in Gemini, Uranus in the 3rd house sextile Mercury, and Mercury trine Neptune, success in draughting is indicated. Sun sextile Jupiter favors Government work. Sun and Mercury in the 12th house, Saturn in Gemini in the 6th show an inclination to the study of the sciences, particularly chemistry and the occult. Pluto, Mars, Neptune, Sun, and Dragon's Head in water signs indicate ability as stewardess on a ship, or in establishments where liquids are manufactured or sold (drugs and medicine come under this head).

# Worth-While News



## Food in Relation to Diet

Electrifying food news came last week from St. Louis. There, in a vat the size of a small room (1,000 cu. ft.), molasses, ammonia, water, air and yeast were being mixed. Every twelve hours this mixture produced a ton of good rich meat—nearly as succulent as the sirloin steak it takes two years to raise on the hoof, much cheaper, and much richer in proteins and vitamins. Furthermore, this new synthetic meat is so easy to make that its inventors already look forward to performing a modern miracle of the loaves and fishes after the war among the foodless peoples of the world.

The new food is actually a new kind of yeast, with added flavors that make it almost indistinguishable from natural foods. Its makers, Anheuser-Busch, have demonstrated its possibilities by serving meals including two delicious kinds of soup, meat loaf, muffins, cheese sticks, even pie—all made of varieties of yeast. Since yeast is the richest known source of B vitamins and contains about 50 per cent proteins (twice as much as meat), it surpasses meat as sheer food. And pound for pound of protein, yeast costs only a fifth as much as meat.

Three years ago, however, a British chemist named A. C. Thaysen began to explore yeast's possibilities as a straight food. He developed a new strain (from a variety called *Torula utilis*) with a pleasant, nutty flavor, so cheap to produce (10c a lb.) that the British Government has started building a plant in Jamaica to make 2,000 tons of Thaysen's "food yeast" a year. Chemist Thaysen at most expected to serve his yeast in concentrated doses to supplement a poor diet; despite its pleasant flavor, he did not conceive of *Torula Utilis* as a candidate to upset the world's food economy.

But that idea did occur to a young research geneticist named Carl Lindegren at St. Louis' Washington University. He thought of developing yeast in a variety of flavors resembling staple food tastes. The Lindegrens cultivated yeast with spores, opened the spore sacs and cross-fertilized them, in this way bred thousands of new varieties of yeast. Finally, they got some to the king's taste.

*A Powder for the Future.* Anheuser-Busch is now geared to produce millions of pounds a year. The process: 125 lb. of yeast is planted in a vat containing 7,000 gal. of water, a ton and a half of molasses (on whose sugar the yeast feeds) and am-

monia (which provides nitrogen that the yeast converts into protein). The mixture is kept warm, stirred by 1,000 cu. ft. of air a minute (without air the yeast would ferment the sugar). After twelve hours the prodigiously growing yeast, having multiplied its original weight 16 times, is a ton of flavorsome food. In its uncooked form it is a dry, light, brownish powder with a meaty, nutty or celery flavor, depending on the variety.

As yet the new food (actually a vegetable-meat) has not been named; it will not be offered under the unappetizing title of "yeast." The Army and Lend-Lease are already buying millions of pounds. Post-war possibilities are obviously enormous and the product's wildest enthusiasts stop at nothing: observing that a 10-ft. vat can produce as much meat in a year as 1,000 acres of pasture, they fancy that the world's cattle may be heading for the last roundup.—*Time*, August 9, 1943.

The occult scientist knows that in the process of evolution the great Leaders of humanity take everything into consideration, the food of mankind included.

The spirit, the real man, has four vehicles in which he functions, a dense, vital, desire, and mental body. During the different stages of man's development, special attention has been given to the formation and growth of each one of these vehicles.

At the time in past history known as the Hyperborean Epoch, man's vital body was given this special attention, and his food was a most potent factor in that growing process. The Lemurian Epoch followed the Hyperborean Epoch, and the desire body was developed by means of milk which was added to the diet. In the Atlantean Epoch which followed the Lemurian, the germ of mind was given to man. Thought, a process of the mind, breaks down brain cells which must be replaced. The lower and more material the thought, the greater the havoc wrought, and the

more pressing the need for quick repair.

Meat is the most concentrated and most easily assimilable of nitrogenous foods. Hence it was added to man's diet in the Atlantean Epoch in order to secure the quick nerve cell repair needed. However, the more spiritual man grows, the more his thoughts will harmonize with the rhythms of his physical body, and the less nitrogenous food will be needed to repair broken-down tissues; consequently a vegetable diet will be quite sufficient to supply his physical needs.

The next food given to evolving man will again be derived from the ether-laden vegetable kingdom, owing to the fact that a new vehicle in which man will function in the future is being built by each, composed of light and reflecting ethers. Therefore the great Leaders of mankind through the agency of human beings, more than likely quite unknown to them, are already preparing a new food composed of vegetable derivatives which will take the place of meat in the diet of man just as rapidly as he evolves to the place where he no longer is in need of that particular form of nutrition.

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## Children Inherent Imitators

By DR. JOSEPH F. BLACK, D.C., N.D.

One trouble you will always have with your child is that he will insist on doing as you do, and not as you teach.

Children are not inherently bad, as many suppose, but learn their ideas of right and wrong from their elders, principally from their parents.

If your child is easily irritated it can only be because you have shown the same irritability upon similar occasions.

The child, of course, does not deliberately copy his elders but, nevertheless does so unsuccessfully. Your slangy expressions become part of the vocabulary of your child. . . .

Example is always stronger than precept.

Children wish always to do the right thing, but often do not understand what is desired of them because you, yourself, do not do as you teach them to do.—*Nature's Path*, August, 1943.

There is no creature in the world that is as imitative as a little child. Therefore its conduct in later life depends largely upon the *example* set by the parents while it is passing through the impressionable years of early childhood.

Everything in the child's environment leaves its impress on the child for good or evil, and parents should realize that their slightest action may do incalculable harm or good in the life of their children.

Trying to teach a child to mind or to moralize with it is of little or no value in its early years for the reason that its mind is undeveloped, and therefore it has little or no reason. Example is the only teacher it really needs, for it simply cannot help imitating, that being the only method of growth accessible to it, particularly during its first seven years. Moral training and reasoning both come later in the child's life.

During the three septenary periods following birth, the vital, desire, and mental vehicles are still in an undeveloped stage, and therefore forcing a child of tender years to think, memorize, or to attempt to arouse the emotional nature is like exposing a tender, undeveloped plant to the freezing blast of a winter wind, or the fiery heat of a blazing furnace; and the result would be equally as disastrous. This does not mean that a child should be prevented from learning from its own volition, but that all the child's development of thoughts, ideas, et cetera, should come gradually and naturally without any forcing process. And much can be done for a child by surrounding it with the right kind of playthings; those on which it can exercise its own ingenerate faculties; and it should never be given anything that is finished, so to speak; but rather toys that can be made to do things—built into something, or changed in form, all of which gives the brain something easy to work on that is both pleasant and instructive.

# Question Department



## Spiritual Healing

### Question:

Will you please tell me something about spiritual healing, that is, what it is, and how accomplished?

### Answer:

Spiritual healing is accomplished by raising the vibration of the various vehicles in which the individual functions to such an extent that all crystallization in them is broken up, thereby enabling them again to perform properly their normal functions. There are various methods by means of which this may be accomplished. Contact with a highly spiritual person may bring it about, inasmuch as such a one may act as a channel for the higher spiritual forces which are thus inducted into the organism of the patient.

The Rosicrucian method is put into effect by what is known as the Invisible Helpers, who while working on the higher planes manipulate the finer vehicles of the patient, and also direct the healing force into his body as required.

A third method is auto-suggestion, which stimulates the subconscious mind causing the Ego to exert its power and direct its vehicles along lines of activity which demonstrate harmony. It is also possible for prayer, if coupled with intense feeling or desire, to make contact with the Christ healing force of the World of Life Spirit and draw this power down for the healing of the mind or body.

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### CAPITAL PUNISHMENT AND ITS AFTER-DEATH EFFECTS

### Question:

I would like to know the opinion of Rosicrucian students relative to capital punishment. Somehow it has never

seemed justifiable to me. Murder appears to me to be murder regardless of whether it is sanctioned by law or not; and the Bible states that we should not kill. I would also like to know if when a man is executed, he comes under the Law of Infant Mortality and dies in early childhood the same as a victim of accident?

### Answer:

Rosicrucian students do not believe that capital punishment is justifiable under any circumstances, and they know that all too often it results in a great deal of harm. As long as an individual is functioning in a physical body it is, comparatively speaking, quite easy to restrain the actions of such a one by placing him in an institution where he can do no harm to his fellow men. But when such a one is executed, he is actually set free in the Desire World, where it is possible for him to influence others functioning in physical bodies to a much greater extent than he was able to do while living in the world; and such a one is not slow in finding out his after-death possibilities and taking advantage of them. Such disembodied persons often work upon individuals in physical bodies who have some sort of grievance against some person or even a community in which they live, inciting them to start fires, rob banks, wreck buildings, perhaps gratify some personal grievance, commit murder or some other crime equally atrocious.

On the other hand, if such criminals were incarcerated for the safety of the community, it would be possible that after a time they would change their views, repent of their crimes, and when release through death finally came in a natural manner, would go out into the

Desire World no longer a menace to their fellow men.

In the light of the foregoing it is easy to see that capital punishment is in reality subversive of the purpose for which it is used for the reason that it does not act as a deterrent to other crimes but actually fosters them.

Replying to the last part of your question as to whether a man executed will have to die as a child in the next life, the answer is, yes, he will, for the following reason: According to the Law of Infant Mortality anyone who dies under circumstances which prevent the review of the life panorama does not reap the fruits of the past life. When an individual is executed, the shock, anger, resentment, et cetera, which he feels and the horror of the whole proceeding deprive him of the peace and quietness of mind that are very essential in order that he may obtain a clear cut record of the life which has just ended. Accordingly this lack of opportunity will have to be supplied by the advantages which are given in the First Heaven to all individuals who pass out during childhood.

#### THE SIXTEEN PATHS TO DESTRUCTION

##### *Question:*

What do occult students mean when they talk about the sixteen paths to destruction? Are there really sixteen particular ways in which one may be destroyed?

##### *Answer:*

The sixteen races are called the "sixteen paths to destruction" because there is always a danger that individuals may become so attached to their own particular race that they become enmeshed in their race characteristics and cannot rise above the race idea. They will, thereby, fail to advance; they may crystallize, so to speak, into that race, and consequently be confined to the race bodies when they start to degenerate.

Previous to the time when races appeared, evolution moved more slowly

and there was ample time to make adjustments. Therefore the likelihood of becoming fossilized was not so great nor so frequent. But the sixteen races are born and die in such a relatively short time that now there is a grave danger that those who get too much attached to a race and its characteristics may fail to make the grade. They would thereby lose out in their own particular scheme of evolution, and have to be held over until some future evolution reached a stage where they could drop in and proceed with their development in a new human period.

#### PERCEIVING OCCULT TRUTH

##### *Question:*

I have friends who tell me that they will not believe anything relating to occultism which is not proved to them. What I want to know is how should occult students work with such people in order to convince them of the truth relative to occultism?

##### *Answer:*

One should never attempt to convince any body relative to the truth of occultism. All the occult student can do is to discuss the subject with those who he feels might be interested in it. It is not only a waste of time, but might be a real detriment to present ideas along occult lines to people who are not ready to receive them.

When a person has developed to the extent that he is sensitive, even a very little, to the vibrations of the super-physical planes, he begins to sense the existence of things which cannot be accounted for by purely physical means. Then he usually seeks among his acquaintances some one who he feels can help him to solve the mystery encountered. Such an individual is then ready to listen to the occult student and, moreover, he is able intuitively to perceive the truth contained in occult philosophy without any argument or any attempt to convince him of its verity by anyone else.

# Nutrition and Health

## Rosicrucian Ideals

The Rosicrucian Teachings advocate a *simple, pure, and harmless life*. We hold that a plain vegetarian diet is most conducive to health and purity, also that alcoholic drinks, tobacco, and stimulants are injurious to health and spirituality. AS CHRISTIANS we believe it to be our duty to avoid sacrificing the lives of animals and

birds for food, also, as far as possible to refrain from using their skins and feathers for clothing. We hold vivisection to be diabolical and inhuman.

We believe in the healing power of prayer and concentration, but we also believe in the use of material means to supplement the higher forces.

*Our motto is: A SANE MIND, A SOFT HEART, A SOUND BODY*

## Dietary Prevention of Disease

By HAROLD GLUCK, PH.D.

*Reprinted by the author's permission from "The Modern Baby" Magazine under the title "Feeding Is No Picnic."*



WORLD War II, or the Survival War, is bringing, slowly but surely, to the American people the importance of understanding the fundamentals of a sound nutritional program. With the concept of total war now being clearly comprehended, there is the realization that every person in this country, regardless of age or sex is a participant in one of the greatest struggles of recorded history.

Physical fitness becomes practically obligatory and with the scientific information that we have on hand, a sound nutritional program can do much to improve the health of the nation. We can learn our lesson by the experiences of Germany in the first World War. In spite of the fact that strict rationing was at once introduced in that country, by the third year of the war there was not enough food for the German people. Rolls made from straw were not exactly a delightful delicacy even for a hungry man. Not only was the efficiency of the German worker materially reduced, but in addition to social unrest there were many cases of malnutrition.

An army marches on its stomach and a poorly fed soldier is not a very efficient

fighter. In the same manner it is evident that poorly fed workers cannot produce at peak efficiency. It has been pointed out that the poorly fed civilian is as a rule timid, anxious, nervously unstable and lacking in efficiency. One of the penalties of war is disease and with overcrowding in a given area, a lowered standard of living as available consumer goods decrease, a shortage of physicians and dentists, an increase in fatigue, alternate periods of despondency and cheerfulness, and other unfavorable conditions, the morale of a country can be materially reduced.

Without food we cannot live. This statement is a truism. The human body needs food for growth and muscular development, the development of energy and power, the enhancement of mental alertness, and the prevention of deficiency diseases.

There is a negative way of expressing the importance of proper foods in our diet and that is to say that when something essential may be missing from our diet, something essential may be missing from us as a living working organism. And as a result an unfortunate condition may arise. Specific illustrations will

now be considered so that the importance of this point may be properly stressed.

The human body makes its supply of vitamin A from a substance in plant foods known as carotene. It is also capable of getting vitamin A from certain oils . . . as from butterfat. During World War I, Denmark found a ready market for its butter and hence exported large amounts of it. Other fats were substituted in the family diets in the homeland. As a result of the lack of vitamin A, blindness began to show up among the Danish children. As soon as the Danish government limited its exportation of butter, this condition began to disappear.

We know definitely just what takes place in the human eye during the so-called "seeing process." The retina contains two kinds of structures sensitive to light. We call these structures rods and cones. When light strikes either the rods or cones, substances are broken down chemically. At night a driver is at the wheel of his truck. The substance in the rods which reacts to dim light is called visual purple which contains vitamin A. As dim light strikes the visual purple it becomes bleached. Vitamin A is released during this process. It is evident that there must be a continuous supply of vitamin A or the visual purple will be slow in forming. And if it is slow in forming, the eyes will not be able to adjust themselves to dim lights and an accident may result. Eating the proper foods containing vitamin A can either prevent or cure this condition. . . . Parsley, apricots, dandelion leaves, carrots, and yellow butter are rich in vitamin A.

Let us now examine the facts in regard to another disease. During infancy the soft cartilaginous bones of the newborn baby are converted into hard bone and the skeleton also undergoes certain changes. If less than the normal amounts of calcium and phosphate are deposited in these growing bones there results a disease known as rickets. This condition

usually occurs between the sixth and the eighteenth month in the life of a child.

This disease has been found where the diets of infants have not had sufficient amounts of calcium, phosphorus, and vitamin D or its equivalent—sufficient exposure to the beneficial rays of the sun. The word rickets means trouble with the spine and this condition was given that name by Glisson in the year 1650 in England.

We now know without vitamin D or the exposure to the beneficial rays of the sun, rickets will take place in the bone structure of the infant. Hence you can state that a deficiency of vitamin D does result in rickets. An examination of the human bones in rickets shows a decrease in the calcium and phosphorus content and a consequent relative increase in the water content.

While rickets can be prevented by exposure to the sunlight, this method is complicated by the fact that the anti-rachitic effects of sunlight are decreased in the case of children who are dark-skinned; it may not be convenient nor suitable to expose the body at the proper time to the rays of the sun; and the opportunity for such exposure may be limited. The statement has been made that over half of the children in the temperate zone show some traces of rickets, and that they might not be obviously deformed but their teeth might be malformed or soft, their legs bowed, their knee and ankle joints enlarged. The ultraviolet rays emitted by suitable electrical apparatus can be used at home. But the easiest way is to take vitamin D as part of the diet. This can be accomplished by the use of vitamin D milk, and vitamin D concentrates. Some of the foods do contain vitamin D but not in sufficient quantity to supply the necessary amount. Such foods are milk, butter, and egg yolk.

The disease known as scurvy generally recalls to one's mind the disease from which sailors for centuries have

suffered. However, soldiers, adventurers, explorers, and even the ordinary citizens who carry on many of the mundane affairs of this world, in past years have also suffered from this disease.

There were those who by keen observation felt that it was due to a very simple obvious fact—something was missing from the diet. The solution at first glance seemed just as simple—add that certain something to the diet. If fresh vegetables and fruits could have been carried on the old sailing boats the problem might have been solved in a very ordinary manner. But in the old days that apparent solution was out of the question. During the 17th century there is a record of scurvy being prevented by the rationing of lemon juice to the crew of a ship. The renowned Captain Cooke prevented scurvy among his crew by feeding the men sauerkraut. According to Dr. Lind, a surgeon in the British Navy, Bachstrom in 1734 claimed that fresh fruits and vegetables are alone effective to prevent the body from suffering from scurvy.

However, at the dawn of the 19th century, the British Navy solved the problem of preventing scurvy by making the rationing of lemon juice for its sailors compulsory. The sailors soon became known as "limeys" as the juice of the Mediterranean lemon was generally used. Then for about half a century this disease was no longer a problem until, as a result of politics, the juice of the West Indian lime was used. Scurvy reared its ugly head again. The juice of citrus fruits as a preventative was discredited. And when the potato crop failed in Ireland, scurvy appeared among many of the inhabitants of that country. The symptoms of scurvy—soreness and stiffness of the joints, swellings and bleeding of the gums with loosening of the teeth and hemorrhages under the skin—were not exactly pleasant to see nor to relate.

Various theories were advanced for the cause of this disease until finally

it was discovered that the cause was a deficiency of vitamin C. Theobald Smith, then chief of the Pathological Division of the Bureau of Animal Industry, described in his annual report for 1894-95 a disease in guinea pigs which was identical with that suffered by sailors on long voyages—scurvy! And Smith found out how to cause the disease. Unfortunately he did not associate the disease of improperly fed guinea pigs with that of improperly fed human beings. But Holst, a Norwegian, was able to find out what foods could prevent and cure scurvy in human beings by realizing that the guinea pig also could get scurvy.

All that one has to do to prevent scurvy today is to include vitamin C in the diet. The three citrus fruits—orange, grapefruit, or lemon, will supply vitamin C. Ascorbic acid bought in the drug store is just as effective. Some of the foods, and there are many of them, which contain vitamin C are the banana, melon, spinach, cabbage, strawberries, potato, tomato, watercress, and Brussels sprouts.

The disease known as beriberi was recognized by the Chinese as early as 2697 B.C. Insofar as the western world was concerned it apparently was unknown to medical men until 1645 A.D. It is caused by a lack of vitamin B<sup>1</sup> in the diet. This disease has had widespread occurrence in the Orient, including the Philippine Islands. Towards the end of the 19th century, while the Japanese were beginning to build up their navy, the spread of this disease, which annually affected from 25 per cent to 40 per cent of their naval force, threatened to interfere with these plans. Polished rice, refined by a process which removed the vitamin covering of the outer coat of the seed was the main item in the sailors' diet. Takai experimented with the diet of the Japanese sailors. . . . What he did was to send two Japanese warships over the same cruise, with but one difference. The men on one ship

were fed one type of diet and the men on the other ship were fed a diet consisting mainly of white rice. The results were that in regard to the men on the ship that were fed white rice, more than two-thirds of them suffered from beriberi, while on the other ship with the experimental diet there were only a few cases of this disease. Further investigation showed that in regard to these few cases, they had developed among those men who did not eat the new foods.

As a result, the occurrence of the disease became negligible. What was interesting about these results was the peculiar fact that here was a case of the curing and prevention of a disease without a satisfactory answer as to the specific cause. Other experiments were carried on by successive investigators. The complete answer came with the isolation and identification of vitamin B<sup>1</sup> as the preventative of beriberi. Credit must be given to Eijkman, Jansen, and Donath, Williams and Kline and a host of other patient investigators.

It would be correct to describe beriberi as a nervous disease and in the early stages such symptoms as fatigue, headache, stiffness, and loss of appetite appear. It may strike at persons of all ages from infants to adults in the advanced stages of life. The word beriberi comes from the Sinhalese word meaning weakness.

Different types of beriberi have been described. In polyneuritis we find a condition in which control of all the muscles is affected wherein there is a lack of coordination in the movements.

Vitamin B<sup>1</sup> may be taken in concentrated form or in the crystalline vitamin itself, known as thiamin chloride. Wheat germ contains vitamin B<sup>1</sup>, as does yeast. There are a variety of foods in which this vitamin is found as in whole grain cereals, peas, nuts, oatmeal, and squash.

Pellagra is a disease which is found predominantly among poor people. It

has occurred in Egypt, the Soviet Union, the Balkan countries, Italy, Spain, and the United States. In our own country as many as 400,000 cases annually have been reported and in Egypt as high as 30 per cent of the population has been affected.

As a result of the excellent work of Goldberger and his associates, who worked over a period of years with pellagrous patients in some of the southern institutions, it was demonstrated that this disease could be prevented or cured by a change of diet. Keen observation on part of these investigators showed that a disease known as canine blacktongue, which occurred in dogs fed a diet that produced pellagra in human beings, was in effect a similar disease.

The symptoms of this disease are at first, loss of strength in the legs, loss of weight, moodiness, and a change in the appetite. Changes in the skin may also take place. The tongue is affected and ulcers develop. In acute cases, severe diarrhea occurs. Dizziness, headaches, and paralysis may take place. Briefly, you can say that the poor victim is subject to the 3 D's—diarrhea, dementia, and dermatitis. The first scientific description which we have of pellagra was written by Casal, a Spaniard, in 1735. It was his opinion that the disease was due to faulty nutrition.

Niacin, or as it is sometimes called, vitamin P-P, or as it was formerly called, nicotinic acid, prevents and cures pellagra. Some of the foods which contain the preventative element are wheat germ, collards, cabbage, and yeast. The most effective foods in the treatment of pellagra have been yeast, milk, wheat germ, green vegetables, and legumes. Vitamin B<sup>6</sup> has also been used in pellagra studies.

The illustrations which have been presented all make one point very clear—there are dietary deficiency diseases which can be most effectively prevented by an adequate diet.

## Patients' Letters

Oregon, December 1943.

Dear Friends:

It has been a couple of weeks since I last wrote to you; I believe that is ample time to see how I will fare on my own again. And I am very happy to relate these results: I have tried for employment and without the least trace of that fear complex that had such a grip on me before seeking your help.

The other condition has improved greatly, with numerous minor ailments that I never even mentioned to you.

I am most grateful for the deliverance from past mental and physical tortures. It only takes a few words to express my gratitude here, but I intend to prove the sincerity of them by my devout way of living from now on.

Gratefully yours,  
—J.J.

Minnesota, June 1943.

Dear Fellowship:

In reporting progress I am happy to tell you I am better and better. I perceive slow but sure improvements; back ache, wobbly walking, and head trouble still hang on but indications of departure even there. There is to be a complete renovation for the old gent, and it is coming round the bend because the vista is beautiful. I see things ahead and there can be no failure. Of course we can't grow flowers in a day or week nor have fruit on the jump. I am anxious to prove that no one is too old to be completely rejuvenated by the healing of the Christ Force, as powerful today as it was in the days when His feet trod the roads of Galilee.

Thanks for your kind letter.

Yours in The Work,  
—D.E.G.

California, October 1943.

Dear Friends:

The Healing Powers at the Fellowship Healing Temple are truly marvelous. My mother was suffering with a sudden attack of the same old jaw trouble that always seems to threaten a sort of paralysis of the jaw; but almost the moment she began writing her letter to you she began to feel better, and is now washing and wiping the breakfast dishes, although, of course, the jaw is still a trifle tender. The doctors have never been able to diagnose the real trouble underlying this, yet we always note that the focussing of the Healing Ray by the Probationers and Disciples and the assistance of the Elder Brothers does certainly do the good work and you are a perfect channel for reaching both my mother and myself.

May God truly bless you in all you do.

Sincerely,  
—L.E.

## Healing Dates

February . . . . 5—13—20—26  
March . . . . . 3—11—18—24—31  
April . . . . . 7—14—21—27

Healing meetings are held at Mt. Ecclesia on the above dates at 6:30 P.M. If you would like to join in this work, begin when the clock in your place of residence points to 6:30 P.M., or as near that as possible; meditate on health, and pray to the Great Physician, our Father in Heaven, for the healing of all who suffer, particularly those who have applied to the Invisible Helpers.

## People Who Are Seeking Health

May be helped by our Healing Department. The healing is done largely by the Invisible Helpers, who operate on the invisible plane, principally during the sleep of the patient. The connection with the Helpers is made by a weekly letter to Headquarters. Helpful individual advice on diet, exercise, environment, and similar matters is given to each patient. This department is supported by freewill offerings. For further information address, The Rosicrucian Fellowship, Oceanside, Calif., U.S.A.

## Seeds of the Sun

By RUTH HARWOOD

*During the fertile season of spring  
plowing*

*The rich Mother Earth is turned over  
from her winter sleeping,*

*And the seed miracles of fruition*

*Are once again entrusted to her keep-  
ing,*

*While man, in partnership with Faith,  
Works through the season to abun-  
dant reaping.*

*This year we know another plowing  
in our land,*

*A different soil unto a greater sowing.  
The field of human hearts plowed deep  
with suffering.*

*O, Sowers of the Seeds of Light, with  
New Age vision glowing,  
Work gloriously through this time of  
mortal night,*

*The ultimate rich golden harvest of  
the Kingdom knowing!*

# Children's Department



## Let's Take a Walk With God

By EDNA P. WALLING



AS I walked into my daughter's home, which I entered without knocking, I heard sobs that were coming from 'way down deep. My little granddaughter Judith was sobbing as if her heart were broken. Her smaller sister, Maureen, was standing helplessly by, wondering what to do to console her sister.

I knelt down beside Judy to catch her words: "Someone killed my kitty—and I feel *so* bad!"

I asked Judy if she would like to go for a walk with God, and through her tears she said she would. Seeing the look of pleading in my other darling's eyes, I asked Maureen if she would like to go with us.

It had been raining, but now that the tears had stopped flowing from inside, the rain seemed to follow suit and had ceased falling.

As we started, the stars were coming out in all their glory. I asked Judy to pick out any star—the very brightest one—and being a lovely Taurian, she chose Venus. I said to her that if God can take care of the stars, He could and He would take care of her little kitty, and that when she thought of her little pet, if she would look up at this pretty star, she would not feel badly any more.

Just then Maureen said, "Oh, look, Grandma! What is this?" It was a crippled sparrow. "We will take it home and care for it," I said, "for God watches over even a sparrow in its fall."

Judy said, "Well, my kitty sometimes caught sparrows and ate them. Where

did they go then? Up to God, the same as my kitty?"

"Yes," I answered, "God takes care of all of His loved ones."

Judy took off her pinafore and wrapped the sparrow carefully in its folds, where it snuggled down and was calm, its bright eyes seeming to say, "You won't hurt me, I know."

Maureen had wandered off a few feet because some bright flowers had caught her eye. As we looked up, she came to us with her hands full of beautiful blue forget-me-nots that had attracted her in the moonlight. "Do these belong to God too?" she asked. "If God takes care of the stars, the kitties, and the sparrows, does he also take care of the flowers?"

"Yes, they are part of God's Kingdom, and they live and grow as we do. They belong to the plant kingdom."

Judy was talking softly to the sparrow, and was acting like a little mother. Her grief for her lost kitty was being changed to love for her sparrow. And here Judy learned a valuable lesson: through her kindness to the sparrow, her own loss was being changed to compassion.

Maureen wanted to carry the bird "just for awhile," but knowing that Judy would not part with it, I asked Maureen if she could see well enough in the moonlight to find any grass or small sticks that we could gather to make a nest for the sparrow. She ran to the side of the lane and suddenly stopped still. "Listen!" she said.

And then *we* heard it—a small pitiful, “Meeow, meow.” We looked in the grass and there lay a small, wet, black kitten!

“Mine!” said Maureen. “Mine!” said Judy. “I lost *my* kitty, so I should have this one. May I not, Grandma?” I said, “Let’s take it home first, and see if we can save it.”

As we picked the kitty up, the sparrow tried to get way, so I asked Maureen to take the kitten. She had already taken off her pinafore, and soon the kitty was purring out its little song in gratitude.

Judy asked if God knew that the kitten was left here all alone, and we talked of how God sees everything, knows everything, can look into our hearts, and that He is glad to have us care for His little creatures.

As we started home to care for our little pets, our cocker spaniel bounded out to meet us, for where the little girls are, Sunny is never far away. Such jumping and running round and round, trying to see what the girls had in their arms!

Sunny is the pride and pet of our household. She is a beautiful, bright reddish-gold; therefore her name, “Sunny,” fits her well. We formed a unique procession as we marched into the house with our arms full—breathless shining-eyed little girls, the cheeping sparrow, the mewling kitten, the barking puppy, and grandma bringing up the rear. We put out milk for the kitten, who could purr and eat at the same time. Also we put the sparrow in the bird cage with the one Love-Bird left, as the other had flown away when the cage door had been left open one day.

In a few moments Judy said, “Look, the sparrow is going to eat!” We all gathered round the cage to watch it take the first few seeds in its dainty beak.

Maureen said, “I think God told him to eat,” and we all felt sure of it.

Mother then said, “Would you girls like to have some warm milk before go-

ing to bed?” An eager chorus of “Yes,” answered her.

Judy, who is my little question mark, said to me, “Does God take care of us as He does of the wet kitty and the lame sparrow?”

“Of course, darling,” I replied. “We are very precious to Him. In our Bible, we find these words: ‘God so loved the world that He gave His only begotten Son, that whosoever believeth in Him should not perish but have everlasting life.’”

Maureen, who had been helping her mother set out the cups, said wisely, “Well, if God takes care of *us*, then He just takes care of everything, and all we have to do is to love and help Him!”

After the warm milk and a last look at the kitty that had come to fill our hearts and home, and who was sleeping peacefully before the fire, also a last peep at the sparrow in a small box in the bottom of the cage, Judy and Maureen scuttled off to bed.

As they knelt to say their prayers, they asked God all the usual requests, and then they lifted their voices in praise for “the walk with God,” and finding their new kitty. They asked God to heal the sparrow so that it could fly away soon, for they did not want to keep it long in a cage, and knew that God would want to take care of it.

As they were being tucked in bed, hugged and kissed, Maureen asked, “May we go for a walk with God, tomorrow, Grandma?” And as I kissed them goodnight I said, “Yes, we will go every day. We may not find a kitty every day, but we can always find some of God’s loved ones to help.” And with this promise, they were soon in dreamland.

As my daughter and I returned to the living room, we found the kitten purring softly, and the sparrow with its head tucked under its wing. A deep peace was in the home, as if the Angels had been there and left a sense of beauty

(Continued on page 142)

# Echoes from Mt. Ecclesia



**PROBATIONER** and trained nurse, Mrs. Edna P. Walling, has returned to Headquarters and is now employed as a secretary in our Healing Department. When Mrs. Walling was here before she worked in the Astrology Department. She has also been employed in a San Diego High School as teacher of Astronomy. Headquarters is blest by her presence here: she not only renders practical assistance in many ways, but is also an excellent organist.

Mrs. Verna Wilson is welcomed back again to her desk in the Philosophy Department, after a month's absence which was necessitated by injuries sustained in an automobile accident.

This is a period when the Aquarian principle of preparing for the future is dominant at Headquarters; while nothing novel appears to be transpiring outwardly, there is a mighty onward-sweeping force at work, quiet, unostentatious, indomitable, disseminating far and wide the incomparable New Age Teachings. The huge mailbags arrive with their precious cargo—letters and lessons from students at the four corners of the earth. The bags are emptied and filled again, then hauled away to the postoffice, carrying their lessons in the Rosicrucian Philosophy, Astrology, Fear Mastery and Etheric Sight, which have been read, analyzed and corrected. Letters also go post-haste to the many patients on our healing list, giving them encouragement, enlightenment, and a firm, helping hand until they have regained their equipoise and can stand on their own feet, physically as well as spiritually and emotionally.

Thus the work at Headquarters carries on despite wars and rumors of

wars, and despite variable weathers—warm, summertime days tumbling out of the weatherman's unpredictable bag; languorous, balmy days in a heterogeneous mixture of windy days and rainy days; days when one's breath is white upon the air, and the snow on the San Jacinto Mountains seems to be creeping closer.

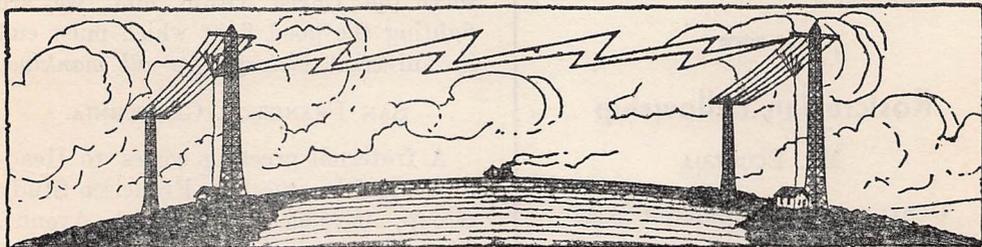
The gardeners are busy raking leaves, planting bulbs and various seed for early spring crops; leaky roofs are being repaired and sewer pipes mended. The bees are about their own secret winter business now, and their hives seem like small white tombs of the past. . . . But we know that this time of quiescence and comparative outer inactivity is but a period of gestation, and that from apparent death, life will soon burst forth in manifold and magnificent abundance.

## In Memoriam

*Mrs. Myrtle Bahlman*, one of the early Fellowship disciples, and who devoted many years of her life to helping spread the Rosicrucian Fellowship teachings, left her tired body on January 8, 1944, to enter into the reward promised by Christ: "Come unto me, all ye that labor and are heavy laden, and I will give you rest."

Her life was a blessing to many who contacted the Rosicrucian Philosophy through her, and because of her example found inspiration to "live the life" of faithfulness and service. Although many friends urged her to retire, with true selflessness and devotion to the work she continued in the Esoteric Department until almost the very last.

# Rosierucian News Bureau



• • • • •



HE statement made by George Lansbury that the crimes now being committed by man against man cry aloud not for vengeance, but for a complete change in our relationship one with another, provides an illuminating commentary upon all the history of past ages, during which carnage was rampant and blood ran freely. History staggers beneath the weight of its dead heroes. And to what avail? What lessons have been learned? For in this year of our Lord 1944, men by the hundreds of thousands are still being slain in bestial battle. Despite the sacrifice of the lives of millions of men throughout the years, nothing apparently has been learned by which man can get along peaceably with his fellow man.

Nations league together, ambassadors with their briefcases fly to this country and that, and governing bodies debate, devise and all but despair. Yet the solution to all of man's problems, everywhere and for all time, is with us now and has been since that far-off day when the Pharisees and Herodians were sent to Christ "to catch Him in His words."

It was then He pronounced the words upon which the foundation of heaven itself is builded, establishing a spiritual fellowship (which the Rosierucian Philosophy teaches is the panacea for the world's woe): "Thou shalt love the Lord thy God with all thy heart, and with all

thy soul, and with all thy mind, and with all thy strength; this is the first commandment.

"And the second is like, namely this, Thou shalt love thy neighbor as thyself. There is none other commandment greater than these."

Surely these commandments should be deliberately seared deep into the consciousness and upon the heart of every one who would seek the path of Initiation!

Their significance has not yet dawned universally in the public mind. Sages and philosophers have been confounded with their own intricate and thought-provoking treatises for the amicable conduct of mankind, yet the solution has been here with us for all these centuries—so simple, so lucid, so childlike even, that the wiseacres have in their profundity overlooked it.

Love, however, does not mean a supine, listless sort of affection. *Love is a weapon*, and in performing acts of self-sacrifice, of kindness, the aspirant is using it as such. Love, or pure, simple good-ness, is a *spiritual force* against which no power in heaven or earth could long withstand.

As we use this spiritual force, courageously practising humility, dauntlessly championing Right wherever we can, and at whatever cost to ourselves in worldly goods or prestige, we are obeying the command of Christ, our

## World Headquarters

OF THE

## Rosicrucian Fellowship

MT. ECCLESIA

OCEANSIDE, CALIFORNIA, U.S.A.

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Divine Leader. When we refuse to see our neighbor's faults and transgressions, when we magnify his good and serve the Christ within him, we are fighting the good fight which must end in universal *victory—for all mankind.*

SAN FRANCISCO, CALIFORNIA.

A fraternal greeting comes to Headquarters from the San Francisco Study Group, located at 1763 47th Avenue. The secretary states that due to "unavoidable causes" the attendance is scant, but that the ones who do attend find the meetings uplifting and interesting.

We sincerely hope that very special effort will be put forth by those in charge to see if the unavoidable causes cannot be removed, in order that this Center, so advantageously located, may become a powerful instrument through which the Higher Ones may work. Our kindest thoughts are with you, dear friends!

EDMONTON, ALBERTA, CANADA.

Congratulations and best wishes to our friends in Edmonton, who write that they have begun a Rosicrucian Philosophy Study Group, the first meeting of which was held at The Grove, 11450 Jasper Avenue.

They request our blessing and prayers for the work of this new study group, and expressed the sincere hope that they may in turn be a help to many others in Edmonton, as well as a help and inspiration to Headquarters. All those interested in the Rosicrucian mystical teachings are invited to attend, to "mass their coals" with those of others, so that "the heat which is latent in each may be kindled into a flame, emitting light and warmth."

VANCOUVER, B. C., CANADA.

This Center reports a fair and little-varying attendance. At North Vancouver a philosophy class is held in the

afternoon, since it is composed chiefly of women with families who find it difficult to attend the regular evening classes in Vancouver. A fine spirit of earnestness and inspiration is present, the secretary writes.

To both of these groups: May the Father, whose work we are zealously trying to do, increase and bless your efforts.

ADDENDUM: We take this means of thanking each and every Center and Study Group for sharing their Christmas programs with us at Headquarters, and for the interesting accounts of holiday activities that were included with their monthly report. We hope and pray that this may be a banner year for all Centers and Study Groups, the "outposts" for our beautiful Teachings.

#### NEW CORRESPONDENCE COURSE

### "The Mastery of Fear"

This six-lesson course which began November 1st is proving successful in meeting the needs of a great many people in overcoming their fears, worries and other limitations by utilizing some of the occult knowledge contained in the Rosicrucian Philosophy. There are some gems of wisdom there which apply particularly to the mastery of fear, worry, and similar states of mind. Thus anyone in possession of this knowledge has a decided advantage in maintaining poise in this war time over one who does not have it. The war aura, which is saturated with fear, penetrates the individual aura of all people throughout the world, whether they know it or not. The more sensitive ones are badly upset by it.

This course is open to all, and conducted on the free-will offering plan.

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*Oceanside, California, U.S.A.*

### *A TRUE EXPERIENCE*

*(Continued from page 106)*

pretation of life and immortality Marion found readily pouring from her heart. He told of a peculiar strength and calm that steadied him. What caused it, he didn't know. Marion could have told him of God's Invisible Hosts of faithful workers speeding through space with the quickness of thought to respond to earnest calls for help. Could have told him that with her own eyes she had just seen one of these Invisible Helpers, giving him the support he needed to bring him through. But—would he have believed her?

### *LET'S TAKE A WALK WITH GOD*

*(Continued from page 136)*

that neither my daughter nor I wanted to disturb.

The rain, which had ceased just long enough for us to "take a walk with God," now came down again softly, bringing new life to the earth. As my daughter and I parted and went to our rooms, her eyes were full of deep love and understanding, and the thought came to my mind that when we walk with God, our paths are smooth and peaceful. [End]

### *Ever Onward*

*By LEE R. SMITH*

*And if we lay these bodies down to rest,*

*Content that we at least have done our best,*

*We do not stop our onward progress then;*

*We'll still advance to reach that promise when*

*As lords within a kingdom of our own,  
Our Father still established on His throne,*

*Will overlook the whole and say, "My son,*

*You've run a goodly journey; now go on."*

## Manuscripts Wanted

This magazine depends quite largely upon manuscripts sent in by our students and friends; also by those who are perhaps interested in other lines of metaphysical thought but are able to correlate it with the Rosicrucian Philosophy.

In past years we used only voluntary literary contributions. Recently, however, the Editorial Department announced cash offerings of from \$5.00 to \$15.00 each for articles and stories of 2500 words or more.

Judgment will be based principally upon suitability, but acceptable articles of greater length than 2500 words will be given a certain additional consideration due to length. Manuscripts should, if at all possible, be typewritten and double-spaced, and always upon one side of the paper only.

We want articles on occult, mystical, and religious philosophy and practical applications of same. All such articles must be in accordance with the Rosicrucian Philosophy but not necessarily a direct exposition of it. Also articles on the correlation of material to occult science.

Articles on the occult and philosophical principles of health and healing; also the bearing which diet and hygiene have upon such subjects.

Astrology articles, both those which illustrate the technical side of the subject and stories illustrating the application of Astrology to practical living.

Articles which show the connection of Art, Color, and Music with practical philosophy and its application.

Children's stories illustrating correct principles of life in simple form that the child can understand.

We do not accept articles on mediumship, crystal-gazing, hypnotism or negative forms of psychic development. We often find it necessary to make modifications in articles in order to adapt them to our needs. We accept manuscripts only subject to this provision.

Address: Editorial Department,  
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Oceanside, California.

# Mt. Ecclesia

## Sanitarium

NON SECTARIAN  
NON PROFIT

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### A NEW SANITARIUM POLICY

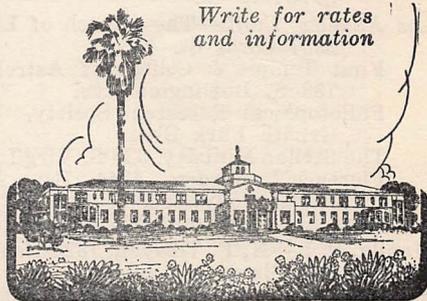
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