

**Symbols  
of  
Inner Mysteries**



✓  
PROF. WM. ESTEP

Secret Book  
of the

**Sons of the Solitudes**

BOOK 1





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PROF. WM. ESTEP  
Master Psychologist, Teacher, Author

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Symbols  
of  
Inner Mysteries



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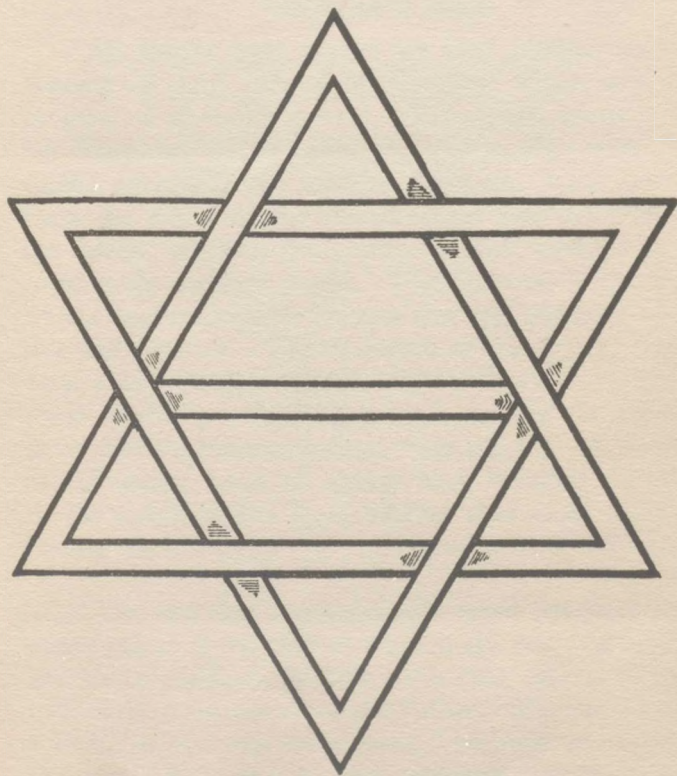
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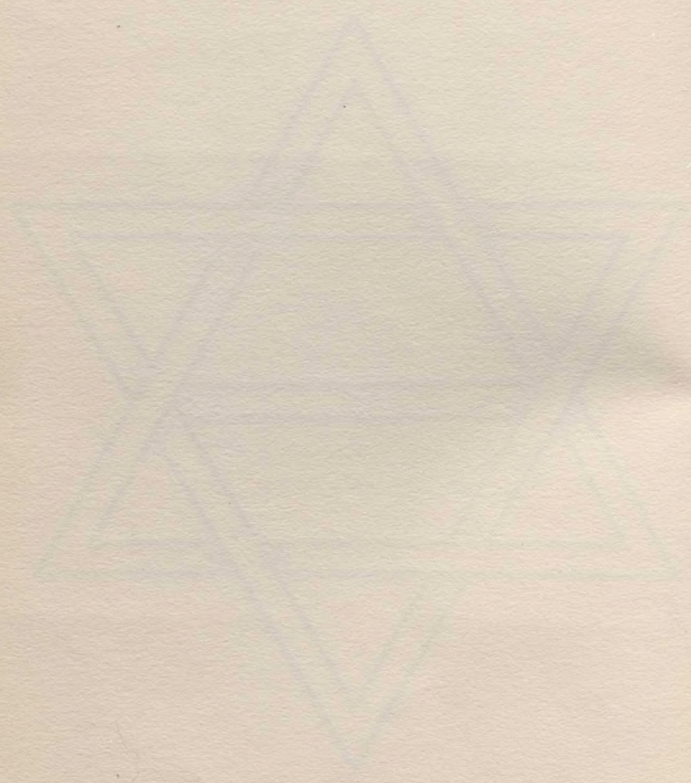
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May 31, 1932





SYMBOL OF THE INTERLACED TRIANGLES

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# BOOK I.

## SACRED TEACHINGS OF THE INTERLACED TRIANGLE

### Chapter I.

#### LIFE AND GOD

All things were created by God intelligence which consists of eight spheres of vibration which govern the progress of all things created. The eighth sphere is without beginning and without end and is self-existent. All things, including the material Universe, were rayed out from the center of the eighth sphere and descended into the lowest, which is the physical sphere, where they exist to serve the corporal world. This corporal world is ruled by the higher invisible spheres through the laws of positive and negative. The operation of this law of the Universe causes the law of elimination which serves the corporal world as a refining process, causing the coarser to decay and the finer to become more refined. This process of refinement leads all things back through the spheres to the eighth sphere from whence they came, thus completing the Universal circle of evolution and involution.

The seed that was originally rayed out from the supreme source is the soul of man; is the cause of man's desire to be spiritual; is that force that ever tries to lead man back to the bosom of the Father. The more spiritual a man becomes the more refined becomes his being and the closer he comes to that supreme source of power, which is the cause and father of his inner being.

On man's road of progression back to the supreme source, he undergoes several changes of being and gains in power and wisdom as he progresses. First he is the

animal-like being, flesh-man. Then he passes into the invisible at the change called death. If he has understanding, he passes into a spiritual body becoming a spiritual being. If he is ignorant of spirituality, he passes into his body of sheaths of the lower astral plane; remaining in that body until awakened by an angel of light, forgetting, in the meantime, all of his flesh desires. Then when awakened, he becomes a spiritual being, the same as one who has spiritual wisdom; the loss being death of identity or the second death, as referred to by Jesus, the Christ. After this resurrection from the dead flesh-self into a spiritual being, he goes on the road of progression with all others who are in his particular state of being.

One who follows the teachings of the Masters, who are Jesus and all other Masters of the Universal Christ Spirit, will retain memory and identity and thus have everlasting life. This must be accomplished by practicing what a disciple of truth is instructed by all great Masters. That is to practice, namely: Healing the sick, casting out evil spirits, preaching truth to the poor, and loving your enemies. This is the price of immortality and the reason being, that when you do those things, you live closer to the Universal Father and escape the sin and sorrow of the lower or physical spheres. The great secret of attainment is love. Love is the cause of creation and is the principle that is the closest to the heavenly Father. Love and virtue go hand in hand and lead toward the goal of happiness.

He who liveth in the fold of the supreme being will never know the tempest of the storm of life. He will be ever in the unchangeable light that shineth for every creature. He will know the bounties of the Kingdom of my Father which are in the invisible realm. The night shall be as day and all sorrow shall be supplanted by joy. Man is the reflection of all that is high and good and he



is also that which is low and debased. All things are reflected in his complex being. When he seeks good, he can be as an angel of light but when he seeks evil, he becomes a demon. Thus it is written that, "Satan, himself, is transformed into an angel of light." See, therefore, that your being be in rapport with the most high; for as the earthquake devastates the land, so does evil destroy the beauties of the Kingdom of the Father. No one can oppose the high truth of God, and yet not be of the law; for one cannot be of both regions, nor can one serve the visible and the invisible at the same time. Ye have been through eternity but for a lack of a spiritual consciousness, ye know it not. How then, if you have no spiritual consciousness, will you know it when you enter it again? Spiritual consciousness is love for all people, love for God, love for truth, love for divine, and expression of eternal truth which elevates man to his higher states of being.

## Chapter II.

### LIFE OVER THE PORTALS

After man has become a spiritual being, he loses all the qualities of the lower spheres; which are, appetite, cognizing of time, sense of relationship, and all sensations of the physical plane. Having individual intelligence but of a higher degree than the earth intellect of serving the spiritual world, he has to descend into the lower planes of life and preach spirituality to those who are tormented by ignorance. When he becomes an efficient spiritual being, he learns of still higher truths and becomes aware of a still greater power and impulse that seeks to lift him upward toward a higher state. Then finally his spiritual body, like his flesh body, is too coarse for his ripened soul and the soul seeks to cast it aside and go on its higher destiny. The next step in progression is the falling away or dissolving of the spiritual body which then causes a short duration of unconsciousness similar to physical death. Then comes the higher awakening.

In this state of being you live entirely above the woe of the lower spheres, and your ideas which once were spiritual and individual now become Universal. This is the first angelic state of man. He now serves the entire Universe in numerous ways, and where he once was limited to individuals, he now is only limited to conditions. Beings, in this state, can produce a likeness in physical form on the earth and give out the truth they desire to spread, as they have power to ascend and descend the ladder of the spheres. Angels of this development are continually serving man and leading him onward, when he becomes conscious of their impulses. If he will listen to them when they speak to his mind, he will be well guided. Jesus mentioned, that when he was having tribulations he could call a legion of angels to aid him if he so desired.



After reaching the first angelic state, you remain in that state until you progress into the second angelic state, helping men Universally. This second angelic state takes you near the portals of supreme Universal Mastership where you have no more work to do on the corporal plane of life. There are but three angelic states of being. The last is the highest state of individuality and expression, and is so far beyond this sphere that it would be impossible for you to realize that state with your conscious mind. The next state beyond this is the entry back into the eighth sphere from whence you came. Here you become as God and exist in the form of good in all things created.

This is the progression of man from the time of his entry into the plane of mortality until he re-enters the highest plane of immortality. Man is like a drop of water that is drawn up from the ocean in a whirlwind; it left the ocean, the source of water, it was separated in the firmaments from the other drops drawn up and thus it became an individual drop of water. Then it was rained or descended into the earth, but finally it ran down hills and intermingled with other drops of water and thus formed a stream. This stream likewise ran down hills until reaching a river, and then this water that was a stream had changed form and became a river. This river had eventually flowed into the ocean, the source from which it had been rayed out from. This drop of water had served the earth and then by growth had returned again to its source. Thus all things are rayed out from the source, by power or vibration and by growth they return. Man is rayed out, an individual, but by growth he becomes Universal. Then, last of all, he reunites with the original source, God, the Father of all creations, the self-existent source of all that is, or ever will be.

### Chapter III.

#### SACRED TRUTHS

I speak to you of things that are, and not of myths; therefore learn and profit by these facts.

All things are in God and God is in all things; as above, so below; as in Heaven, so on earth. All things come from one thing and return there to; there is no separation from the divine spirit. The father of physical life is the sun and the mother of physical life is the moon, but God is both father and mother of the sun and the moon. This is the one grand mystery of "two in one, the cause of both." Separate the finer from the grosser and you have left a part of the one grand truth, God.

The one great spirit is the most subtle of the subtle. It penetrates the solid and the subtle alike; it knows not defeat in its purpose. If you seek from it, you will find; for it possesses both the earth and the Heavens. It is limitless in its expansion and perfect in its knowledge and power. If that which you seek is not found within you, it will never be found without; for all things are reflected in your being. Truth is that great fountain of virtue not encumbered with a body and not held back for a lack of growth. It is that priceless jewel which brightens the existence of man. Better off is man who dies with a little truth than one who dies with countless theories which may never be truth to him. There is no man living but who has virtues and power of soul that can oppose all evil if he will only awaken them.

There was power of creation to conduct the author into this world and there will be power of spirit to conduct him onward toward his permanent abode. He who



becomes hermetic, is a true child of the most high. Even Christ was condemned for being an heretic and was killed by the materialist. The agonies and suffering of the faithful souls are God's success; for to suffer righteously, is to be rewarded by the Father of All and to inherit the sweetest peace of the soul. When we gaze at a man, we only see the outward form. The real man only comes to us in impulses from his soul. The body is the great shadow that incompasses the soul or the real man, and only when the outer is illuminated by the inner, can we behold the true dweller of the body. He who sees the beautiful has had some inner illumination, he who loves his fellow man has had more and he who loves, above all, God, and lets His light so shine, is truly illuminated. Inborn perceptions and guidance of angels, forms man's greatest inspiration and leads him onward and upward. The Christ power in all, will even subjugate matter and make it obey the will of the Father, if we listen to its voice.

If these writings are sacred to you, obey them; for to obey the sacred is the duty of he who seeks truth. If they be of God, they will endure in the consciousness of your soul and will be a consolation in eternity. If they be of man, they will vanish from your mind. Test all things by intelligence; hold fast to that which is good, and surely peace and happiness will follow you all the days of your life.

## Chapter IV.

### SACRED COMMANDMENTS

The voice of the Most High spoke to my soul and said, "I command you to write my commandments:"

1. You shall deal justly, first with man and then with God.

2. You shall worship the true God by deed and not by word.

3. You shall heal the sick and comfort those in low estate and therefore serve Me which is within them.

4. Partake not of food from those who kill for I am life eternal.

5. Oppose the killing of a human being for I am within all the good and the evil alike.

6. Culture the spirit of love, for it is the essence of God.

7. Obey thy conscience, for it is the voice of the Most High.

8. Love all people and pity those who use you ill, for their reward is torment of the conscience.

9. Sow seeds of goodness, that your soul may ripen into angelhood.

10. Forsake evil, else it will consume you in its destructive essence.

11. Recognize no personal Gods, for I am above personality. I am that I am within the Universe.

12. Serve Me in others for I am not a separated God. I am of the household of humanity.

13. When you suffer, rely upon My angelic beings to aid you; for you are tested in the fire of life.



14. I am the God of the present, past and future. Worship no other than I; I am that I am.

15. Do not aid an unrighteous cause, for if you do you will not be blameless before Me, who art within you.

16. Perform My work diligently, else you will be swallowed up in darkness of your own making.

17. I command you to see My image in every living thing and to commune with me through prayer.

These are the commandments for those of the schools of holy love. They came to the author and he was appointed to write them so that you may share the blessings of obeying them with him.

## Chapter V.

### PRAYER FOR GUIDANCE

O divine unspeakable, unutterable, Father of all, we praise Thee in silence and bid Thee to accept us as Thy Sacrifice to the mundane sphere. We beseech Thee never to let us err from knowledge of Thee. O divine essence of all things beautiful, look Thou mercifully upon us and help us to enlighten those in ignorance of Thy true being. Being one with Thee united in the halls of Thy truth, I go forward to teach of Thee, believing that Thou bearest witnesses of all my needs and will guide me right. Blessed art Thou, O, Divine Father that man would be illuminated by the presence of Thy Almighty Being. Help us to feel the responsibility Thou gave us when we were given dominion over all things of the earth. Amen.

All knowledge is the gift of God for all knowledge is without a body but useth the mind as an instrument. All things are of a dual nature yet united by the one Universal spirit. Thus no living thing is without God.

As man has had his physical birth so he will have his period of inaction physically when the earth goes through the influence of the seven ruling planets in the solar system. Thus we have cosmis day and cosmis night, the material beginning and the material ending but the spiritual goes on forever. God has an unlimited amount of thought forms in his kingdom, each form waiting to descend into the regions of earth. They are called the seeds of life. As all things came from a vast array of thought forms they were guided by the Holy Spirit, the first begotten of the Grand Father, Man, when in a perfect form, is both sexes and is an expression of the Holy Spirit; for there is no duality in the Father-Mother, God. The feminine is the receptive center of the spiritual while the mas-



culine is the positive center of the material universe. He is the builder and she is the chamber of inspiration. The incarnated Christ is the perfection of physical being, existing above the duality of the laws and above the laws of material creation.

## SYMBOL OF THE INTERLACED TRIANGLES

This is a symbol of great antiquity. It was known in ancient time as the insignet of Hermes and was used to symbolize the fountain of knowledge within man through his relation to the All-seeing Father, God. The Divine Word, by which all things were created in the seen and unseen realms of the universe, has for its celestial archetype, Humanity. They are the rulers of the lower beings in the kingdom of the Father, which is both Heaven and Earth because of the Father being interlaced and inwardly related to man, his image. For the spirit of God is as a flame of life divided into many, yet the original flame remains the same, unchanged and self-existent.

This ancient symbol was also known as the "Shield of David," being used by him to symbolize the ever protecting spirit of the Father interlaced in man which could protect him from his strongest enemies. It is now called by the Judeans "the Star of David."

This symbol was also used as a seal by King Solomon and at that time it was called the "Symbol of the Builder of the Two Temples." One of these temples was on the physical plane and the other was on the spiritual plane but both served the same Trinity: Father, Son and Holy Ghost. With the supreme devotion of man's mind, body and soul he thus formed the sacred emblem of the two triangles. This symbol is also known by the adepts of all ages, to be the established emblem of the "White Brotherhood." When a Master like Jesus is born, the ancient teaching is that this symbol appears in the heavens



to guide the adepts to the great Master and to identify Him as a Master of the "White Brotherhood." This is the explanation of the "Star in the East" that appeared when Jesus was born and which guided the wise men, who were mystics of India, to the manger of the Master. In this particular case it symbolized the incarnation of the Prince of Peace, the Perfect Son of the Father, and the Master of the Power of Creation who could create the food he ate, by controlling the elements. Jesus proved this when he produced the loaves and fishes to feed the multitudes. The great meaning of the symbol, as is taught by all adepts, is that it symbolized the growth of human nature from the lowest point to the ripening and perfected point. It is two-fold in operation, spiritual and physical; four-fold in constitution, physical, spiritual, father and son; six-fold in manifestation, the two trinities of mind, body and soul, truth, love and light. These six principles being the base in the plan of man's creation, is symbolized by the six-sided plane within the triangles.

Man's being was formed in the shape of a cross. The left brain lobe being on the right side, and the right brain lobe being on the left side symbolizes the duality of man's nature, male and female; and it also symbolizes the four-way cross which means earth, air, fire and water, from which substances man's physical and spiritual being was formed by the Spirit of the Father. Thus we have the meaning of this sacred symbol.

When an initiate of the ancient mysteries learns to enter the "Hall of Two Truths," which is also a name of this symbol, he will be conscious of being in the presence of the Almighty Father, God, and he will learn of the sensations that are above the conceptions of mortal senses. To do this we have to be very sacred and have our minds free from desire for personal gain, and all malice, hatred,



and envy. In India, in some of the sacred colleges, they have words to symbolize the adept's entry into this mental state called the "Hall of Two Truths." One of the most prominent of these word symbols, the author will give here; it was given to him by a teacher who was of the Himalaya mountains.

"When I entered that 'Hall of Two Truths,' I was conscious of beautiful visions; but with eyes I did not see.

"I was conscious of beautiful sounds, but with ears I did not hear.

"I was conscious of great sensations, but with the sense of feeling I did not feel.

"I was conscious of sweet fragrances, but with the sense of smell I did not smell.

"I was conscious of the most perfect tastes, but with the sense of tasting I did not taste.

"I was conscious of all things, but not through the sense of intuition.

"I knew all things but not with the sense of intelligence; for I was at one with the Universal Oversoul."

## Book I.

### THE INTERLACED TRIANGLES

#### Technique No. 1.

First—Place symbol before you, either mentally or physically, fixing your mind on the line in the center.

Second—Thrill yourself with divine thoughts and realize that you are at one with God.

Third—Then fix your mind on what you desire, but always do this according to the law of right.

Fourth—Gaze at the line in the center of the symbol and control the breath. Don't bat the eyes, but hold them steadily on the line. As you do so, keep your mind on what you desire until the line disappears to your physical gaze and the center of the symbol is blank. Hold this position as long as possible all the time thinking of your desire. Let no weakness come into your mind during this concentration.

Fifth—Place the symbol before you, every day. While gazing at the line, think of yourself and then say mentally, "in my mind, my body, and my soul, I am truth, love and light; I am at one with the power and no weakness is in me."

This symbol will soon be before you all the time and it will become a sort of mental companion. This is the greatest method of mental realization of your powers to create any condition you desire.



## Technique No. 2.

### To Enter the Hall of Two Truths, Mentally.

First—Sit in a relaxed position. Place finger tips together in the form of a circle and place them over the solar plexus.

Second—Control breath and concentrate upon the power that is circling around the fingers, going to the solar plexus and circling around it. Keep this up until you can feel the heat around the solar plexus.

Third—Fold the arms behind you and bend backwards to feel the power in the ego center. As you do this you will notice bright lights flashing under the eyelids.

Fourth—Release from this position and again place hands, in form of a circle, over the solar plexus. You will now feel, plainly, the burning heat around the solar plexus. This is the power that develops the triangles. If in this state you will close the eyes, you can see the triangles and can tell how much you have developed them. If they both are bright golden, you have developed them to a high point, but if they are dark they are not developed. In order to develop them, you must, after taking the above exercise, control breath and WILL to develop the triangles. The stronger your will is, the brighter will be the triangles that will appear before your eyes.

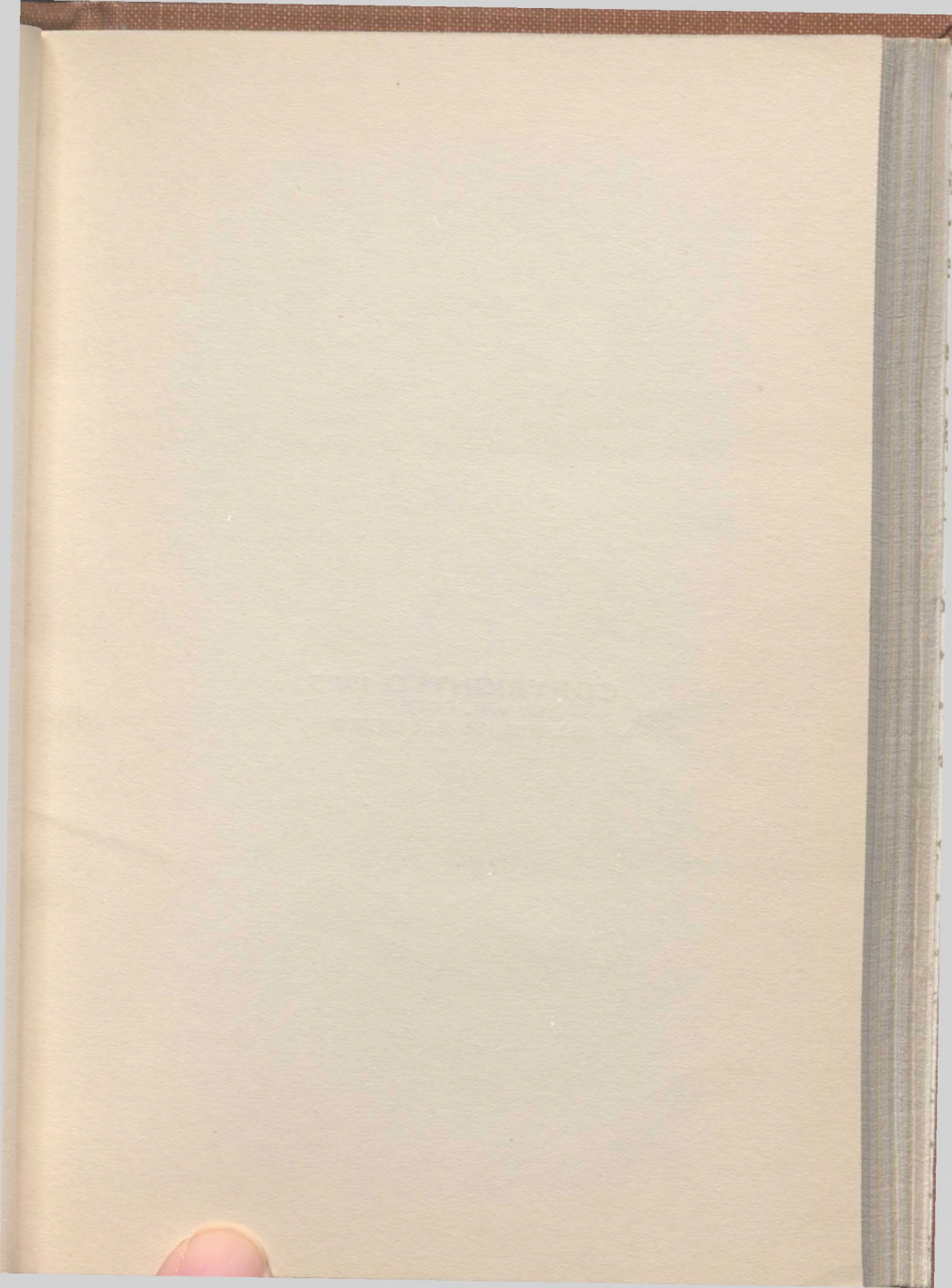
These teachings have been inspired by the good in all men of all ages. May it illuminate your path to that supreme goal, eternal bliss and happiness.

### Heirophant's Chant of God

I am the waves of the deep,  
I am cause of wake and sleep,  
I am the voice of wind and sea,  
I am cause of life and eternity,  
I am cause of dark and light,  
I am cause of peace and fight,  
I am the A. U. M. of Universal cause,  
I am the movement, action, and pause.  
If you know my mystery and my hum,  
Then pronounce me properly A. U. M.

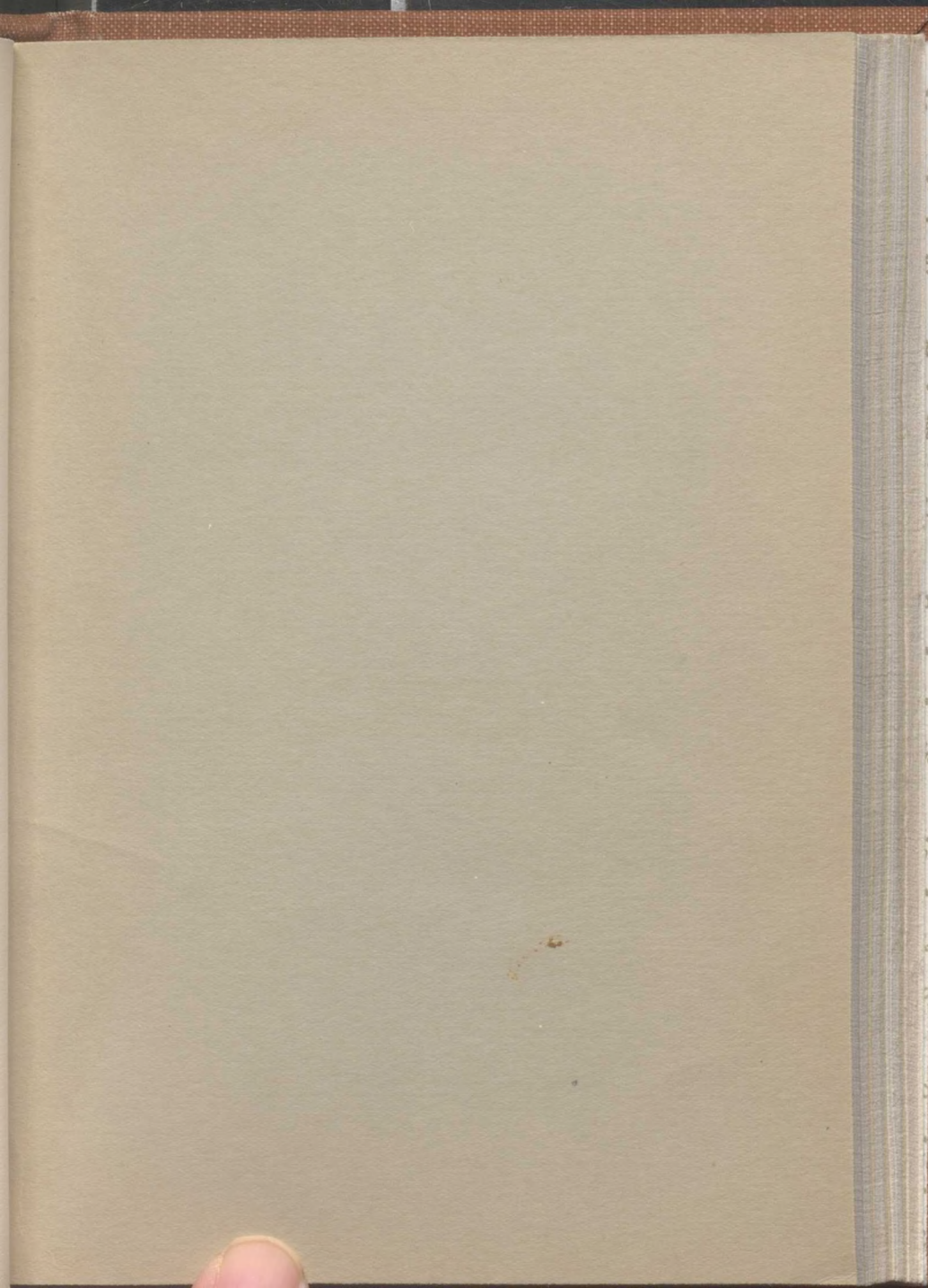
(Blessings to the Brothers of S. S.)  
A. U. M.

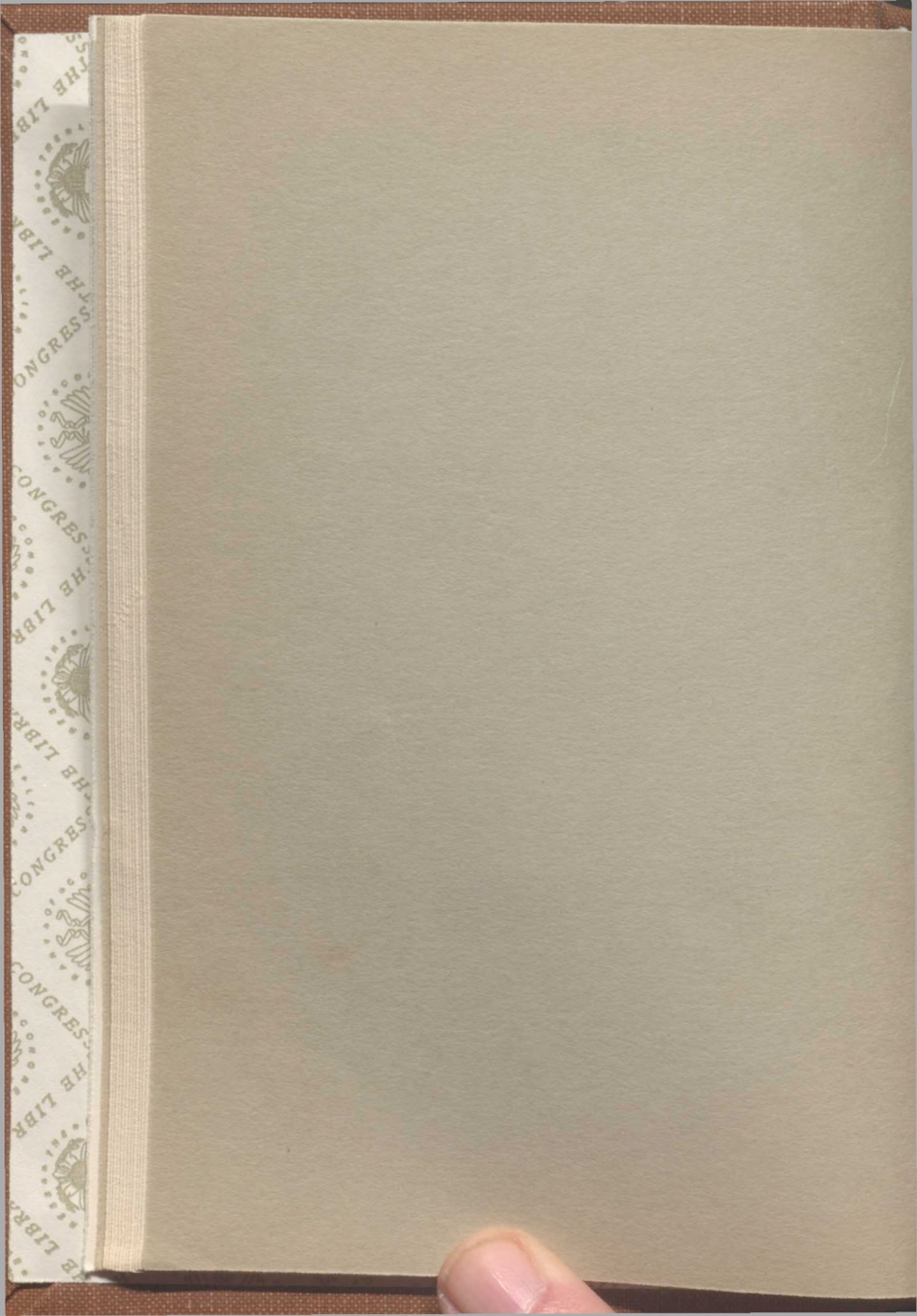




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# Symbols of Inner Mysteries

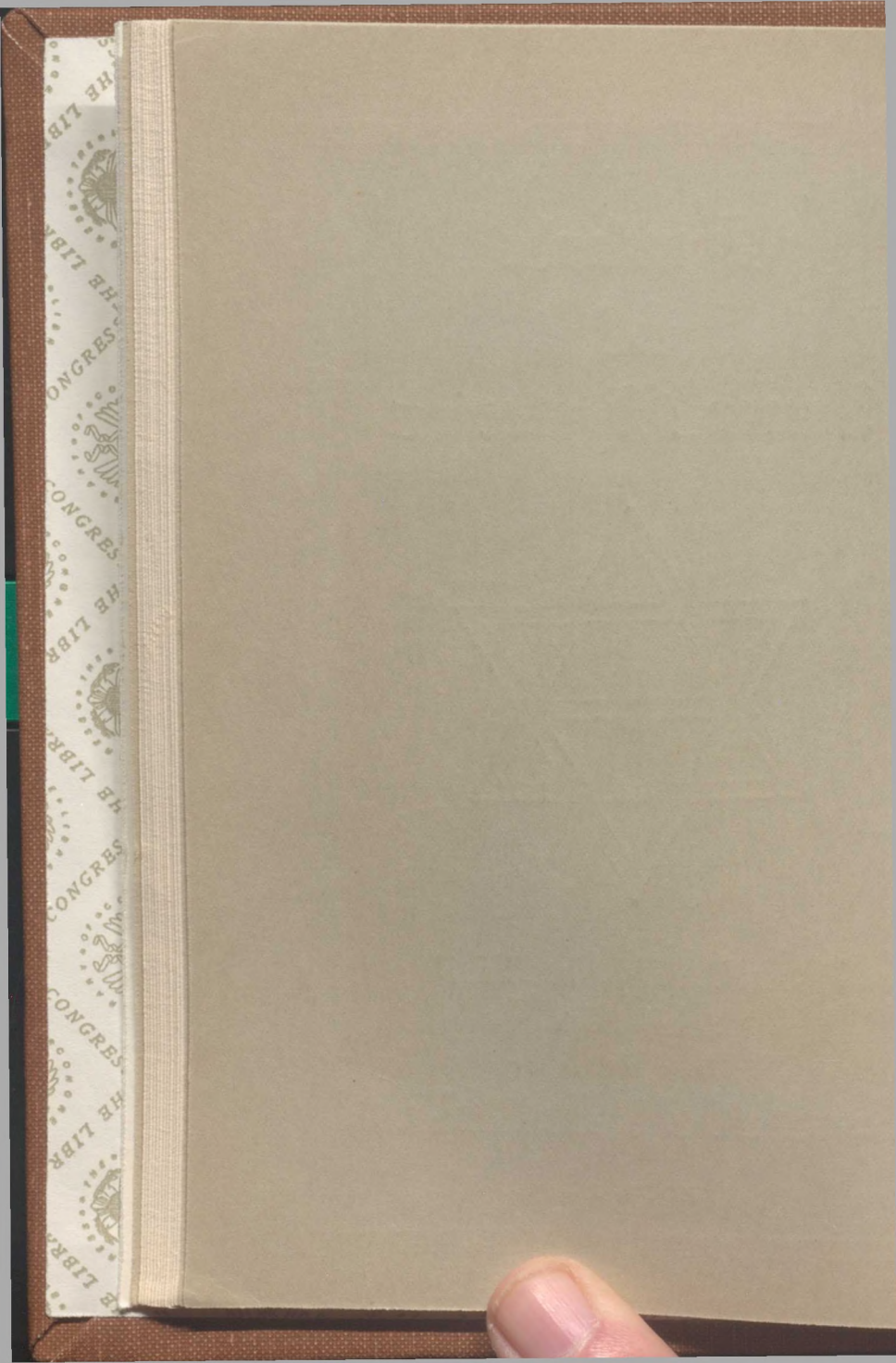


PROF. WM. ESTEP

Secret Book  
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## Songs of the Solitudes

BOOK 2







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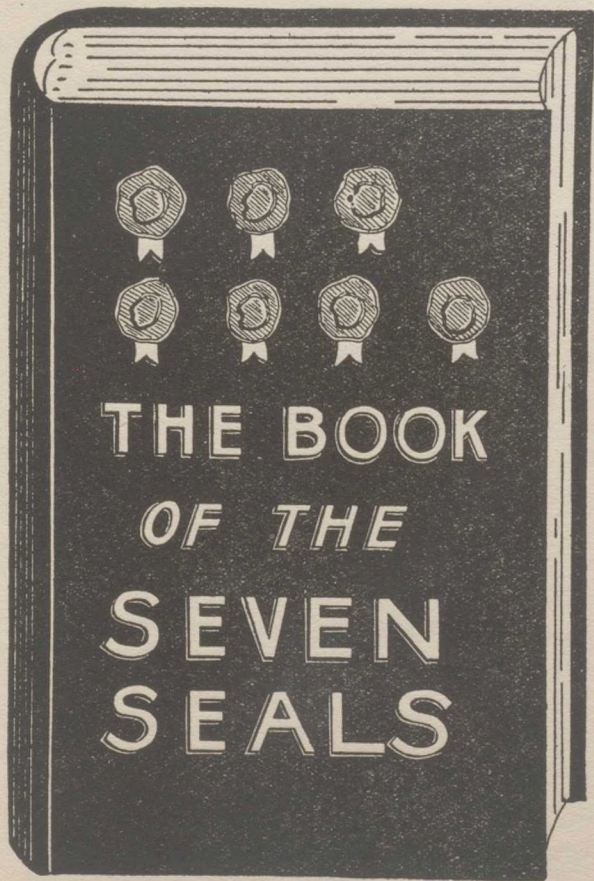
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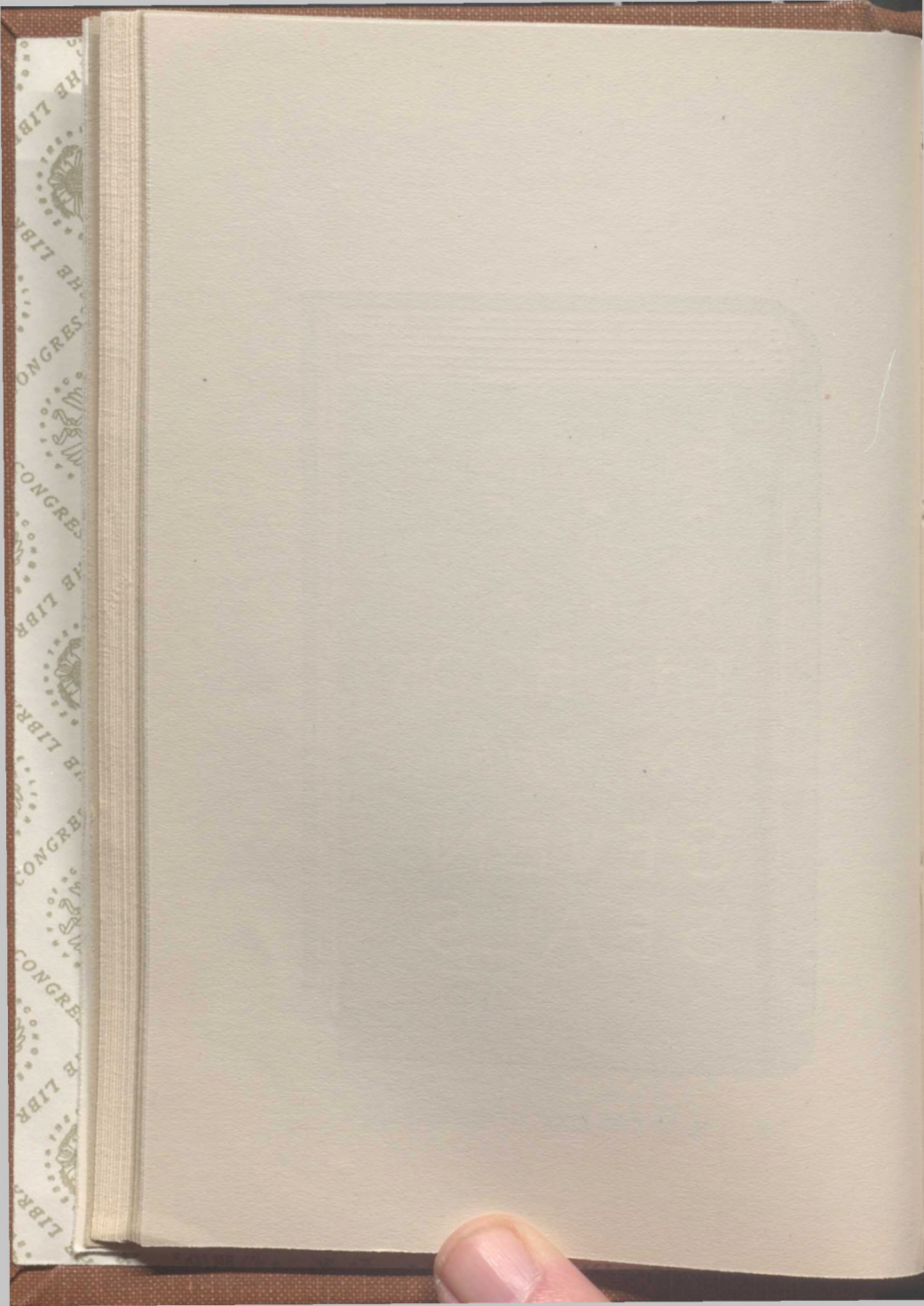
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SYMBOL OF THE BOOK OF SEVEN SEALS





**BOOK II.**  
**THE BOOK WITH SEVEN SEALS**  
**Part I.**

The Book written within and sealed with Seven Seals was known to mystics thousands of years before John the Revelator spoke of it in the book of "Revelation." This part of the "Revelations" is in Chapter 5, verse 1, and reads as follows:

"And I saw in the right hand of him that sat on the throne, a book written within and on the back side sealed with seven seals."

The meaning of this passage of the scripture is, that the Master of this Universe has in his control, a book containing secrets of nature. These secrets are within man, as the verse clearly relates; and if they are known and made use of by man, they are very powerful as they are closely related to the Universal God who is described as "him who sat upon the throne." This throne signifies the pinnacle of Spiritual Wisdom which is the intelligence guiding man on to his destiny.

In Chapter 5, verse 2, the Revelator says, "And I saw a strong Angel proclaiming in a loud voice, who is worthy to open the book and loosen the seals thereof." This clearly states that Angels have, or did at that time, have charge over the secrets of the seals. This is Occult knowledge and known to all Adepts who overcome the flesh consciousness. It was revealed to the author by a very high Angelic Being.

As we continue reading in this chapter of "Revelations," we learn of John's grief over the fact that no one was able to open the book. Then we learn of his conversation with an Elder, while he, John, was in the spirit.



Being in the Spirit means out of his body. This Elder said that the book would be opened by the Lion of the Tribe of Judah, which was Jesus, and that he would open the book and loose the seals thereof. This was done by Jesus when he mastered his body and took it into the heavens.

He next symbolized Jesus, by the lamb that was slain. This lamb had seven horns and seven eyes which he said meant the seven spirits of God sent forth into all the earth. This part of the "Revelations" shows that the book with the seven seals was connected with the seven spirits of God and since the author is an adept he can truthfully say that this is correct. He will reveal their connection so the reader may have proof of his revelation and also the revelation of John, the Revelator. These seven seals represent the seven negative or spiritual principles of life and if you develop them, they bring you Spiritual experience which gives you the keys of life hereafter. There are fourteen secret principles of the ancient adeptship. The seven seals are the negative, while the seven spirits of God are the positive, and together they represent the seat of positive and negative force of the Universe. When they are operated for divine purposes they can create almost any spiritual state of being and can open up such a vast supply of power that it is impossible for one to conceive their greatness as creative principles. They can make one so saintly, if lived up to, that physical death would mean only liberation from confinement of being. All the great Masters have been masters of these principles which represent practical knowledge of Man and God. The knowledge contained in this book written within is man's only escape from death of identity. He can by their uses develop such a spiritual mind that he will never feel pain; but would be transported from this plane to that of high



Angels without going through the usual course of development that is required of those who do not know the secret of this two-fold mystery. This is the knowledge spoken of by John, the Revelator, when he says, "And there shall be no more death or sorrow and the devil and hell shall be overcome and there will be a tree having leaves which will heal the sick of the Nations."

You are now, as a mystic, about to receive these mysteries, and be far advanced of your time, in knowledge.

### **The First Seal of the Book Is That Sublime Seal of Love**

Love means that you must practice loving and helping everyone who needs your help, so you may open up this power within your own soul. This power is love's emotion and if you really are sincere, you will soon have power to heal, advise, and teach others the laws of life. This is the development of the first of the seven seals. You must do this by actual physical, mental, and spiritual service to others; otherwise you can never be a master adept of the ancient mysteries of the Soul and Body.

### **The Second Seal Is Light**

Light means that you must try and satisfy that desire for knowledge which is within you. When you seek this continually and prayerfully, your desires will soon manifest in reality. The veil will then be lifted from your eyes and you will see, through the power of your soul, far beyond this temporal, material sphere. The perfect light which comes to you, is the light that illuminates the way for the adept, until he crosses the threshold of immortal knowledge into the realms unknown to material mind. Cultivate this light and seek more of it, so that you may behold the beauty of the Kingdom of the

Father and learn the feeling of that light within your soul. It is the light that should radiate around you and if you open your soul to divine love, it will be ever with you. You must try to speak the truth and scatter the seeds of knowledge everywhere you go and forget your own self in your task. If you do this faithfully and dwell only on facts proven to you by the demonstration of wisdom teachings and forsake the babble of the unlearned and uninitiated, you will open the second seal of light in your soul and great power will come to you. Know of the true understanding and never violate your oath by revealing the secret teachings. When others are ready to receive them, they will come to the one from whom you received them and they will not be refused. This is the true light of the ages. It is the light of God, the one Oversoul, that sits upon a hill, and it shines within your own soul.

### The Third Seal Is Truth

Truth pertains to that fact of being which we are conscious of and it also gives the feeling that we are in some vague way divine, because of the truth of our conscience. This principle must be practiced if you want to open the seal; for those not practicing truth can never open up the powers of the soul. This is a Universal law and is therefore unchangeable. If you try every day to be more truthful, the realization of truth will soon come to you and you will have an inward power opened up. This power will give you more and more truth until you become an expounder of the cause of truth or a worker for the Ancient Wisdom. It deals only with facts which can be demonstrated and proven to anyone who desires their proof. No one can ever open this seal if they believe in theories; they must know before they speak, and speak only that which to them is a proven fact. When



this is practiced, the Adept soon breaks the seal containing the knowledge of truth in his soul and then he learns of glories never to be experienced by the untruthful. This is the one and only way of actually opening up this section of the book containing the truth of the soul, the everlasting truth that never dies, the revelations of this Universe, and the grand laws of Creation. To be a true adept you must not cease in your investigations of truth and you must not accept anything for its substitute; if you do, you will never break this seal. Don't trust your feeling in this matter, but only trust your actual experience; for it is experience that brings the rewards of victories won over weakness of mortal beings.

#### **The Fourth Seal Is Loyalty**

Loyalty holds great power and makes up one section of the book with seven seals which is within your soul. To open it, you must sacrifice all, if necessary, before you would betray a brother. You must not persecute any human soul, for all are united by the one great spirit and to be loyal to the spirit you must be loyal to one another. If you harm your brother for any purpose you are disloyal to the God spirit within your brother and as long as you do this or have this in your nature, you will never open this seal of the book. This is the reason the true adept radiates love and will never take an issue against anyone whatsoever. By this explanation, you can always tell one who has real power and who can demonstrate the powers of the "Book of the Seven Seals."

Jesus, the Master, gave an example of this seal when he told the one without sin to cast the first stone at the woman who was taken in the act of adultery. There was none good enough to cast the stone, so they left the Master and the woman alone. Jesus then said to the woman, "Where art thine accusers?" and she replied, "I haven't any, my Lord." So he then said, "Neither do I accuse thee; depart and sin no more."

If you have the power of this seal opened within you, this is the way you have to meet every issue of this kind. The loyalty of the Master was demonstrated when he did not accuse the woman. Can you pay that price for this power? If you are a true adept, you will have to do so even though the flesh says not to, for you must obey the voice of the spirit. This is the secret of the great power of the Masters and their ability to lead the people and heal the sick.

### The Fifth Seal Is Understanding

Understanding is the seal that caused you to seek the knowledge of this brotherhood. To open this seal you must study and develop your finer qualities and you must spend much of your time studying the feelings passing through your body and mind. You must learn to see the good in all things and to understand all things from a divine standpoint, otherwise you can never open this seal within your soul. You must try to understand all people by the promptings of your soul and never judge hastily, for if you do, you often judge from appearance and not from the promptings of your soul. When a struggle comes between the forces of the flesh world and the forces of the Kingdom of the Father, you must rely on the understanding of your soul and not the voice of the outer world which is only a shadow of the perfect world. If you do this, you will go toward real adeptship and you will surely solve the mysteries of this life. When this seal is broken, great will be the understanding of your soul, for the great law of this seal is, "don't believe, but know."

### The Sixth Seal Is Honor

Honor contains the secret of dealing with man and God. If you would open it, you must be as fair with your fellowmen as the judgment of your conscience, and



never violate your innermost promptings of conscience. You must strive to think honorably, for to think otherwise is to dishonor the God intelligence of your soul. If you do not overcome dishonor in your dealings with men, you can never know the secrets of this force; which this seal opens within your soul. You must honor all human beings the same as if they were your own relatives, for the Spirit of the Oversoul dwells in each one alike. As the sun shines on both the good and the evil, so does the Spirit of the Father dwell in all the same, and to do an act of injustice against anyone, is to do it against that Oversoul within them. If you wish to open this seal, be careful of your thoughts, for around your soul, there is a record of each of them. The adept who opens this seal, will be honored and "as ye sow, so shall ye reap." An adept is an honorable person in every respect; so may you open the force of power which is for those who comply with the rule. "Think of others as ye would have them think of you."

### The Seventh Seal Is Wisdom

To open the seal of wisdom, you must act wise, think wise, and always seek wisdom regarding your trinity of mind, body, and soul. You must always seek higher wisdom and do not be contented with anything other than the perfect wisdom of the soul. Wisdom may be compared to a pyramid. Its base is reason, which wisdom rests its weight upon. Its support is, facts on the right side and activity on the left side. By continually acting wise and reasoning out that which you do not understand and comparing the facts at hand, your soul begins to develop and soon you break the seal of wisdom by your continued effort. The true wisdom of the soul then becomes a force and unites to help you create, and thus you have opened the perfect seal of the book written

within. The powers of adeptship then begin their operation in your favor and you become a leader of the weaker individuals who are seeking the way to realize God and power.

All of the seals in this book are opened by deeds and are the negative results of practice. They do not conflict with the same principles that are used in the "Seven Creative Spirits of the Universe," as those are used in a positive way. May the blessings of the power of adeptship come to you, my dear student of these immortal and eternal mysteries, as this is the sincere desire of your teacher.



**Part I.**  
**BOOK OF THE SEVEN SEALS**  
**Technique No. 1.**

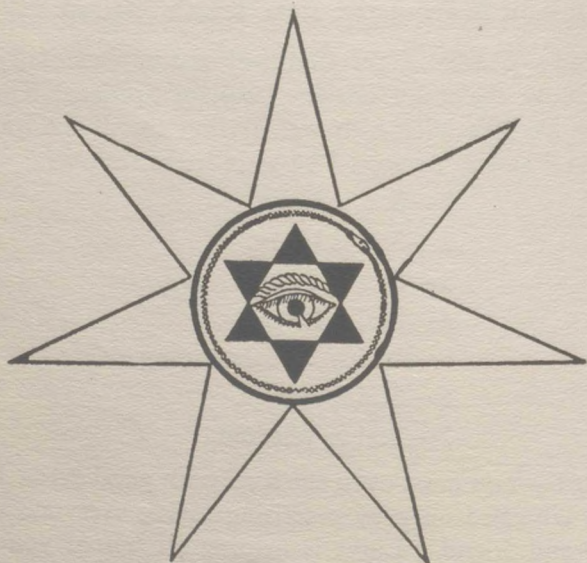
1st—Sit in a negative state, breath retained.

2nd—Think of the first seal and say mentally, "I will remove the seal from the book of Spiritual Knowledge." Do this with each seal, feeling the divine quality of the seal as you do so. The seals are as follows:

- 1—Seal is Love.
- 2—Seal is Light.
- 3—Seal is Truth.
- 4—Seal is Loyalty.
- 5—Seal is Understanding.
- 6—Seal is Honor.
- 7—Seal is Wisdom.

3rd—You must open the seals with good deeds. Love can be Unsealed only by practising loving everyone alike, enemy and friend. Light is helping all whom you can. Truth is to be Truthful. Loyalty is to be loyal to God and man. Understanding is to learn to know. Honor to be honorable. Wisdom is to keep silent but "know."

4th—As you meditate on those good deeds, which you are doing, and the kindness in your soul, with eyes closed, you will get so you can see a purple light swiftly revolving before you, and hear a sound in your ears similar to a water falls. This means that you have been successful in the opening of the seals. Do this with each seal until you have gone through all seven. Then visualize perfection in the spiritual principles. Utter the A. U. M. promising faithfulness to the great Universal Spirit.



SYMBOL OF THE SEVEN SPIRITS OF GOD



## THE SEVEN SPIRITS OF GOD

### Part II.

All things created were first conceived by the Universal Mind. Mind is not physical but material, so there had to be an agency to carry out the plan of the conception and be a guide to all things created. These creative agencies of course have to function under the power of divine will in order to affect a growth of any kind. They therefore must be of a positive nature in order to carry out the purposes of creation under the direction of this Universal will force. The number of cycles of the Universe is seven, and a creative agency must operate through each cycle in order to bring all things to perfection. Since each cycle is influenced by a certain creative agency, it makes it necessary that there be seven creative spirits, each spirit to rule or influence each cycle of development of the Universe. As the Universe manifests the influence of the spirit of creation of that cycle, it raises in vibration on all planes of life until it comes into contact with the spirit of creation which is ruling the advanced cycle. Thus the earth, man, and all things therein, go through seven stages of development. In order to reach the highest stage or Universal perfection, each stage passed through in the physical development becomes an invisible sphere of mind or mental development. When the physical spheres become mental spheres or planes of understanding, man then begins to develop spiritual power and the seven mental spheres then become spiritual spheres. When this stage is reached that generation of man ceases to have a physical body as he, in this stage, is entirely spiritual. The soul is taught in such a high state of development that physical experience is not necessary, and all souls of that generation are as Angels in Heaven or beings of the Invis-

ible. After this generation reaches spiritual perfection, it evolves beyond spiritual personality and the seven spiritual spheres become God spheres or planes of Universal being. The generation passes through those spheres to at-one-ment with God of the Universe. Thus the Seven Creative Spirits rule and direct man's ascendancy to the highest state of being. When one generation reaches perfection, lower souls are born under the lower creative spirits and they serve the physical realm and pass on to perfection as did their predecessors. For example, I may say, that five thousand years ago, man just knew enough about the physical existence to barely exist; but as this generation has grown older and we have knowledge of the unseen forces of the earth, we have wireless, radio, and thousands of mechanical wonders, nearly all using unseen forces. This shows that man is under a different creative guidance and that we live in an advanced mental sphere of understanding. As time passes on, we will be more and more advanced Universally, until we reach that state of the highest physical and mental perfection and automatically absorb into the unseen realm from where we came as a generation of Human beings. We thus completed the round of progression under the guidance of the seven spirits of God. First we, Universally, were physical beings, then mental beings, being mental giants but physical dwarfs, and then spiritual and invisible from a physical standpoint. During the last cycle of progression which is the perfect cycle or the perfect generation, there ceases to be physical life on this plane. A new physical creation takes place similar to the one that started this generation and another generation is born and started on its round of progression. These creative spirits all function during a creation, but one of them, the one of the cycle, is master or the strongest influence of them all, from a Universal



standpoint. All adepts of these mysteries who reach that high state of development, think in harmony with the Seven Spirits of God and their thoughts become creative and all the destructive thoughts cease to come into their mind. Thus they become creators spiritually and are empowered by a tremendous mind force.

The seat of power of this symbol in the human body is in the solar plexus where our thoughts enter as we breathe. All thoughts that manifest creative power come directly from them, while all destructive thoughts are creations of the flesh consciousness. Your highest aim should be to so regulate your thoughts as to be in absolute harmony with these thoughts of the Seven Spirits of God and you should strive to give every mental creation, the positive essence of these creative spirits. If you wish to overcome your lower nature, you must develop the highest principles and thereby become strong spiritually. These seven creative energies are the highest principles you can develop, there is none higher nor more powerful.

Your sub-conscious mind should be developed to safeguard you from the weaker influences of this Universe. This can be done by developing a center in the solar plexus which would not let any thought out of harmony with these seven principles, enter your thought channels. For many centuries, the Hierophants of the order of S. S. have known this use of the seven creative spirits and they have handed them down by word of mouth, to the Neophytes who came seeking initiation. Many of these Hierophants could so operate their minds in harmony with these seven principles as to be able to cause a physical creation to take place. They of course had a will power much stronger than the will power of the people today. They developed these principles so highly that their bodies became a collective center of energy, a solitary ray or reflection of the one great



divine light, and the ever-present force of creative mind energy. They were then true sons of the power of the spiritual sun and the true Sons of the Solitude. Man cannot be creator and cease to be creation until his desires cease to be illusive. He must cease seeking the imaginary or the reward for beliefs, and place in his mind those great principles of creative mental energy, if he is to be Master and not slave.

This symbol was established by the ancients of many centuries ago and has been found on the "Hall of Columns" of Egypt. It is a great antiquity and was used to explain the mysteries of creation by adepts of another generation of men. Symbols are the oldest written language of man and have always been used to explain things of vast importance which words could not do justice.

This symbol was improved upon and was used as a zodiac thousands of years ago, for the zodiac was closely related to these principles of Universal influence and was used as a mirror by the adepts, to find out the stages of Universal evolution. It was regarded, in that ancient time, as the one divine authority and a reflev of the past, present, and future of man as he progressed through the stages of evolution under the guidance of the Seven Spirits of God.

The symbol that was woven around this contained twelve points under the seven points of this symbol and they symbolized the twelve months of the year and the twelve gates of the invisible city. In this invisible city dwelt all the mysteries of science and religion and the powers of the invisible forces of nature, such as solar energy and positive and negative life currents. These forces could develop the latent faculties of man and reveal the powers of the soul and spirit and bring about



a physical and mental regenerate man. These faculties were the thought channels of the body and the eye that sees all. This is the reason why the eye is symbolized as being in the center of the symbol. The development of the wisdom of the soul is symbolized by the serpent with its tail in its mouth. This means, soul wisdom without beginning or end. For many generations, this symbol united with the zodiac was man's first bible.

Man's great necessity at this time is to once again learn the ancient way of controlling his body and mind. This symbol of the Seven Spirits of God was known in Greece, as the symbol of the logos, or the divine guidance of the unseen hand or power of the Lord. It can be found on the rocks in the mountains of Greece where it was carved by the powers of alchemy, which was demonstrated by the adepts of that ancient time. This symbol can be found in nearly every branch of nature. If you place a magnifying glass over a snow-flake or over the bark of a tree, you will discover this symbol.

### THE ASTRAL MEANING OF THE SYMBOL

The astral meaning of this symbol gives us a new understanding of it as a hieroglyphic of the ancient esoteric school of wisdom. By drawing lines from the point of the top principle to the points of the two lower principles, we will find that these lines compose a perfect triangle pointing upward, which means truth, love, and light or power of God-knowledge. Then on either side is left two principles which symbolize the four elements or the four way cross of earth, air, fire, and water which man can control when freed from the slavery of false desires. The all-seeing eye in the center symbolizes the watchfulness of the brotherhood on the astral plane. The serpent symbolizes the masters of the wisdom without beginning and without end.



To develop this symbol on the astral plane, you must be able to penetrate that plane consciously and feel all the sensations of being out of your physical body. We can develop this by concentration on that symbol and by the development of spiritual sight and spiritual hearing. We should also be able to pass through the door of brahm and be fully conscious on the astral plane, and then develop the astral meaning of the symbol. This you can develop by telling your sub-conscious mind that you are going to do it and then by concentrating on the door of brahm, as you have formally been taught.

May you gain mastery over your consciousness as that is the sincere desire of your teacher. May you also be conscious of realization of the power of the spirit over the body and gain freedom of the soul, for in freedom of the soul lies the true salvation of man.

## THE SPIRITUAL MEANING OF THE SYMBOL

In the spiritual realm, as in the astral, the meaning of the symbol changes, as it is then in a higher vibration of intellect. All things change as they grow or develop. This symbol spiritually symbolizes the seven creative spirits of God, guiding the soul through the spiritual spheres. The double triangle and the all-seeing eye symbolize the ray of light and truth vibrating to the soul from the "Sons of the Solitudes" and from the "White Brotherhood." Both of these brotherhoods are as one. The "Sons of the Solitudes" on earth is what the "White Brotherhood" is in the spiritual spheres, for both contain the explanation of man's being and teach the great laws of progression.

The serpent, spiritually, symbolizes the wisdom of the Universal Father, of God, from which source man inherits immortality of the soul and eternal life. This is



attained by continually struggling while in the spirit to do the will of Him who sent us. This is the eternal mystery of the symbol and the highest teachings of realization that is contained in it.

The laws of life are not far away but they are in your own being. All teachings of a far off heaven will be proven to be the false teachings of the ages. It is written, "I have left you free to choose between life and death, truth and error." If you desire, life eternal may be yours but you must build a spiritual personality and follow the road of wisdom which leads you to that Eternal Temple in the heavens. Over the door of this temple, in burning bright light, is written the sentence, "Enter those who know, well done my good and faithful servant." Enter into that glory that you have prepared for your own soul for this is the high aim of this order of mystics. All try to earn such a welcome when they leave this life; not by beliefs or imaginings, but by good deeds, good thoughts, and service to this suffering world.

## Part II.

### THE SEVEN SPIRITS OF GOD

#### Technique No. 1.

The first principle is that of Strength.

The second principle is Honor.

The third principle is Glory.

The fourth principle is Blessings.

The fifth principle is Power.

The sixth principle is Riches.

The seventh principle is Wisdom.

WILL each of these principles into the sub-conscious mind with breath retained. Beginning at strength, you should will into the sub-conscious mind, one principle each day until you have willed in all seven of the principles. This will cause your thoughts to create and when thinking of something you desire, you will throw out from the sub-conscious mind the mental forces to cause a creation without the effort of the conscious mind. This is a creation through positive and negative mind form.

1st—Have a desire in mind for which you desire to use the symbol.

2nd—Control breath and will into the desired projects, the seven principles, beginning at strength and ending at wisdom.

3rd—When all seven principles have been willed, visualize the desired project in a perfect state. This should be used in the demonstration of success in life, health, happiness, phenomena, power, increased concentration, power to foresee, and the unfoldment of the mind for work on the astral plane.



## Technique No. 2.

### FOR DEVELOPING THE SYMBOL WITHIN

1st—Enter into a negative state and visualize yourself all powerful.

2nd—Slowly go into a positive state of mind, thinking of Strength or whatever principle you are willing.

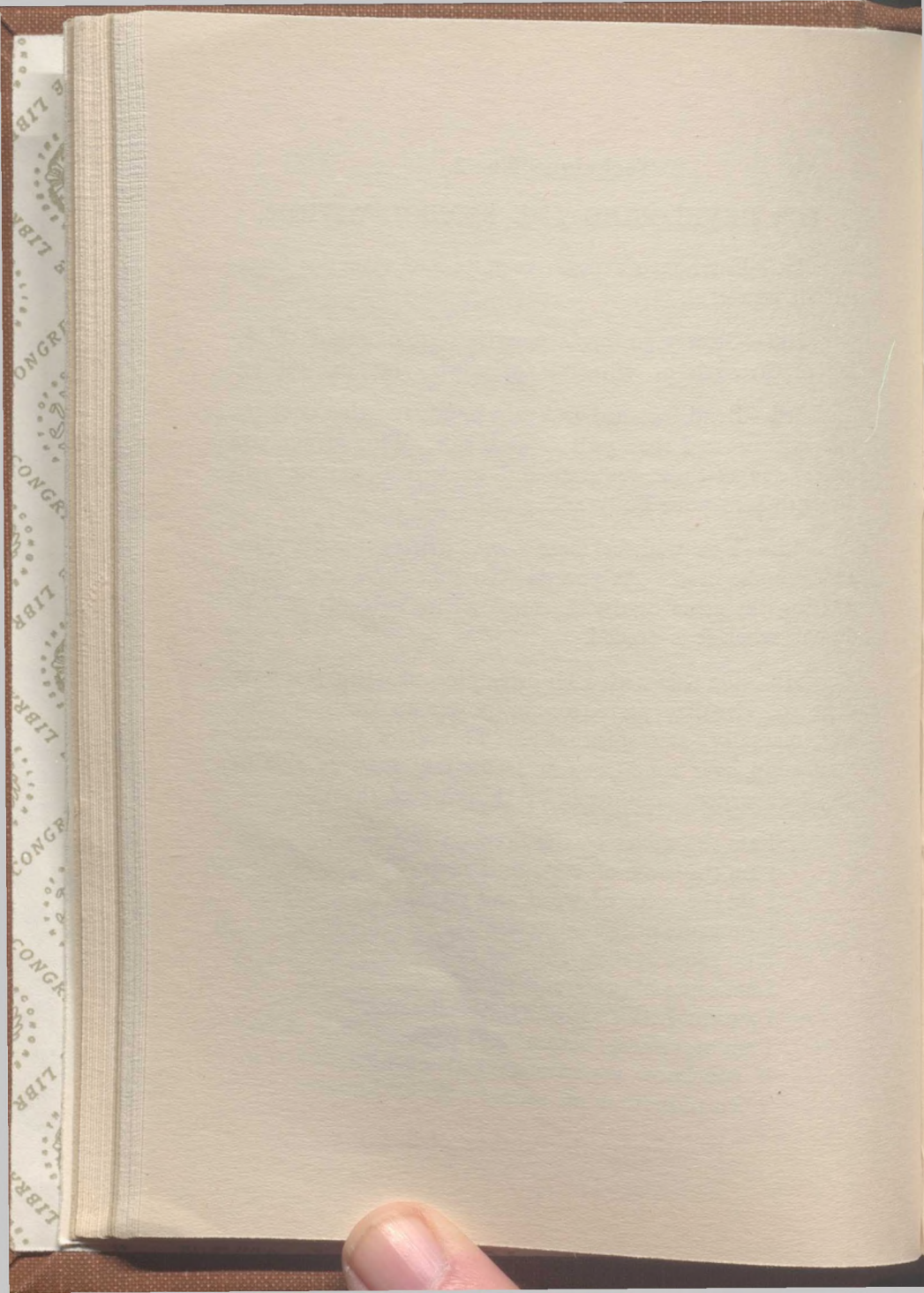
3rd—Bend forward and grip hands together over the solar plexus, and then pull to each side. This brings you into the super-conscious state and while in that state, will Strength into your body and mind.

4th—You will feel heat waves passing up the spine and into the head. As you do, visualize these heat waves entering the atma or divine mind where strength will be drawn, when it is needed.

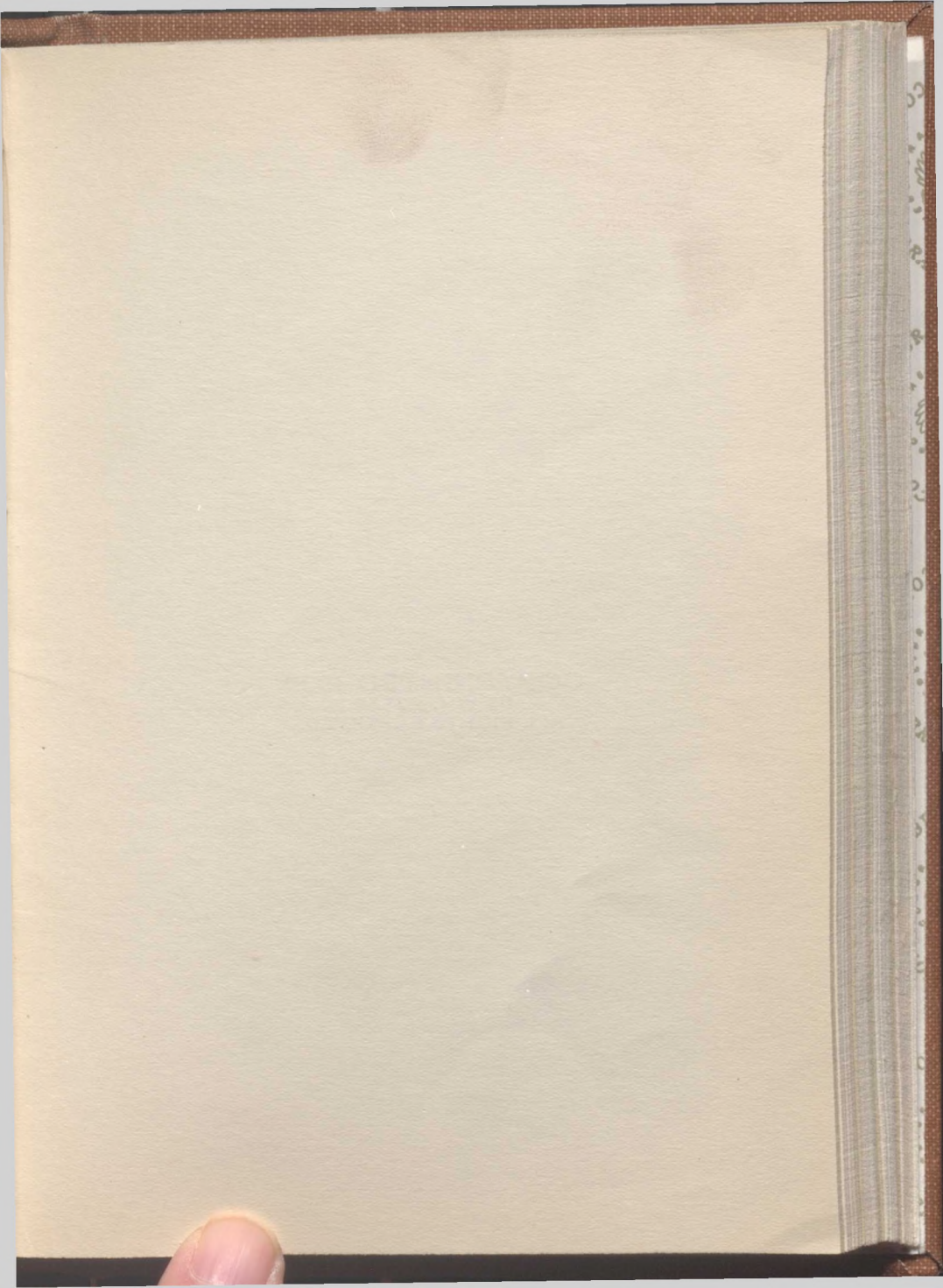
5th—Do this with each principle and when you have done so, visualize perfection in power to create physically, mentally, and spiritually. This gives you positive mastership over conditions and you will soon be able to dispel discordant conditions by thinking of them.

I am the waves of the deep,  
I am the cause of wake and sleep,  
I am the voice of wind and sea,  
I am cause of life and eternity,  
I am cause of dark and light,  
I am cause of peace and fight,  
I am the A. U. M. of Universal cause,  
I am movement, action, and pause.  
If you know my mystery and my hum,  
Then pronounce me properly A. U. M.

(Blessings to the Brothers of S. S.)

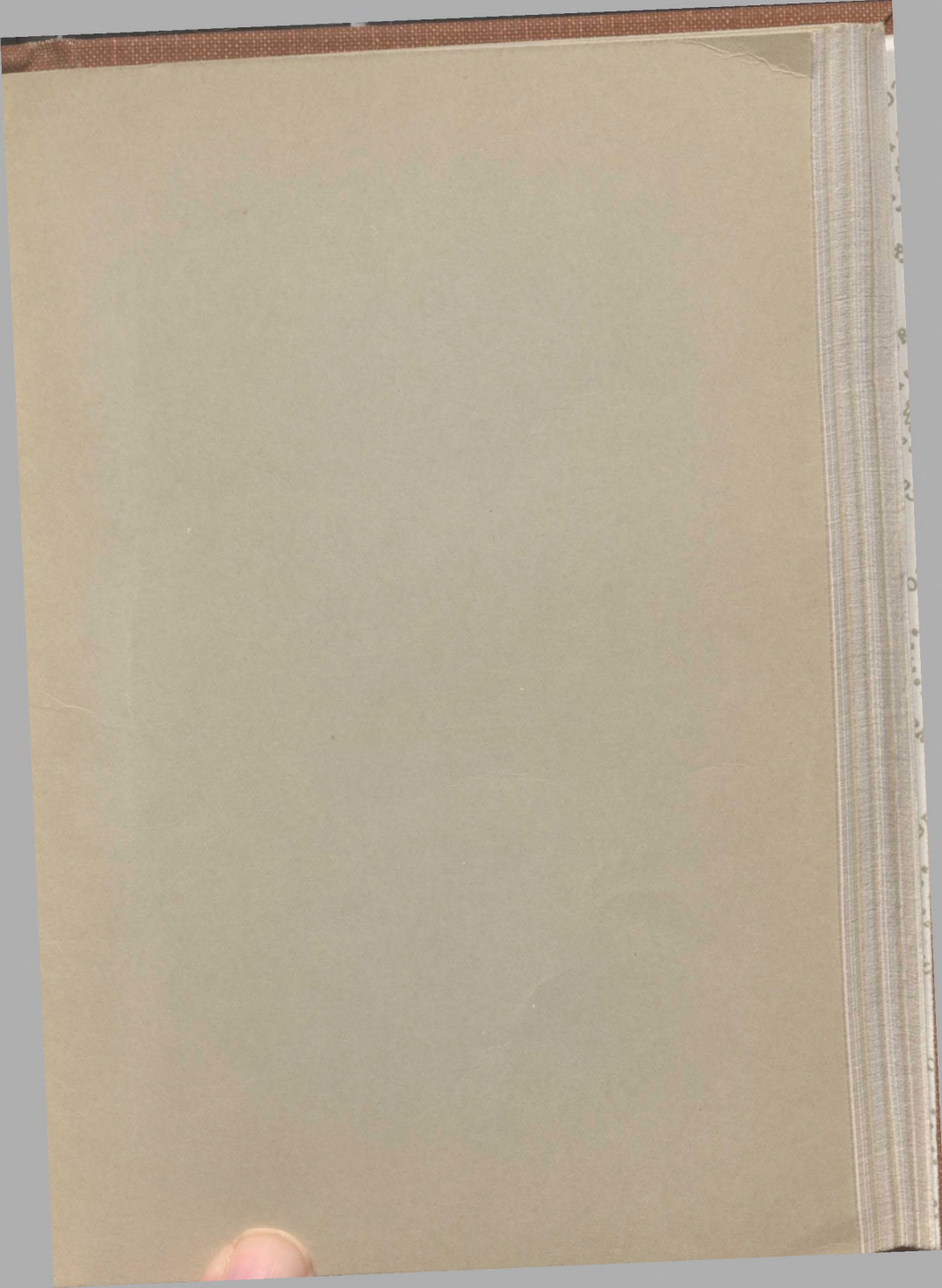


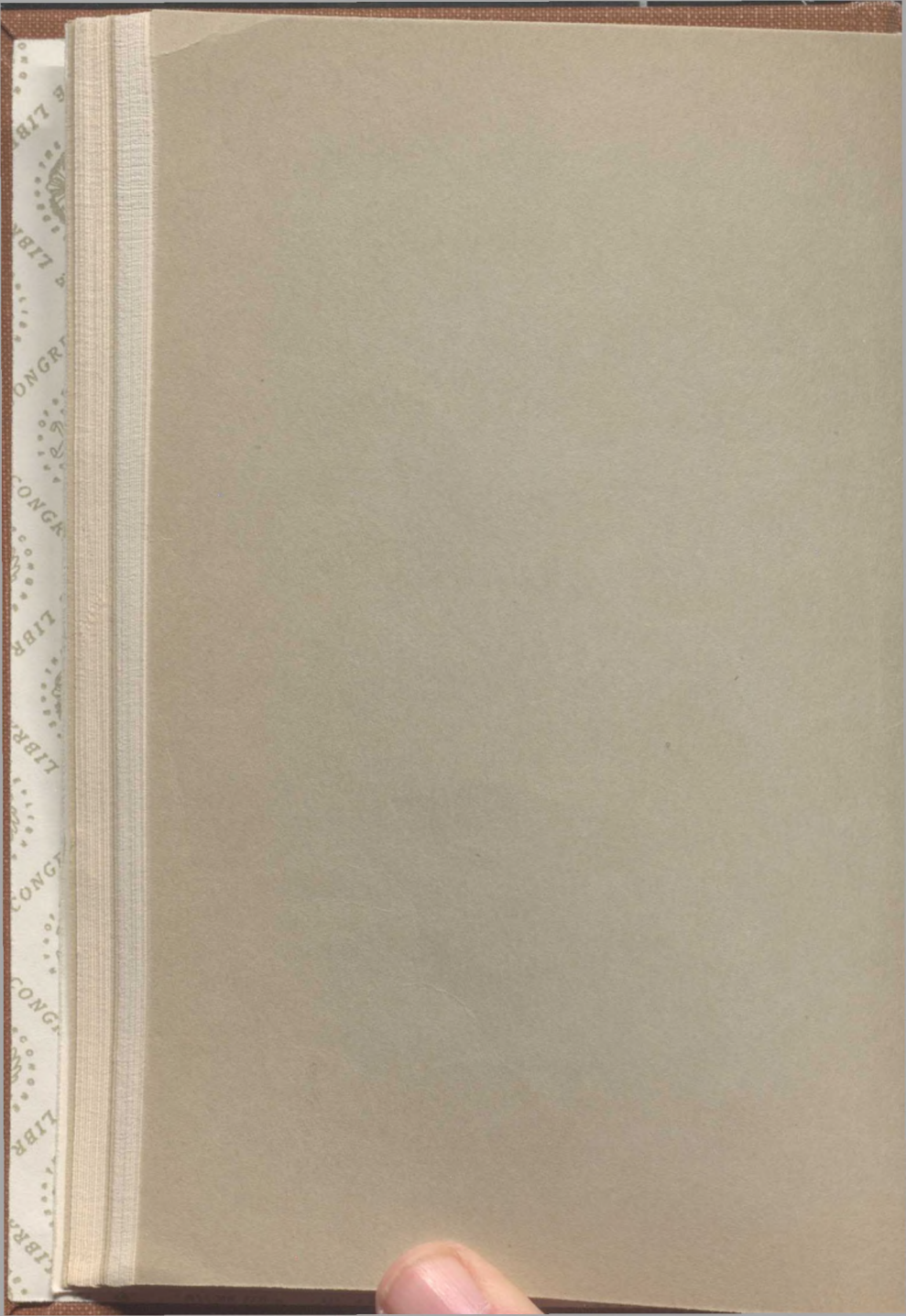




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# Symbols of Inner Mysteries

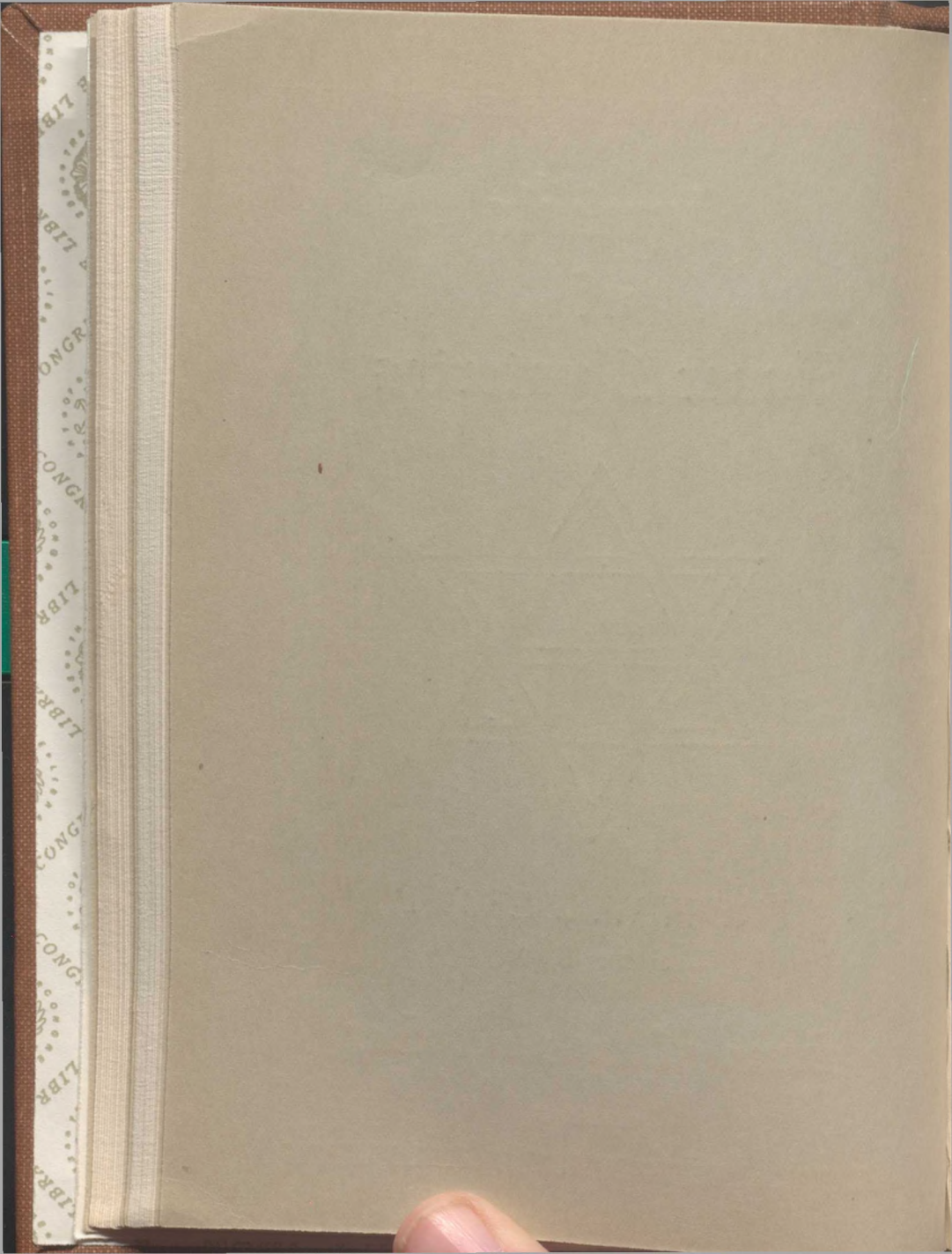


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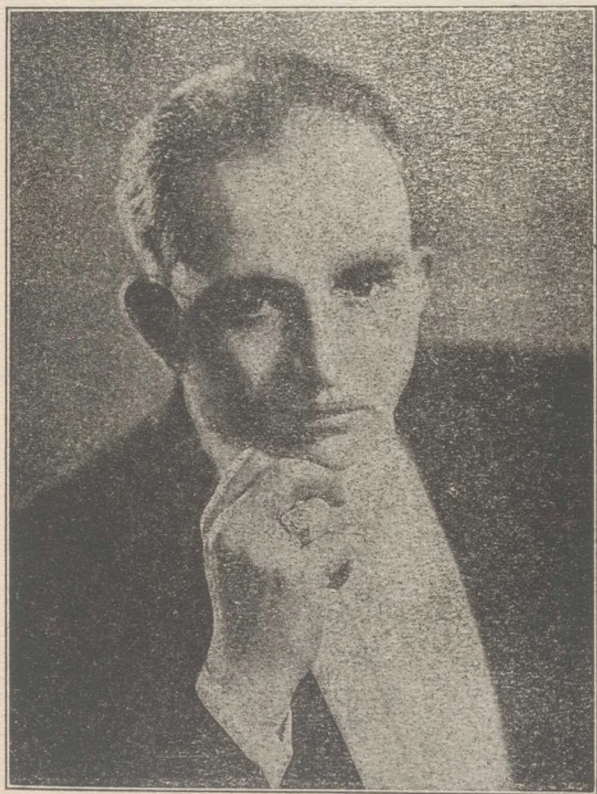
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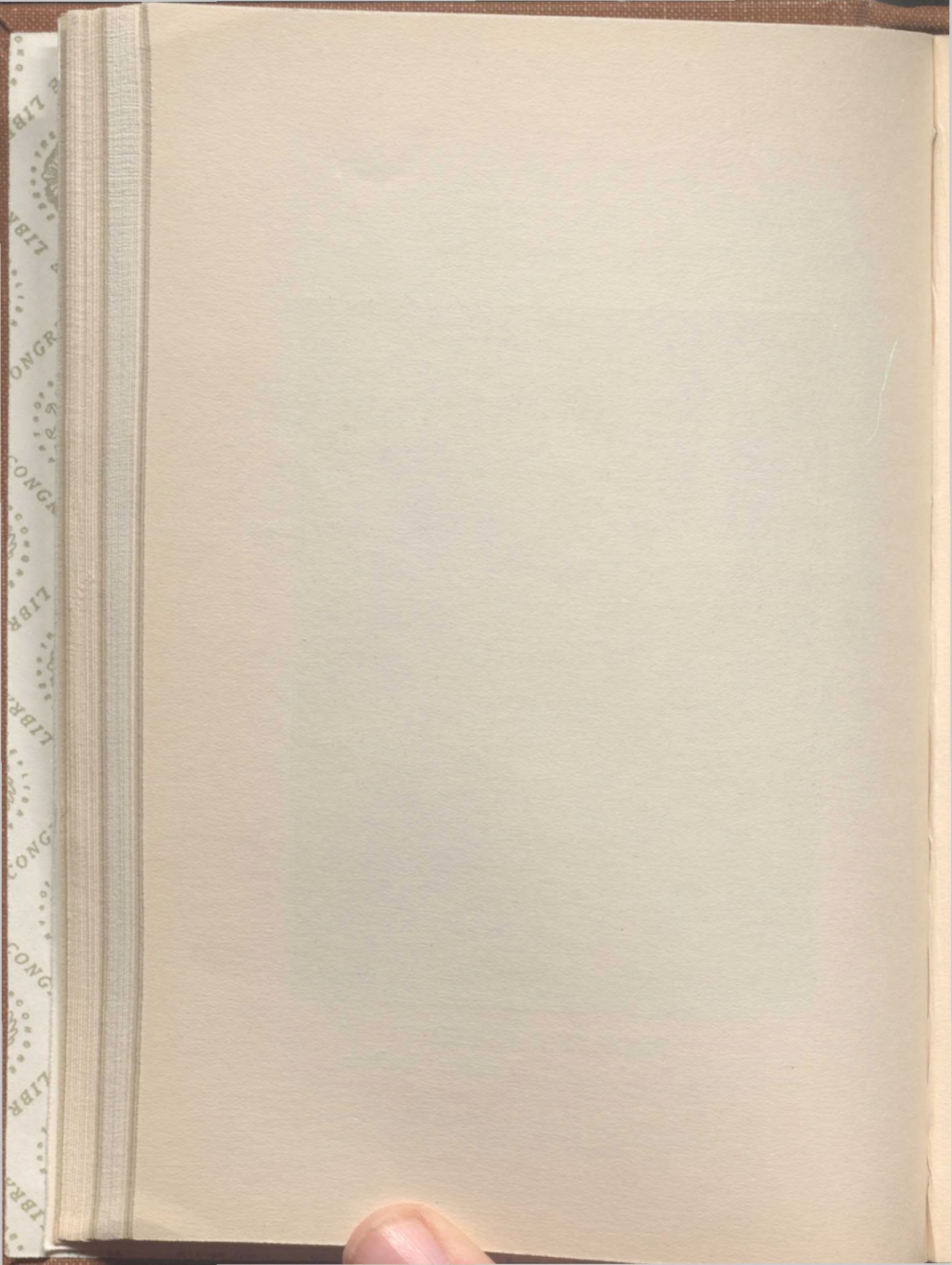
BOOK 3







PROF. WM. ESTEP  
Master Psychologist, Teacher, Author



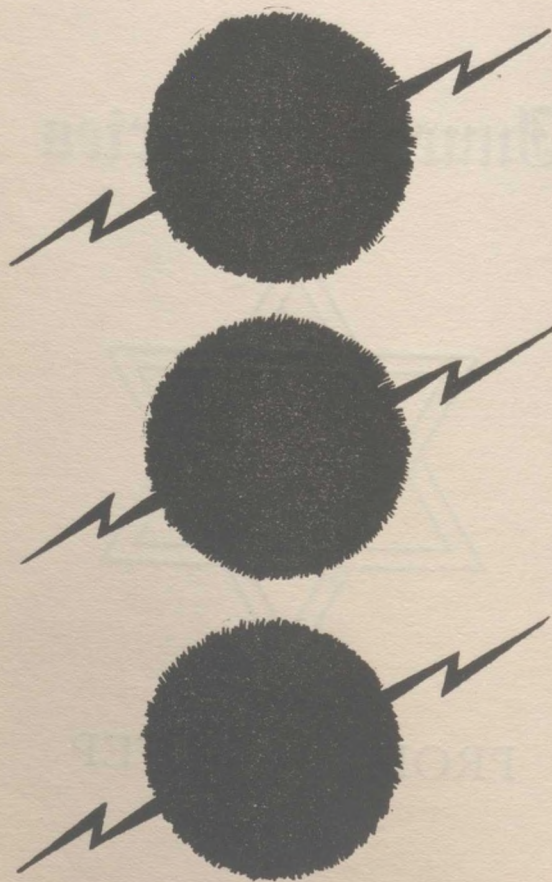


# Symbols of Inner Mysteries



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SYMBOL OF THE THREE ELECTRONES

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Mrs. William Cory Atkey  
May 21, 1932



### BOOK III.

## ANCIENT MYSTERY OF THE THREE ELECTRONES

Forms or symbols are the connecting threads of an idea and they contain but the foundation of the highest meaning of the form or symbol. All things are the product of some kind of form that has individuality. All of the products of invention are but symbols of the intellect of the inventor. So our subjects, being so vast that words cannot do them justice, we draw the symbol and from it form the ideas. We then begin to form higher ideas and improve on our first symbol. Thus it has a higher meaning or becomes the form of a higher idea.

There are three stages that everything in existence must pass through. The first stage is the physical; the second, the mental or astral; and the third, the spiritual. Each time they progress or develop, they then become the symbol of a higher idea. This is the reason why the brotherhood symbols change in appearance and meaning to the Neophyte, as he goes onward in the path of supreme understanding. As the microscopic will of the solar system consciously or unconsciously evolves forms, so does the will of the microscopic man evolve the forms of higher laws. Upon these forms, he builds his temple of power and by it, he develops the knowledge of adeptship which is to know the secrets of the Universe.

In studying the three electrones, I wish to first state that there are two teachings of the occult metaphysical teachings similar to Buddhism.

Buddhism teaches, for the ignorant masses, the Buddhism of the heart, and for the mystic adepts it teaches the Buddhism of the eye. There is a great dif-



ference between these two teachings. Occult teachings for the masses, consist of a few mysterious or seemingly mysterious uses of the mind. Some teachers also teach them a great deal of orthodox personal God worship because they think that they must please the masses. The real or deeper occult teachings are profound facts, based upon scientific deduction and demonstrated. It is absolutely practical and not speculative. The latter teachings are the kind we are studying in this Brotherhood, so do not let the symbol of the electrones draw you away from that fact.

We will first consider that a human being is composed of three distinct substances. The first is physical or visible flesh substance; the second is invisible cosmic substance; the third is spiritual, Godly substance and energy.

Each of these substances has a center of vibration. The lowest vibration is the physical, represented by the lowest electrone. This center of vibration controls all physical forms composed of earth and water. By using the center of vibration as a concentration-point, we are able to rule physical forms according to the power of our will. If our will is stronger than the body, we are able, by the use of the electrone, to control the elements and molecules of our body and cause almost any change to take place. This is the great secret energy that was used by the ancient hierophants of Greece and India.

When our will power and consciousness are in the astral, we are able to rule all things that are in the physical. For instance, if you were consciously in the astral and having your will and concentration independent of flesh effort, you could, by focusing your mind on your body, heal it. You could also stop and start the heart and then live in your body afterwards.



If you were consciously in the vibration of the supreme electrone, you could rule all astral and physical vibrations; for their centers would be subject to your will-power, in that exalted state of mastership or mind. If you live in the high electrone continually, you will escape the suffering of the lower. This is termed in the Orient as "walking in the higher light."

The first element of man is perishable matter. Its vibration is ruled by the lowest electrone and it continually reflects thoughts and ideas that come from the higher centers of vibration. It is the hard substance of man that is worked into its particular growth by higher vibrations, coming from the higher electrone. Each elemental vibrating in the body but controlled by the mind electrone, supplies enough cells with elemental energy to keep the body in motion; for from that center of vibration, we draw our invisible life substance.

Around the body is an invisible astral light. This comes from the mid or elemental electrone and its purpose is to hold the body together and give it balance and strength. It is this light that shines in the imagination chamber of the mind and makes it possible for us to form the image. The coarser vibration of this light is plastic and contains a wall of impressionable substance which is impressed by every thought, desire, and deed, of the conscious mind. It is called by the adepts of the far East, the "Star Magno of Individuality." It is also known as our individual aquasiac record. This wall is very similar in action, to a sensitive plate used in photographic work. It contains a picture of everything we do, and thus it is from this record, when we reach spiritual understanding, that we are judged by the spirit of the Father that is within us. It takes our own conscience to judge us and from the same center of vibration as this wall, we draw the invisible elemental life substance into



our bodies. This is the reason that you become sick when you tell your sub-conscious mind that you will be. You have formed the impression in that plastic wall and then it controls the elementals in your body and you become sick. Now the way to escape this reaction of the mid or elemental electrone is to elevate your consciousness into the supreme electrone; think in terms of supremacy over the lower conditions of life and thus register, in the wall of reaction and memory, mastership instead of weakness. By doing this, you will eventually spiritualize your mind and be able to escape all the vibrations from the lower electrone. This kind of an electrone has been termed the night side of nature. When you have learned these great laws of controlling the low electrone, you will soon be able to purify your entire body and system, and the fact that you are master over the lower self, will then dawn upon you.

The next step in the study of the electrone is to harmonize consciousness with the centers of vibration. By getting your consciousness into the mid-electrone, you become conscious of the aquasiac record or the memory of the oversoul, referred to by some philosophers as the "Universal consciousness." There you begin to feel and sense man's involution and evolution; that is, his involution spiritually and his evolution materially. You also feel the contact with ages past and feel the part your soul has played in the development of the universe. You discover the talents and gifts of the soul, such as art, music, speaking, healing, etc. This is a wonderful state of consciousness, and while you are in this state, you can see and feel the presence of people in their astral bodies. This is the elemental center of the universe, and can be attained if you go on to success through perseverance. If you are not a quitter, you will succeed by determination and will force; for these are the powers



behind the throne. Even the adept must not try to solve these problems physically, for they are mental states; that is, one of the three mental centers of the Universe controlling the elementals and the electrones. By dulling your physical consciousness with the concentration method, and then willing yourself into that center, you can succeed. Technical meditation will take the adept to that state or to any mental state, but the student should remember that he is studying something far advanced of his time in knowledge, and should therefore always keep a well-balanced mind, under all circumstances.

After attaining the elemental state, the next is the supreme electrone which is the super-consciousness of the Universe. This state reflects all of the future events and conditions of mankind; for it is that sphere of vibration from whence all things descend down into the elemental vibrations and then into the coarser vibrations of the physical side of the Universe. When, through meditation and concentration, you reach that exalted state of mind, you, for the time being, feel like a personality without a body, and feel that you are so powerful that not a weakness can penetrate your mind, and that you are a super-being. That is what is called by the adepts as a transcendant state of mind, and it is that state where the individual contacts the God-mind or Universal will force. While in this state, if you have attained full consciousness, you can concentrate with great power and force the elementals of nature to obey your will power. During your functioning in this state, you must have closed out all material thoughts and become entirely unconscious of your body. When you can attain this at will, you will begin to master your lower desires and natures, and will triumph over the conditions of the flesh. This is often termed as "victory over the flesh vibrations."



The supreme electrone is not a state of being, but a supreme state of mind, and it is the highest center of vibrations. There are temples in the mountains of Greece and Tibet which symbolize this supreme electrone, by being built high upon a mountain and above the clouds. These are the places where the ancient adepts went to attain the consciousness of the vibration of the supreme electrone or mind-force. It is said that many of those adepts have lived over five hundred years on this plane of life, because they were masters of the lower vibrations and not victims of their illusive forces. Our high purpose should be to consciously live in mental rapport with the supreme electrone and by its power be able to bring the lower centers under our will-power. An adept, fully developed, is the most Christ-like human being there is, as they, by supreme mental force, overcome greed, lust and anger, and live for the good of others, which is the Christ ideal; for it is written, "What greater love can a man have than he who will give his life for his friends." I myself, when being persecuted, have often said, "Father, forgive them; they know not what they do." If we live in the high vibration of the supreme electrone, we will be able to do this and even have no resentment against our enemies. We are all tried by the power of the lower elementals and forces, and if we are not found wanting, we will gain the pearl of great price—happiness.

This is, my dear student, the supreme reasoning of the Universe and should you ever be called upon to be tested, my most sincere prayer is that you will stand the test; for the ancient masters of the unseen world are watching you as you struggle with earthly problems. Every day you are weighed on the balance to see if you come out wanting. So, Pilgrim of Light, may you always



live in that perfect light that casts no shadow, and may you ascend in consciousness to those higher heights, wherein dwells only peace, harmony and bliss.

### Universal Meaning of the Symbol

The lower electrone, with its color of red, means the physical realm wherein is all antagonism, ignorance, disease and trouble of mankind. To be only physical is to be only sinful, and the wages of sin is death of lower self and loss in mind of personality; for no one whose mind is wholly physical can ever ascend those invisible heights which is necessary in order to have a spiritual personality. The great law is that all physical bodies and minds must die and that all that lives is the spiritual intelligence. This intelligence consists of what we really know beyond the vibration of the physical body in which we live; what knowledge we have of the forces and activities of the vibrations, and life of the higher electrone. To be able to master this electrone, we must first learn to think beyond it and thus gradually live and have our being in the higher forces. Then finally transcend by technique and will to follow the pathway upward to the highest mastery. If you do this you will gain eternal being or immortality. If you do not, you will lose identity; for if there is no spiritual knowledge then on what could one stand on in eternity, since you see and know eternity to be purely mental and spiritual?

The mid-electrone, with its golden light, symbolizes the astral world, which is the world of sheaths, and the subway of the Universe. It is the center of vibration of the elements that fill the body, blood, water, and earth, with their ever-moving and changing life force. It is also the center of the record of our soul, wherein lies the record of the growth of the soul and its achievements. In this center we are sometimes happy and



sometimes sad, because, like the material mind, this vibration is changeable and illusive. To overcome this, we must have a strong mind and will power and by strength and mind overcome the changeableness in our nature and in the shallow world. After this we begin to really know, as we raise our vibrations above that plane.

The next great center of vibration is the spiritual, symbolized by the electrone surrounded by the purple light. This electrone means that our mind, body and soul have become spiritualized and that we are rising above mortality and will soon know the meaning of immortality in the true spiritual sense. To attain this state of spirituality, you must cease to live for your likes and dislikes, and for your loves and hatreds; but for knowledge and power, and for good and peace.

The only remedy for your ills, dear student, lies in the gaining of knowledge, and as you progress to the higher vibrations, be careful that no selfish motive prompts you to act, as that will cause you much sorrow in the end. Remember, that to raise your vibration to the higher electrone, you must become dissatisfied with the objective world and be pleased with the real things of life, which are the fruits of the spirit. Remember, that as the microcosmic will of the solar system evolves forms, so does the will of man, and of proper casting of forms he will gain proper results. We give shape to every idea formed in our mind and we create an existence with an atmosphere which may be either subjective or objective, and even material, according to the vibration and electronic value of the form in question. All creations have their subjective forms, which are in the finer vibrations of the higher electrone. They can be seen by anyone who has a development of the subjective



senses and is endowed with the power of inner sight. The inner faculties of the human being are but the finer vibrations of the objective faculties. All forms are symbols of ideas which come from either God or Man, and they represent the development of the world and the progress or evolution of man. They are simply the allegories of man and God, constituting what we, of this plane, term life, but in reality they are but the coarse outward expression of the finer life.

The finer life forms are of the supreme electronic vibration and are intermingled with the coarse, but they are unperceivable to the objective man. As we progress in development and realization of the finer vibrations, we gradually grow out of the coarser and raise our consciousness into higher vibrations. This is involution and evolution, or the refining of the coarser and the realization of the finer. All exalted and divine ideas are embodied in finer forms than the objective ideas. They work in and through the coarser, seeking to ascend to higher heights or refinement, for the general trend of nature is toward progression. Every motion in the human mind contains its form and vibration and may be seen and sensed by those who have inner sight. It has the activity and motion similar to an entity. So if you would develop the finer vibrations, be careful what kind of forms you set in motion, as forms and ideas have a being, and, in a sense, they really live.

These, my dear student, are the secret ways to cultivate the inner vibration and progress to where you, as an adept, can see the inner light. If, by intense desire, you set in motion exalted ideals in the forms of finer vibrations, soon the purple light of the supreme electrone will light your way over the threshold of Eternity, to those unknown heights of power and adeptship. Herein



lies a secret too great to be revealed to the uninitiated; so remember your obligations to the order of S. S., "not to reveal this secret," if you desire to progress in this knowledge.

By using the technique in this book, you can set in motion forms of power and of strength which will free you from the confines of flesh consciousness; and after your liberation and experience of the vibrations of higher spheres, you will be met by the master of wisdom. But remember to take these exercises with a settled mind, otherwise you may have the wrong experience and, through fear, not proceed along the path. When you begin to set in motion forms of power to raise you beyond the lowest electrone, you must then cease to set in motion forms that work against your ideal. Otherwise, you will be in conflict with your lower self and will have to struggle, in order to attain that which you desire. All thoughts are forms, and a selfish thought is embodied in a selfish form. These forms never go beyond the mid-electrone, but remain there. They are the forms that the adept has to overcome before he can pass on to that supremacy over his body and mind.

When a prayer is embodied in a sincere form and then projected beyond the spheres of individuality, it becomes a strong entity endowed by power from the creative mind, to produce its own answer. Thus we have the explanation of the answer of prayer. By entity, in this sense, I mean a thing or being, created in high vibration to accomplish a certain thing, endowed by power of will force and divine creative power. This is the specific way that the oversoul uses the vibration of the supreme electrone.

All vibration moves in a circular motion in harmony with the spiritual sun, and, according to its quality and form, it has velocity of speed. This velocity is the moving



force within the form. Thus a low form, even an individual, becomes a high form by raising its vibration to a high purpose; that being the law of progression of human souls. To evolve yourself and vibrate higher, you must raise your vibration and purpose in the world and set in motion an exalted form; and by its power, transport your consciousness to a higher plane of mind and power. All base desires are the result of permitting yourself to be attracted by the wrong purpose.

The more you concentrate on coarse desires, the farther you will get from the light of the supreme electrone, and if you persist you will lose track of it altogether. It will then be dark around you, as you will be surrounded by dark forms. As long as the soul is weighed down by dark forms and forces, it can never go to those celestial heights of mastership which was attained by the ancient adepts.

To feel the divinity within yourself, to be in a state of true meditation, to exert a positive will power, and to realize it in its highest vibrations, is to enter a true state of prayer or the attitude of "thy will be done on Earth as it is in Heaven." Prayer on the physical plane consists of the execution of will power to accomplish the greatest results physically, while a spiritual prayer is the opposite. When you are in the vibrations of the mid-electrone and pray, you stimulate the power within that divine motive force of God power, or inner supreme electrone of power, to rule the elementals, the molecules, and the cells of the body. This attunes us to those angelic chords of vibration that lift us up beyond the confines of flesh and objective mind. This is called by the adept, "the transcendant mind," or "elevated consciousness."

Now, dear student along the ancient path of light, be careful and grasp the meaning of these words, as they are the product of the soul of one who has seen beyond



the seventh portal. These are words to be understood by the intellectuals, and not by those of objective mind; for their power to understand is like their bodies—full of weakness and surrounded by dark shadows of the subjective world, which are created by the lower self and misconception of divine truth. They are those, dear student, that reap the reward of sin, which is a premature death and much woe. They have never heard of the mid or supreme electrone centers of vibration, nor their power. So, dear student, encourage every impulse to raise your vibration and give it forms of power to transport you into that state of bliss. When you awaken with finer vibrations, cast off the coarser and live them down by good deeds; soon the supreme electrone will be governing all the obstacles in your pathway which is leading you onward and upward to those heights of power and realization of the true God. This realization will mean faith in man as well as faith in the true God, who works the same in all of us. Because the coarser vibrations are the easiest to comprehend, is no sign that the finer is not in existence; for the seed is smaller than the tree but contains the essence of the whole tree. Do not repress your finer emotions and sympathies, but let them express, and you will succeed in the elevation of your consciousness; for each good deed becomes a fountain of living water in the paradise of an adept's soul. As love is created by love, and as good deeds are father of greater deeds, so is the grand transformation of a seeker into an adept. Many times blessed is he who comprehends this truth. When an ignorant person changes from the low consciousness to the high, he thinks that something is wrong with him because he cannot distinguish the lower from the higher. So, dear pilgrim, do not fear the higher, but fear the lower; for as man needs a



compass on the high seas, so does he need a compass of knowledge on the sea of life, and above all to understand the vibration of the electrones.

The lower thought forms do not become flesh and blood entities, but they find an impersonification in people who cultivate their qualities. They are usually known by the names of envy, hate, malice, vindictiveness, etc., and when man becomes spiritually weak, they come in and take possession of his being. They, therefore, find someone to impersonate them; but when the adept, equipped with knowledge and technique, raises the magic wand of his will and says, "Lo here," or "Lo there," they have to obey him, and he thus expells them. They have to release from his being and then, with that same power, he wills in love, peace and power, and by them he lifts his being out of the lower vibrations and into the higher. Thus he transcends from low electrone to mid, and then to the supreme, wherein he rules the lower elementals, molecules, and cells of the body. He becomes master of the house, which is his body and mind, wherein dwells his soul.

### The Adept's Paradise

The souls of adepts of long ago  
Have whispered to me, sweet and low,  
And told of their great secrets divine  
Sealed up for ages and ages of time.  
The secrets of the powers of man,  
True knowledge of God, and nature's plan,  
A vision of temples high over the sea  
Has come from the cosmic mind, to me,  
Showing me their wonders of old,  
And now returning to man, I'm told,  
Once more to bring peace and power

To this suffering world in its dying hour.  
To me, a lowly being, came this advice,  
Direct from the adept's paradise.

## II.

They renounced the pleasures of man,  
In order to be masters of creation's plan.  
Their thoughts were pure as divine snow,  
The price that's paid by "Those who know",  
Their desires were spiritually to see  
The glories I will reveal to thee.  
To see themselves with conscience clear,  
To overcome malice, hatred, and fear,  
To hear the music of spiritual spheres,  
Such music as never comes to earthly ears,  
And to see the rising spiritual sun,  
And over lower nature, a victory they'd won.  
These things to them, were life's great prize  
And last of all to adept's paradise.

## III.

The adepts of the past, yet do live,  
And to mortal adepts, they do give  
The key of knowledge, truth and love,  
And teach them how to rise above  
All conditions of earthly woe,  
And really be as "those who know",  
And live and be what man must be,  
If eternal glories he will ever see,  
Be strong, be brave, be just, be true,  
Learn to see the "I am", and not the "you,"  
Then over the door a blazing light  
Will shine to guide you, thro' the night,  
As you journey upward thro' the skies  
And finally rest in adept's paradise.



**Book III.**  
**THE THREE ELECTRONES**  
**Technique No. 1.**

First realization: That you are in the lowest electrone in your ordinary consciousness.

Second realization: That to get into the second electronic vibration, you must be very passive; so much so, that you are almost unconscious of your physical being.

Third realization: That after entering this deep passive state; in order to get into the supreme vibration, you have to have sacred and divine thoughts, thinking of each thought as having a form to transport you into the higher vibration.

**Development of Consciousness of the Symbol**

1st. Sit in a negative position with eyes closed and breath retained. Concentrate your mind on seeing the color red of the physical or lower electrones. You produce this with will power, and it will appear under the eyelids.

2nd. Sit erect and place thumbs in the temples with the hands over the back of the head. Then move the head in a circular movement to the left. This places you in a sub-conscious state of mind. Then you will notice that the red light is gone and instead there is the golden light of the mid-electronic vibration.

3rd. Release yourself slowly by gripping your hands. Will yourself into the super-conscious state until your mind becomes blank. Keep on in this tension until you succeed in blanking the mind completely. When you reach this state, you will hear cosmic vibration which will confuse you but hold your position and don't give up. When you overcome the confusion, the golden light

will change into purple. When you see this, your will is in the supreme electrone and you can rule any conditions in the lower vibrations, with perfect ease. At first you will be able to hold this position for only an instant but as you keep practicing, you will enter that state with very little trouble. The main points to keep in view are: "I will never give up while I am conscious, but will succeed against all odds. I will be an adept of the ancient mysteries." Never say, "can't," but say, "what I did not do today, I will do tomorrow." This should continually be the attitude of a seeker of knowledge, if he is ever to know the secrets of the vast invisible part of the Universe.

## Technique No. 2.

### The Spiritual Meaning of the Symbol

To be successful in attaining this ideal in a spiritual way, you must have the mind absolutely free from all ambitions and personal desires; be in tune, as near as you possibly can, with the Infinite Oversoul.

1st. Sit in a reclining position or better still, a lying position. Get tense by gripping the hands and remain in this position until you have reached the super conscious state.

2nd. Will to be conscious in the etherial spheres. Keep this up intensely until you see clouds of vapor closing in around you.

3rd. Relax suddenly, roll eyes to the back of the head, then relax as much as possible.

4th. Stiffen the body and hold this position until you see, mentally, a blue light. Then visualize yourself floating away from your body, in this blue light. After learning this method by perseverance you will be able to



go into the vibration of the first electrone, then the mid and finally the supreme. You should learn this technique in the class room but it should be practiced at home, for you are supposed to keep this up until you lost physical consciousness.

If you take these exercises you will soon know the great power of adeptship. This is a teaching never before taught to the American public. Be careful not to have fear when going through these exercises, as that would only be a detriment to you instead of a help. You must take these exercises of your own free will, and the author cannot be responsible for what results you obtain in any of the secret work of this order. It is the way to adeptship for those who desire to follow. A teacher can only point the way, the student must accomplish. He who has heard the music of the harmony spheres will never forget his experience; soft and sweet it comes to the mind when the consciousness is stilled and as he is ascending that ancient ladder that leads ever upward and onward.

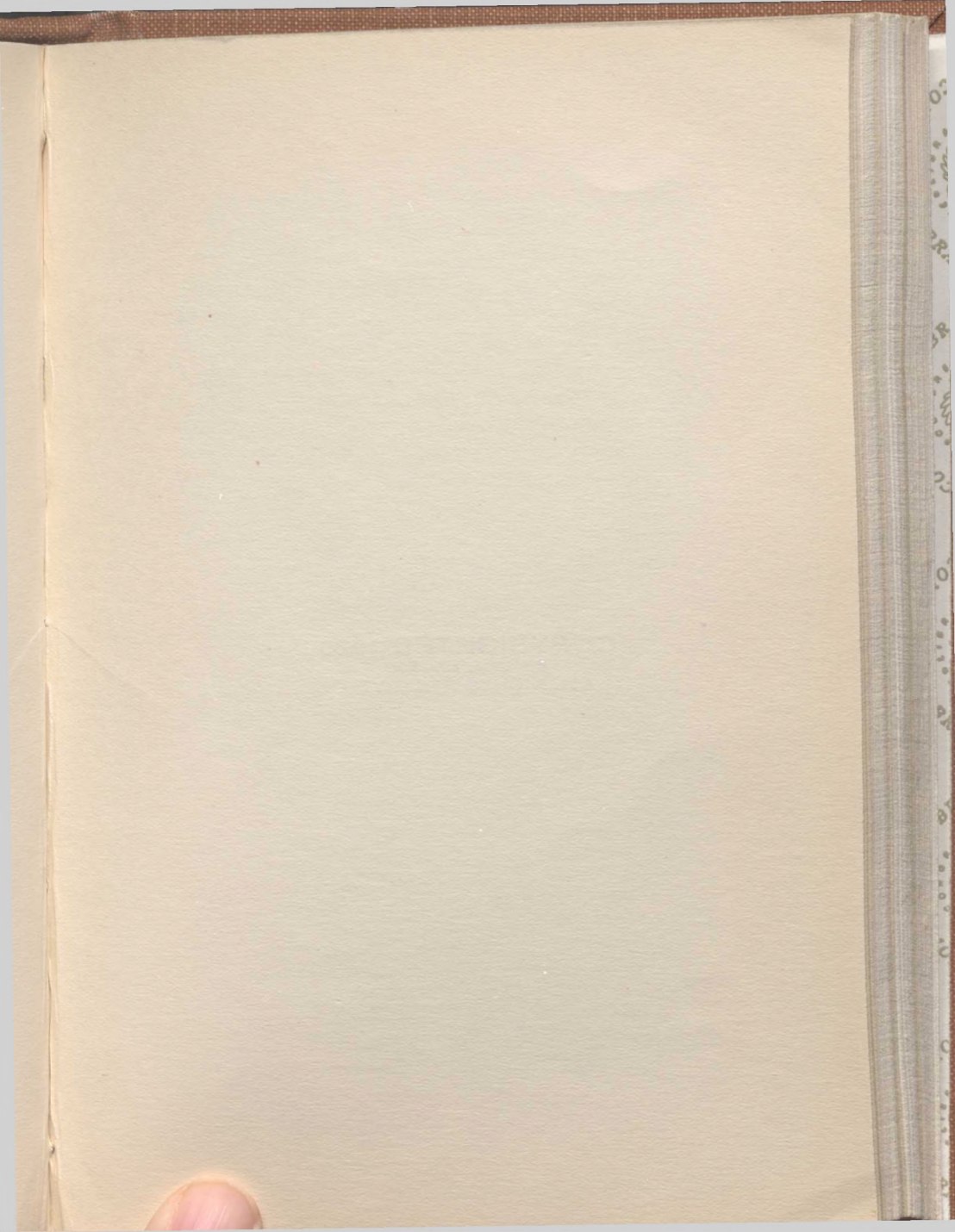
Here your teacher wishes you success and he hopes to be able to meet you in those etherial spheres, where all adepts seek to enter at will. May the blessing of the eternal Father be with you as you struggle to overcome the weighty flesh consciousness of man. Here we must pause to project our thanks to the all powerful mind of the Universe.

A. U. M.

### Heirophant's Chant of God

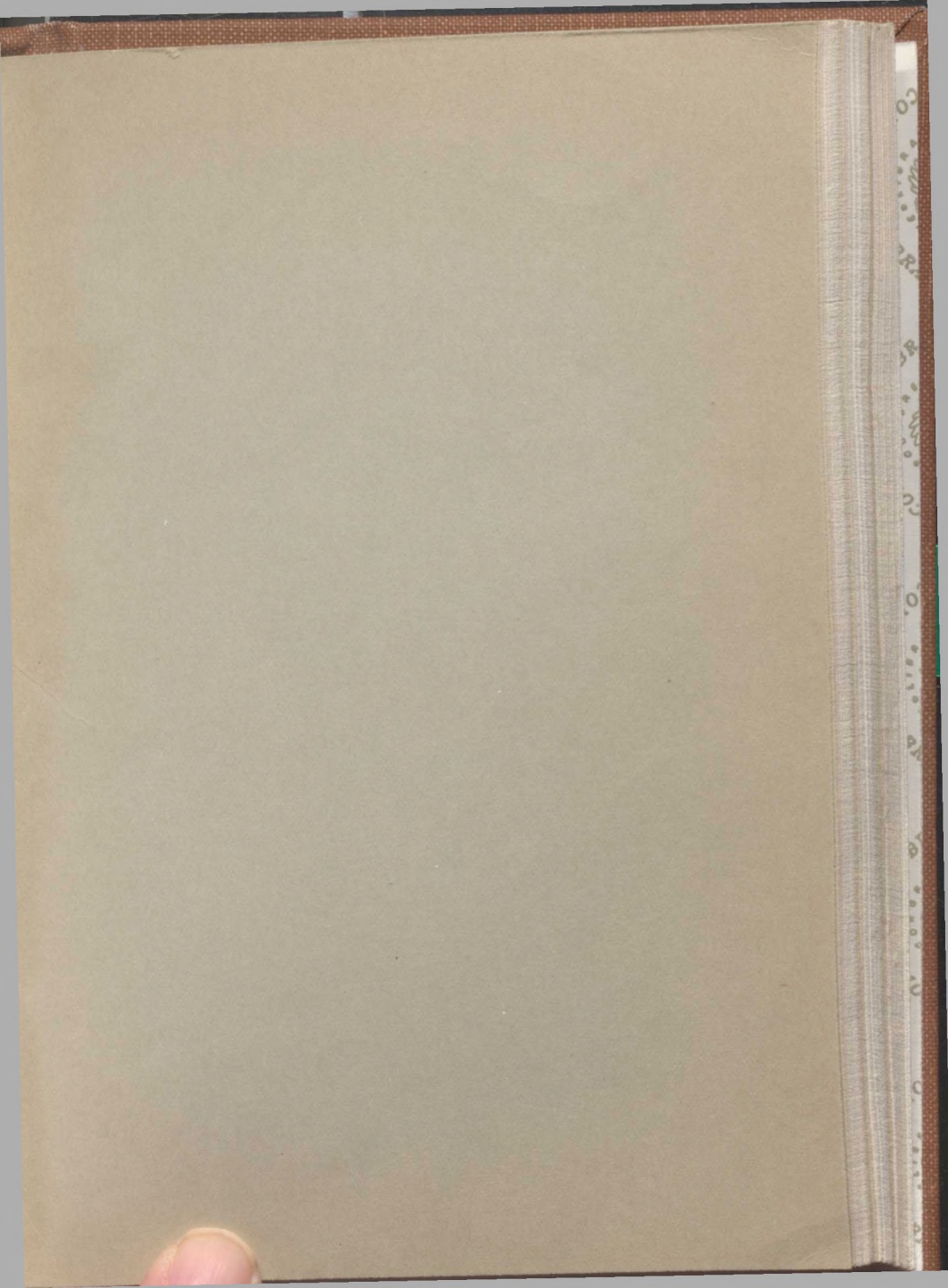
I am the waves of the deep,  
I am the cause of wake and sleep,  
I am the voice of wind and sea,  
I am cause of life and eternity,  
I am cause of dark and light,  
I am cause of peace and fight,  
I am the A. U. M. of Universal cause,  
I am movement, action and pause.  
If you know my mystery and my hum,  
Then pronounce me properly, A. U. M.  
    (Blessings to the Brothers of S. S.)  
        A. U. M.





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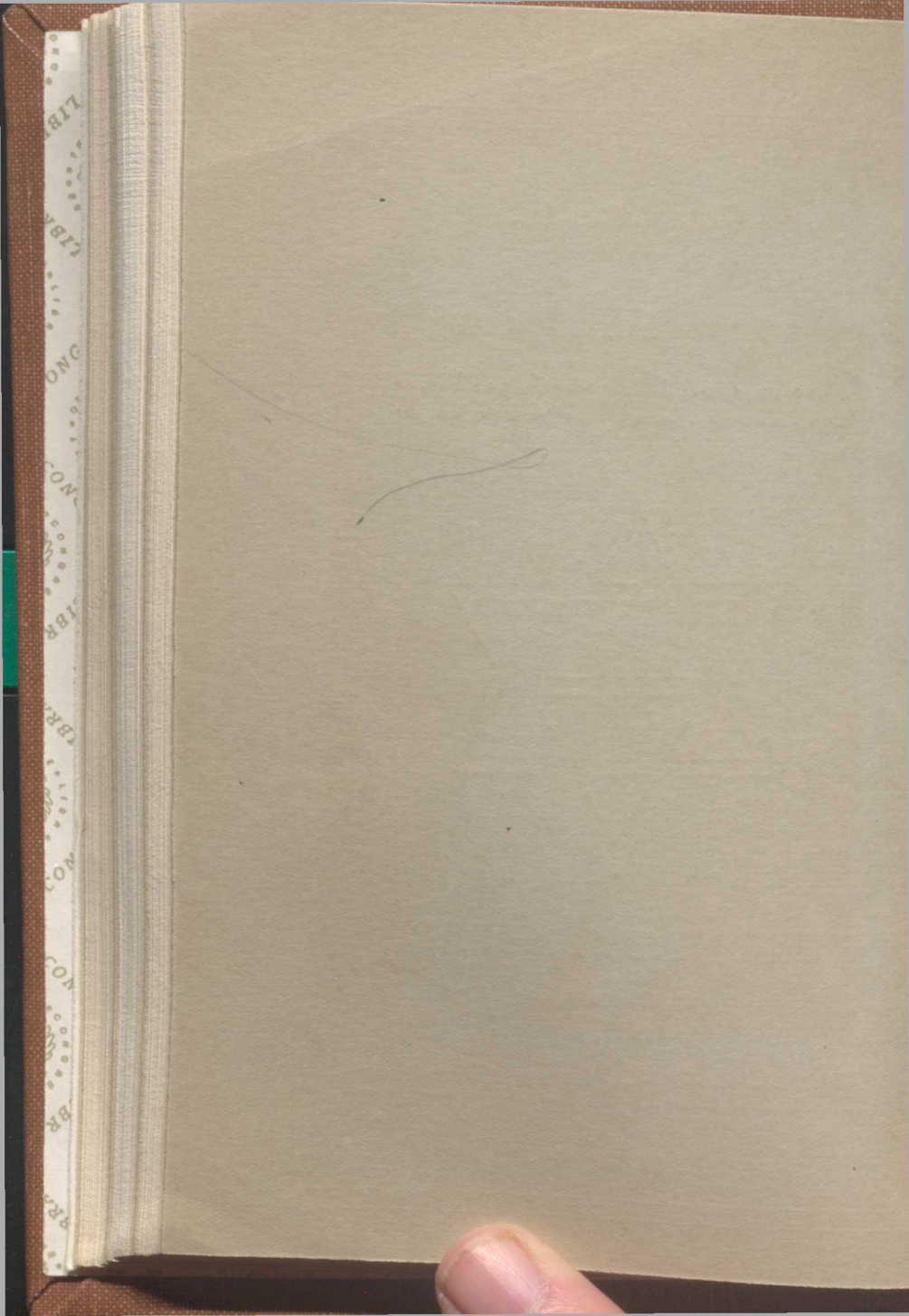


# Symbols of Inner Mysteries

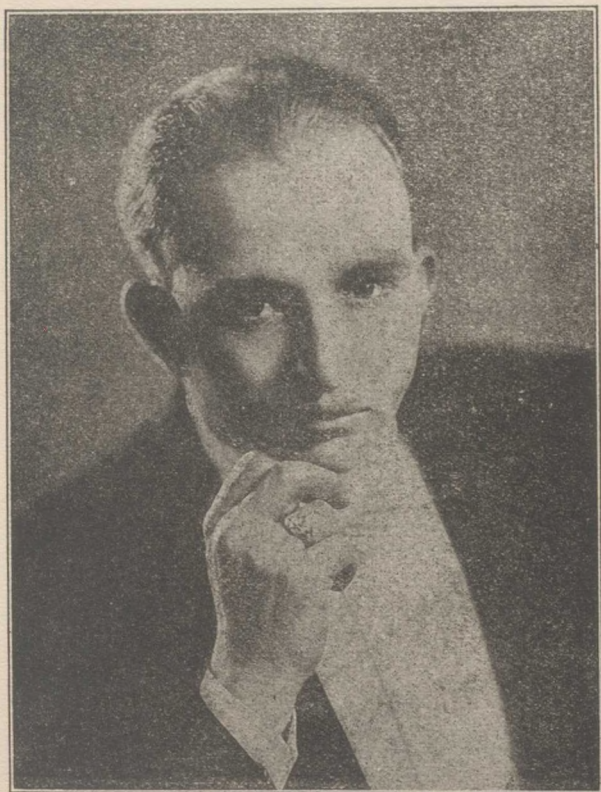


PROF. WM. ESTEP  
Secret Book  
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Songs of the Solitudes

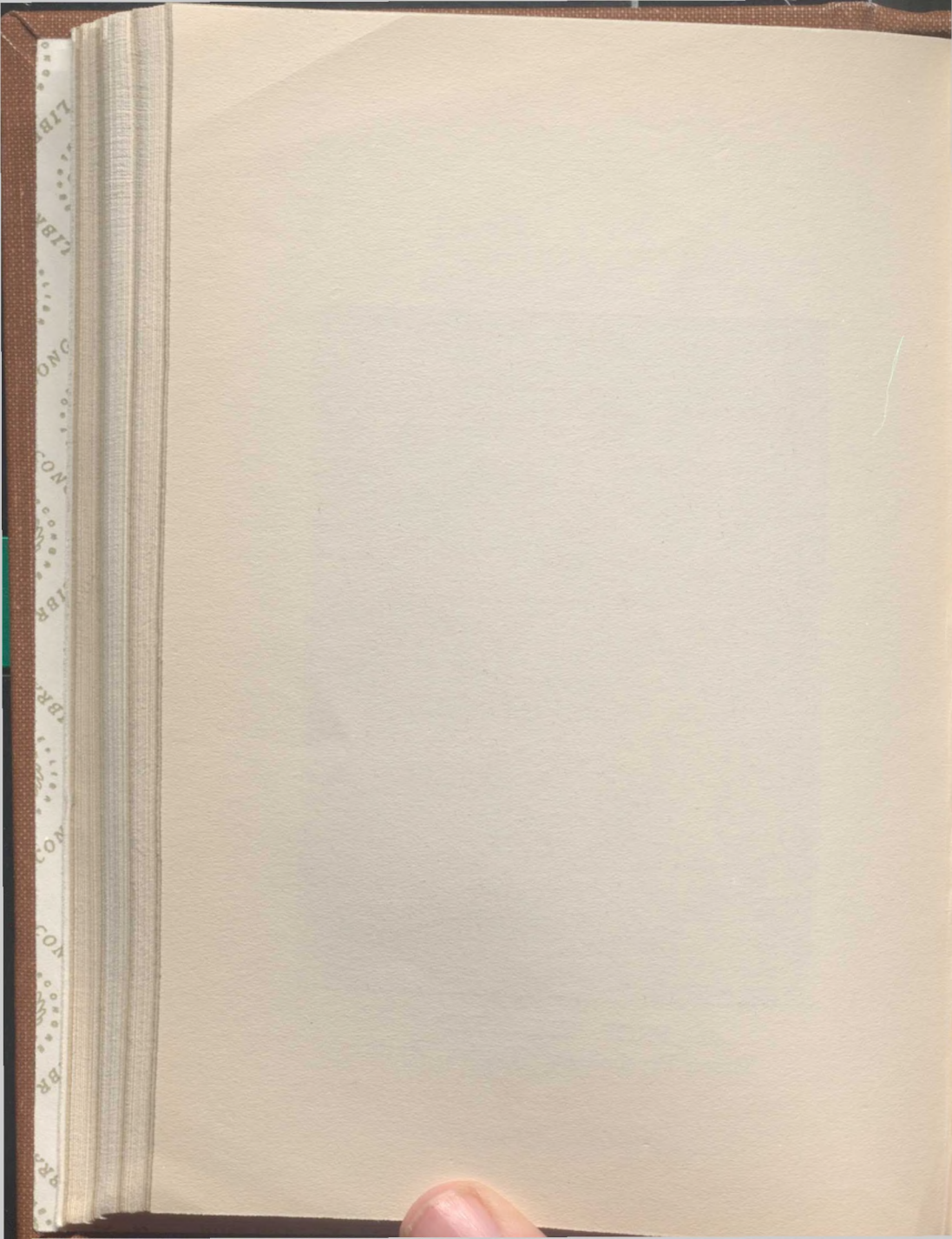
BOOK 4







PROF. WM. ESTEP  
Master Psychologist, Teacher, Author





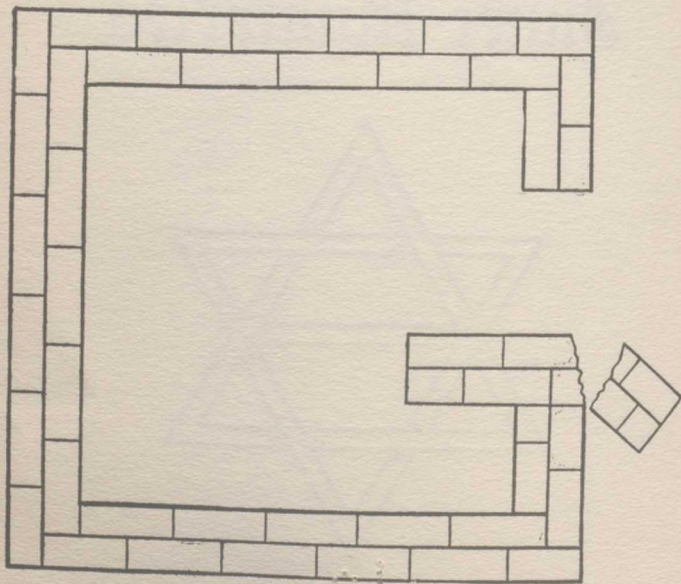
Symbols  
of  
Inner Mysteries



PROF. WM. ESTEP  
Secret Book  
of the  
Songs of the Solitudes

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SYMBOL OF THE FOUNDATION

<sup>Gift</sup>  
Mrs. Lillian Cox Athey  
May 21, 1922



HJW 649.34

## BOOK IV.

### THE FOUNDATION OF THE INNER TEMPLE

The foundation is an ancient symbol and has been used in ancient Masonry when that teaching was taught as practical and not theoretical. It is the foundation that has been known to all adepts for ages past and was spoken of by the Master, Jesus, when He said in John 2nd, 19 verse:

"Destroy this temple, and in three days I will raise it up."

Jesus spoke of the Inner Temple and not the building where He was at that moment; and He finally proved to the world that He could raise up His Temple again, which He did. Now, to have a temple within, so strong that you could resurrect your physical body is, of course, the highest development of adeptship; and it has only been attained by very few people. But we can construct one so strong that it will raise us above every condition of life; and in it we can build that "temple not made with hands," eternal in the heavens.

The first thing to consider is that the substance of Spirit or inner man, and also the spirit of all living things, is an essence of the Divine Absolute Deity of the Universe; and that to contract this Universal Connection is our first problem. Remembering the teachings of the interlaced triangles, we call to mind again the thought that there is but one Divine substance composed of a Trinity of Principles in Unity. By this substance and Trinity, the Trinity of all things are joined together; thus creating the Universe. This fact is the rock upon which we are to construct our foundation of the Temple "not made with hands," our spiritual abode or vehicle of expression.



The fertility of the earth is due to water because water contains the negative life principle, while its chemical power is due to fire—an opposite principle. Thus the Universe exists on negative and positive principles, and yet within all are the three ruling principles, both negative and positive, self-existent and creative. This is beyond the comprehension of the ordinary mind because it is spiritual. The symbol of the Soul is water, while the true symbol of fire is the body. Between these positives and negatives, we have the product of blood and water. Blood is the symbol, in material life, of the Universal fluid or Etheric Life substance which is composed of elemental, molecules and water substances. These three substances keep on refining matter until matter becomes so weak it does not manifest at all on the earth. The Spirit is so strong that souls are born that never see a physical body during the period of spiritual activity; during this period the Universe is without the physical form of man. This comes at the end of a Cycle of time. During the period of time when this state of Man is in progress, the Earth is without people of any kind; for the Spirit of the Father will not always strive with the flesh, as we have read in the sacred writings. This means a complete withdrawal of man from his Exterior Soul into his Interior Soul spirit; its birth and death in a Celestial region; and his complete realization of his atonement with the Father Soul. This process of endless nature is what makes the desire for atonement with God so inherent in man and that continual longing for greater divine power and God consciousness within. This is an inward process of development, not an outward process, but it can be accomplished without. To have a strong spiritual foundation, you must have within you the desire for a continuous self-purification. This desire must be constantly put into action, which ultimately will lead you to success.



Strive to realize spiritually, dear student, that the soul is the reality and that the body is but the phenomenal expression or manifestation of the entity within. The soul is the inner foundation and the beginning of the full realization of one's true being. To fully accomplish this and to reach the goal, you must be ever on your guard; for with the close of your interest in the outward self, comes the dawn of a New Life in rapport with your inner self. If you have had pleasure in outward self, you will find a thousand times greater pleasure when you contract your inner self after realizing its wondrous power. You will marvel at your own goodness and beauty of soul. Your soul came from beauty and God, and is like unto a rain-drop coming from the ocean, ever moving; first in the elements, then on the earth, then down stream and finally back again to the ocean. Such is the existence of man, ever striving to arrive at his great destiny where his true nature leads to Him who has the inner temple in all its perfected spiritual beauty. Here he will escape the sufferings of the outer world and enter those states of bliss beyond the objective and beyond the whirlpool of material life, where his soul finds rest and peace. Those who have a strong inner foundation, welcome the change called "Death"; but those who are without this support are filled with fear, for they know not where they will be or under what conditions their soul exists. So the adept not only profits by his knowledge of this life, but also has a full and complete knowledge of the Divine Destiny which awaits him. He awaits his call to higher duties with anticipation of a bright tomorrow, for as he has labored in the vineyard of earthly men, so will he labor in the vineyard of the spiritual. There is always work to be done until we reach that perfect state where we enter the ocean of Universal Spirit.



If you build a perfect foundation, the task is not easy but herein lies the formula for that perfect mould into which nothing but purity of Spirit can penetrate. It is the path of the Adept; the path of the Yogi, as taught in India; and last, the path of our Greatest Master, Jesus, the Christ.

This path is not a technique, but a practice as follows:

- 1st. Exterminate our self-ambition.
- 2nd. Exterminate desire for wonders.
- 3rd. Exterminate desire for selfish comfort.
- 4th. Exterminate desire of the physical body.

Desire only that which is within you, and if you labor for the material, do it with a spiritual purpose. Those who follow this rule will ATTAIN, and before long they will be master of their body.

The qualities that should be cultivated by an initiate of these mysteries is that of calmness of mind and sacrifice of secret preference, always maintaining that peacefulness of mind and serene atmosphere of spirituality. Strive, O Pilgrim, along the heavenly way, to possess love, and in its bright light grow and ripen in spirit, for Love is the greatest magnet of the spiritual world, the secret energy, and the tie that binds.

In the words of a great Master:

"Think calmly, live purely,

And attain that peace which passeth all understanding."

If this is the path you choose and the way you travel, the darkness which surrounds the soul which has drifted away, will become as a bright and shining light. The darkness will disappear and you will find yourself upon the great Sea of the Universal Over-Soul. Meet all conditions of life with that courage born of the Spirit and learn to have Charity, of which St. Paul speaks of as



the greatest of all. Have tolerance, and in so doing you will find yourself helping to bear the burden of another. These are the characteristics that distinguish the true Christian from those immersed in the sea of worldliness. These will develop in you the qualities of "Know all things" and "Feel all things," yet seek to be unknown from an objective standpoint. Each day as the Neophyte's soul returns to earth, two roads open before him; two roads leading in two different directions. He must be ever ready to choose the right road. Once you enter the path of world aims, the way back is beset with obstacles, difficult to overcome, and the right road is difficult to find. Indecision and lack of purpose are only ignorance in another form; for all must know what they are seeking, otherwise necessity will steal upon them as a thief in the night, and find them unprepared for the ordeal just ahead. There is always a net of persecution for those whom the Father has chosen as a vehicle of Truth. They are as lambs among wolves, and if you be a chosen one, be ever ready to be persecuted—for were not the prophets of old persecuted?

A strong foundation around your conscious mind and within your consciousness, is what you require for your protection against those conditions of strife that confront you at every turn of the road. After you have developed the foundation, ever before you will appear the word TEKEL—

"Thou art weighed in the balances, and are found wanting."

But let it not be so, rather in the words of Christ:

"Well done, good and faithful servant, enter thou in the joys of thy Lord."

Great truths are within man and are soon to be discovered, but they will be scoffed at by the ignorant and cast aside. There will always be those who will cling



to reason and wisdom while many will cling to superstition. Happy indeed is the toiler for humanity, for he is the Saviour of this world and the bright and shining star in the next. Remember that you can learn and gain knowledge, but becoming an adept is a growth; and if you cultivate your inner self and grow, you will gain all understanding and eventually be crowned with Power and Success. You must, sooner or later, shake off the dust of materiality from your feet, as in that lies your salvation. If you are dogmatic, you must change; if you are afflicted mentally or physically with a materialistic belief, you must renounce it. You cannot put new wine in old bottles, for they cannot contain it. Wisdom is the living and practising of that which is good, and cannot be identified with anything that is theoretical and without action; for by action we develop, but by inaction we die. So the way to development is practice and action and not expounding or believing, as it is written, "Ye are the salt of the earth, a city set upon a high hill." "Let your light so shine before men that they may glorify your Father who art in the Invisible or heavens."

When you have a good foundation constructed within you, you will be able to contact the Father within and be conscious of the guidance of the angelic hosts, for "even as an earth father loveth his child, how much more loveth your heavenly Father who is in heaven."

When a man mentally digests spiritual food and knowledge properly, he is strengthened spiritually, and he, therefore, becomes more accustomed to the finer vibrations and closer to the source of all Life.

A man is born into this world in pain, and during his entire life he is crying for something. Every new experience is the birth of a different understanding and until he masters the lower self, he still lives in pains and



suffering. When he can see beyond the veil of tears of mortal man, he will behold the wonders of the invisible world and will find a world wherein man can readily attain a peaceful and happy life. This is true immortality and the teachings of Jesus, the Master. Learn to see the depths of all things which have their foundations in the cosmos, the invisible world. The pilgrim of light, who is a true seeker of knowledge, is too occupied with things that are spiritual to be torn asunder by material strife of the objective world.

A man may be endowed with learning or knowledge and yet lack intelligence. Knowledge is a culture of the physical while intelligence is of the spirit and comes through the ripening of the soul or is sometimes born of suffering and hard experiences. The world will have to grasp these sayings before it can be delivered from the darkness of flesh self that has blinded it from the true ideals. To know thyself, O Pilgrim, is to open the mysteries of life and the hidden things of all ages. To construct your foundation strong means your happiness as well as your great reward for being righteous. Those who are ignorant of these great truths say of the inner man, "there is no such thing." They speak truly of themselves; for in worship of material riches they have covered up that divine spark of power that would have caused them to know those things.

Well did the Apostle Paul speak of them when he said, "but the material man perceiveth not the things of the spirit of God, for they are as foolishness unto him." This means that the true inner understanding is foolish to those whose minds are full of egotism and material misconception; they cannot understand because they will not. Yet when they are about to cross the valley of the shadow, they become frightened, and as their state of ignorance of the inner self dawns upon them, they cry



out, "O Lord, have mercy on me." O ye of little faith, how little ye know of what you are doing. You are tying millstones around your neck, spiritually. So, Pilgrim of Light, do not let their illusions mar your view of the celestial heights and be not one of them. They crucified Christ, stoned the prophets, and yet do falsely accuse one who is appointed to help them in their blindness. They dig a ditch and then fall into it themselves.

The author of these books speaks to you from bitter and yet sweet experience. To be killed for the sake of the Universal God is to live again, for "he who dies for me, yet shall live again," is the great promise of the Master, Jesus. When your wall of will power and inner foundation is being tried, do not fear, for in the deep silence of the soul there is that inner voice that says, "peace, be still and know that 'I am' is God." This, O Pilgrim, is the value of a strong foundation; for human life is a battle between darkness and light, man's inner self and his animal instincts, but the inner is the stronger when it has been cultivated.

Man inherits a desire to cast out the searchlight into the invisible, to locate the higher powers of spirit. As the Master said, "Knock and ye shall find," the seeker will eventually find that which he seeks. Those who reach out into their heart, soul, and imagination for their high ideal, and who do not find it in this life, will find it in the next. Those whose desires are base and animalistic, will sink down into the depths of despair that they create for themselves. We make our own Hell or Heaven, but it is very real, be it either of the two. He who serves others with an unselfish motive, creates for himself a substantial Heaven to be enjoyed by himself. He will be among the disciples of the Master, for as the Master said, "My Father's house has many mansions." There is a mansion for each class, being those who desire for



either good, evil, darkness or light. All things are in the kingdom of the Father. As He knows the fall of a sparrow, He likewise knows the activities of His entire kingdom. Love begets greater love; service to others begets a true universal happiness, and power spent for others develops a greater power to spend.

That Krishna and Zoroaster were adepts of metaphysics and revealed the illumination of consciousness, we have no doubt. When we remember that these great men were on this earth before Moses, we feel astonished at the power of spirit in those ancient days which lead up to the outward evolution of man and the inward declination of true knowledge. But now the world is searching for the real truth, and as it comes to life in every locality through the agency of the same human, we see the fulfillment of Jesus' prophecy that, "that which is hidden shall be revealed." The fulfillment of this prophecy will come. Though they may fight it, no power can resist God; for if it fails to come through one instrument it will come through another, as wisdom never dies. The wisdom of Zoroaster and Socrates still live although they killed Socrates. No one can kill truth, for as long as material brains are in existence they will be used by the infinite mind to spread infinite truth. The truth, though crushed to earth, will rise again. It is immortal like the soul of man, and all true adeptship is founded upon spiritual truth. There never was a time when there were no adepts on this earth. They have existed under numerous names, but were all of the same spirit and the same truth.

### **Mental Meaning of the Symbol**

The first principle that we consider in the constitution of our inner foundation is "willingness to learn." This principle has to be instilled into the sub-conscious mind in accordance with positive and negative mind force.



It must also be kept up by will power, for the minute we become "willing to learn" we are lost to knowledge. We must always have a willing and open mind, ready and willing to receive all good. We must exercise a strong discipline and allow only good to enter our consciousness. By doing this we become more and more refined, spiritually, and we invite wisdom by our attitude of willingness.

The next principle is that of "determination." You must be determined that you will learn and progress, for by this alone man can save himself from his lower nature. In our determination to know the secrets of being we should exercise the best reasoning power we have in our discrimination of the right and the wrong motives. Jesus says, "To judge by the fruits. Good trees bringeth forth good fruit while bad trees bringeth forth bad fruit." In other words, by results of teachings you must discriminate or cast out that which does not produce results, and use all that is reasonable and does produce results. You must use your own individuality, remembering that no two plants are alike nor are there any two snowflakes alike. Basic laws are all the same but their methods of application may differ greatly and yet all may produce results, according to mental conditions where they are applied.

The third principle in your foundation is the power of "will force." Without this no one can succeed and according to its strength is your power of resistance of evil and low conditions. To have a will force so strong that nothing can penetrate it, should be your aim, and as time goes on you will see mastery over adverse conditions grow within you. Your will force should be stronger than anything opposing your development. You should use your will power to avoid evil, hear of it, or even entertain thoughts of it, if you want a real inner



foundation. If you adhere to weak principles and let yourself be disturbed by gossip against your fellowman, your foundation will be very weak. One who listens to evil is as evil as the original evil-doer. You must be strong of purpose and have an iron will if you desire to cross the portals of wisdom while in your flesh body.

The fourth principle to consider is "brotherhood." You must develop an equal love for everyone, for God is in all and there is no distinction inwardly. All preference and personal likes and dislikes are of the objective mind and not of the inner man. You must learn to feel the sorrow of others and learn them to feel the pains of the sick in order for you to help them. Be a brother in every sense, otherwise you cannot have a strong foundation. Beware of making excuses to yourself, as only in the minds of materialists are there excuses for wrong doing. They are only shadows to the adept and they have no place in a strong foundation within you. You must maintain these strong sections of your foundation until your sub-conscious mind begins to do it for you, for you must be protected from violating those inward principles which compose your foundation.

The fifth principle you must consider is that of "desire to understand life." There must be within you a continual longing for higher knowledge and power which will carry you back to the bosom of the great Infinite Father from whence you came. This principle must be so cultivated that the desire is ever present sub-consciously.

Remember that every time you violate these principles you weaken your spiritual wall of protection. This symbol was used in the construction of the "Temple of Solomon" and it forms a "G," meaning "Gateway to God," or the realization of "God Inwardly." This symbol was also used in the construction of many ancient



temples. The opening of this wall is toward the East, symbolizing the rising sun or the rays from the great Spiritual Sun of the Universe. The wall symbolizes a place where the rays were cultivated for the glory of the Father or God. It is a symbol of great antiquity and its appearance in America, at this time, means the return of the "Ancient Wisdom Teachings." There is no reason for suffering where wisdom and understanding can be supreme. All knowledge awaits the seeker in the realm of the invisible, but our ability to fathom the invisible depends upon the strength of resistance we have against the lower principles of animalistic man.

### Spiritual Meaning of the Symbol

This ancient symbol is one of the greatest teachings ever given to man. The supreme teachings is always the spiritual and in days when people could not read or write the priests of those days would use symbols to explain certain profound principles relating to God and man. The highest of these was the spiritual meaning of the symbols which could only be taught to those who were capable of understanding things unseen to mortal eyes.

The teaching of the foundation, on a spiritual plane of thought, is that the wall must be built around the conscious mind. After it has been built by the power of will force, we must place behind it such deep principles as everlasting love for all people; love for the Universal God; the worship of God as a Universal Spirit of Love, and not permit anything foreign to these high ideals to enter the mind. This wall is unseen to mortal eye, but if it is kept intact by the initiate he will have no trouble in solving the mystery of God-power in his own being, for when the objective is closed out, only the spiritual can enter. In a spiritual wall there is supreme happiness and eternal bliss because the mind is shut out from all mater-



ialistic connections which would make the soul heavy and hold it back from the progress that it should enjoy. A heavy soul goes downward in vibration while a light one goes upward in vibration. The conscience is the great balancing agent that weighs the soul. If the soul has been protected by a strong wall around it there can be no question as to its purity and lightness, but if it has not, then there may be many heavy burdens that it will have to bear. The strong foundation around the conscious mind is the soul's protection from all evil deeds and is as a fact in a spiritual way. No one can entertain malice, hatred, or envy, and yet have a clean mind from a spiritual standpoint; neither could they have a strong foundation upon which to construct a reliable invisible temple, eternal in the heavens.

To completely express my meaning of this temple, I will have to do so in verse, as without the rhythm it would be quite impossible to give the correct meaning:

### **My Temple Invisible**

I built my temple of pure gold,  
In which to place my gifts untold,  
The temple of God and power  
To guard my mind every hour.  
I placed in my temple, holy Love,  
To guide me to etherial heights above,  
Overcome mortal woe, sorrow and strife,  
So I could enjoy my mortal life,  
And finally rest in peace  
When all temporal activities cease.  
I sent my thoughts behind the wall  
To make me strong, I wouldn't fall.  
So master ego some day will say,  
"You did well on your earth day,  
Enter into joys prepared for thee."

And with cosmic sight, I'll see  
Many figures robed in white,  
And know that I have won the fight.  
A strong foundation, a steadfast wall  
Served me well until my call.  
Those in white are adepts true,  
Whose higher duties to pursue,  
Have caused them to be called home,  
They are together, and not alone;  
They found that bliss, the golden thread,  
And never experienced being dead;  
They solved the mystery, one and all,  
And awaited calmly their eternal call.

Now that we have considered the importance of a strong foundation and its purpose, I desire, at this time, to make a few points clear to the student's mind. First, do not try to rush your spiritual growth. Many people are in all sciences but master of none. Let your soul ripening be natural, as the growth of your body. None but an adept can teach teachings such as you are reading. Many claim to be, but cannot, and do not demonstrate either the power or the knowledge and when you have actually practised these teachings and not merely believed in them, you will be able, by your own counsel, to assist many a weary pilgrim along the path. Do not forget your duty to the brotherhood; be steadfast to those things which embody high ideals wherever you see them; learn never to condemn any human being, for as you judge, you will be judged, and as you meet out injustice, so injustice will be met out to you; for as you sow, so shall you reap. No strong foundation can exist in you if you have a guilty conscience. When that which is within meets and harmonizes with that which is without, we have an incarnated master. When the opposites become one, the spiritual, inner and the physical, the



outer man's perfection will be attained physically and mentally. All mental sciences are but branches on a huge tree, the tree of life, and when they become one with the physical, they also will be perfect sciences. All things that are permanent must be at one with the everlasting, that being the reason that the wisdom teachings are permanent. They are at one with the God and united with the highest of all power. Their power lies in their clear comprehension of nature's laws and their unity with divine love, for that is the strongest power of the Universe. All things are created in love and find their expression through intelligence, the seventh and highest sense of man. How vast is this sense in activity; how great its field of labor, every living thing can only exist according to its use of Universal intellect.

The student should always remember that nature is Universal and that all nature is equally endowed with the essence of the Supreme Universal Being. Every molecule of matter contains its life fluid and is capable of magnetization as it possesses its own polarization and magnetized centers. Therefore, when the whole body is spiritualized, one becomes entirely spiritual, for each portion of the being responds to the influence of the mind. As you develop in this "greatest-of-all-knowledge" these symbols take on many meanings and from them springs a well of inspiration to keep you on the road of spiritual progression.

Here your teacher wishes to say, that if you are diligent, you will succeed and that your development depends upon yourself. May you, as an adept, be true to your cause, ever ready to even give your life that this great cause may live.

## BOOK IV.

### THE FOUNDATION OF THE INNER TEMPLE

#### Technique No. 1.

#### MENTALLY CONSTRUCTING YOUR FOUNDATION

1. Place yourself in a positive state, by gradually bringing the body to a tense position.

2. Retain breath and blank mind. Then let in only the thought which you desire to WILL into your sub-conscious mind. Be as positive as you possibly can.

3. WILL into the sub-conscious mind the following principles, at the same time feeling a supremacy over your body and feel that these principles will influence your mind and body.

- a. Willingness to Learn.... (1st section of the wall)
- b. Determination ..... (2nd section of the wall)
- c. Will Power ..... (3rd section of the wall)
- d. Brotherhood Principles (4th section of the wall)
- e. Desire for Knowledge .. (5th section of the wall)

#### Technique No. 2.

#### REALIZATION OF THE SYMBOL

Realization means to view in completeness that which you have accomplished mentally, and to be conscious of that power lets you do anything you attempt, either mental or physical. When you realize this inner foundation, you must think of a wall constructed around your inner self composed of those strong characters in the symbol, which go to make a strong man or woman. As you do this, you encompass yourself in those eternal truths



which form around you, a wall of subconscious guidance. This will be your foundation, the base of your temple indestructable and forever in the invisible realm of the soul. It gives you peace and satisfaction that passeth all understanding and it causes you to contact that God essence in your soul. I am giving you the best method of realization that I have been able to find after many years of searching and investigating in numerous ways. May it give you the great power of mind and character which will make you a true Son of the Solitudes.

1. Sitting in a relaxed state, visualize a wall invisible around your conscious mind.

2. Bend your head forward, breath retained. You will see flashes of light under the eyelids and you will feel pulsations in the sides of the neck. Then think of power as stronger than all opposition. Hold this position as long as possible, increasing the time every time you take this exercise. Think of the power as being behind the wall that you have visualized.

3. Sit passive and relaxed, realize that the God-being is within you, and that you are stronger than mortality.

4. Visualize yourself standing within a perfect wall, free from disease and all trouble, radiant with power, and possessed with an eternal consciousness. Do this in a passive state, breath retained, until you have cast the image perfectly in the sub-conscious mind and until this comes to your mind without violation of the conscious mind. Always form the same vision and meditate as near the same way as possible.

### Heirophant's Chant of God

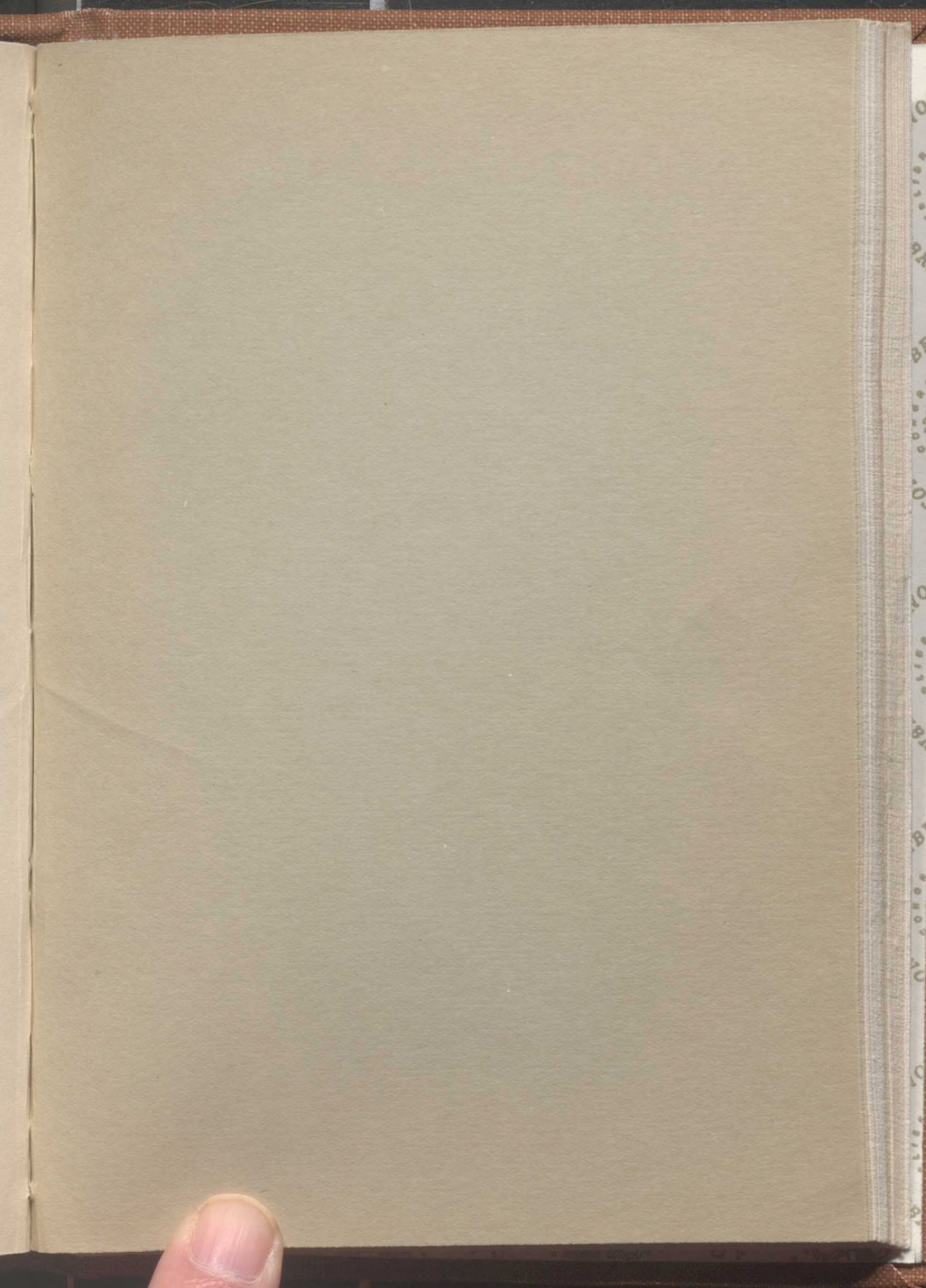
I am the waves of the deep,  
I am the cause of wake and sleep,  
I am the voice of wind and sea,  
I am the cause of life and eternity,  
I am the cause of dark and light,  
I am the cause of peace and fight,  
I am the A. U. M. of Universal cause,  
I am the movement, action, and pause,  
If you know my mystery and my hum,  
Then pronounce me properly, A. U. M.  
    (Blessings to the Brothers of S. S.)  
        A. U. M.

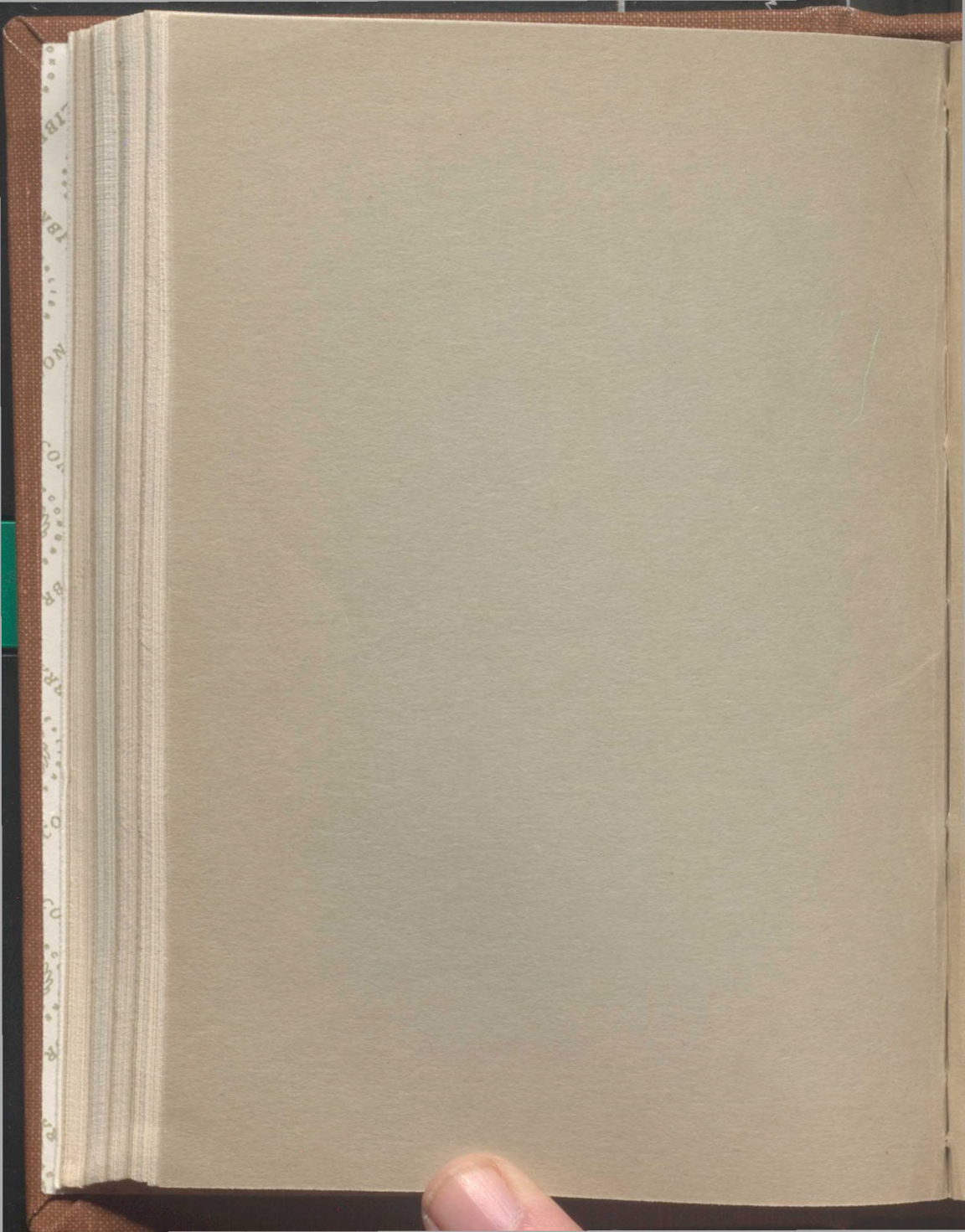




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# Symbols of Inner Mysteries

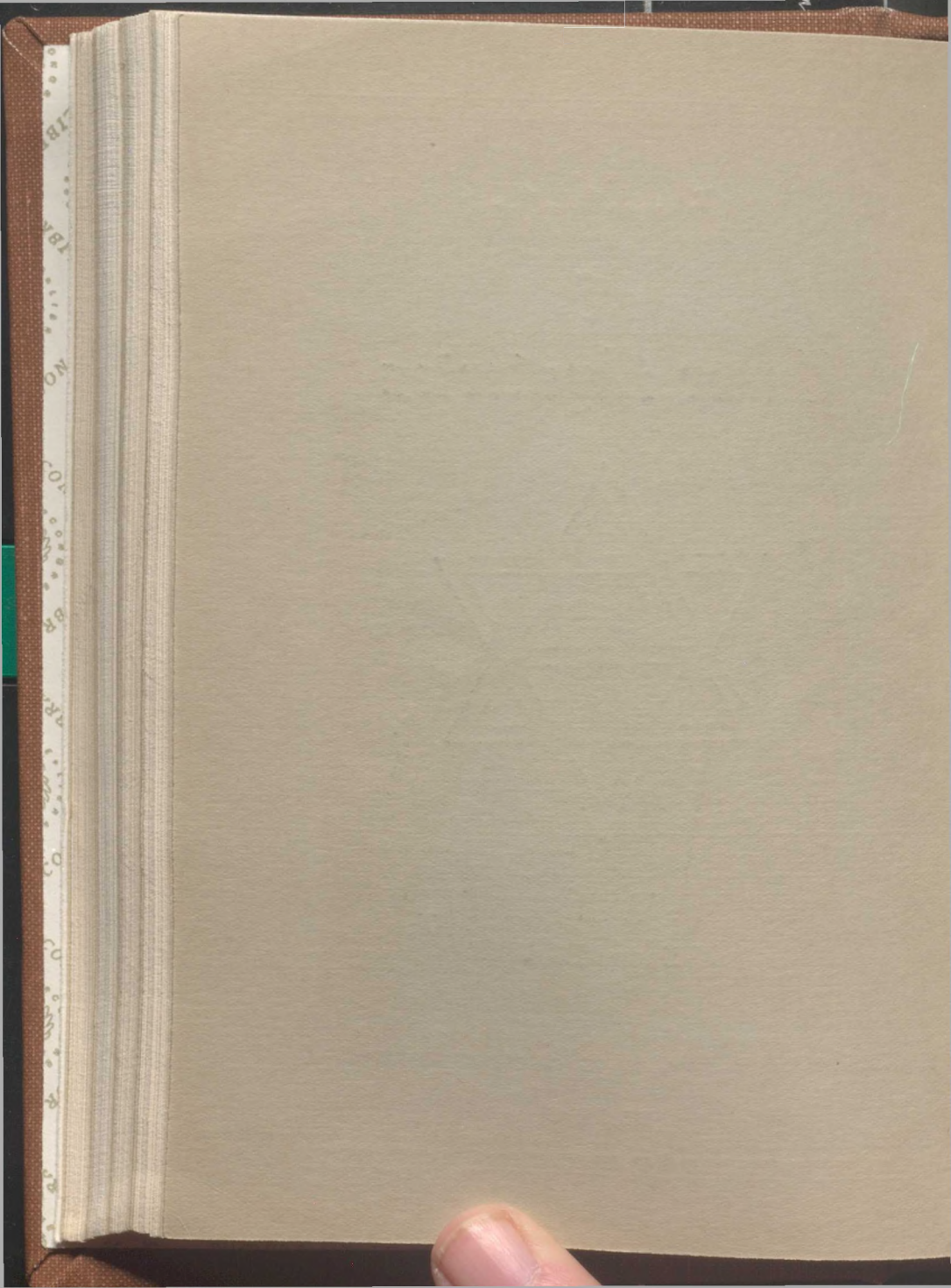


PROF. WM. ESTEP

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## Songs of the Solitudes

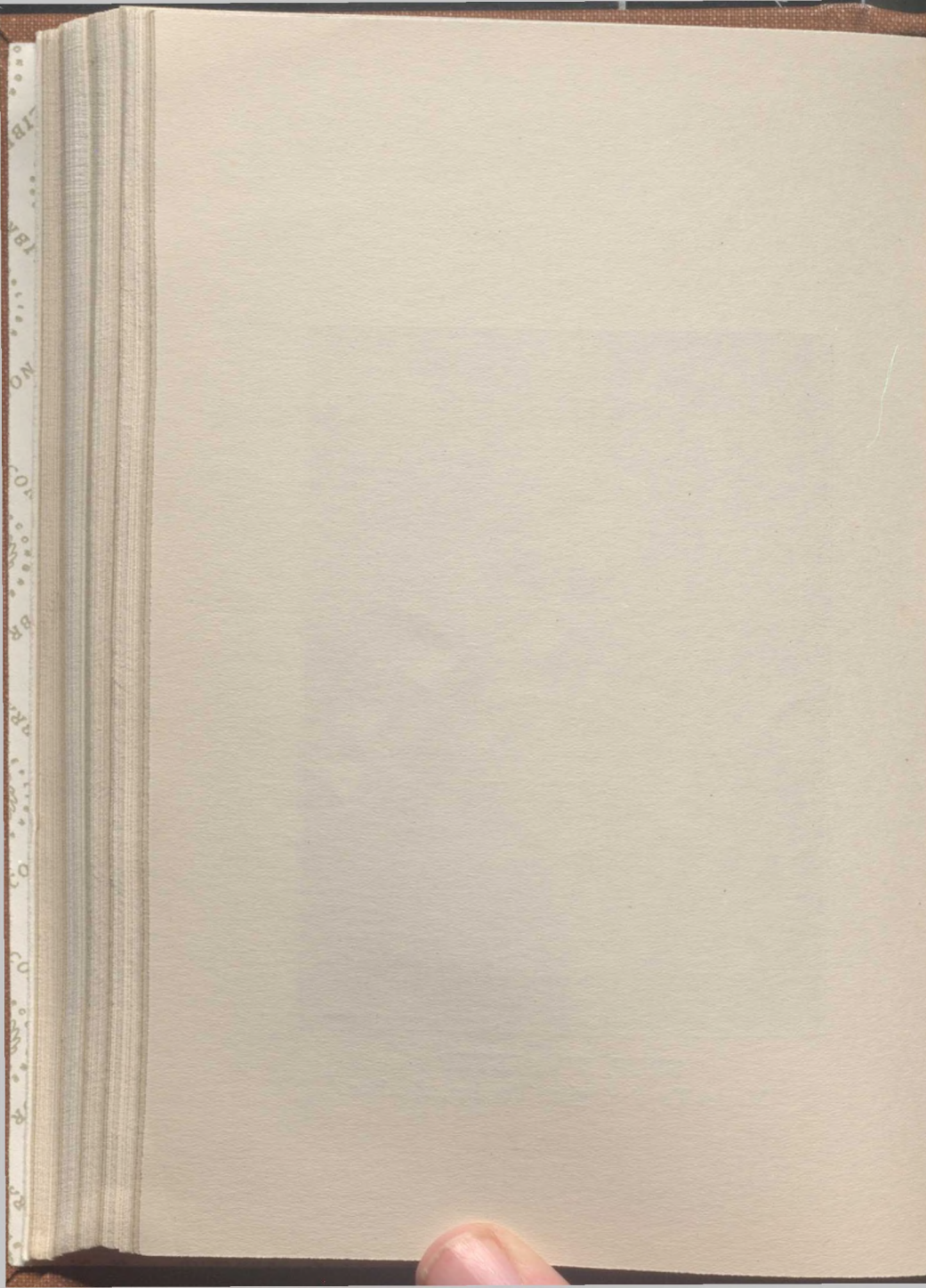
BOOK 5





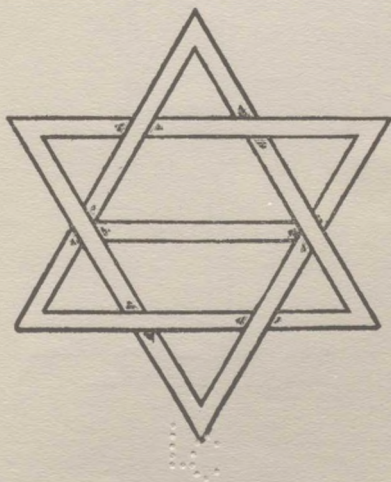


PROF. WM. ESTEP  
Master Psychologist, Teacher, Author





Symbols  
of  
Inner Mysteries



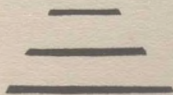
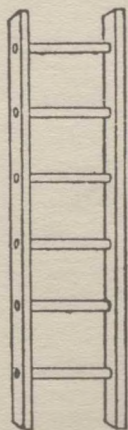
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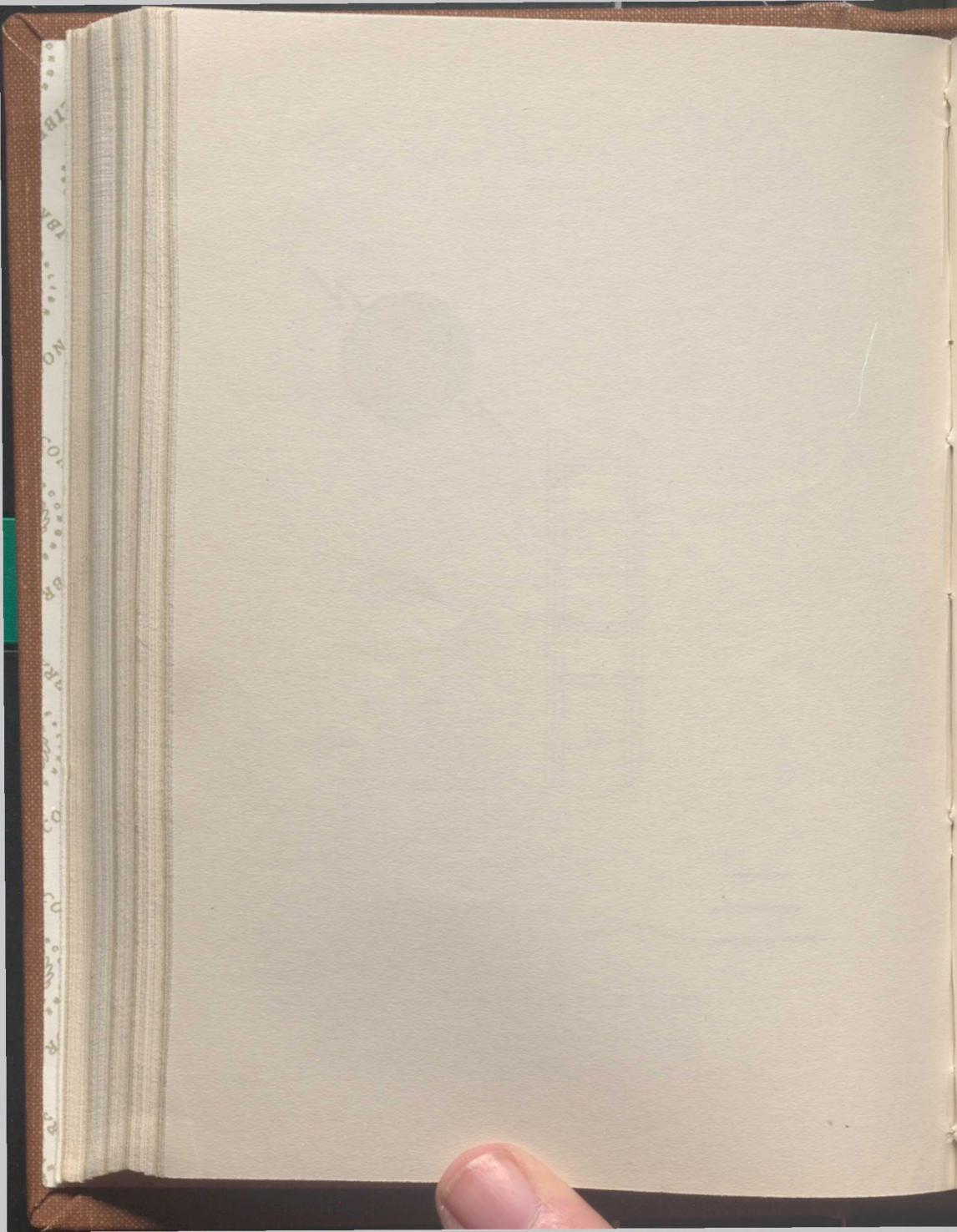
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SYMBOL OF THE SENSES





## BOOK V.

### THE SYMBOL OF THE SENSES

This ancient symbol is of great antiquity and has been used, in a religious sense, for countless ages. It has been found on the rocks of Arabia, in the Hall of Columns of Egypt, and the author has seen it among the symbols of the Aztec Indians and the Mayo Indians of Mexico. All of the ancient races had their particular interpretation of the symbol giving it the meaning taught to them by their priests. The teachings of this symbol which I will give is partly what I received through the cosmic intelligence and also from some of my teachers along the path. Upon different occasions, the most of these symbols have appeared to some of the prophets of our Bible. The symbol of the senses appeared to Jacob in a dream or sub-conscious state and showed the angels of heaven ascending and descending the ladder, and there were three stones at the foot of this ladder. The symbol of the dream means that when the senses are controlled, you can enter into the three states of consciousness at will and that there are high and low angelic beings that manifest to our consciousness according to the state we are in when we control our physical senses. The physical senses are a duplicate of the spiritual, but of course substance, and cognize only the things of the objective world, while the spiritual senses are of a finer substance and cognize only things of the spiritual or Soul-world.

There must be the positive and negative to all creations. The positive is the seen and the negative is the unseen. The senses are both positive and negative, as all things are, and they cognize the seen and the unseen. When this fact becomes common knowledge to the student, he will see what Jacob saw; that is, the angels of



light on the different steps of the ladder of spiritual progression. He will then become aware of the fact that stone walls do not make a prison and that man is never alone.

Even the ancient Egyptians had a knowledge of this great understanding or they would not have erected tombs with a reception room for the angels of light, who came to conduct their beloved ones to their immortal homes. Many of these Egyptians have built rock temples which have withstood the ravages of time and the vandalism of man.

When man purifies his conscience by the process of service to others, he develops the spiritual senses and he can often feel the presence of angels when he heals the sick or helps an erring soul on its road of progression. The senses, being under the control of the will, go through culmination and refinement and develop along with the other organs of the human body; thus the body, watered by the powers of the soul which is operating the spiritual or inner senses, becomes spiritualized and illuminated with the glow of the spiritual self.

Wherever man is, he is confronted by a power, a force, a law, or an energy, that is infinitely beyond the physical man. He gains evidence of different selves, one desire on that which is righteous, the other on that which is selfish and unjust. This is the battle between spiritual self and material self. The ideas of these two selves may differ but the facts of the presence of spiritual self cannot be disputed. Man was born of love of God, which corresponds to heat and life principles. His being was brightened with light which is divine wisdom and truth. This is the inner being of the spiritual senses. He was then given a corporeal body in order to serve the corporeal world. This body was fashioned after the spiritual being and it operates by the laws of sense which laws



are of the spiritual or ideal man. The corporeal man is of a gross material and similar, physically, to the animal, but the difference between man and animal is that man has a spiritual consciousness and power while the animal has not; and when man goes through the right refining process, he develops into a heavenly being. This can only be accomplished by the laws of spiritual progression which are:

- 1st. Cultivate the finer part of your being.
- 2nd. Learn to serve God, by serving others.
- 3rd. Suppress the lower sensations of your being.
- 4th. Have no fellowship with falsehood.
- 5th. Obey the voice of your conscience.
- 6th. Live to learn of your real self.
- 7th. Be at one with God, and fear no evil.
- 8th. Die for the right, but do not live for the wrong.
- 9th. Save your enemies and pray for their souls.
- 10th. Never forsake the path of what you think is righteousness.

These, dear student, are the ten commandments of those seeking adeptship and are much older than the commandments of the ancient Hebrews. They are the basis of the religion of the ancient Egyptians and the author is told that they were taught in the temples of Isis and Osiris.

Love and wisdom is the great dual light of mankind and when coupled with development they illuminate his pathway to eternal truth. When you have completely mastered your physical senses, you will be able to hear the voice of intelligence which speaks to your brain; for to focus your attention on unseen things is to add another great force to sense control which if you persevere in must bring you success. If you rely upon your spiritual senses, perceiving that which you desire to know, you will soon have an endless fountain of knowl-



edge; for all knowledge comes from the cosmic. No matter what kind of an instrument is used to transmit it, it all comes from the same source, the cosmic; all seeing, all knowledge, and a self-existent being, the Almighty Universal Master.

The illumination of the senses leads the natural man to a more interior part of his being; to an unselfish and more elevated standpoint and gives him a view of the workings of this Universe. It also teaches him the vastness of the Universe and lifts him out of his narrow passage of thought, upward into a field of eternal light. The initiate will find that when his senses can be lowered into his sub-consciousness, he can perceive many things of his astral body, which is the portion of his being that becomes the vehicle of the soul when the body undergoes physical death. The better his senses function in the astral body, the clearer will be his consciousness after death, and if they are developed to where he can raise them into the super-conscious vibration, he would be able to overcome the state of mental confusion which one experiences after death. This is the reason the adept seeks to develop the sense so as to raise or lower them into different state of consciousness. The inner senses ordinarily express in feeling, using the sense of feeling of the physical senses because it is the greatest sense of perception. But when one becomes an adept of the mysteries of being, this sense of feeling takes its natural place in his being, and the other senses function cosmically and separate, like the physical senses. According to the rates of vibration of his thoughts, he attains a certain state of consciousness. Thus he raises or lowers his senses into different states of vibration and consciousness by power of will and suppression of the physical objective senses.

The adepts of old used to form an image in their



mind and then project it into the mental spheres of the spiritual senses. When this was done, the one receiving the image would be conscious of it, for it would register on the spiritual senses and then by perception be known to the objective mind.

The great power which was possessed by some of the Great Men of God is revealed in every Bible. The prophets of the Old Testament days became flexible to the will of the Father many times, and their senses would perceive an Angel of the Lord. When they were lifted up in spirit or had raised their consciousness to a super-state, the Angel would tell them many wonderful things and those messages of love are the greatest proof of the real truth of the Holy Bible.

Many of these wonders of which you have read are reoccurring today but cannot be told for fear the one who reveals them will be persecuted and probably killed the same as they were in the days of old. Every day we see Christ crucified by the money-mad world which seeks to destroy that which they cannot understand. The author has experienced many persecutions for revealing these truths because they interfere with ignorance which is taught under the name of religion, but he feels the same way as the great teacher, Jesus, "I will give my life to you as a part of you; I am willing to die that you may live." The Master Teacher of Mankind also said, "Know ye not that they persecuted the prophets before you, but he who dies for me and my works yet shall he live again." The Master had consciousness on both the physical and spiritual planes of life, for he told his disciples that the kingdom of heaven is at hand. "Heaven" is the scriptural word for the "invisible."

Now, dear student, I will impart the greatest secret of all, relating to the senses. The adepts, known as the Mahatmas of India, reduce the power of the physical or



animal body by fasting and by intense divine contemplation. When this has been accomplished, the Mahatma sends all of his senses into the astral body, leaving the physical body unconscious. Then by will power he projects his astral consciousness where he desires and in that way he can travel in the invisible. But you, dear student, must not attempt this until you have been through your development of the strengthening symbols, as you may contact the wrong place of consciousness and do yourself an injury. This can be accomplished better by involution and realization which does not require so much fasting. Even the Master Jesus fasted and went into the wilderness forty days, when he was tempted by the evil forces of this world. That period of time has been an established period among adepts and Mahatmas for ages of time which shows that the Master conformed to some of the practices of the adepts of Occult Science of India and Tibet.

In the earth and vegetable world is found force, matter, and spirit; in the animal and human world is found matter, soul, and spirit. This is the grand trinity of the Universe and the all-in-all mystery of life and being. The matter and the spirit are endowed with senses of an individual character while the soul has the same senses but of a universal character. The next thing that comes to the physical forms and images, after the spiritualizing of the senses and the knowledge of the invisible, is the realization of the Universal character of all things, the soul essence of deity interlaced in all creations. This is supreme realization and the highest expression of our senses. It solves the mystery of "the Father in the Son, and the Son in the Father," which Jesus explains in the words of "worship not me, but Him that sent me for He is in me and I in Him." When the adept comes into this great practical realization, great



joys come to him as his troubles will disappear like snow before the sun; for we realize that all contention and trouble are of the world of objective sense and not of the Kingdom of the Father for this Kingdom is above and beyond every personal motive, attraction, pleasure and pain, like and dislike. It is the supreme principle of all that is in the Universe; in man, it is the perfect man; in animals, it is the perfect animal; in vegetation, it is the perfect vegetable. All these things that manifest to sense are but divisions of the Universal God-Spirit, manifesting to serve the corporeal world. The inner senses cognize above all the petty jealousies and hatreds of life and vibrate in harmony with eternal peace; they view the invisible, commune with the cosmos, and vibrating through feeling, they control all things good and pure of this Universe.

At this time the author's senses are recording from the cosmic, a poem, while his physical hand writes; for the spiritual senses can operate free from the physical when one has developed and gone along the narrow passages of adeptship. Here he will give you the poem, as proof of his statement.

### He Who Cannot Understand

The stranger cannot see or hear  
The forms that speak and disappear,  
While I speak to him of eternity  
My senses record things he thinks can't be,  
He is unwilling to learn, so cannot see  
The wonders of this life so grand,  
And things of the soul, he cannot understand.  
I reasoned with him, told him of love,  
Told him of mysteries of things above,  
But he replied, "I am only a man,  
I cannot fathom God's great plan."  
He resigned himself to unrighteousness  
And his soul wanders in unconsciousness.



He whose spiritual senses have been awakened, will live in joys untold in this world and inherit great power in the next; for power lies in understanding. The control of the senses takes us up the ladder of progression one step every day for we learn more and more of life and its different forces and functions which knowledge leads us on and on the path of holy love, the great pathway to attainment. Strive therefore, O Pilgrim, to test the beauties of the soul and the subjective world by attaining different states of consciousness, so you will be prepared to be waft away on that great force, directed by the cosmic mind to your eternal temples in the heavens where you take up your higher duties in service to the most high, the supreme architect of the Universe, and the builder of the worlds. Many people live in this world but they never see the beauty of life. They are servants of the temporal regions and can see only struggle and woe. They never know the pleasure of a real spiritual identity that senses and knows the operations of the great laws of the Universe. Their minds are full of objective desire and they are bound, by a lack of understanding, a slave to sensations that never know satisfaction or supreme peace.

Thoughts, being the language of the mind, we must be very careful of our mental expressions, for often conscience peeps through the windows of our soul and corrects us when we are wrong. When a man is ignorant of divine laws, his conscience is in bondage and he can only be set free by the knowledge of the unseen; for the seen has to be ruled by the unseen. Many geniuses have felt the power of superior senses cognizing and showing them how to do a thing in the hour of need. Many famous artists have said, "I seem to see with another self, the perfect picture I am to paint." Many an orator has felt an invisible something surging through him and



keeping his mind on the right path during his appeal to an assembly. That was the grip of the spirit giving power by focusing his attention and interest and guiding and prompting the senses of the physical man. In the words of Jesus he said, "it is the Father within me that speaketh."

The least an inspirational speaker thinks about his subject with his objective senses, the better he can speak. When lower self steps aside and does not interfere, higher self comes in and accomplishes that which we so desire. A higher cognizing of justice, brought about by man's development through the cycles, will eventually do away with injustice which we have today. This will be caused by men's spiritual senses manifesting more than they are at present for the outward is ever proceeding toward the inner through the rule of the seven creative Spirits of the Universe. As man discovers his folly in doing wrong, he will eventually turn toward the right and pursue the right; then his spiritual senses will begin to really function and by their guidance, he will grow into that perfect image of the deity which he was when originally created. "To know thyself" means to explore every recess of being, study out each part of the mind, each part of the senses, and investigate the power within. Man can never know himself while satisfied in belief. When disgust in falsehood and fairy tales comes over a man, the next comes the longing for facts which, in time, develops his spiritual instinct to know the powers of the unseen side of the Universe. This has been called by the uninitiate, "the night side of nature," but to the initiate it is called, "the light side of nature and the true expression of all that is." This knowledge has to come through a growth, or a ripening process, but it will come; for as a small seed comes forth out of the earth and puts forth leaves and branches, so does the soul of man grow



out from the flesh and put forth divine works of the deity of the Universe. The soul and the spirit are man's garden and he should cultivate them if he would know the great plan of the cosmic world.

Here your teacher wishes again to warn you of argument for that stops the progress of the soul. Do not seek to convince by arguing with those who cannot glimpse the unseen, and do not say anything to them of your pilgrimage to the land of the soul; for if they did not understand Christ with all his power, they will not understand you. Always give them justice, mercy and love, even in return for persecution; for they need all your sympathy in their sorry plight of serving the objective world. Little do they know that their days are short and numbered. Nature is poorly understood, she keeps silent and goes on producing that which man does not understand and if you seek to know nature, then at all times be a silent seeker; be as the silent river, never causing a noise of any kind but silently going toward the sea. So should be the neophyte, silent but ever developing and striving to attain that peace that passeth all understanding, that magnetic key that opens the door to the heavens.

There are many people today who, through the manifestation of spiritual senses, feel the guidance of an unseen hand ever taking them somewhere to find that thread of truth leading them onward and upward toward mastership. This is the yearning of nearly all people who have spiritual desires. This one great drawing power will cause the Mystic Order of "The Sons of the Solitudes" to grow to countless thousands and it will, some day, be the world's religion. A world's religion must be a universal truth and possess teachings of the love of a Universal God-being that can be embraced by all people. As long as there are separate Gods, there



will be separate religions; but once the God is established as a Universal Intelligence, there will cease to be contention. The entire civilized world is, at this time, drifting toward that one great realization which will be the end of conflicts between people and which will establish peace as a universal necessity. It will also do away with murder, in a legal or national sense; for as long as there is ignorance in this world, there will be crime, as crime is ignorance in a violent form.

Men must learn by suffering, that it does not pay to fight God and divine laws for as sure as the sun sets, he will reap death for his folly. This was the meaning of Jesus' words, "the wages of sin is death." The true inner voice of the pathway of silence can only lead mankind to his highest destiny, at one with the oversoul and at peace with the world, for that is the meaning of atonement. Atonement of individuality does not mean the loss of individuality or annihilation of all that there is to man, but means a union with the supreme being through knowledge. This can come only to those who trod the path of holy love and service to others; for a glory gained for self is an illusion in another form and leads one only to the longing of another self glory. This, my student, is the lot of those who seek satisfaction in self instead of in the oversoul. May your understanding be so illuminated that you may see those profound truths before you have produced a mirage in the desert of material life. Remember that your physical eye is only a reflection of your power of sight and is not always true in its reflection. When you gaze out to sea and you see a ship approaching, your eyes show it to be down beneath the surface of the water when in reality, it is above the surface. So it is with all material things, they seem to be right to the physical mind but they are far from right from a spiritual standpoint; but when we view an object with our inner



sight strengthened by intuition, we behold it in its essence and by reason we comprehend its purpose. Spiritual senses only help man to behold the part of the universe unknown to the uninitiated who are ever clamoring for a material proof of a spiritual problem. That is like trying to make an electric light by using two positive wires, and then when you get no light, you will say that there is no light to be gotten from wires, for you have tried and failed to get it.

When man awakens to the fact that he has spiritual senses, then will Christ be beheld in the realm of the invisible; for he comes again so that every eye shall behold his presence for as he said, "I go unto my Father who is in Heaven but I send unto you, a comforter." "A comforter" means a knowledge so as to behold Him in His Father's Kingdom where he sits on the right hand of the Universal Mind that rules this Universe. This has to be seen with spiritual eyes as it is invisible to physical sight. When people begin to realize these sublime truths then will the Bible be fully understood. It is a book of the manifestation of the senses, a book of the invisible and it contains the greatest record of divine manifestation of any book in the world; from its pages we are told of angels ascending and descending the ladder, the ethereal appearance of Jesus to his disciples, the angel rolling away the stone from the tomb, etc. It is indeed the world's greatest book of truth, and its teachings are practical adeptship of the highest order, which is now returning to this suffering world to deliver many from the prison of egotism and misconception, their falling castle of materiality.

### Esoteric Meaning of the Symbol

The rungs on the ladder of this symbol represent the seven senses of man, as taught to pilgrims of light, in the great schools of wisdom. The rungs, beginning at the



bottom of the ladder, represent the following senses:

- 1st—Seeing.
- 2nd—Hearing.
- 3rd—Tasting.
- 4th—Feeling.
- 5th—Smelling.
- 6th—Intuition.
- 7th—Intelligence.

The three marks or lines below the ladder symbolize the three states of consciousness. Beginning with the bottom line, they are as follows:

- 1st—Physical consciousness.
- 2nd—Sub-consciousness.
- 3rd—Super-consciousness.

The object of the teaching of this symbol is, to be able to control the physical and behold the spiritual and thus learn of the invisible which constitutes half of the universe; to overcome mortality and gain immortality through a continuation of consciousness after physical death; to free one's self from physical illusion and spiritual ignorance; to have a definite knowledge of the cosmic and the action of all cosmic agencies so as to use them for constructive purposes and suppress all destructive agencies and thus live longer and be master of your own destiny; to be able to attain the different states of consciousness and cause all of your senses to function in them by going to the different centers in the brain; to be able to understand the promptings of the spiritual senses through the agencies of conscience and feeling; to be master of your senses as you are master of the movement of your limbs. Man should at least be master of his own faculties if he is to gain those sublime powers possessed by the prophets and divine masters of all ages. These are the high objects of the teachings of this symbol of the ladder.

## BOOK V.

### THE SYMBOL OF THE SENSES

#### Technique No. 1.

#### REALIZATION OF THE SYMBOL

1st—Sit in a negative state with thoughts on spiritual things only.

2nd—With the hands, form a circle around the head.

3rd—Retain breath and move hands slowly toward the top of the head, saying mentally, "I will control my senses and perceive the invisible."

4th—Do this until all material thoughts have vanished from the mind. Keep eyes closed and feel as spiritual as possible. This teaches the sub-conscious mind that you can and will control the senses. Keep this up until you can do it almost sub-consciously.

#### Technique No. 2.

#### For Development of Spiritual Senses

1st—To develop spiritual Hearing: Place thumbs behind the ears on the sensitive spot. Sit negative, then will and concentrate to hear with your spiritual hearing.

2nd—Think of music at a distance, then when you hear it, concentrate that you will hear it louder and louder.

3rd—Will to pass beyond the music sphere and hear voices in the cosmic. When you hear the voices, learn to distinguish the words by concentrating that you hear them plainer and plainer. This exercise will soon develop spiritual hearing at will.



1st—To develop spiritual Sight: Place thumbs on the temples, one finger on the optic nerve, and the other below the eyelid. Will to see a vision. First you will see ethereal forms, then you will develop to where you can see entire visions. Keep this up until you can close your eyes and see spiritually at will.

### How to Develop the Other Senses

1st—Sit negative and bend forward. Place thumb under chin and finger on bridge of nose. Retain breath and will to take all three senses of feeling, smelling, and tasting, into the spiritual.

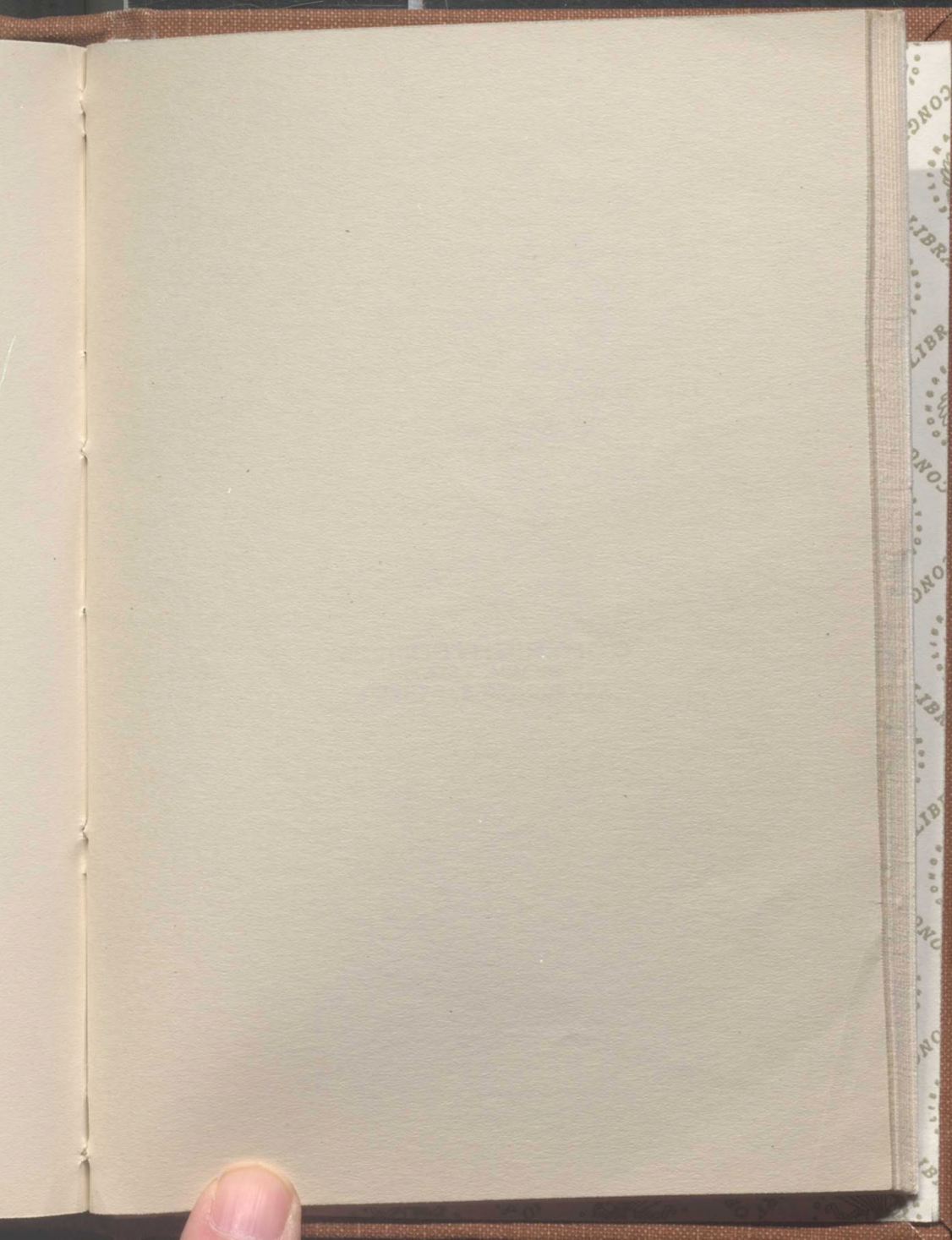
2nd—When you have practiced this until you can do it sub-consciously, go into a positive position, throw head backwards and will to gain perfect spiritual understanding. If you get dizzy, let yourself go and your senses will all be operating in the spiritual. Then to master the three states of consciousness, all you have to do is to go into a negative state then visualize yourself in the state desired and then will yourself into it in positive state. Some people have to fast for two or three days to do this perfectly but the wonders of this Universe awaits the one who will investigate and develop.

### Heirophant's Chant of God

I am the waves of the deep,  
I am the cause of wake and sleep,  
I am the voice of wind and sea,  
I am the cause of life and eternity,  
I am the cause of dark and light,  
I am the cause of peace and fight,  
I am the A. U. M. of Universal cause,  
I am the movement, action, and pause,  
If you know my mystery and my hum,  
Then pronounce me properly, A. U. M.

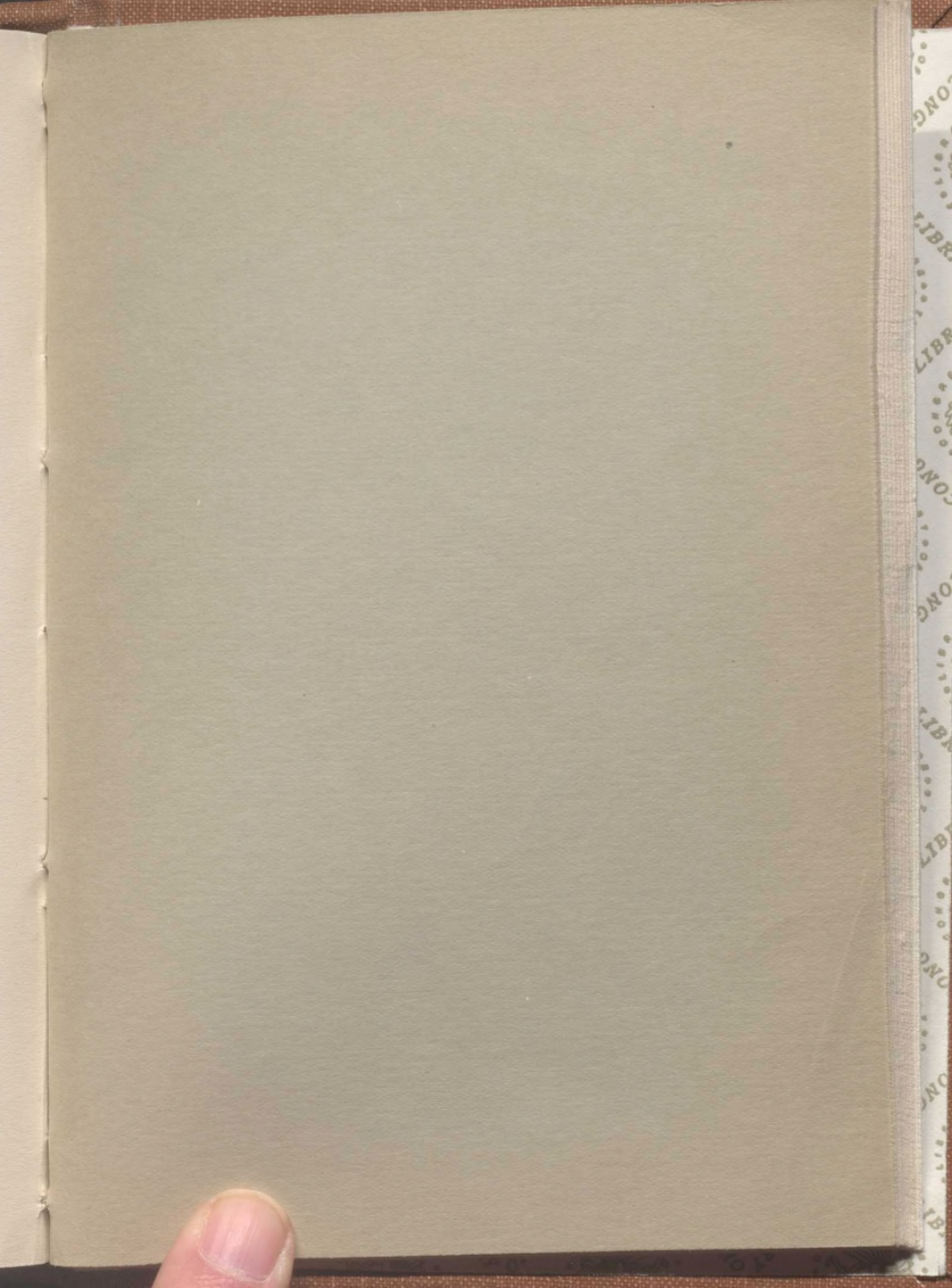
(Blessings to the Brothers of S. S.)  
A. U. M.

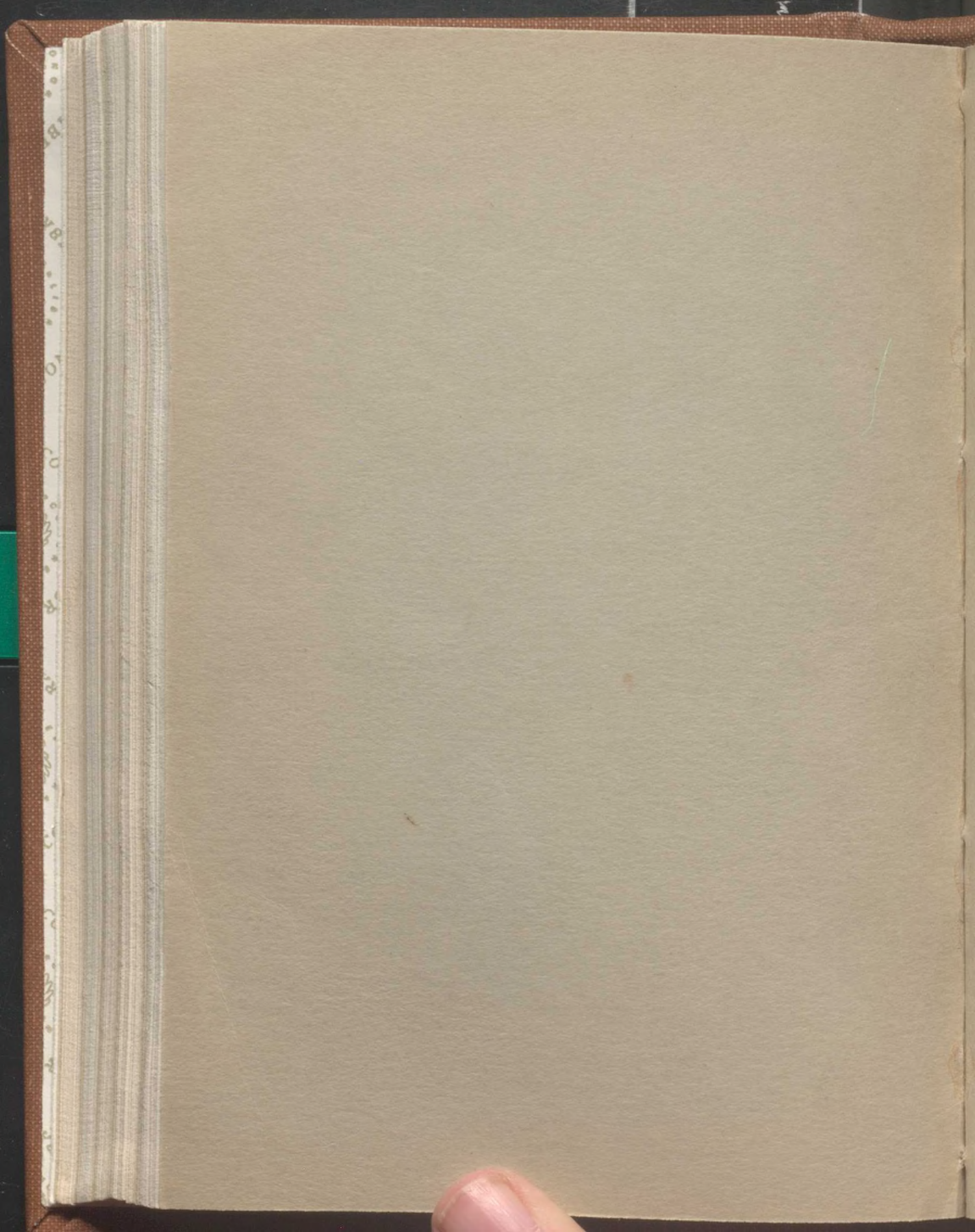




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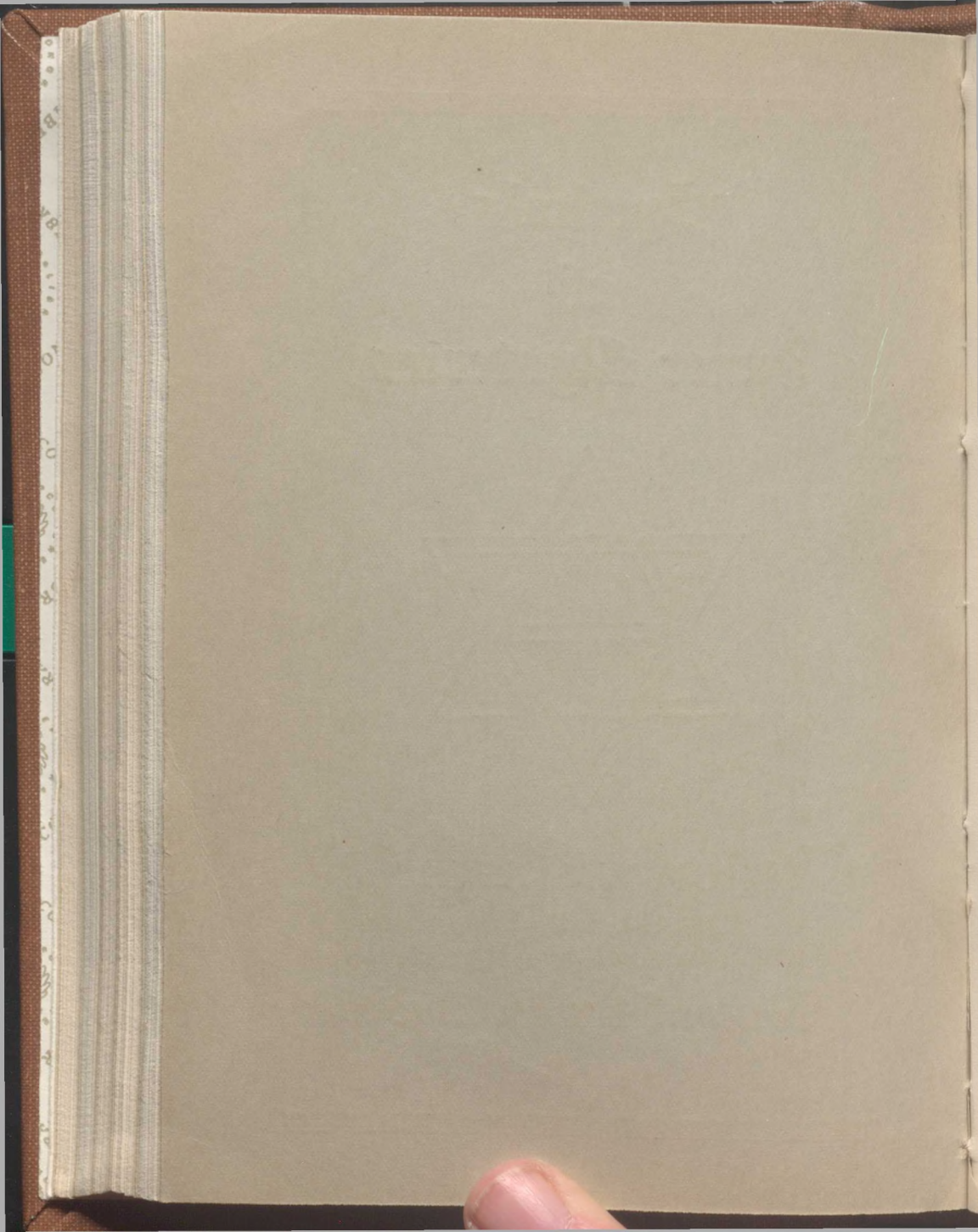




# Symbols of Inner Mysteries



PROF. WM. ESTEP  
Secret Book  
of the  
Songs of the Solitudes  
BOOK 6





Symbols  
of  
Inner Mysteries



PROF. WM. ESTEP

Secret Book  
of the

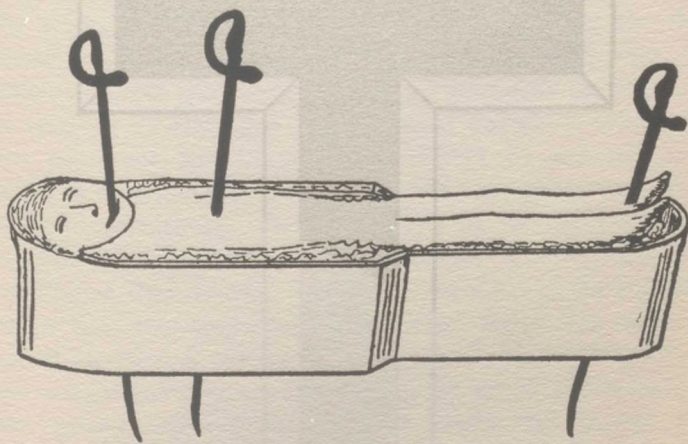
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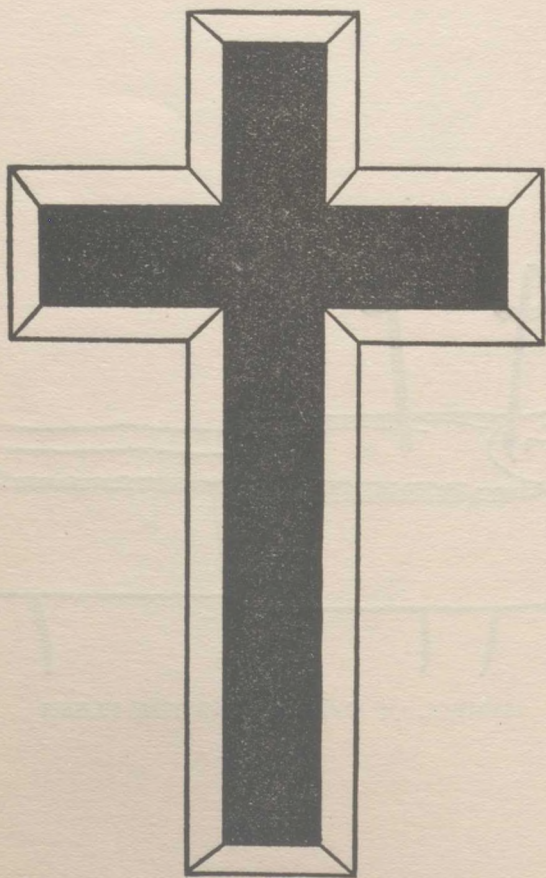
Gift  
Mrs. Lillian Cox Athey  
May 31, 1932



HJW 6 Ag. 34



SYMBOL OF OVERCOMING THE FLESH



THE SYMBOL OF THE CROSS



## BOOK VI.

### Part I.

#### OVERCOMING THE FLESH

This is a symbol that was used by the ancient Egyptians during the time of the Pristine races. It can be seen today on many of the ancient tombs and burial places along the Nile. It is symbolized by a mummy case with knives thrust through it, symbolizing the three divine principles of truth, love, and light in a divine sense, while the empty mummy case symbolizes God taking the deceased into eternity. They, in that day, taught that all who overcame the flesh desires and were spiritual would be received by the great Father, God; but those who had not overcome the flesh desires would be rejected and could never enter the Kingdom of Heaven, or the invisible with consciousness. After those, who had actually accomplished this, had died, the teachers would place the symbol on their tombs. This was regarded as the highest honor that man could conceive. When we of this modern age think what it means to overcome the flesh desires and live a spiritual life, we can readily see where those Egyptian priests were correct in their views; for is not all delusion, all falsehood, all crime, and all ignorance, of the flesh body, while all pure and beautiful things are of the spirit. Even the supreme deity is a spirit, as we have been told in the Bible. God is a spirit and those who worship Him must worship in spirit and truth.

The first important realization in this symbol is the fact that we are a ray of the Absolute Mind of the Universe and if we radiate truth, love, and light, we will rise, like one who awakens from a long sleep, to a full



knowledge that our entire body and organism is subject to the power of our will. Our heart can even be affected by an intense concentration, and, as we have proven in our previous studies, our breath can be controlled by the power of our will. When we begin to move in harmony with God's divine will and thus unite ourselves with God, we are then approaching the portals of mastership and through the wisdom of our inner self and conflict with our lower self, we will gradually grow into the great harmonious love power of the Father; and although we suffer in some battles with the enemy, flesh desire, it is worth the price, for did not the master, Jesus, suffer as well as we, and can we expect the product if we do not till the soil?

To develop this symbol, you must rise above the limitations of mortal mind and declare in a positive mind, that you are master of the house in which your soul dwells. When we do this, many potential forces heretofore unknown to us, appear to aid us in our escape from the confines of lower self so we can walk in that sunlight of mastership, the pearl of great price. Remember that the will is only developed through action, and strengthened through faith. Fear and doubt are the enemies that must be overcome for they are the chains that bind man to his lower self. Hope is the great power behind action, and faith is the seal of immortality; but after all, it requires the essence of God, which is love, to transport the soul back to the cause of creation, for all things were created through love, and it is love that keeps this world progressing and it will be the basis of a great religion which will soon make its appearance in the world. Faith produces an exalted state of imagination which strengthens the will to make it possible to completely overcome the body. Each strenuous art to subject the body to the will, makes us stronger and more able to



progress along the path of wisdom. Through faith in the unseen, Buddah sat in the forest, day in and day out, until he overcame his flesh consciousness then he produced the great doctrine that still bears his name. He was a "Son of the Solitudes," as was Jessu, Zoroaster, Confucius, Mahomet, and all other masters who came to this earth to give mankind a great message of reason and love of the creative soul.

When through effort and technical training we unite our will with the supreme will of the universe which is the supreme motive energy back of all mastership, we will be accomplishing something worthwhile; we then can soon raise above the laws of flesh and abide under the supreme laws of mind, body, and soul, the laws of the inseparable trinity and by them subject to our will the last enemies of man which are disease, sorrow, and death through unconsciousness in the cosmic. Man can only overcome through his knowledge of truth, but principles and theories, having no *modus operandi*, must not be mistaken for truth, for all truth has, back of it, some practical method of attaining, otherwise it would be of no value whatsoever. The human organism is a microcosm built up from a world in miniature form; it is mathematical and metaphysical in every sense, and the body cannot be considered without first considering the mind, as that is the governor of the body. The physician can never blend with the metaphysician for one works on a physical plane while the other works on a mental plane. The more spiritual one becomes, the less one has need of the physical; for as the physical has remedies for certain conditions, so has the spiritual remedies, likewise.

Remember these teachings, O Pilgrim of Light; for the soul of man is of an enduring essence and through harmony and the pathway of silence, man must gain the victory over things that are temporal and reunite with



the Father of this Universe. We should ever strive to reflect the light in us as of Him who sent us into this world. There is always a combat between lower and higher self, flesh and spirit, but a strong will coupled with divine power cannot fail to climb the highest heights of understanding; for the higher a pilgrim climbs above the lower conditions of life, the nearer he comes to that throne of power by which he overcomes the body. As we journey along this pathway of adeptship, many will be our trials and tribulations, and many will be our longings for those things of the temporal world until by will force and sacred thoughts, we finally overcome the last enemies of man, which are sorrow and death; and until we reach that portal of the invisible, we will be continually tried by the higher power to see if we deserve the peace that passeth all understanding. Many were the trials of those great men before us and even the master Jesus had many moments of anxiety and prayer before finally triumphing over his body and raising it from the dead.

The sincere desire of the pilgrim should be to be free from all vanity and the dark principles of life which are malice, hatred and envy; for these principles lay in waiting for the pilgrim as he journeys along the path of wisdom. Those are the temptors of mankind that cause many a soul to be lost in its journey toward that place of rest and peace, that condition of mind that is above all contention. If one overcomes while on earth, he will know the secret of the spirit's abode after death and not be thrust into eternity, unprepared and in a strange state of being. This, dear Pilgrim along the path, is the fate of countless millions of people who pass to the beyond from this mortal sphere. As you view spiritual energy from the highest points of understanding, you see it closer and closer united with the supreme life essence, the Uni-



versal Mind of Creation; and as the soul becomes more and more awakened into activity, the body ceases to cry the cry of the ages, "light, more light," and the divine spark is fanned into a flame by the power of attention and will. Learn, O Pilgrim, to know that your life is either a blessing or a curse to the universe, as you see fit to make it. You are the great builder of your unseen temple, eternal in the Heavens.

Remember that while earthly ambitions invariably strive to reach the top of the ladder of progression, they more often reach the bottom in despair. The sweet things of today may become the bitter things of tomorrow. The halo of peace and power that surrounds the adept often excites the materialists to anger and jealousy, hence the persecution of the adept. The darkness knoweth not the light, neither can it comprehend the laws back of the light. As we read in the book of "Isaiah," Chapter 9, verse 2, "the people that walk in the darkness have seen a great light, they that dwell in the shadow of death unto them hath a light shined." This means the people in the flesh, for the flesh symbolizes darkness while spirit symbolizes light. The meaning of this verse is that the spirit and spiritual powers have appeared to people who live on the earth. Anyone can feel the goodness of a spiritual person, they are as the orbs in the heavens which give more light as they approach nearer and nearer the earth. The spiritual men and women of the earth are the ones referred to by Jesus, when He said, "ye are salt of the earth, a light sat upon a hill." Have we not history to prove that there has always been a conflict between the material and spiritual people; their blood has colored the earth in every generation but we who seek to overcome the flesh have a great comfort in the following "Psalm of David":

**The Mystery Psalm of the Invisible Presence,  
the Logos or Lord**

**Psalm 23**

1. "The Lord is my shepherd, I shall not want,
2. He maketh me to lie down in green pastures, He leadeth me beside the still waters.
3. He restoreth my soul, He leadeth me in the paths of righteousness for His name's sake.
4. Yea, though I walk through the valley of the shadow of death, I will fear no evil for Thou art with me, Thy rod and Thy staff they comfort me.
5. Thou preparest a table before me in the presence of mine enemies, Thou anointest my head with oil, my cup runneth over.
6. Surely goodness and mercy shall follow me all the days of my life and I will dwell in the house of the Lord forever."

This psalm, dear Student, has a deeper meaning than it is given by the material minded people of today. First the word Lord means an invisible master or angel and shepherd means caretaker so this psalm states that we have an invisible caretaker who is able to keep our soul. "Though we walk in the shadow of death," means that when you are near death, fear no evil for there is nothing in the invisible to fear as the Logos or Lord who is our shepherd will conduct us to where we are going in the invisible. In the last part of this psalm we are told that we will "dwell in the house of the Lord forever." This means that when we reach that state of being, the same as the Lord or invisible shepherd, we will remain in that high state of consciousness; for there are no houses in the invisible but that word is only used as a symbol. So



as you progress in these mysteries, remember not to fear anything that is in the invisible for you will be helped by the souls of men and women who have mastered their bodies and who wait along the path to greet the weary pilgrim who overcomes his body, and conduct him in the invisible to that state of being which he is striving to attain.

This is the great experience of the author and he wishes to tell you that there are some very close calls in your pursuit of the supreme mysteries but blessed is he who attains; for the knowledge gained is worth far more than the effort. Loyalty to your lodges on earth and to the lodge in the invisible, the Great White Brotherhood, should be your aim; as with co-operation we can do for more than we can without it. Remember also, dear Pilgrim, the ever-present all-seeing-eye that observes every move and thought as you progress along the path of Eternal Light. Always try to give to those with whom you come in contact, those words of truth and love which you have learned in this great school of mysteries; for you owe a duty to your fellowman and by helping them you also help yourself.

He who has heard that old chant of the Lamas that goes from the lowest forms of life to the highest beings cannot help but feel the deep significance of its deep meaning: "As it is in Heaven, so it is on Earth; as it is above on the loftiest heights, so it is below in the lowest depths, reached by the spiritual sun forever and forever." This means that every condition that exists on earth also exists in the invisible but that God is in all forever and ever. The growth of a soul is like the growth of a plant; it comes gradually and gradually out of darkness into light, out of chaos into peace, and as it grows, the old condition, like the bark on the tree, begins to gradually disappear and the newer spiritual conditions develop like



the new bark growing on the tree. As a tree has sap charged with force and life substance, so the human has that divine spark of soul, that ray of perfection within them that makes them capable of growth and development. Force and substance go hand in hand, doing for nature those things that are willed by the supreme architect of the Universe who knows even the fall of the sparrow.

There are rays from the Absolute now manifesting in physical forms on this earth, and their purpose is to guide mankind to a higher destiny and help him get back to the original source of infinite love. Man, in the descending scale of life, has touched the lowest depths of existence but is now rebounding upward toward that place on high, that invisible Kingdom of supreme understanding and love. As long as that spark of divinity is in man, he will be on the road to spiritual eminence; he will be seeking, more and more, the true light for nothing can stop the true seeker; he will ever go onward in his pathway of investigation until he is satisfied that he has solved the mysteries of being and is assured of eternal life. Every age has its teachers who come to earth and teach of immortality of the soul, each one choosing his own method of imparting these great truths, and each one leaving behind him those profound examples of love of fellowman and sacrifice for his ideals. Jesus was not the only great master teacher who was killed by the so-called righteous individuals who presided over the people as rulers. There are countless thousands whose names have never been written in history, and who have paid the supreme physical penalty for knowing more than the others of their day. May the time soon come when the earth will be free from such horrible mistakes and the world will be made safe for truth and prophets; for then the crime waves will cease and man will rest from his long



battle in the darkness of misconception. When man progresses that far, he will then find that it is the eternal that rules the world and not something of the past or present. We, of spiritual development, do not live in the past, but live in the present and seek to serve this world the best we can and finally to be master of our lower self, so that we may gain an understanding of the future state of man. We seek to solve the problems of progression and have no time to figure out long theories of things that now are and of things that will be. Our little earth day of existence will soon be over and we will have to lay aside all the smaller problems of life and take the greater on with us into the invisible realm of soul, where, by our knowledge of life, we will have still another opportunity to work out our higher salvation. This is one of the high objects in overcoming the flesh and attaining mastership over the body.

The lodge meaning of the symbol of overcoming the flesh is as follows: The three swords symbolize loyalty, honor, and wisdom, which are the three virtues of a true brother of the Solitudes.

### The Word Symbol

"Though a sword should pierce my throat, I will ever be loyal. Though a sword should pierce my heart, I will still have honor in my dealings with men.

"Though a sword may sever my feet, I will always manifest wisdom."

The object in having the word symbol is to be able to teach the sub-conscious mind the correct meaning of the principles in the symbol. In India they use the word symbols more than any other kind, while in Egypt they use, more than any other, the heiroglyph. The author

thinks that both the word symbol and the hieroglyph are good to teach the mind the full meaning of the principles of the ancient wisdom teachings, so the "Sons of the Solitudes" have adopted both. The student should ever bear in mind, the idea, that the symbols and all technique are simply to impress the mind and train it properly, and that the material symbol, in itself, has no mystical significance; for the mysteries of the symbols will be unfolded to all who use the technique and apply themselves to the task of development.



## BOOK VI.

### Part I.

## OVERCOMING THE FLESH

### Technique No. 1.

1st—Sit in a passive state, breath retained. Look upward, to the forehead, as far as possible. Try to make the brain feel heavy, this makes you conscious of the brain power.

2nd—Will that by the power of your mind, you will overcome all weakness of the flesh and that you will charge your brain with power to master your body. Hold this position as long as possible.

3rd—Center concentration on different parts of the body, beginning at the hands. Retain breath and try to overcome all feeling in the hands, by concentration. Keep this up until you can stop all feeling in the limbs and then the entire body. You will be conscious, and yet have no feeling in the body.

4th—After all feeling is controlled by the will power, then concentrate that the entire body is getting heavier and heavier, until it drops limp and you are conscious of a lightness independent of any sense of feeling in the body.

5th—When you can enter this state without any trouble, then visualize yourself floating away from your body with consciousness. Enter the above state with that thought previously on your mind, and you can soon overcome the flesh and travel in the invisible where you desire.

This, dear student, is one of the unsealed mysteries of the ages.

## Technique No. 2.

### Overcoming the Flesh

1st—(Should be done in dim light)—Relax as much as possible (better to lie down) breathe slowly, saying mentally that you will overcome the body and all the senses and be free from the body. Do this for about five minutes.

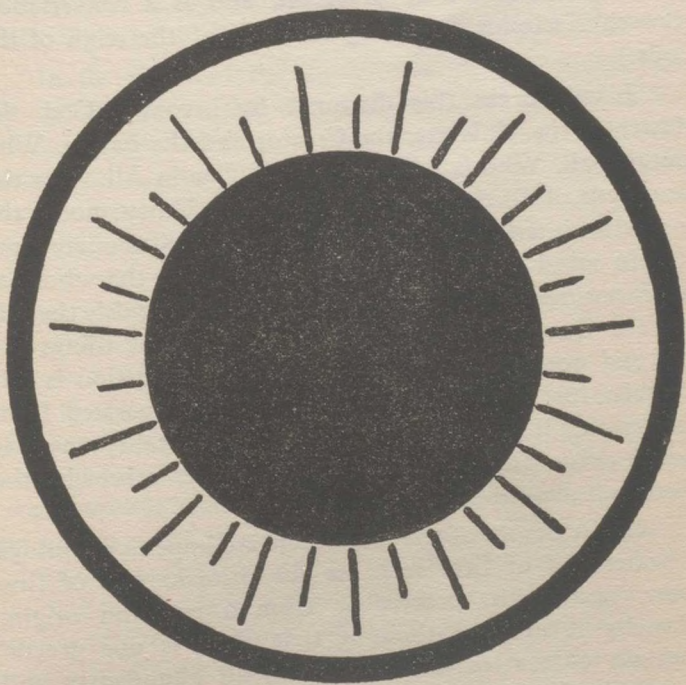
2nd—Close eyes, retain breath, concentrate on brain and think of a floating feeling. When you feel a little dizzy, let your eyes, still closed, pass up and down the body from the top of head to bottom of feet, seven times. Then let the mind rest and think again of the floating feeling.

3rd—Blank mind as near as possible. After this is done, a weak feeling follows.

4th—Lie quietly and concentrate on a mist enveloping you. As this mist becomes plainer to you, you become more and more numb and at last you become without physical feeling. Then you will feel yourself floating away in this mist, consciously. Do not be frightened, but be calm, as a great experience will come to you.

This, dear child of light, is another of those heretofore unsealed mysteries of the "Sons of the Solitudes." May you be blessed with success as you travel over the heavenly path of adeptship. If you are slow at attaining, do not be discouraged as some people attain quicker than others, but all can attain. God is no respecter of persons.





THE SYMBOL OF THE SPIRITUAL SUN

**Part II.**  
**ANCIENT HERMETIC TEACHINGS**  
**of**  
**THE SPIRITUAL SUN**

(Translated from the Egyptian language. This is probably thousands of years old and is a conversation between Asclipios and King Ammon of the reign of the Gods.)

I will begin this discourse by invoking God, the Master of the Universe, the Creator and the Father, Who contains all, Who is All in One, and One in All. For the plentitude of all things is Unity, and in Unity; nor is the one term inferior to the other, since the two are one. Bear in mind this thought, O King, during the whole of my exposition. Vain is it to seek to distinguish the All and the One by designating the multitude of things the All, and not their Plentitude. Such a distinction is impossible, for the All exists no longer if separated from Unity; and if Unity exists it is in the Totality; now it indeed exists and never ceases to be One, otherwise the Plentitude would be dissolved.

In the bosom of the earth there are impetuous springs of water and of fire; such are the three natures of fire, water, and earth, proceeding from a common origin. Whereby it may be thought that there is one general fountain of matter, bringing forth all abundantly and receiving existence from on high. It is thus that heaven and earth are governed by their creator, that is, by the sun, who causes essence to stream downwards, and matter to rise upwards, and who draws to himself the universe, giving all to everything, lavish of the benefits of his radiance. It is he who distributes beneficent energies not only in heaven and throughout the air, but upon



earth also, and even in the depths of the abyss. If there be an intelligible substance, it must be the very substance of the sun whose light is the vehicle thereof. But what may be its constitution and primal fount, he only knows. That by induction we may understand that which is hidden from our sight, it would be necessary to be near him and analogous to his nature. But that which he permits us to behold is no conjecture; it is the splendid vision which illuminates the universal and supreme world.

In the midst of the universe is the sun established, like the bearer of the crowns; and even as a skillful driver, he directs and maintains the chariot of the world, holding it to its course. He keeps fast the reins of it, even life, soul, spirit, immortality, and birth. He drives it before him, or, rather, with him. And after this manner he forms all things, dispensing to immortals eternal permanence. The light, which from his outer part streams toward heaven, nourishes the immortal spaces of the universe. The rest encircling and illuminating the entirety of the waters, the earth, and the air, becomes the matrix wherein life germinates, wherein are initiated all births and metamorphoses, transforming creatures, as by a spiral motion, and causing them to pass from one portion of the world to another, from one species to another, and from one appearance to another; maintaining the equilibrium of their mutual metamorphoses as in the creation of greater entities. For the permanence of bodies consists in transmutation. But immortal forms are indissoluble, and mortal bodies decompose; such is the difference between the immortal and the mortal.

This creation of life by the sun is as continuous as his light; nothing arrests or limits it. Around him, like an army of satellites, are innumerable choirs of Genii. These dwell in the neighborhood of the Immortals, and thence watch over human things. They fulfill the will



of the Gods by means of storms, tempests, transitions of fire, and earthquakes; likewise by famines and wars, for the punishment of impiety. For the greatest crime of men is impiety towards the Gods. The nature of the Gods is to do good, the duty of men is to be pious; the function of the Genii is to chastise. The Gods do not hold men responsible for faults committed through mistakes or boldness, by that necessity which belongs to fate, or by ignorance; only iniquity falls under the weight of their justice.

It is the sun who preserves and nourishes all creatures; and even as the Ideal World which environs the sensible world fills this last with the plentitude and universal variety of forms, so also the sun enfolding all in his light accomplishes everywhere the birth and development of creatures, and when they fall wearied in the race, gathers them again to his bosom. Under his orders is the choir of the Genii, or rather the choirs, for there are many and diverse, and their number corresponds to that of the stars. Every star has its genii, good and evil by nature, or rather by their operation, for operation is the essence of the genii. In some there is both good and evil operation. All these Genii preside over mundane affairs, they shake and overthrow the constitution of states and of individuals; they imprint their likeness on our souls, they are present in our nerves, our marrow, our veins, our arteries, and our very brain-substance, and in the recesses of our viscera. At the moment which each of us receives life and being, he is taken in charge by the genii who preside over births, and who are classed beneath the astral powers. Perpetually, they change, not always identical, but revolving in circles. They permeate by the body two parts of the soul, that it may receive from each the impress of his own energy.



But, the reasonable part of the soul is not subject to the genii; it is designed for the reception of God, who enlightens it with a sunny ray. Those who are thus illumined are few in number, and from them the genii abstain; for neither genii nor gods have any power in the presence of a single ray of God. But all other men, both soul and body, are directed by genii, to whom they cleave, and whose operations they affect. But reason is not like desire, which deceives and misleads. The genii, then, have the control of mundane things, and our bodies serve them as instruments. Now, it is this control which Hermes calls Destiny.

The Intelligible World is attached to God, the Sensible World to the Intelligible World, and through these two words, the sun conducts the effieience of God, that is, the creative energy. Around him are the eight spheres which are bound to him—the sphere of the fixed stars, the six spheres of the planets and that which surrounds the earth. To these spheres the genii are bound, and to the genii, men; and thus are all beings bound to God, who is the universal Father. The sun is the creator; the world is the crucible of creation. The Intelligible Essence rules heaven, heaven directs the gods, under these are classed the genii, who guide mankind. Such is the divine hierarchy, and such is the operation which God accomplishes by gods and genii for Himself. Everything is a part of God, thus God is all. In creating all He perpetrates Himself without any intermission, for the energy of God has no past, and since God is without limits, His creation is without beginning or end.

## Part II.

### THE SPIRITUAL SUN

#### Technique No. 1.

1st—Close the eyes, visualize a golden sun ball close in front of the solar plexus.

2nd—Retain breath. Contact the solar plexus seven times. Each time thinking of drawing in its rays into your solar plexus. Then center your concentration on the top of the head, the atma. Begin breathing slowly, thinking of drawing the sun rays from the solar plexus to the top of the head.

3rd—Stop breath, let only sacred thoughts come into your mind. Then think of yourself becoming spiritually illuminated. Try to feel conscious of being a part of every living thing.

This will produce a spirituality in you that can be felt by everyone you contact and you will soon feel your own spiritual radiation of the great sun's power. This is one of the highest techniques of realization of the Spiritual Sun that has ever been taught.

#### Technique No. 2.

1st—Retain breath, bend forward with eyes closed. You will feel the pulsations in the head. Center your concentration on the oblongata in the back of the head which is the power house of the brain.

2nd—Each time that flashes of light come under the eyelids, concentrate that you are radiating the spiritual sun from the body, the mind, and the soul.

3rd—Throw the head backward, and concentrate on



the forehead. Visualize power going from your forehead like static electricity. Hold this position as long as possible. This is the greatest method of realizing, consciously, the radiant rays of the great central spiritual sun.

Now, dear student, you have trodden along the path of adeptship, but it will be well for you to begin over again as it has taken your teacher several years to be able to travel the path even to the extent of what is written in these books, but if you master them, there are still greater attainments ahead. There are the knowledge of the spheres, phenomena, shamadi, and many others. But learn these lessons well, take at least one hour a day to do your work. Be systematic and you will grow into the supreme understanding of the ancient wisdom, the wandering light of the ages. Remember your obligations to this order and obey them at any cost; for this order goes beyond this mundane sphere with great love and consideration.

### Heirophant's Chant of God

I am the waves of the deep,  
I am the cause of wake and sleep,  
I am the voice of wind and sea,  
I am the cause of life and eternity,  
I am the cause of dark and light,  
I am the cause of peace and fight,  
I am the A. U. M. of Universal cause,  
I am the movement, action, and pause,  
If you know my mystery and my hum,  
Then pronounce me properly, A. U. M.

(Blessings to the Brothers of S. S.)

A. U. M.





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