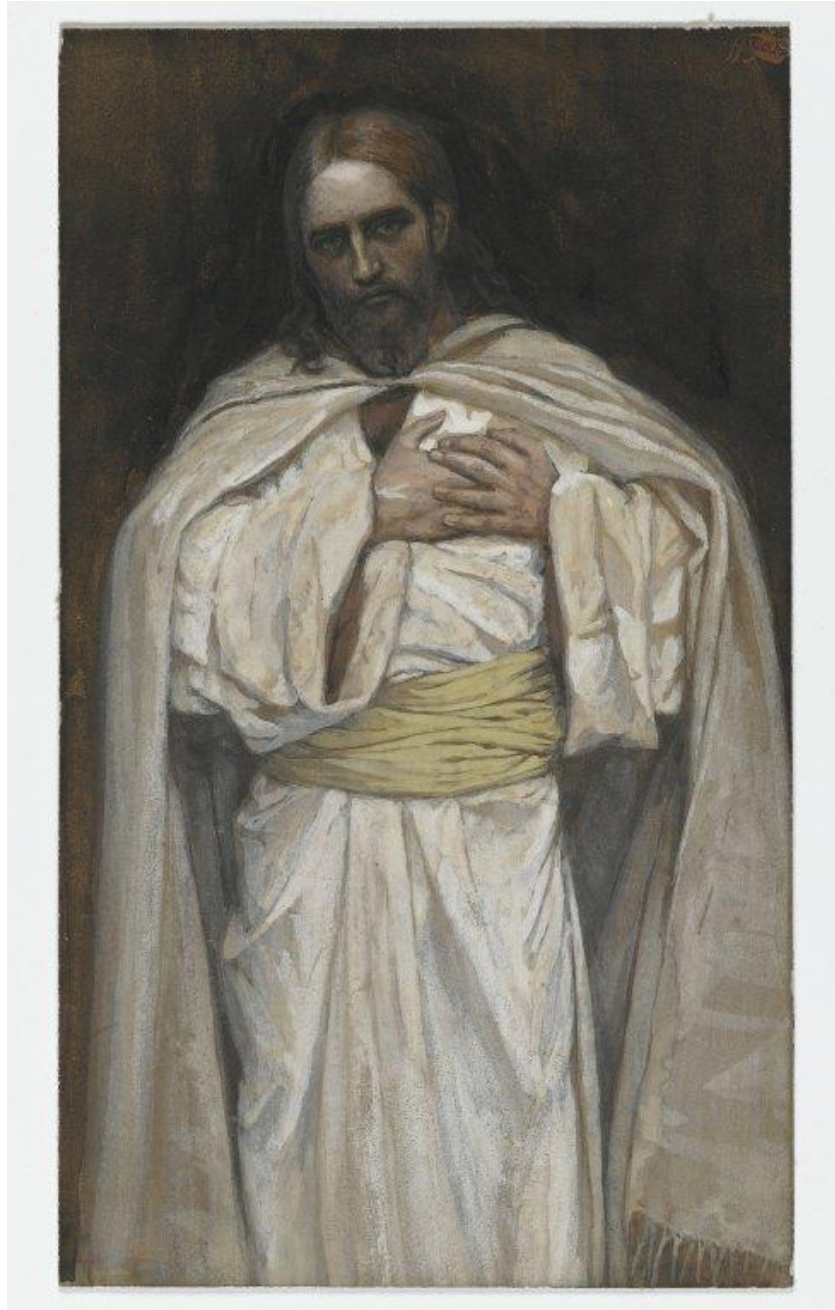


***Rosicrucian Spiritual Exercises
from Biblical Words of Power***



Volume One

By G. E. Carlin

Extended Spiritual Exercises

1. The Five Steps of *Pondering*
2. The Spiritual Practice of *Considering*
3. Harnessing the Power of *Awe* for Prayer, Worship, and Ritual
4. Steps in *Abiding* to Enthroned Christ
5. *Encouragement* and Sacred Resonance
6. Silent Mental Vibration: *Behold*
7. *Arise* to Awaken the Christ-within
8. Raising an *Ebenezer*
10. *Selah* to Enter Your Inner Sanctuary
11. Etheric Resonance: *Maranatha*
12. The Power Word, *Hosanna*
13. *Ephpheta*: Command to Open Our Spiritual Senses
14. *Emmanuel* and the Christ-within
15. *Fear Not* for Spiritual Mastery
16. *But God*, for Alignment with the Cosmos
17. *Watch*, Spiritual Vigilance
18. *Be Still* and the Living Sanctuary
19. *Seek* is to Keep Seeking
20. The Prophetic Sound of the *Knock*
21. The Spoken Fiat of the *Rhema*
22. *Mercy*, The Direct Revelation of God's Hidden Truth*
23. *Come* a Command for Transformation
24. *Alleluia*, The Vibrational Key
25. *Rejoice* to Shift Energy
- 26: **Appendix:** *Praying to Archangels and Star Angels**

Introduction

As Rosicrucians when we consider the meaning of the Bible we go well beyond the exoteric meaning of the Gospels, prophecy, history, poetry and wisdom so that we can discover a deeper meaning that addresses our search for higher levels of spiritual consciousness and unification with the Divine. Esoterically, even individual words offer us the opportunity for great power due to their creative functions, acting as vibrational keys to unlock or awaken certain potentials and abilities, or their ability to shift, transform, or transmute vibrational energies of our thoughts, actions, emotional responses, and other energies we generate, attract, or hold. In essence, words starting from the beginning of the world act as creative forces and hold within them the “*power of life and death*” (**Proverbs 18:21**) that we can utilize to reap the greatest intended spiritual benefit if we understand their true esoteric meaning.

Throughout the *New Testament of the Bible* alone there are over one-thousand commands issued to its followers of which Jesus himself repeatedly uses about fifty specific commands of which many are considered to be *words of power* that can provide and offer insights in healing, spiritual direction, higher powers and abilities, encouragement, and necessary steps and activities to open and proceed with inner spiritual work and growth. Therefore, if we have an esoteric understanding of these words of command, spiritual direction, and resonance for raising our consciousness and connecting to our Christ-within then we can easily incorporate them into our ongoing spiritual work. Typically, these verbs used as commands in the Bible are “*imperative commands*” and they carry the highest level of transformative power for our lives because they “*reflect the direct authority of God*” in which by His grace He speaks and in turn we have an inner response that lifts us up and moves us forward spiritually.

The Key to effectively using this book is to use the *Words of Power* in which your Christ-within or Christ consciousness is now directing you. And since you understand what is expected of you by each Word of Power you can respond in a way that reflects a response that will move you closer to the Divine with your spiritual work. Therefore, this book explores twenty-five different *Esoteric Words of Power* in which each single or double word is described and explained in terms of its Bible connection, esoteric meaning, what it represents spiritually, and how we can apply it to our spiritual work in *five to seven steps*. In most cases, additional prayers that support the power word have also been provided for your use.

The Appendix

Power Word #22, Mercy, makes specific reference to the use of *Archangel Zadkiel* therefore the Appendix contains a short document on how to pray to all the *Star Angels*, which consist of six Archangels (including Zadkiel) and Gabriel (who is not an Archangel).

In addition, the Appendix also contains prayers for *Before Meditation, After Meditation, Concentration* and *Contemplation for Initiation*.

The Five Steps of Pondering

But Mary treasured all these things, giving careful thought to them and pondering them in her heart. (Luke 2:19)



In Greek the word “*ponder*” means “*to bring together in one’s mind*” that reflects a deep meditation that helps to create memory so they can be drawn forward at later times for even greater reflection. Yet, in this reflection it is not only about considering the works of God and his divine authority it asks us to connect events, words, and thoughts together so we can come to understand their greater significance. It is active reflection that places our thoughts, actions in the world, and our conception of spiritual truths upon a balance within our heart so our meditation can now lead to wisdom and understanding.

Pondering is a triangular reflection upon the Words of God, His works, and our actions. In the Old Testament, pondering was a leveling in which we evaluated the path we were taking in our spiritual development. While, in the New Testament, pondering was like a magnet pulling everything together, discussing their totality within yourself, finding the similarities and differences in the influences and conditions of the events so that you now clearly understand how it is was to apply to your life and path. Yet, a piece that sometimes is missed in discerning the truth in pondering is the role of the Holy Spirit in guiding and aligning our future actions so we may further progress in our spiritual development.

Ponder the path of thy feet, and let all thy ways be established. (Proverbs 4:26)

We can meditate but if we do not ponder then we run the risk of losing control of our lives both, physically and spiritually, as must have a divine purpose that has a painful and deep longing to come together as One in unity with Source. And this means we must take time to pause, reflect, and carefully consider our thoughts, actions, and motives.

Test and evaluate yourselves to see whether you are in the faith and living your lives as [committed] believers. Examine yourselves [not me]! Or do you not recognize this about yourselves [by an ongoing experience] that Jesus Christ is in you—unless indeed you fail the test and are rejected as counterfeit? (2 Corinthians 13:5)

For in pondering we can then come to an understanding of “*how wide, how long, how high, and how deep His love is*” (**Ephesians 3:19**) so the choices we make will acknowledge that love and our unquestioning obedience to His will. In essence pondering is a multi-faceted application.

Five Steps to Pondering

1. It requires us to start with Observation

We must notice the words (sight, hearing, taste, feeling, and even recognize their scent of fragrance) and actions of our own or the spiritual world.

2. Put Observations Together to Create Inferences

By connecting our observations, we can now begin to make inferences. The greater number of observations we make the better our inferences become and the closer to divine truth we move.

3. Define the Truth

What is the truth and its spiritual meaning. How does it connect to the biblical meaning and even prophesy and/or spiritual landmarks.

4. Ponder

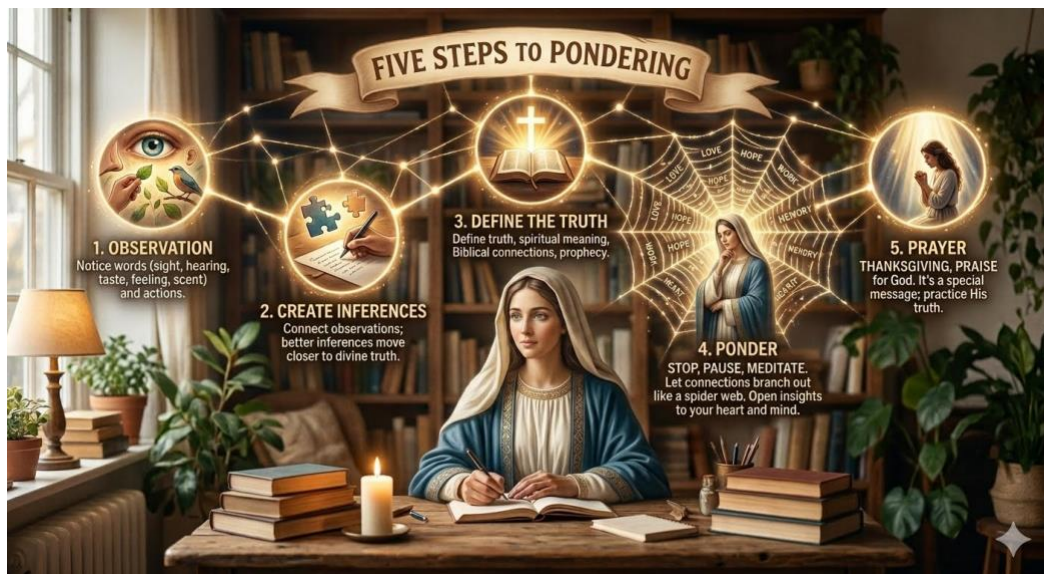
STOP, pause, and meditate/contemplate upon your observations, inferences, and/or truth. Now let the connections appear as strings that branch out and connect in all different pathways (a spider web and not a straight line) so that this opens the insights and categories into your own heart and mind. The greater the connections the stronger the memory and feeling you create to use now and in your future work.

5. Prayer

You must express the thanksgiving and praise for God or the Source and the blessing that was provided from your pondering. It was a special message given only to you, with the understanding that you would work on it. Therefore, let God know you understand His truth and how you will put it into practice.

An excellent Model to work with is *The Magnificat* (“my soul magnifies”) in *Luke 1:36-55* in which we see Mary’s thoughts and observations, their importance, how she connected it all to find her truth so she might ponder upon it to continue to build her faith over time. For in pondering we can evaluate our own spiritual progress and confirm that we are following a true way and store up the needed treasures of our memories to provide the feeling and emotions to power our thoughts needed to propel as more deeply within the spiritual worlds. Therefore, use *The Magnificat* to write your own prayer that your soul can use to magnify your connection with the Divine and experience the Christ-within more deeply within your heart.

Lest thou shouldest ponder the path of life, her ways are moveable, that thou canst not know them. (Proverbs 5:6)



The Magnificat

And Mary said,

“My soul magnifies and exalts the Lord,

And my spirit has rejoiced in God my Savior.

“For He has looked [with loving care] on the humble state of His maidservant;

For behold, from now on all generations will count me blessed and happy and favored by God!

“For He who is mighty has done great things for me;

And holy is His name [to be worshiped in His purity, majesty, and glory].

“And His mercy is upon generation after generation

Toward those who [stand in great awe of God and] fear Him.

“He has done mighty deeds with His [powerful] arm;

He has scattered those who were proud in the thoughts of their heart.

“He has brought down rulers from their thrones,

And exalted those who were humble.

“He has filled the hungry with good things;

And sent the rich away empty-handed.

“He has helped His servant Israel,

In remembrance of His mercy,

Just as He promised to our fathers,

To Abraham and to his descendants forever.”

(Luke 1:46-55 AMP)



My Prayer for Experience Through Observation

O Lord, Prince of Peace, we desire to gain the needed experience in life so that we can understand right from wrong and move into a deeper relationship with You. Thankfully, you provide our best choice to gain experience by observing other people's acts and drawing conclusions from their actions so we might cultivate the faculty of logical reasoning and reflection. When this is combined with our previous experiences a light comes forth that guides us so that we will more quickly gain the path of peace. You, my Lord, teach us that we must observe everything and everybody that we come in contact with to develop our logical reasoning skills so it can teach and guide us in all of the worlds. You make it clear that we need to see all things in clear, definite outlines, and in full detail and when we observe we must be careful not to do so for criticism. In time as we build our skill of observation and apply it to every aspect of our fellow man, we come to take notice of the smallest of details, a faculty which will aid us in acquiring knowledge as we move into the higher worlds and merge more closely with our Christ-within. Amen

- (© GEC) Based Rosicrucian Cosmo-Conception, p. 25, 131-132, 493



My Prayer for Truth

Lord, Our Only Path to God, You are the Way, the Truth, and the Life, open my eyes to see and my ears to hear so I may understand the eternity of Your divine principles. For You are truth and You have provided us with Your laws and instructions so that we may always know Your way of truth. And through You, the Father's Son, we have directly experienced the embodiment of the way and the truth which provides the sacred door that we must pass through to come to the Father. While we also read the truth in Your Gospel message that we may always find hope and salvation for our souls in which we may enjoy an eternal life in fellowship with God. For we as believers, are never without Your truth as the Spirit of truth has been placed within our deepest recesses of our hearts so that it may always lead us into the essence of Your truth so we may be set free. Therefore, my Lord, help me to first fasten the belt of truth about my waist so You may witness the expression of Your truth as I worship You and I set myself as a rock for my brothers constantly showering them with acts of love and compassion. For in Your truth, I will know right from wrong, never uncertain, and always clear upon the path I must choose. My Lord, you are the living truth, our only true teacher, ready to unite with us through Your everlasting love and mercy. For Your truth has shown us that the wise are humble in their minds and pursue only the eternal so we may gain You, my Lord, in an enduring state of joy as we delight in the gift of grace within Your presence. Know my Lord, that I am but an empty vessel ready to be instructed by the Eternal Words of Your divine truth. Amen
(© GEC 2026)

The Spiritual Practice of Considering



The word “*consider*” as verb always seemed to have a gentle action of minor importance to me as it appeared to only imply to *see, think about, observe or examine*. Yet, I believe in our spiritual work, the word *consider* is just as much of a serious spiritual activity that we can bring into our practice as seen in other verbs such as *mediate, contemplate, and ponder* (as discussed in a previous post). In looking at the derivation of the word from its Latin roots of *considerāre*, we see its two parts; *con-* meaning with, together, or jointly and *sider-* meaning star or constellation. Therefore, when we *consider* something, we are placing ourselves fully within the present moment so that we can understand that what we are observing is part of a much bigger picture (such as the stars of the universe), yet, it is only a small fragment of something of immeasurable size that is not bound by the past, present, or future.

In addition, to *consider* in its most original meaning also asks us to “*focus on the goal or target*”, and this is where the word *consider* extends itself beyond the word “*awe*”. As what we need to do in this spiritual work is to take our “*universal fragment*” just as one piece of a jigsaw puzzle and to place into the context of the picture created by the puzzle, our spiritual goal. So, in essence when we *consider* something we are putting it into perspective of something vast and timeless so when can come to understand how it not only applies to our spiritual work but how we should do our spiritual work.

Just as we previously saw with the word *ponder*, the word *consider* also asks us to deeply reflect and connect whatever we are considering to truth. Yet, in the process of considering we are called to hesitate and stop and question so we may move beyond any doubt we might have the concerning the truth for this is part of

how we develop wisdom. As this will help us to better understand the truth as expressed in *Deuteronomy 4:39*:

*Know therefore this day, and **consider it in thine heart**, that the LORD he is God in heaven above, and upon the earth beneath: there is none else.*

In *Deuteronomy 4:39* the meaning of *consider* is sometimes thought of as simply *acknowledging* God. But to *consider* is telling us that we have to “*take ownership of the truth*” by actively living the truth of God in every step of our lives. To *consider* then means to be called into active duty so you may now take what you’ve learned to be true from an intellectual position (the head) and now move it into your heart so that the truth can now “*shape how you live, think, and make decisions.*” While in some case it may also be that we have lost sight of the truth or ignored it and it now needs to be brought back into the heart so it is never forgotten.

Consider the lilies and wildflowers, how they grow [in the open field]. They neither labor nor spin [wool to make clothing]; yet I tell you, not even Solomon in all his glory and splendor dressed himself like one of these. (Luke 12:27 AMP)

The Process of Considering

It is essential that your body must be completely relaxed before beginning the process.

1. Closely Observe

If for example we are considering a lily that is in an open field, it is important to make careful note of its colors, shapes, sizes, and arrangements of all parts of the flower. It is an effort to capture as much detail and information as possible.

2. Zooming In

Now it’s as if you are viewing the lily under a microscope and zooming in to find as much additional detail as possible, first at 10X, then 100X, and finally 400X. Here at the greatest magnification, you are seeing the lily as a “*universal fragment*”, the irregularly shaped puzzle piece, that at the present moment has no clear indication of how it will fit into the mosaic of the puzzle.

3. “Let it Bounce Back” into the Stars

Having zoomed in as far as possible to make find the tiniest details of the lily it creates an opposite force, like throwing a basketball very hard to the ground. When it finally hits the surface, it naturally bounces back upward to a position even higher from where it was thrown from. In other words, let the lily (universal fragment) be seen from the perspective of the heavens (the bigger picture) so just as a puzzle piece fits into the mosaic of the puzzle it creates and opens new thoughts and possibilities within your mind and stirs a truth within you that now makes itself known.

4. Stop and Hesitate

By stopping or delaying the process we can deal with any doubts, indecision, or unwillingness to change so these feelings are completely eliminated and are replaced by trust and faith. Here is where we will probably need to pray to ask God for wisdom so our minds may become single-minded and stable before proceeding in our work.

5. Move the Truth Produced by the Fragment from the Head to the Heart

Now we need to move the truth we derived from our intellect to the feelings, emotions, and the will of the heart so this can put into practice within our lives so we can move forward in our journey to become the Truth of Christ.

Note: The object of the lily was just as an example. You can also use any thought, feeling, emotion, or activity in the process of considering.



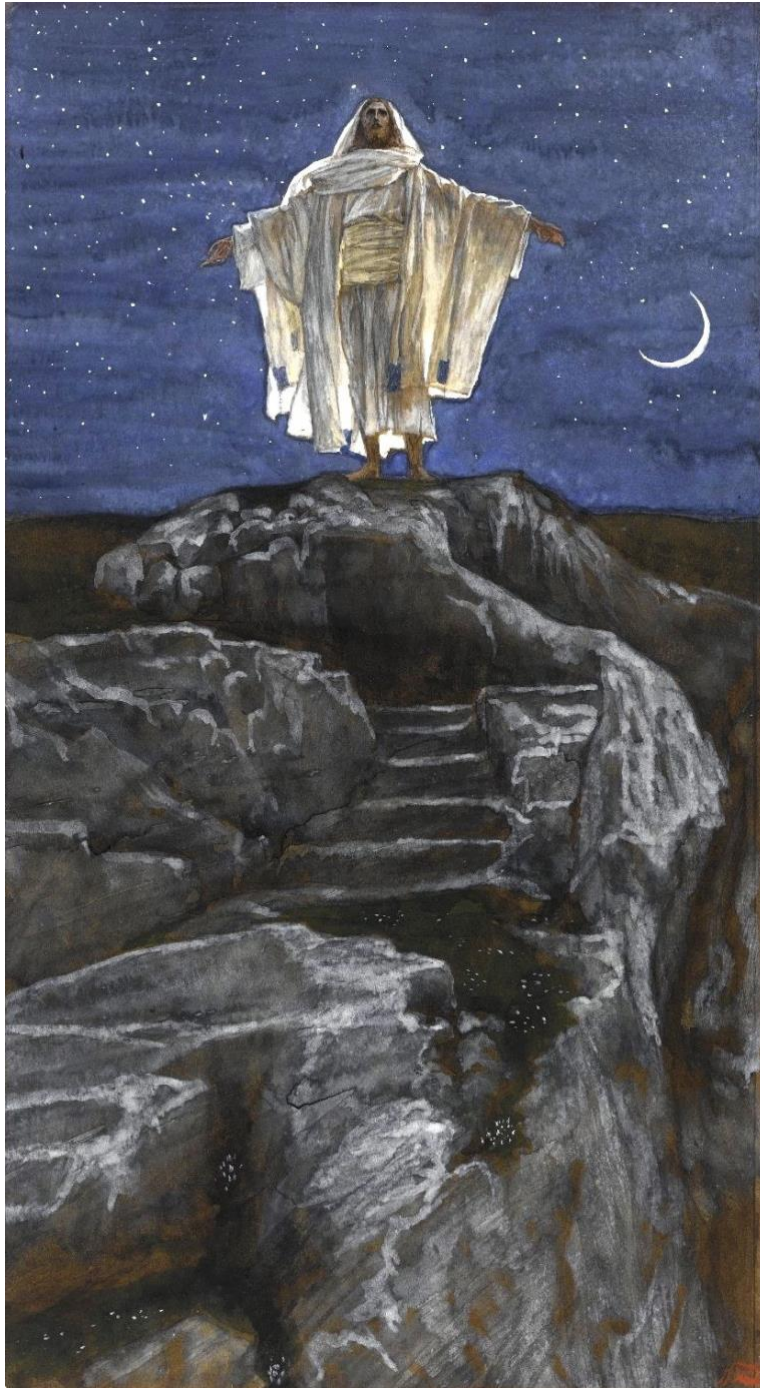
My Prayer for Discrimination

O Gracious and Merciful Christ you have allowed us to choose our way in life so that we might learn the difference between good and evil. You have shown us the importance of using discrimination in which we experiment and study all options in the course of life so we can always find the good that is hidden in everything. For in every situation, regardless of how challenging or painful it might be, You provide us with an opportunity to learn and grow when we have cultivated an attitude of discrimination and can distinguish between what is truly important and that which is only meant to hold us back. For then we understand Your goodness provides the key to perceive your divine truth and its path to Your glory. Amen

- (GEC) Based on Rosicrucian Cosmo-Conception, p. 84, 448, 493-494



Harnessing the Power of Awe for Prayer, Worship, and Ritual



If we wish to awaken our spiritual senses, we must first cultivate a sense of awe and wonder. Awe from the Hebrew word, *Yirah*, is typically described as a mixture of respect, reverence, admiration and fear. Often described as an emotion but it actually goes well beyond this in that it is a quality of the mind that strongly impacts the character in terms of behavior and attitudes so that “*sensitivity to awe is a virtue*” we should strive to develop in our spiritual work. Typically, it is something we experience when we are in the presence of something we feel is far

greater than ourselves. People often experience awe when they spend time in the natural world, admiring positive virtues of others, art, music, meditative silence, places of rich history or timelessness.

Biblically awe reflects a *fear of God* so that we recognize His power, majesty, holiness, and authority so that we willingly submit to Him. The fear of God or awe is essential to acquisition of wisdom and understanding, it is the driving force that changes the “*posture of the heart*” so we demonstrate the proper respect and honor of God. Ultimately, awe must be practiced and refined and in its simplest sense it is about noticing God or recognizing His presence in all aspects of our lives, in which we are “*stunned and amazed*” and need to stop what we are doing to appreciate His goodness and greatness.

When we are humbled by God then we have taken our “*first steps to living in awe*” as it requires that we lessen the focus and intensity upon ourselves and experience our “*small self*”. As this provides the opening to allow something larger to enter and create our awe experiences.

He must increase [in prominence], but I must decrease. (John 3:30 AMP)
In Kabbalah, awe is essential to providing “*our deepest spiritual connections*” within ourselves and to others. By decreasing self, we increase our humility, compassion, and generosity and allow others to become more valued and important while building our ability to connect and care for others. When we become paused in awe it creates space and widens our perspective and it is here that our attention can receive its divine transmission and then “*open the doorway of the heart to the divine*”.

For things come into our minds either by intellect or by awe allowing us to experience new possibilities and perspectives. While in our growth and development of awe it not only brings forth wisdom but it the “*root of faith*” for it is in our awe that we make ourselves worthy of faith. Our openness to awe is the vehicle to our freedom so we may live a new and different life with purpose. Within awe we can experience clarity and assess the path and progress of our spiritual life and guide us to deeper reflection to enable greater spiritual growth to help us accomplish our higher purpose.

Therefore, whenever we pray, worship, or perform a ritual we should always start by coming to God in awe as this is the key moving our freedom from our “*earthly cares and affections*.” For awe allows us to reach higher states of consciousness to connect with the divine and therefore is required to open, put our prayers, worship, or ritual on the correct frequency, so in the course of their performance we may continue to produce awe which over time will produces within us a “*wider process of transformation*.”

In making certain we can fully experience awe it is essential that we create a storage of our “*awe-experiences*” that we can call upon within our minds so as to use their power as *activation energy* in our future efforts to come before God with awe. Each time we have an experience of awe we should immediately acknowledge it verbally (i.e., *I am in awe of ...*) so we place it firmly within our minds so we may recall it at a future time. In addition, we should record it in a log in as much detail as possible making certain to include:

- Where/*When* did you have the awe-experience?
- What *caused* you to first stop/pause?
- How *did it* make you feel?
- How *did your awe* make you more worthy of faith?
- What *did you learn* from your awe-experience in terms of your spiritual growth/progress?

Steps in Harnessing the Power of Awe

1. Replaying a Stored Awe-Experience

In your mind bring forth one of your stored *Awe-Experiences* and replay it with your mind for a few minutes as if you are experiencing it again. As reliving this experience will begin to produce a sense of awe within yourself. Ideally, this should elicit a slight tingling upon your skin or even goose bumps, deeper breathing, a widening of your eyes, and a slight smile while also producing feelings of calmness, confidence, and fascination. And to the extreme a slight trembling, feelings of being bewildered, deeply surprised, and/or perplexed which may first be signaled by a sudden sharp inhalation (gasp). Now PAUSE within the awe.

2. Imagine your Physical Body Shrinking in Size

The shrinking of your body symbolizes your desire to now come to your “*small self*”. Then while your body is shrinking feel your consciousness moving its focus from within your body to outside of your body.

3. Imagine Christ Growing in Size

As you are shrinking in size, Christ who is in front of you (facing you) is at the same time growing in size. Place your consciousness upon Christ as He grows. It is often helpful to put yourself within an area/place where you experienced awe (i.e., the *Grand Canyon*, *Redwood Forest*, *Adirondack Mountains*, *a starry night in the woods*, etc.)

4. Wait and Focus on Your Awe-Pause

As you slowly and patiently observe Christ pay careful attention until you notice something in/on/around Christ that inspires you with awe. Perhaps, it’s the wave of His hair in the soft breeze, a look within His eyes, a star that hangs above His head, a deep sense of compassion that overpowers you, words of love He speaks, His sweet heavenly fragrance, his immense size, etc. Then within your mind declare, “*I am aware of ...*” Whatever, the source of the awe, stay within the present moment (PAUSE) and focus on it so its power may grow within you.

5. Surrender Your Senses

Now in order to open our physical senses to their fullest potential as spiritual senses we must first present them to Christ so we may ask Him to free us of your earthly senses and activate our spiritual senses so that we may develop *discernment of the heart*. For in our sense of awe, we are now deeply

connected to the mind of Christ and with His power so He may now begin to activate our spiritual senses. As a metaphor, we can think of this as receiving an updated operating system for our computer so that we have new expanded features

6. Pray, Worship, or Begin a Ritual

Having supercharged your sense of awe you are now ready to begin your prayer, worship, or ritual. Yet, it is essential that you now as an *image of God* that carries a divine spark, **recognize the same awe within yourself** as this is your Christ within, your spiritual power that is waiting for you so you may begin/continue/expand the process of self-actualization and move closer to your spiritual potential of Oneness with your Creator.



My Prayer to Envision Jesus in Contemplation

Lord of Glory, my Invisible God, in my quiet stillness allow me to hold You in my vision so that I may also deeply listen to Your truth. In my contemplation allow me to be fully present in my body, heart, and my mind. Silence my unnecessary words and thoughts so I may hear quiet words that elude me in my daily life so that I can touch upon the grace you have showered on me. As I now enter in the present moment, receptive to your knowing and open to your love, watch as I step into my inner room for our prayer together. With Your blessing, transport me gently into a

scene of Your life from the Gospels that will most benefit my revelation of Your infinite wisdom and understanding of teachings most needed to transform my soul. In our time together, I only wish to grow closer to you through our intimate sharing interspersed with silent love. I am aware that while I am in this state of imaginative contemplation, it is You, that is filling my mind with the imaginative experience for our prayer. Just as You spent Your nights in the beauty of contemplative prayer with the Father; I am certain that you will provide all my senses with the full scale of observations needed to create a sacred vision in which I can recognize your presence, the scene in which you wish me to become part of, and perceive the opportunities for me to express myself and take your counsel. I pray as you have done with saints such as St. Teresa of Avila, that you will honor me in conversation with your thoughts and words. By this gracious gift I will then have the ability to learn how to work out the difficult and painful experiences that I have left unresolved and move onto more transformative experiences needed for my spiritual advancement. Amen

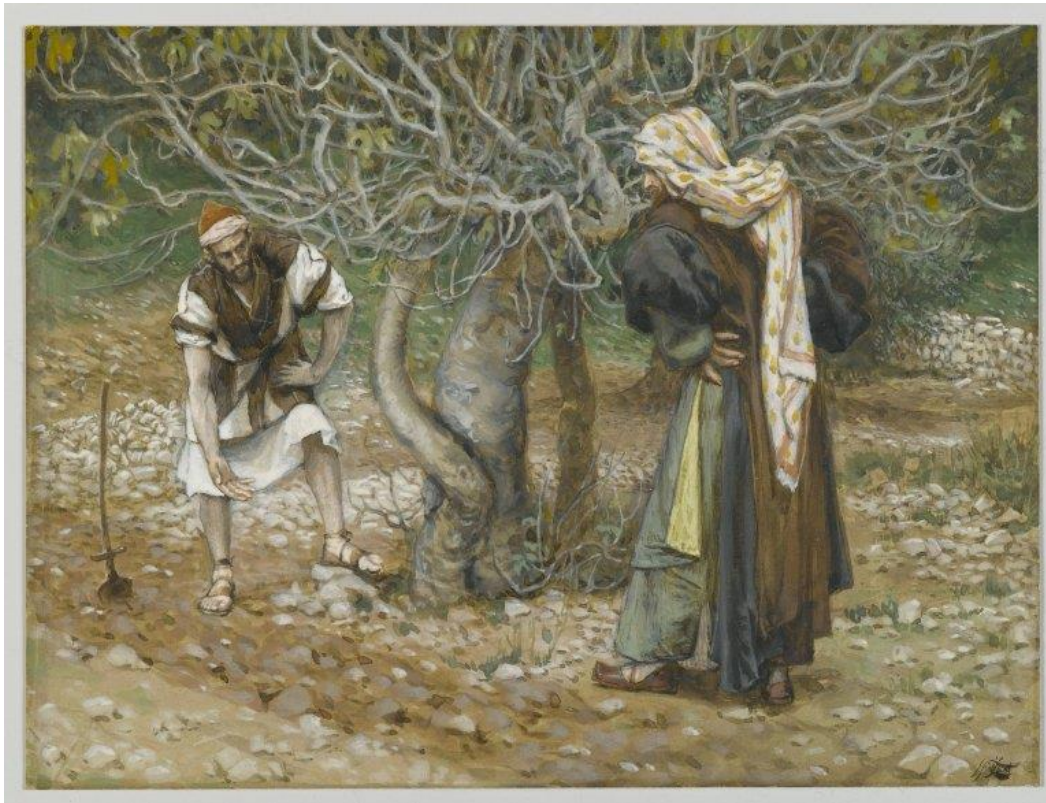
- (© GEC)



My Prayer for Humility

Christ, My Lord of Righteousness, through Your love and mercy help me to decrease my pride and arrogance so that I may increase the lowliness of my mind and be great now in Your kingdom. Allow me to truly see myself in comparison to Your greatness so that I know that I must always be dependent upon Your grace. Should I excel at anything let me understand that that all my abilities and accomplishments come from You, my Lord. For then I can live by faith in which I always submit to Your will, have total trust in Your Way, and put the needs of others above those of myself. I know that the power to be saved only comes from You, my Lord, and Your willingness to exchange our sins for Your righteousness. Christ, My Lord of mercy, through Your love and goodness help me to decrease my pride and arrogance so that I may increase my humility and through my fear of Your greatness open me to the instruction of Your wisdom, realizing that I must have patience and self-control. For then I am ready to deny myself and take up Your cross ready to follow You in which it is; "Not my will, but yours be done". For I know that the power to be saved only comes from You, my Lord, and I will be Your obedient servant ready to fulfill Your divine will. Therefore, my Lord, teach me to be humble and to ignore selfish ambition and vain conceit and to live a life committed to the betterment and service of others. For I only wish to choose Your way and walk in humility with You, my Lord, as You always show favor to the humble and promote us when the time is right. Yet, let me not walk in humility alone but in the community of others so that we lift each other up so we may all become more like You in Your majesty. Amen (© GEC2026)

Abide, so as to Bear Fruit



Abide in me, and I in you. As the branch cannot bear fruit of itself, except it abide in the vine; no more can ye, except ye abide in me. I am the vine, ye are the branches: He that abideth in me, and I in him, the same bringeth forth much fruit: for without me ye can do nothing. If a man abide not in me, he is cast forth as a branch, and is withered; and men gather them, and cast them into the fire, and they are burned. If ye abide in me, and my words abide in you, ye shall ask what ye will, and it shall be done unto you. (John 15:4-7 KJV)

Abide is from the Greek *meno* which means to “*remain, stay, dwell or reside*” and is best described in *John 15* in the *Vine and Branches metaphor* in which we must stay connected to Christ to receive our spiritual nourishment. It is also connected to the Hebrew *Yashab* which means to “*endure without yielding or withstanding*” which we demonstrate in the strength of our faith in our most difficult times. While abiding also requires that we live a life that is in harmony with the “*natural and spiritual laws*” and alignment with the Christ-within. In the process of abiding, we must separate from our Ego and our soul must connect to the creative forces of the universe so that we may raise the frequency of our inner keynote.

To abide we must work to keep our thoughts pure and our emotions positive and balanced so that they can help to align you in their resonance to align to higher spiritual states. Even though the physical world may change you are able to remain steadfast in the union you have established with the Christ-within. As we advance in the spiritual worlds, we are dawn into higher spiritual activities such as

“art, altruism, and philanthropy”. While in our spiritual work, Heindel encourages us to abide in the unconditional love, sympathy, and the eternal love of Christ while shifting our awareness to the higher spiritual worlds. We must dedicate ourselves to achieving the ability of perceiving our still small voice within so that we may continuously abide in the divine *“I AM”*. For the key to abiding is found in how our actions reflect universal brotherhood and how well we commit ourselves to the selfless service of our fellow man.

The Rosicrucian Fellowship motto of *“a sane mind, a soft heart, and a sound body”* exemplifies the inner meaning of abiding. As this is what is necessary for the spiritual aspirant to constantly remain within the presence of God. Yet, it is a presence in which your consciousness merges with the Divine consciousness so that there is no longer any separation so that you are now completely a part of the Divine so that we may silently rest in union within the Divine in our contemplation. For now, we truly understand that as a branch of the vine, Christ always flows through us.

It is no longer I who live, but Christ who lives in me (Galatians 2:20)

In *Psalm 91* the use of abide is esoterically referencing one as being in a *“state of higher consciousness”* in which they will come into the sanctuary of the Divine. It describes how we will come into union with Christ in which our I AM consciousness moves as close to Christ as possible to stand within His shadow so that we are protected from all negative thoughts, worries, and anxieties so that they cannot enter our mind. It is the realization that divine is already within us and no other outside influences are needed.

He that dwelleth in the secret place of the most High shall abide under the shadow of the Almighty (Psalm 91:1 KJV)

As Frans Hartmann stated, *“A good way to protect ourselves from the undesirable influences abroad in the mental atmosphere is to **abide in the thought**: ‘No harm can come nigh me, for the Lord encampeth round about me, with a wall of fire. It utterly consumes every adverse influence that approaches me, so I fear no evil.’”* For when we choose to place ourselves within high-vibrational thoughts and to stay connected to them then we are treating this higher state of mind as our permanent sanctuary. And whatever we need in terms of spiritual nourishment, strength, and energy will not come from our own efforts but by the grace of the divine. When we are committed to abiding and remaining as a branch attached to the vine, we will produce spiritual fruit in which we will continue to grow with peace and joy being *“guided by the universal creative forces of God.”*

Steps in Abiding to Enthroned Christ

1. Open Your Senses to Awe

In your mind bring forth one of your stored *Awe-Experiences* and replay it with your mind for a few minutes as if you are experiencing it again. As reliving this experience will begin to produce a sense of awe within yourself. Ideally, this should elicit a slight tingling upon your skin or even goose bumps, deeper

breathing, a widening of your eyes, and a slight smile while also producing feelings of calmness, confidence, and fascination. And to the extreme a slight trembling, feelings of being bewildered, deeply surprised, and/or perplexed which may first be signaled by a sudden sharp inhalation (gasp). Now PAUSE within the awe.

2. Pray the *Gethsemane Prayer* Three Times

Slowly with intent and pausing between each repetition pray the Gethsemane Prayer: "*My Father, if it be possible, let this cup pass from me; nevertheless, not as I will, but as you will.*" (**Matthew 26:39 AMP**)

3. Concentrate Upon the Anguish of Christ in Gethsemane

Bring thoughts of "*anguish*" to your mind and concentrate upon it to the exclusion of all else. Anguish is excruciating pain and suffering, extreme physical, mental, and spiritual distress in which there is a feeling of tremendous pressure like being "*pressed*" as grapes in a fruit press where the turning of a mechanical screw slowly exerts pressure upon the fruit in the basket. When we ourselves "*come to Gethsemane*" it is reference to going through a time of deep grief or some difficult trial that tests our limits of endurance but it is something that we must do.

4. Surrender Your Will

Now we must surrender or let go of our personal will or our ego so we can move the focus from our "*small self*" to Christ. As our will in its lowest form is focused on pursuing and obtaining earthly desires and passions and simply serving itself. So, it is essential that we learn to place our focus upon something greater so we can get beyond the selfish nature of the ego and its controlling emotions and feelings of fear, worry, and anxiety.

5. Accept the Cup

By accepting the cup in your mind, you are demonstrating your willingness to suffer in your spiritual development, accept the burdens of others with your unconditional service, and fully submitting ourselves to the Divine Power knowing that is God's will and not our own. As we are now demonstrating that we are ready to persist and endure in our commitment to the transformation that we will need to go through to spiritually advance. As this represents the releasing of our control because we have learned to trust God's plan

6. Envision the Sacred Heart of Christ

By visualizing the Sacred Heart of Jesus, we are calling forth a place to *abide* in which we are immersed in divine love, compassion, and mercy. It is a safe, protected place that we can let Christ know all that we are struggling with in our lives. As it is here that we can work to establish our union with Christ and we may raise our lower nature to a higher state to eventually "*allow the Christ-within to manifest*" and through our intuition provide a pathway by which the mind is always open to the divine teachings.

7. Receive the Living Water of the Holy Spirit

Within your mind feel a warmth within your heart, a deep sense of joy, and profound peace and love as the Holy Spirit fills you. For when we abide in Christ, we allow the indwelling of the Holy Spirit so that we may experience the Fruits of the Spirit: *“Increased love, joy, peace, patience, kindness, goodness, faithfulness, gentleness, and self-control.”* For it is through the divine communion with the Holy Spirit that we can build our *Golden Wedding Garment* or soul body so that we may venture into higher planes in our spiritual advancement.



My Prayer for Walking the Path to Peace

My Merciful Lord, within me I feel the raging battle between my higher and lower natures tearing my breast apart as I struggle in my quest for the Grail. In my times of despair lift my head so I might continue my journey to the sacred and purer spheres. Help me to help myself and cultivate the cardinal virtue of self-reliance so I do not blindly lean upon you. Lord, give me strength and courage, point me in your way so I can walk the path to peace rejoicing in your mercy for you have considered my trouble and known my soul in adversities and yet have always been near to strengthen my heart. May the bliss of Your peace touch the hearts of all men as you have touched me. Amen

- (© GEC) Based on *Mysteries of the Great Operas*, p. 25 and Psalm 31



Encouragement and Sacred Resonance



As parents who are trying to provide encouragement to a child that is struggling, we generally offer our words and behavior to provide our child with support, confidence, or hope so that we inspire them to believe in themselves and their abilities, to try again, and not give up. Yet, spiritual encouragement which comes from the Greek word *Parakaleo* means to “*come alongside or to call to one’s side*” so that we may walk with them to provide comfort, spiritual direction, and to “*breath courage, hope, and divine strength*” within them so they now have the

spiritual endurance to continue or stand firm. The word *Parakletos* comes from the same Greek root as *Parakaleo* and means advocate, comforter, helper, or the Holy Spirit. For in a spiritual sense our work as encouragers will in many ways be the same as in providing comforter and guidance as that of the Holy Spirit.

or he who encourages, in the act of encouragement; he who gives, with generosity; he who leads, with diligence; he who shows mercy [in caring for others], with cheerfulness. (Romans 12:8 AMP)

In encouraging others, we are reflecting the Light of God from ourselves upon others so as to provide a greater infusion of His grace, love, and comfort so a weakened person spirit can be built up again with faith and their heart's filled with courage and hope. Life can be difficult and we often allow our hearts to harden so that we become spiritually overwhelmed so that our vital force becomes depleted. So just as a car battery that has died, we need a spiritual jump of energy from another person with a strong supply of vital energy who is ready to provide their energy as a "*energetic transmission*" to be placed directly into that person's spiritual heart to awaken their soul. In most cases, what we tend to discover that the person has allowed fear or indifference to enter into their lives and halt their spiritual growth so they need the Holy Spirit or even a helper to come alongside them so as to provide spiritual support, affirmation of their efforts even when they don't produce the desired outcomes, and confirmation of their beliefs so that they can transmute these lower energies into higher frequency energy that reflect the Divine so they feel empowered to continue their efforts.

When we are encouragers, we exist at a higher state of vibrational energy so that the emotions we put forth such as love, compassion, peace, confidence, and joy are of the highest frequency. And these high frequency emotions are not only vibrating at a higher level they also have a strong influence over the lower vibrational emotions of fear, guilt, shame and grief so as to raise their frequency by the *Law of Resonance*. Even our words reflect a higher vibrational rate so that we speak the Words of creation to help others in need shift from their state of limitation to a state of unlimited possibilities and potential. As encouragers we must work with our fellow man as "*spiritual stewards*" to ensure that we can protect our most vulnerable brothers as all of us have spiritual gifts that are important to the whole and it is everyone's responsibility to ensure that we utilize all of our brothers to help "*create a harmonic resonance*" that will ensure humanity's evolution.

We need to look deeply within each person to ascertain their hidden potential so that by coming alongside of our brothers we can reignite their divine spark so that they can move beyond their fears and doubts and remember their divine purpose rather than remaining frozen in hopelessness. For our creative force has the ability to transmute fear of our illusions and doubt from our egos into willpower and action so that we may once again be receptive to the "*sacred resonance*" of the encouragers. Those that need encouragement have not lost their inner strength or their Christ-within they just need to have the despair of their hearts transmuted into courage so that they reclaim their inner strength and can sufficiently raise above any fears or doubts.

By sending our thoughts we are providing a “*spiritual catalyst*” that reflects our love, confidence, and harmony so that they can move into a deep contemplation where they on their own can recognize their Christ-within and align their souls to its radiant love. For in our encouragement, we help to provide the “*channel for the Holy Spirit*” to bring us the eternal truth so that we may “*experience direct revelation*”. In the Rosicrucian Fellowship, each night the Elder Brothers gather all of humanity’s negative, materialistic, and selfish thoughts so they can transmute them into higher vibrational forms of energy in the form of “*pure love, altruism, and spiritual aspirations*” so in their role as encouragers they can shower these higher vibrational forces back onto humanity to uplift all of us and save us from the destructive forces of materialism and the hardening of our hearts.

But exhort one another daily, while it is called To day; lest any of you be hardened through the deceitfulness of sin. (Hebrews 3:13 KJV)

As encouragers we don’t need to provide answers for in most times, we are simply called to offer a sacred, silent presence. We are there with our fellow man to bear witness in their darkness so that by our faith we can cover them while they are without their spiritual sight. For our only desire is for the person is to find their way home again by moving forward in their work to restore their divine union with the Divine or theosis. Ultimately, our encouragement helps to pave a way in which the soul of the person in need no longer fears the future and now with their trust and faith in the Divine they are instilled with equanimity so that with complete confidence they can believe in a future of inner peace and tranquility.

Steps in Spiritual Encouragement of Others

1. Open Your Senses to Awe

In your mind bring forth one of your stored *Awe-Experiences* and replay it with your mind for a few minutes as if you are experiencing it again. As reliving this experience will begin to produce a sense of awe within yourself. Ideally, this should elicit a slight tingling upon your skin or even goose bumps, deeper breathing, a widening of your eyes, and a slight smile while also producing feelings of calmness, confidence, and fascination. And to the extreme a slight trembling, feelings of being bewildered, deeply surprised, and/or perplexed which may first be signaled by a sudden sharp inhalation (gasp). Now PAUSE within the awe.

2. Concentrate on “*pure, selfless love*”

The process of encouragement first requires that we focus our concentration on pure, selfless love as modeled to the world by Christ. Love is the most powerful form of energy available to humanity and is critical in healing, empowering strength, and providing comfort for those in need. Therefore, spend several minutes concentrating on “*Love*” in exclusion of all else.

3. Come Along Side Person in Need

In your mind, put yourself alongside the person in need of encouragement. The person you are encouraging is often spiritually drained due to being stuck in their fear, frozen in trauma, or feeling trapped by external influences. The word encouragement comes from the Greek word, *paraklésis* which means “*a call to one’s side*” to urge them back into cosmic harmony, remind them of joy, and comfort them. As these people have exhausted themselves and have seriously depleted their spiritual energy reserves and are in desperate need of an “*etheric energy transfer*”, a spiritual uplifting. Coming alongside someone is very much like pulling your car alongside another car so you can use jumper cables to provide the energy needed to start the car with the dead battery. The positive energy we can provide our fellow brother is used to strengthen their vital body and to realign themselves with the divine Light.

4. Project a White Light Shield of Protection

It is essential that we provide protection to those with weakened vital bodies so that they are shield from any further negative influences as their own aura often has begun to crack or small openings may have appeared already. Therefore, we need to use our thoughts to create a pure white shield of love around yourself and the weakened person. White light is the Divine energy of the highest vibratory frequency and purity, helps to establish unity with the Source, and it can protect us from any negative influence. Light represents the presence of God, His truth and can banish all darkness. Therefore, as aspirants on the path of spiritual development we are all called to be “*stewards of the Light*” responsible for managing God blessings with all those in times of need.

5. Ground Their Energy

Having protected our brother in need, we can now help them to ground their energy to prevent any further unnecessary expenditure. Visualize sending thought forms to the person in need to firmly plant their feet within the earth and urge them to grow roots into the ground from their feet just as a plant in the garden so they can take in the “*stabilizing, encouraging energy*” of the Earth as this will help to settle and calm themselves from any fears, worries, or anxieties and to re-establish their inner confidence.

6. Transfer Energy of Strength and Comfort

Visualize being a channel of positive thoughts of love and compassion that produce pure white light while being connected to the other person so we may provide the etheric energy (creative energy of the Holy Spirit) needed to restore their vital body and strengthen their desire body. In the process of transferring energy, it is often helpful to focus your attention and affirm the process with words such as, “*Let the power of my etheric energy recharge your spiritual bodies so that you may be strengthen, comforted, and made resilient in all ways.*” Watch as their aura slowly repairs and restores itself and its intensity of light increases, their inner energy flow is unblocked and resumes, and their spiritual sight previously closed now reopens.

7. Align with the Light

Having provided the needed etheric energy to the person in need, stay connected for a minute so that the person who was in need can now find, balance, and align their own spiritual energy or Light. As they now must match the frequency of their Light to the vibration of the Divine Light of the Christ within so they can continue with their own spiritual work with a stabilized energy field.

It is important to note that providing encouragement does *not* lessen our own energy it in fact increases it as we are fulfilling the highest form of spiritual work in this act of service. As this allows the person to spiritually advance, our encouragement is actually helping to ensure a higher level of incarnation of our brother in their next life. Should any further encouragement be needed, the Elder Brothers and Invisible helpers we also be ready in the evening to provide any needed follow up.



My Prayer for a Protective Aura

God of all grace, protector of my soul, support me in my efforts to form a protective aura around myself by utilizing the Divine White Light that emanates from my inner-Christ consciousness. May the clear white light that envelopes me as the Radiation of the Spirit shield me from all negative influences. Help me to keep my aura as strong as possible so as to stop the contamination of my aura from all negative thoughts, emotions, entities, and energy. And if my aura should be damaged by any adverse influences or illness and disease and even my fears, worries, and stress help me to rebuild my aura with strong positive energy. For I will seek to acknowledge gratitude in all aspects of my life, as it is with love, gratitude will fiercely attract the needed positive energy to create and maintain my Armor of Light. As my protective aura will be shelter for my soul, mind, and physical body it will also be my connection to the interplanetary world of Life Spirit so as to draw down the divine power into my soul to be used in healing. Therefore, my Lord and God, let my aura, my Armor of Spirit, effectively surround me and intensely shine with Your spiritual gold as a sign of your divine love, protection, and as needed call forth those that may further assist me in my spiritual journey. Amen. - (© GEC)

- Based on *The Protective Aura* by Max Heindel

Silent Mental Vibration: *Behold*



As Max Heindel often writes there is a divine consciousness within all of us, it the Christ-within our hearts, the Divine spark, that speaks with a *soundless voice* to push us to rediscover the “*Lost Word*” or to bring us back to the divine. For in our evolution, we have lost or forgotten the sacred language of the Divine which once utilized sounds that conveyed the thoughts, feelings, emotions, and even the true inner nature of the objects, actions, or ideas being discussed. In a sense we are all prodigal sons in which or *soundless voice* is urging us to get beyond all of the interference and distractions in our lives so we can once again hear the inner voice from the heart and travel back to our Father to once again acquire the *Lost Word*.

As our soundless voices is our GPS or internal guidance system that will lead us on our way back to the divine source. It is a force from the heart, often referred to as our intuition, that senses the higher knowledge we wish to bring within ourselves so we may move closer to finding the *Lost Word*. For it is from the soundless voice we start the process of initiation into the higher spiritual worlds. Essential to our spiritual work is our ability to produce ***silent mental vibrations***, a form of energy produced by our thoughts and feelings that we can use to focus our mind, shape our reality, and build our *Soul Body*. As the sounds we silently produce within ourselves in our minds have tremendous creative power that find their expression in the higher spiritual realms of the Desire World and the World of Thought. Ultimately, a *silent mental vibration* is a highly charged thought form that is released from our minds into our environment as an energy wave that not only effects our reality but can have effects on our fellow man and the surrounding environment. Whatever thought forms (*silent mental vibrations*) we produce will determine “*our present circumstances and future experiences*”. Therefore, we need to focus on love, compassion, and peace so that we create

high-level vibrations that will allow for the perception of divine truths and thereby allow us to change our life experiences. In simple terms, our silent mental vibrations are the “*silent language of the soul*” that allow us the opportunity to shift or change our own internal keynote (*vibratory rate*) or fundamental tone.

To shift our own internal keynote to a higher spiritual frequency using silent mental vibration it is helpful to use prayer (*i.e., the Lord’s Prayer*), meditation, and even a single word (*i.e., Behold*). As these practices work to increase the pitch of our keynote to align our inner being to higher spiritual planes in which our vital bodies can begin its evolution by initiating our spiritual growth. As a result of a shift in our keynote, we are often endowed with certain spiritual powers such as clairvoyance which are the result of a spiritual fire that activates our pituitary and pineal glands. At this point, with our higher inner vibration we can move forward in our spiritual work and transition as probationers to disciples in which our sufficiently elevated keynote now helps to connect us to an Elder Brother.

In dissecting the Lord’s Prayer Heindel showed how the different parts could connect us to the spiritual planes of the *World of Divine Spirit, World of Thought, World of Life Spirit, the Desire World, and Etheric Region* through the use of *silent mental vibrations* and assist us in the building of our soul’s body. Therefore, it seems appropriate that even single highly charged words utilized in the Bible could also be used in building the soul body with ***silent mental vibrations***. Take for example the word, ***Behold***, from the word *behealden* which in a simple sense means to “*be-hold*”, while in an occult interpretation it signifies spiritual realization in which you hold something within your mind so that you can “*manifest hidden spiritual truths*”. It reflects a two-part process of bringing something into existence (*be-ing*) and then retaining it within the mind (*hold-ing*) as this is the formula for manifesting.

Therefore, throughout the bible, almost 1,300 times in the Kings James Version, the word *behold* is used! It is a word that commands us while at the same time can bring forth things from higher planes into the physical plane of existence. Generally, the Bible likes to use the word behold to indicate something special is about to happen to make certain that we don’t miss it so that we may learn to focus our attention on the spiritual truths presented to us so we may be transformed by their power. In esoteric interpretations this indicates that the divine will be experienced in the physical world for our benefit. For if we apply “*As above, so below*” to the concept of beholding it explains that things that we can behold from the universe, the macrocosm, we will also behold within ourselves (the microcosm). In the truest sense, behold refers to the soul’s ability to see the world through God’s perspective so that we may understand and apply His divine truth so that we “*become what we behold*”. While it also is connected to prophecy in which we now open our spiritual senses to “*behold*” the visions from God or experience His Light.

Thus, when we behold something, we are looking at it through our spiritual eyes so we may contemplate its true meaning and the divine truth it holds as this is how we learn to awaken our soul body. For it is by our “*intentional awareness*” that we can then open a channel by which to receive God’s divine essence and become one with His mind so that we can align ourselves with His divine will. For in beholding we must look beyond our physical world so that we may open our intuition to the spiritual knowledge available to us if we are willing to commit

ourselves to living a life of service to uplift others. As this is the fuel for the spiritual fire that ignites the pituitary and pineal glands to open our spiritual senses so that we may begin to apply the true meaning of the word, behold, by place our sincere focus upon Christ so as He grows in glory so does our soul. To behold is to now “*be with*” God so that you experience “*beholding God beholding you*” or seeing the world through a “*lens of love*” that transforms you.

How to Use the Word *Behold* for Soul Growth

1. Open Your Senses to Awe

In your mind bring forth one of your stored *Awe-Experiences* and replay it with your mind for a few minutes as if you are experiencing it again. As reliving this experience will begin to produce a sense of awe within yourself. Ideally, this should elicit a slight tingling upon your skin or even goose bumps, deeper breathing, a widening of your eyes, and a slight smile while also producing feelings of calmness, confidence, and fascination. And to the extreme a slight trembling, feelings of being bewildered, deeply surprised, and/or perplexed which may first be signaled by a sudden sharp inhalation (gasp). Now PAUSE within the awe.

2. Place the word “**Behold**” within your mind and silently speak the word and its meaning for a minute or so until your concentration begins to create and charge *silent mental vibrations* during which time your complete attention is now focused upon the recipient, Christ.

3. Visualize the *silent mental vibrations* leaving your body so that they now resonate as a key to open the *Desire World* so upon entry you may open your spiritual eyes so you may see the spiritual truth that is embedded within a *soundless voice* being reflected back to you and being placed within your open heart.

4. Feel your *light and reflecting ethers* being reorganized within your body as this is your soul body growing and developing (or the gradual weaving of the Golden Garment) as the frequency of your **Keynote** increases, just as a tuning fork that now vibrates more quickly (as it is resonating with a higher spiritual frequency).

5. Having produced a shift in your internal Keynote by your silent mental vibrations, envision the “*Enthronement of Christ*” into your heart as you now have now been blessed with a **New Heart** so that you may continue your work in higher spiritual realms.

My Prayer of Contemplation to Behold God

Almighty, Everlasting Father, guide me in the union of my higher and lower natures so that I might come to a higher, deeper and more subtle range of mental development by means of contemplation. As I move beyond the history of objects and ideas lead my mind to the very soul of these things so by my mental vision the soul of these things will speak to me. Then by your grace, in contemplation I can move beyond the Form of an object to envision Life at work and to teach me about the Life-side of things. For if you judge me worthy, allow me to ascend higher into the invisible realms so that I can see the truth that there is but One Life, Your Universal Life, that gives me the opportunity to "live, move, and have my being" as a brotherhood of everything that exists. Kindly remove my blinders so I can now see You in the Life that permeates all things. Amen

- (© GEC) Based on the *Rosicrucian Cosmo-Conception* p. 494-496



Arise to Awaken the Christ-within



The word “*arise*” is used in the Bible appears to strictly imply an imperative command in which we are responding to God’s initiative or the prompting of a prophet so that we may fulfill a given purpose or respond to a miracle or healing. While, on a much deeper level it actually is a call for a spiritual awakening, resurrection of the soul, or the ascension into divine light so that we may be restored to wholeness.

It is when we rise above the lower Ego of our physical bodies as symbolized by the Cross and our Christ consciousness awakens, that our inner Rose unfolds and blooms upon the heart. Yet, while some find this to be a passive process in which they believe themselves to be spiritually asleep and are awoken in response to a divine stimulus it should really be an active process in your spiritual practice in which you ask yourself to “*arise*”. By asking yourself, you are setting the intention that you will find and enter a higher state of consciousness and begin to enact your divine purpose. You are claiming God’s promises, aligning with His divinity, so you may be resurrected so that you may continue your evolution and return to God.

What we need to understand is that *arising* is actually an increase of the vibratory frequency of our inner keynote. Therefore, to arise means to increase the vibration rate of all of the atoms of our vital body so we can free ourselves from the bonds we have created with the material world. It is only when we can raise the frequency of our keynote to a higher spiritual frequency that we can “*arise*” and awaken so as to begin to weave our Golden Wedding Garment so that we may one day travel within the Higher realms.

"Arise, O Lord, into thy resting place." (Psalm 132:8)

Therefore, our work is for our spiritual vehicles to once again re-establish their unity and alignment with God’s universal creation so that our own divine spark can now be incorporated into the divine harmony of the music of the spheres. Symbolically, it is the soul ascending a ladder through the “*seven planetary spheres*” until it now harmonizes with the Divine Light. This requires that we transform our pain and suffering from the lower worlds into “*new spiritual realities*” so that by our Christ-within we also become creators that now can begin to generate our own spiritual light to help guide others.

Placing God within our hearts now allows the Holy Spirit to strip of us of all points of pride and abolish any feelings of worry, doubt, anxiety, or selfishness. Ultimately, in our spiritual growth we reach a point where the pitch of our keynote is sufficiently elevated so that we can step beyond only absorbing light to manifesting light, “*Arise, shine ...*”, as a divine co-creator. We can now reverse engineer from the visible to the invisible from the energy of the lower-energy to elevate it to a higher-states that reflect “*wisdom, love, and divine, intuition*”. And in arising, man stands upright so that he clearly reflects his role as a microcosm of the universe in which the spine of his body now represents a pillar that connects the Earth to the Heavens, an *Axis Mundi*.

How to Use *Arise* to Align to the Higher Worlds

1. Open Your Senses to Awe

In your mind bring forth one of your stored *Awe-Experiences* and replay it with your mind for a few minutes as if you are experiencing it again. As reliving this experience will begin to produce a sense of awe within yourself. Ideally, this should elicit a slight tingling upon your skin or even goose bumps, deeper breathing, a widening of your eyes, and a slight smile while also producing feelings of calmness, confidence, and fascination. And to the extreme a slight trembling, feelings of being bewildered, deeply surprised, and/or perplexed which may first be signaled by a sudden sharp inhalation (gasp). Now PAUSE within the awe.

2. Single Word Invocation: *Arise*

Within your mind silently speak the word “*Arise*” for a minute and then move it down into the left ventricle of your heart with your divine spark and continue repeating it. Feel the pitch of your inner Keynote increasing.

3. Blending Arise with Light

Set your intention to come to a higher consciousness in which you combine the “*Arise*” invocation with the divine concept of “*Light*” until they fully merge together (as a Great White Light) in your heart while repeating the short invocation:

Arise, shine, for your light has come, and the glory of the Lord is risen upon you.
(Isaiah 60:1)

4. Opening of the Closed Rose Bud

Visualize the vibrations of the *Great White Light* leaving your heart and returning to your heart as echoes of the vibrations that build within the rose bud. Watch as the bud triggered by the silent mental vibrations begins to swell causing the green sepals (hard green casing) to split and fold backwards to reveal the color of the tightly packed flower petals. This represents the building and maturation of the Soul Body starting from our lowest spiritual state.

5. Blooming of the Red Rose

Focus your awareness on a higher state of consciousness filled with love, compassion, and unity as you visualize the petals fully extending to reveal their vibrant red color and continue to unfurl in concentric circles to produce a layered cup-shape. This is now the state of self-realization.

6. The Axis Mundi

Stand up and raise your arms to form a human cross. Visualize the red rose complete its full bloom in the center of the white cross in your chest, the *Axis Mundi*. Smell its fragrant aroma. Visualize the connection of Earth and Heaven through the pillar of your body so you now are completely aligned with the Christ (higher) consciousness.

7. Manifest Divine Light

Finish by visualizing the manifestation of divine light of loving compassion from your heart into the world to bless others.



*“I arise today, through the strength of Heaven;
light of Sun, brilliance of Moon, splendor of Fire,
speed of Lightning, swiftness of Wind, depth of Sea,
stability of Earth, firmness of Rock.”*

- Lorica of St. Patrick (excerpt) – ca. 377

Raising an Ebenezer



Then Samuel took a stone and set it between Mizpah and Shen, and he named it Ebenezer (stone of help), saying, “Thus far the Lord has helped us.” (1 Samuel 7:12)

Everyday God showers us with His grace through divine protection, daily blessings, providing for our needs, and offering hope in our difficult times. Sometimes God’s hand in our lives is quite obvious while other times His presence comes to us in life events that perfectly encapsulate our thoughts and feelings so we can better understand a situation or a choice we need to make. If we look deeply enough, everything He puts before us is a lesson, something we need to experience and learn from in our spiritual journey.

In the Bible, Samuel recognized this and chose to set up a physical monument to honor the memories of God’s grace in his life. He called this monument an Ebenezer or “*Stone of Help*” and his “*raising an Ebenezer*” represented his remembrance of God’s loving-kindness, assistance, and faithfulness in ultimately ensuring the nourishment of his soul for the weaving of his Golden Wedding Garment. As Rosicrucians we *raise an Ebenezer* whenever we place our consciousness with that of the Divine and reflect upon our spiritual lives such as in the *Evening Exercise of Retrospection*.

In Retrospection we review the events of our day in reverse order so as to judge our thoughts, words, or actions and reflect upon if they were virtuous or if they negatively affected others (intentionally or unintentionally). Then we need to fully experience the joy for our good deeds and feel the pain and suffering we caused while feeling genuine remorse and sorrow for those we hurt or caused harm. Once finished with the *Retrospection Exercise* it is the perfect time to now construct your own mental *Memoria Dei* (remembrance of God) by bringing to mind the specific instances in your *Retrospection* in which God rescued or sustained you; provided you with consolation, peace, or hope; relieved you of worry, anxiety, pain, suffering, or feelings of darkness. Ultimately, your goal is to

transform your heart into a “true *sanctuary*”, a permanent home for your Christ-within, so that you can then concentrate undisturbed upon His Divine Love. For then you can use your “*Stones of Help*” to raise an Ebenezer within your heart sanctuary by constructing a stone alter for your “*spiritual memories of gratitude*” from your “*God-moments*”. Yet, we should never forget that even in our darkest hour when we have suffered unimaginable wounds if we can look past the pain, we can still find the grace of Christ, as it was only through His grace we were rescue and restored.

Building a Stone Altar Ebenezer within Our Heart

1. Perform your *Evening Exercise of Retrospection* and pause for a minute to clear your mind and come into stillness.
2. Move your focus from your mind to your heart and concentrate on the *Light of God* growing in your heart to reveal your internal sanctuary within your heart.
3. As the intensity of the Divine Light increases start to release its silent mental vibrations. As the echoes of these vibrations return to the heart listen as the *pitch of your inner Keynote increases* aligning you to Higher spiritual realms.
4. With the *eyes of your heart* bring forth the *vision of when you experienced God's grace* and hold it in your heart so that you can feel its divine frequency producing a sympathetic resonance with your Keynote.
5. Within your heart sanctuary visualize *selecting a stone* (i.e., color, size, shape, etc.) that will represent the “*God-moment*” you experienced and *mark it with a symbol* (written word, diagram, a special mark) *or connect it* in some way to a person, place, object, song, or anything that makes sense to you so you will always be able to identify it at a later time and the “*God-moment*” it holds. Then from your heart silently speak the words, “*You are the stone that [identify the what the grace of God provided for you]*” and place it upon the other stones (from prior “*God-moments*”) being used in the construction of your alter.
6. Within your heart silently speak the words, “*Thus far the Lord has helped me*” and come back to stillness.
7. Concentrate upon **Gratitude** as you review all the stones (past God-moments they represent) of your alter within your heart sanctuary.
8. Finish with a short prayer: *Now thanks be to God for His indescribable gift [which is precious beyond words]!* (2 Corinthians 9:15 AMP)

Note: You may want to keep a written log of the stone descriptions and the God moments they hold so you can always reference it as needed.



My Prayer for Retrospection #1

O Merciful and compassionate Christ, each night as I lay down and review the events of my life before my mind's eye so that I might judge all my actions and words of the day and how they would reflect a moral attitude that conforms to your divine judgement. Help to see where I have hurt or offended others and if my words were humble and true and acknowledged where I might praise myself. Then I can use these experiences to create an attitude of mind that I can continue to live my life by so I might further advance my soul growth. In my retrospection, your mercy and compassion allows me to cleanse myself of my sins so that the light of my aura will shine with a brilliant golden glow that will call forth a Teacher to guide me further on a path to your glory. Amen. - (© GEC)



My Prayer for Retrospection #2

As I prepare for my evening exercise of Retrospection, I pray that I can faithfully and accurately recall the events of my day so that I can judge each of my actions and the meaning and truth of all the words I used for each experience while considering my moral attitude. Open my eyes to where I must accept blame and when I should praise my actions. Then I will have a greater amount of time to learn additional life lessons while building a new attitude of mind that will further advance my soul's growth. Allow me to live my purgatory here and now so that my body may become purified with its new gift of spiritual sight to enter the desire world, the great Hall of Learning. Amen. - (© GEC)

My Prayer for Retrospection #3

Each night I faithfully perform the exercise of Retrospection so that I can purify myself and develop my spiritual sight. Through my work in the restoration of harmony, I am not only living my purgatory and first heaven each night so I may learn to experience the conscious life without the dense body but I will shorten my purgatorial existence upon my death. May I be sincere and humble in my repentance and reform in my wrongful actions and know when it is necessary to make restitution for my wrong and be sincere in regret when it is not possible. I know that if I make the effort to eliminate the habits that cause others pain and suffering and atone for my wrong doings then I can eliminate the subconscious memory of my negative actions so they no longer exist to be used in my judgement after death. And even if I have done good, I still stand determined that I will not do so for acknowledgement and I vow to do better each day. Amen. - (© GEC)



My Prayer of Gratitude

Son of the Most High, Source of All to be Grateful For, I have been keen to observe all the good and perfect gifts that You have blessed me with. I do my very best to pay careful attention to Your acts of benevolence so that I might savor and honor them as they remind me that Your guiding hand is always there to move me in the right direction. For it is only in my attitude of being grateful that I can find happiness, joy, and healing in life. Therefore, my Lord, bless me with the virtue of gratitude so that I am always be thankful for what I have and I am given, help me to notice even the smallest of things to offer my thanks for, and place within me a grateful heart so I will appreciate all the things in my life, good or challenging as I know they are Your will. Do not allow me to become filled with pride, envy or greed or have feelings of entitlement or self-absorption so that I lose my sense of gratitude. Let the gratitude of my heart stand as my testimony so that I may always know peace, joy, and good health. For the gratitude that enters my heart and mind will first start as an emotion that can then be further expanded until the emotional feelings deepen and result in actions that now define my character by empathy, humility, and faithfulness. In Your words, You speak of gratitude that renews the mind with a positive perspective that puts forth the fruits of the Spirit that will grow and ripen and thereby increase our gratitude and bring even greater blessings into our lives to be grateful for. Therefore, O Lord, bless me with a grateful heart so You may trust me to always be kind, patient, and generous to my fellow throughout my days. Hear my prayers and accept my offerings as a sign of my thanksgiving so that I may draw even closer to You to live in your love, light, and wholeness. Amen - (© GEC)

Selah to Enter Your Inner Sanctuary



Another extremely high-vibrational word used in the Bible is the word, *Selah*. It is found in two books within the Bible, *Book of Psalms* (71 times) and the *Book of Habakkuk* (3 times). In its most basic meaning it can either be a cue to the musicians to start playing louder or for the reader to take a “*sacred pause*” so that they might reflect upon the meaning of the words. Yet, it is also a word with a unique “*geometric vibration*” that produces a sympathetic resonance with your internal keynote so it can aid in the higher development of your vital body. In the broader sense it is the vehicle for “*for conscious integration, energetic stabilization, and alignment with cosmic rhythms*”. Ideally, *Selah* as a pause is critical in your physical and vital body’s ability to absorb and incorporate the “*high-vibrational forces*” from this word for spiritual development. As the pause allows the energy within your physical (Dense) body to now move into your vital body so that Divine light may then be assimilated and “*weaved*” into your Soul Body.

When we use the word, *Selah*, to create *silent mental vibrations* and then release them into the environment, it is the return of the silent mental vibrations to our bodies as an echo that creates the sympathetic resonance between our keynote of our body (microcosm) and the universe (macrocosm). While also creating a one-way field around our bodies in which spiritual energy produced by our prayers and high-vibration words can enter our bodies and stay within our bodies to do their work in raising our consciousness. Ultimately, the use of the word *Selah*

creates a “*vacuum within our consciousness*” in which its high-vibrational energy is sufficiently lower so that it now at a useable level to be incorporated into the Soul Body (often referred to as the weaving of the Golden Wedding Garment). In addition, the word *Selah* acts like a *spiritual fuse* to protect the Dense Body from too much etheric energy from being brought into our bodies and/or the force of their high-level vibrations.

Using *Selah* in prayer and meditation provides a powerful tool by which you can complete the shift of perception from your quieted mind into absolute stillness so you may now enter your *inner sanctuary* to your Christ-within and hear the *soundless voice* of the Divine.

"Be still, and know that I am God" (Psalm 46:10)

As the word *Selah* helps to shift your consciousness “*from Drive into Neutral*” so that like a space capsule you can gently align it to the docking port of the target space vessel or in this case a given spiritual plane. However, the word *Selah* also refers to the act of weighing so that we not only utilize our powers of *discrimination* but we also evaluate, test, or confirm spiritual truths and wisdom so that we may extract their full meaning for their applications in our lives. In prayer, *Selah* brings us to a balance or tipping point that can be used after we have finished our praise, thanksgiving, confession, and/or petition so as to then gently shift us into a silent contemplation in which we are now in communion with God’s presence to experience unity and harmony through His divine love, beauty, and glory. Using the spiritual power of the word *Selah* we facilitate our inner *Enthronement of Christ* in which we come to fully understand that we hold the Divine within ourselves, we open our spiritual ears to hear the Words of the Holy Spirit, and the truth we experience from our inner Christ Consciousness becomes our gift of faith.

How to Use Selah to Hear the Holy Spirit

1. Open Your Senses to Awe

In your mind bring forth one of your stored *Awe-Experiences* and replay it with your mind for a few minutes as if you are experiencing it again. As reliving this experience will begin to produce a sense of awe within yourself. Ideally, this should elicit a slight tingling upon your skin or even goose bumps, deeper breathing, a widening of your eyes, and a slight smile while also producing feelings of calmness, confidence, and fascination. And to the extreme a slight trembling, feelings of being bewildered, deeply surprised, and/or perplexed which may first be signaled by a sudden sharp inhalation (gasp). Now PAUSE within the awe.

2. Mentally Speak a High-Vibration Spiritual Word or Repeat a Short-Memorized Prayer

Mentally repeat your high-vibration word in your mind to create silent mental vibrations and then move it into your heart to repeat. If you are using a short-memorized prayer, repeat it several times while focusing on one word during the

prayer and then move it into your heart to repeat. For example, the word “**healed**” in the prayer; “*Heal me, Lord, and I will be **healed**; save me and I will be saved, for you are the one I praise.*” (Jeremiah 17:14)

3. Use Selah to Pause the Repeat of the Word or Prayer

Having completely relaxed your body and quieted your mind you will reach the “*transition point*” (something that you will just intuitively know over time). Then Mentally speak the word *Selah* and concentrate upon it until the repetition of the high-vibration word or prayer in your heart fully stops and no other thoughts or images come forth.

4. Weigh the Stillness

In the stillness of the sacred pause of the word *Selah*, feel the raised vibration of your internal Keynote that was produced from your high-vibration word or prayer. Feel the energy from the sympathetic resonance as a presence within yourself moving and filling your entire body.

5. Listen for the Holy Spirit

Listen and watch to see what the Holy Spirit places within your heart or mind; a new word, an image, a feeling or emotion, a sound or music, a vision, etc.

6. Contemplate on Holy Spirit’s Message

Whatever message that the Holy Spirit has placed upon your mind, just focus on it without judging it in any way or trying to analyze it. Just let your thoughts and feelings pass and try to be in the moment. Over time you will find and develop your inner connection to your Christ-consciousness.

My Prayer to Build a Living Church Within Ourselves

O gracious and most kind Lord our God, I have chosen the one safe method you have offered mankind to promote their soul growth in which we choose to endure the hardships and resist the temptations of our earthly world so that you might provide us with the needed opportunities and experiences to advance on our spiritual journey. By your kindness and compassion, you have empowered all of us to build within ourselves our own private sanctuary, a sacred “living church”, that we may use at any time to activate and intensify our prayers in your presence to help us restore the harmony within ourselves and thoughtfully intercede for others. With your divine power fill my temple with your heavenly music when my soul needs to be calmed or with silence when my mind is turned inward in my prayer, meditation, or contemplation. For, I only wish to be in your presence in continual prayer. Amen

– (© GEC) Based on *Gleanings of a Mystic*, p. 124 and the *Web of Destiny*, p. 124-126, Heindel

Etheric Resonance: *Maranatha*

If anyone does not love the Lord [does not obey and respect and believe in Jesus Christ and His message], he is to be accursed. Maranatha (O our Lord, come)! (1 Corinthians 16:22)

if any man is not, let him repent. Maran Atha. Amen. (Didache 10:14)



If we wish to build our soul bodies, we need to shift our inner keynote so as to produce a sympathetic vibration with the Christ-consciousness so as to build our vital bodies. As Max Heindel states in *The Web of Destiny*, prayer is a “*magical invocation*” as their words produce the forces capable of transforming our “*lower desire world and aligning it with higher spiritual planes.*” Yet, as we saw previously with the word, *Behold*, prayers may consist of a single “*highly resonant*” word that can move our consciousness from the physical world to the Desire World and World of Thought. Maranatha which as an Aramaic phrase means “*Our Lord, Cometh*” has a special “*geometric and phonetic structure*” that

elevates our internal keynote by purifying our body and attuning it to a higher spiritual realm so it can then be bridged to even higher realms. Ultimately, it holds the key to open our minds to the “*intuitive flashes*” that our Higher Self provides to assist and guide us in our spiritual work to build the Soul Body if we are open to them.

By increasing the vibrational frequency of our soul body, we eventually transform our Dense Body so as to produce its *Golden Wedding Garment* so that it is now capable of continuing its spiritual work in the higher planes. The critical step in our soul body acceleration is when atoms of the Light and Reflecting Ethers increase their vibratory rate producing an “*etheric friction*” with the lower two ethers, *Chemical and Life*, until they eventually separate.

As it is from the completion of the weaving of our Golden Wedding Garment that the separation of lower and higher ethers can now occur so that we can be released from our physical bodies to travel at night in our soul bodies as *Invisible Helpers*. The soul body acceleration or weaving of the Golden Wedding Garment is a result of our initial work in purifying ourselves through nightly Retrospection, our loving and compassionate service, and working with silent prayers that create *silent mental vibrations* that eventually lead to a sympathetic resonance with high spiritual realms and beings. Then we have the ability to leave our physical bodies during sleep and meditation and first function in the Desire World, our spiritual sight is opened as light within the head now connects the pituitary and pineal glands, and our soul body is now protected by a “*spiritual sheath*”.



Then He said to His disciples, “The harvest is [indeed] plentiful, but the workers are few. So pray to the Lord of the harvest to send out workers into His harvest.”
(Matthew 9:37-38 AMP)

Working With and Becoming an Invisible Helper

1. Open Your Senses to Awe

In your mind bring forth one of your stored *Awe-Experiences* and replay it with your mind for a few minutes as if you are experiencing it again. As reliving this experience will begin to produce a sense of awe within yourself. Ideally, this should elicit a slight tingling upon your skin or even goose bumps, deeper breathing, a widening of your eyes, and a slight smile while also producing feelings of calmness, confidence, and fascination. And to the extreme a slight trembling, feelings of being bewildered, deeply surprised, and/or perplexed which may first be signaled by a sudden sharp inhalation (gasp). Now PAUSE within the awe.

2. In the stillness, start by concentrating on **Divine Light** so you can then move your consciousness from your mind down into your **heart**. As this is will provide the *softening of your soul body* that is needed before it can begin its transformation.

3. Place the word “*Maranatha*” within your heart, hold it there, and then silently speak the word and its meaning for a minute or so until your concentration begins to create and charge *silent mental vibrations* during which time your complete attention is now focused upon the recipient, your Christ within your heart. It is often helpful to break the words into four syllables: *Ma-Ra-Na-Tha*. Some people like to speak the first two syllables within their mind as they breath in (*Ma-Ra*) and the next two syllables as they breathe out (*Na-Tha*).

3. Visualize the *silent mental vibrations* being produced within your heart and **focus** upon them. Allow them to travel to all parts of your body, observe how they cleanse and purify your physical body before their release. Feel the **sympathetic resonance** of their vibrations touch upon your own internal keynote and watch as it slowly begins to raise its vibratory frequency and now align it to the spiritual plane you are working to connect with (i.e., Desire World). Then release the silent mental vibrations into your environment so they may encompass you and begin to build a **protective sheath** around your soul body.

4. Note how a pathway to your mind is now being cleared so that your spiritual **intuition** may now deliver its messages to help guide and assist you in your spiritual transformation. Watch as the luminosity of your Golden Wedding Garment increases as the atoms of Light and Reflecting Ethers steadily increase their vibration which helps to create the *etheric friction* that will be needed to separate the lower and higher ethers of your soul body.

5. Observe how your heart is changing, completely restructuring itself as a **New Heart** from the *shift* (increase vibratory frequency) in your internal Keynote that was triggered by your silent mental vibrations. In this joyful experience, envision the role you will eventually play as a future **Invisible Helper** in terms of helping

in the healing and encouragement of others when you have sufficiently raised your internal Keynote over time and have mastered the ability to separate your higher and lower ethers of your soul body.

6. In your spiritual healing work (i.e., Healing Dates) carefully observe as the sympathetic resonance from your keynote now allows your soul body to match the spiritual consciousness of the Invisible Helpers so you may transfer the healing forces you have produced from your earnest prayers while also working upon your soul body so it may one day become your vehicle in your role as an Invisible Helper.

“Heavenly Father, open our hearts to the silent presence of the spirit of your Son. Lead us into that mysterious silence where your love is revealed to all who call, 'Maranatha... Come, Lord Jesus'”. – John Main



My Prayer for My Fellow Man's Healing

Christ, Healer of the World, guide me in understanding the underlying cause of my fellow man's disease and help them to understand that their disease will return if they continue to break the laws of Nature. Give them the wisdom to understand that they must cooperate both, physically and spiritually in my role as their healer while their relief will come through the power of the Spirit. Healing can only come to pass when my fellow man has complete confidence and faith in You, my Lord. Let them understand this and the benefit of their complete cooperation and the requisite spirit of obedience and submission so my healing work can commence. In your mercy and compassion, I know you will provide the healing Balm of Gilead to ease their suffering. Make me the vehicle through which your power is infused into my fellow man's body so there is no limit to the healing works of the Father that can be performed through me. Amen

- (© GEC) Based on *Occult Principles of Health and Healing*, p. 99-101



The Power Word, *Hosanna*



The word hosanna can be translated as either “*Save us, we pray*” or “*Help, I beseech thee*” and it is the first word use in *Psalm 118:25* and it represents our “*plea for divine salvation*”.

O Lord, save now, we beseech You; O Lord, we beseech You, send now prosperity and give us success! (Psalm 118:25)

In a simple sense, it is a shout of praise. When Christ entered Jerusalem the crowds of people triumphantly shouted “*Hosanna*” believing that the Messiah had finally arrived to liberate them as is seen in both *Matthew 21:9* and *Mark 11:10*.

Blessed is the coming kingdom of our father David! Hosanna in the highest [heaven]! (Mark 11:10 AMP)

The crowds that went ahead of Him, and those that followed Him, were shouting [in praise and adoration], “Hosanna to the Son of David (Messiah);

*BLESSED [praised, glorified] IS HE WHO COMES IN THE NAME OF THE LORD;
Hosanna in the highest [heaven]!” (Matthew 21:9 AMP)*

On a deeper level, Hosanna represents a high-vibrational energy that makes it a powerful invocation to liberate our higher consciousness in an “*immediate breakthrough*” so that we may become free of the material world. It is an internal cry to our Christ-within for spiritual awakening in which our Ego is brought into alignment with the Christ consciousness. By silently speaking the power word Hosanna within our mind we create *silent mental vibrations* that readily raise the frequency of our inner keynote. Therefore, we must learn to use it beyond asking for help but use it as a form of adoration in which you are already celebrating the resolution of whatever issue we may have, a “*plea for divine illumination, and as an affirmation of the initiate’s connection to the Cosmic*”.

When people spoke “*Hosanna in the highest*” it is referring to being connected and elevated to the “*highest spiritual plane of consciousness*” as a form of ascension, just as Christ had ascended in the presence of His disciples. The word Hosanna is a claim of victory in both your personal problems and spiritual growth and it alerts others of your liberation and incredible joy and happiness. It has the power to destroy negative thoughts and thinking, summon your Inner Light, and bring you back to a place of gratitude. By speaking the word Hosanna, you are acknowledging that the Divine Spark is within yourself and it your responsibility to liberate your Divine nature so you may release your spiritual ignorance and ascend to higher spiritual realms. The sacred word Hosanna ultimately acts a bridge that connects the needs we are incapable of dealing with on our own with the divine assistance we require. It has the power to go beyond the physical world and bring Divine light into our lower nature. While, it is an invocation so that our physical matter can be harmonized with the spirit using the “*Pentagrammaton formula*”. It releases us from all forms of bondage by bringing the Higher consciousness immediately into our hearts and increasing our spiritual development and progress.

Using *Hosanna* to Raise Your Keynote

1. Open Your Senses to Awe

In your mind bring forth one of your stored *Awe-Experiences* and replay it with your mind for a few minutes as if you are experiencing it again. As reliving this experience will begin to produce a sense of awe within yourself. Ideally, this should elicit a slight tingling upon your skin or even goose bumps, deeper breathing, a widening of your eyes, and a slight smile while also producing feelings of calmness, confidence, and fascination. And to the extreme a slight trembling, feelings of being bewildered, deeply surprised, and/or perplexed which may first be signaled by a sudden sharp inhalation (gasp). Now PAUSE within the awe.

2. Concentrate Upon Divine Love

Focus your entire consciousness upon *Divine Love* to the exclusion of all else. Move within the Divine Love, almost as if you are trying to reach its center until you experience the “*unique tone*” (or vibration) of this Life force.

3. Move Your Life Force into the Heart

Gently lower the tone or vibration from Divine Love into your heart. Feel it push through the outer layer of the heart and then through the walls of the heart so as to move into the Left Ventricle where the Divine Spark or Christ-with resides.

4. Blooming of a Single White Rose

Visualize within your outer heart sanctuary, a single white rose bud now beginning to bloom (putting forth its own vibrations of love and compassion), now awakened from the vibrations of the Divine Love. The blooming of the white rose symbolizing the purity of your heart and an awakening of your Christ-with.

5. Enter Your Holy of Holies of Your Heart Sanctuary

From your heart, silently repeat in a cry, “*Hosanna, Hosanna in the highest.*” The veil that is before the Divine Spark (Christ-within) in your heart sanctuary is violently torn as the warm-hearted intellect of your mind now merges with the unconditional love of your heart to put you within the Holy of Holies of your heart sanctuary.

6. The Power of the Shekinah Glory

Visualize the brilliant, cleansing white light and feel the warmth and etheric energy of the Shekinah Glory growing within your heart sanctuary and your Christ-within and then spreading throughout your body.



7. Heart and Larynx Harmonize

Visualize the etheric energy from the Shekinah Glory forming a “*golden matrix*” around your larynx which is now connecting to your Soul Body as it works to weave its luminous vehicle so that in time you may work as an Invisible Helper. Feel the unity and harmony growing between your heart and your larynx, knowing that you are slowly evolving into a co-creator of the cosmos and have started the process to awaken your power to manifest your spiritual reality in the Higher Worlds.



My Prayer of Adoration

O Heavenly Father, may my act of worship lift my Spirit to the sea of glass before your throne so that I might fulfill my ultimate spiritual goal to unite myself with you, the source of all there is and there ever will be. Hear in my voice my sincere and devout love and reverence for You and my never-ending desire to always be within your presence to be consumed by Your cleansing fires so as to deepen our spiritual relationship, reflect upon your truth, and experience your majestic love and everlasting peace. Being lost in Your adoration may all my acts of body and mind glorify You and be seen as further acts of worship and submission to you my Father in spirit and truth. For how else could I respond to Your Eternal Son, You my God in human flesh and the love and compassion You had for humanity in our darkest hour? The feelings within my heart have reached a depth to which there is no comprehension and ability to adequately articulate, yet, I know for I am completely absorbed in your divine joy and bliss. How blessed I am that You sent Your son so that adoration could be experienced by all beyond the priests in the sacred room of the Tabernacle. As Your Son gave himself to You, God the Father, allow me to offer myself, as imperfect as I may be, to be an acceptable sacrifice for Your adoration. Amen.

- (© GEC) Based on *Web of Destiny*, Max Heindel, p. 136-7

***Ephpheta*: Command to Open Our Spiritual Senses**

and looking up to heaven, He sighed deeply and said to the man, “Ephphatha,” which [in Aramaic] means, “Be opened and released!” (Mark 7:34 AMP)



In Mark 7:34, Christ uses the word *Ephpheta* when healing a deaf and mute man as it is an ancient Aramaic command which means to “*be opened*” or “*be thou unbound*”. The *Ephpheta Rite* is still performed at the Christian Baptism as a cure for spiritual deafness when priest or minister touches the infant’s or adult’s ears and mouth while speaking the blessing:

"The Lord Jesus made the deaf hear and the dumb speak. May he soon touch your ears to receive his word, and your mouth to proclaim his faith, to the praise and glory of God the Father. Amen."

Yet, for Rosicrucians the word *Ephpheta* is spiritual word of power that calls for the awakening of our spiritual senses so that we may discover again the “*Lost Word*” that we once had when long ago we existed upon Atlantis. Yet, in our evolution we became bound to the material world and we could no longer “*comprehend the original divine creative sound, The Word*” so that today our spiritual senses are now dormant.

Heindel encourages us to actively work to restore our spiritual senses through selfless service so that we can then work with the “*soundless voice*” in our initiation and continued spiritual development in the Higher Worlds. As Christ speaks the word *Ephpheta* and touches the man’s tongue, He is symbolically restoring our true creative organ, the larynx so that we may hear and speak the creative word. For as Divine beings who contain the Christ-within, when the power of our larynx is restored, we will then have the ability to manifest the Word into existence.

In addition, to restoring our spiritual senses by removing all inner obstacles or mental blocks so that etheric energy can freely move within our bodies, the word Ephpheta will also raise our spiritual frequency or Keynote so as to help us establish our connection to God.

Ephpheta is a high-vibration word works to raise our keynote by removing all obstacles that are keeping us trapped in the low-frequency states produced our fears, worries, and anxieties, opens our bodies to receive the Divine Solar Energy needed for our spiritual growth, and keeps us in alignment with the Divine so that our spiritual senses can provide us with the needed guidance and eternal truths. By restoring our spiritual hearing, we can hear the higher knowledge, divine wisdom, and the voice of God through the “*voice of silence*” and our intuition in the *still small voice* and then with our speech speak the truth so as to encourage others, make others whole, distribute abundance, and share the love of the Father.

By being deaf and mute, we are prisoners of our Ego, separated from the Divine, however, the command Ephpheta is the key to opening the door to let in the Light of Christ so that we can be one with the Divine. It brings the Divine illumination within us so that our minds now become aware of the universal laws and our Christ consciousness.

Notice in the story that Christ sighs deeply and looks to heaven before speaking the command Ephpheta as He is calling upon the Holy Spirit to clear the chakras (energy centers) of the man’s body, especially his throat chakra which symbolizes purification of his vehicles so that his inner world view of love and compassion could now shine through to touch others and the crown chakra which enables his Divine connection and the use of his spiritual senses in working with our higher consciousness.

Yet, the Ephpheta command is not only directed to the man it is also directed to the heavens. So, just as our soul must be opened to the heavens, the heavens must also be open to the earth. As this is the only way in which Divine energy can flow between the between the man and God in which the Soul softens its shell so that it may unify with the Divine (*unio mystica*). Therefore, in the use of the command Ephpheta we are now opening our spiritual senses by activating the pituitary and pineal glands so that we may align our consciousness to the Christ-consciousness so we may become One.

Steps to Open Your Spiritual Senses

1. Open Your Senses to Awe

In your mind bring forth one of your stored *Awe-Experiences* and replay it with your mind for a few minutes as if you are experiencing it again. As reliving this experience will begin to produce a sense of awe within yourself. Ideally, this should elicit a slight tingling upon your skin or even goose bumps, deeper breathing, a widening of your eyes, and a slight smile while also producing feelings of calmness, confidence, and fascination. And to the extreme a slight trembling, feelings of being bewildered, deeply surprised, and/or perplexed which

may first be signaled by a sudden sharp inhalation (gasp). Now PAUSE within the awe.

2. Ephpheta Command

With the fingers of your right hand touch your right ear and then with the tip of our index finger touch your tongue, and then touch your throat with all your fingers while silently speaking the words, “*Ephpheta, Be opened and released!*” Continue slowly and silently reciting “*Ephpheta*” (*Eph-phe-ta*) with your fingers still touching your throat and feeling the resonance of the words raising the vibration of your inner keynote.

3. Allowing Divine Light to Enter

Remove your fingers from your throat. Visualize the Light of Christ now entering your eyes so it may move downward to the heart sanctuary carrying with it the repetition of the command Ephpheta. So that with each beat of your heart it sends out powerful blasts of etheric energy to remove all internal blockages (mental, emotional, relational, spiritual, etc.) within your lower body so that your etheric energy may freely cycle throughout your lower body.

4. Opening of the Spiritual Senses

Visual the powerful blasts of etheric energy fueled by your Ephpheta repetition now moving upward within your head. First to unblock the deafness of your spiritual ears and then your muteness from your spiritual tongue and larynx. As your throat chakra clears note its blue color growing in intensity and as your crown chakra clears note its violet color growing in intensity.

5. Release the Silent Mental Vibrations of Ephpheta

Release the silent mental vibrations produced from the repetition of the command Ephpheta in your heart. Visualize the vibrations reaching upward to heaven so that the seal between heaven and earth now tears opens, the silent mental vibrations produced from the command Ephpheta now enter, and then boomerang back into the receptive soul of your body.

6. Sympathetic Resonance to Raise Your Keynote

Feel the connection, a sympathetic resonance, between yourself and the Divine as the Divine energy (from the higher vibrations) now cycles back and forth causing the tone of your keynote to increase as its frequency increases. It is an energy of “*love and wisdom*” between yourself and the world!

7. Pituitary-Pineal Gland Activation

Visualize your consciousness (Ego) aligning with Christ consciousness within your heart so that a bright white light now connects your pituitary and pineal glands within your head and a projection screen now appears within your mind upon which all future flashes of intuition may be projected for your interpretation of their spiritual truths to assist in your spiritual growth and development.

Ephpheta to Restore the Creative Word

And again, departing from the coasts of Tyre and Sidon, he came unto the sea of Galilee, through the midst of the coasts of Decapolis. And they bring unto him one that was deaf, and had an impediment in his speech; and they beseech him to put his hand upon him. And he took him aside from the multitude, and put his fingers into his ears, and he spit, and touched his tongue; and looking up to heaven, he sighed, and saith unto him, Ephphatha, that is, Be opened. And straightway his ears were opened, and the string of his tongue was loosed, and he spake plain. And he charged them that they should tell no man: but the more he charged them, so much the more a great deal they published it; and were beyond measure astonished, saying, He hath done all things well: he maketh both the deaf to hear, and the dumb to speak.

- Mark 7:31-37

The story of the healing of the deaf and mute represents the spiritual awakening of our spiritual senses so that we can free ourselves from the material world and resume our communication with the Higher Worlds. Deafness is our inability to hear the soundless voice of God, the harmony of the spheres, and then being separated from Divine so that we have lost the still small voice of our divine intuition. While muteness reflects that fact that we have lost the creative word and our ability to manifest due to factors such as misusing our sacred life force, speaking words of blasphemy and gossip, our inability to maintain sacred trusts, and “afflictions of Mercury and Saturn”. For the most part, this represents the “fallen man” who no longer hears the voice of the Divine so can no longer speak the word of Truth as described by the restoration of humanity in *Isaiah 35:5-6*.

Then the eyes of the blind will be opened And the ears of the deaf will be unstopped. Then the lame will leap like a deer; And the tongue of the mute will shout for joy. For waters will break forth in the wilderness And streams in the desert. (Isaiah 35:5-6 AMP)

In order to heal the man, Christ first needs to move him away from the noise of the lower world so He can effectively transmit his healing currents of vital energy to the man's energy centers (chakras) through his nervous system by placing His fingers within his ears to clear the spiritual blockages produced from fear, worry, anxiety, any false beliefs, and attachments to worldly desires. Christ is now directly using His spiritual frequency to create a sympathetic resonance that will influence the keynote of the man's soul which is responsible for his spiritual senses.

Christ then needs to use his spit, an “*etheric fluid*”, which contains “*vital life force*” to revitalize the man's larynx by placing His spit upon the man's tongue so that there is a “*direct soul-to-soul transmission*” so he once again will be able to speak the creative word. This is similar to jump starting an automobile as the spit is essentially the “*condensed materialized form of the Word*”, so by placing a small amount into the man's mouth He is providing him a highly-charged amount of life-force capable of restoring the function of the larynx, his creative organ.

Then by looking upward, He is connecting the vehicles of his body (microcosm) to the forces of the divine cosmos (macrocosm). Ultimately, Christ's divine energy was able to raise and bring the vibration of the atoms in the man's dense and physical bodies back to their "*correct vibratory alignment*" so that his ethereal energy could now flow freely within him. As filling the etheric body with divine energy is the key to opening the head center and powering the connection between the pituitary and pineal glands so that with your spiritual senses you may now gain access to the spiritual realms.

Christ then uses the high-vibration word of power, *Ephphatha* meaning "*be opened*", to ensure the separation of our physical body from the desire body so that his spiritual senses can now be reopened. Then the man can speak words of love and divine truth, praise the Father, and even prophesize the higher messages of the Father and provide warnings and insights into upcoming events and times. Still used today at Baptism by water, when the priest touches the persons ears and mouth and speaks the command Ephphatha or the Mystery of the *Apertio* (Opening).



My Prayer to Control My Desires

My Lord, Holy and True, I have been restless too long suffering with my pride and greed for material things. Help me to acknowledge my complete dependence upon You, my Lord as I am empty without Your grace. Turn me to Your ways so that I take up Your cross and follow in Your footsteps. Fortify my soul so I may avoid temptation and "free myself from worldly lusts" and be born again to see the Kingdom of God. As I humbly follow You, show me how I must give up my earthly life for You so I may obtain "true peace of heart" in the eternal life. For when I die to self, I am crucified with You, my Lord, so I may live within You no longer a prisoner of my desires and with a conscience that is unblemished. Then I completely belong to You so by Your nature I can now work towards a life devoid of passions and desires and filled with Your peace and joy. Therefore, my Holy and True Lord, I beseech You to keep myself intensely focused upon my inner affairs so I may guard myself from even the smallest of desires that arise from my physical "senses and bodily passions" knowing that I cannot do this on my own, trusting that Your death "provides us with the power in Your Spirit to win the battle against our sinful desires". Amen. (© GEC2026)

Emmanuel and the Christ-within



In a traditional sense, *Emmanuel* meaning “*God with us*” is generally thought of as just another name or title for Christ. It first appears as prophecy in Old Testament’s *Book of Isaiah* in which King Ahaz is offered to be given a sign that God would protect Judah but the king refused so Isaiah then provided God’s sign that would come to pass:

*Therefore the Lord Himself will give you a sign: Listen carefully, the virgin will conceive and give birth to a son, and she will call his name **Immanuel** (God with us). (Isaiah 7:14 AMP)*

Then by the New Testament, the title Immanuel (or Emmanuel) has come to represent Christ, who as the Son of God has now taken on His human form through a virgin birth.

*“Behold, the virgin shall be with child and give birth to a Son, and they shall call His name **Immanuel**”—which, when translated, means, “God with us.” (Matthew 1:23 AMP)*

However, as Rosicrucians the word *Emmanuel* represents the awakening of our Christ-within so that we are always within the presence of the Christ consciousness in our inner temple. Our heart and mind are purified so that we can now receive the Light of Christ that it will awaken our Soul Body.

I have been crucified with Christ [that is, in Him I have shared His crucifixion]; it is no longer I who live, but Christ lives in me. The life I now live in the body I live by faith [by adhering to, relying on, and completely trusting] in the Son of God, who loved me and gave Himself up for me. (Galatians 2:20 AMP)

It is a process in which the Dense Body (physical body) has now become connected to the higher spiritual frequencies of the Divine. To represent the name Emmanuel, a triangle is used in which the first point (Active Force) of the base of a triangle is the Divine (“*God*”), the second point (Passive Force) of the base is the Human Vehicle, and the third point (The Synthesis), the apex, of the triangle is their Unity (“*with us*”). In working with the Law of the Triangle, we need to direct our efforts to combining two opposing forces (points of the triangle) so that we can manifest “*a perfect cosmic order*” in all aspects of our lives. It is a process by which we not only connect but attune to the higher frequency of our Christ-within.

In Heindel’s approach, the meaning of the word Emmanuel is found in the birth of our Christ consciousness within our soul that comes from a pure life of selfless service. We need to start by purifying our physical, vital, and desire bodies so that we can awaken the spirit spark of our heart, our Christ-within, and raise our consciousness. We then experience our transformed consciousness as a heightened state of awareness created by our unification with the Divine which exist in the endless sea of the love of Christ. As now through the connection to the Christ-within we can begin to manifest ourselves in the Divine image of Christ as “*God with us*”. When we come to the “*Emmanuel state of being*” it is permanent bond, a *Unio mystica*, so that everything within our life now becomes a shared experience with the Divine.

As Heindel explains, we not only have access to the power of Christ because when he came to earth, He entered into the earth as its “*indwelling planetary Spirit*” but then sent His powers to the surface to provide the abundance of our Bread of Life so we could directly experience His divine nature ourselves so that our bodies then would become “*living temples of God*”. In our spiritual development the names of Christ and Emmanuel do differ in that Jesus is our ascent in which we are purified, transformed, and ascending to the Divine. While Emmanuel is the descent in which we have unified with the Divine even if our soul is not completely spiritually ready as God still deems us worthy. What is important to remember is that Emmanuel is an “*eternal cosmic vibration*” and Christ was the embodiment of this vibration that was then perfectly expressed in everything about Himself and His life and this is what our consciousness needs to align with to spiritually advance.

Emmanuel Affirmations and the Stigmata

1. Replaying a Stored Awe-Experience

In your mind bring forth one of your stored *Awe-Experiences* and replay it with your mind for a few minutes as if you are experiencing it again. As reliving this experience will begin to produce a sense of awe within yourself. Ideally, this

should elicit a slight tingling upon your skin or even goose bumps, deeper breathing, a widening of your eyes, and a slight smile while also producing feelings of calmness, confidence, and fascination. And to the extreme a slight trembling, feelings of being bewildered, deeply surprised, and/or perplexed which may first be signaled by a sudden sharp inhalation (gasp). Now PAUSE within the awe.

2. Affirmation to Support Emmanuel

Within your mind silently repeat the affirmation of God's presence, "*Do not be afraid; do not be discouraged, for the Lord your God will be with you wherever you go.*" (**Joshua 1:9**) as this affirmation will greatly enhance the later affirmation of Emmanuel.

3. The Triangle of Comfort, Peace, and Hope

Visualize within your mind an upward pointing golden triangle bisected by a horizontal line (air symbol) with the words, *Faith*, *Hope*, and *Love* at the three points of the triangle as they symbolize the key emotional themes of Emmanuel. Feel the power of their positive emotions building within your mind.

4. The Blooming Messianic Rose

Within the center of the golden triangle visualize a five-petal white messianic rose blooming (as this represents Christ, the Divine Light of the World) and watch as the emotional powers of Emmanuel sends the pure white light of Christ downward to the heart.

5. Emmanuel Resonance

The white light of Christ that entered the heart now causes it to resonate with the word *Emmanuel* created from the silent mental vibrations coming forth from the repetition of the affirmation, "*Emmanuel, God with us, God within me.*"

6. Release the Emmanuel Frequency

From your heart, release the silent mental vibrations of the Emmanuel frequency into the surrounding environment so it can collect similar positive, divine energy from the environment and return it to your heart.

7. Reset the Keynote

As the now empowered, high-frequency Emmanuel vibrations re-enter the heart they cause it to release a brilliant green light (light of the heart's energy center/chakra) as your keynote is now reset into a higher vibratory state and you feel the pain of the five wounds of Christ as you are now fully experiencing the shared experiences of the Christ.

Fear Not for Spiritual Mastery



“Fear not” appears 365 times in the bible and in the traditional sense it reminds us to come back to our faith and not get caught up in worldly difficulties that arouse fear, panic, despair, or anxiety. As it is important to remember that the presence of God is always with us and there is no need to be fearful in any situation. Therefore, it is usually connected with the phrase *“I am with you”*, in which *“I Am”* is your Christ consciousness.

fear not, for I am with you; be not dismayed, for I am your God; I will strengthen you, I will help you, I will uphold you with my righteous right hand. (Isaiah 41:10)

In the Rosicrucian perspective, fear is a destructive force that acts as a *“low-vibration barrier”* that *“paralyzes our will”* by constricting the Desire Body and prevents our spiritual evolution so that we remain stuck in the material world without any possibility of activating our higher self. While in some cases it disrupts our protective aura so that negative spiritual entities may now attach themselves to our consciousness and drain its etheric energy or influence the crystallization of thought forms. In addition, to the negative effects that stress from fear directly produces upon our bodies it also lowers our inner vital life force to reduce our immunity to disease and psychological problems. Ultimately, the polar opposite of fear is courage, so if we can control our fear than we can utilize

our courage to help us reach and align with our divine mind. For with spiritual courage, we can find the ability to come into the presence of the Divine. If, however, we focus on fear then we are giving away our creative power and it will manifest that which we do not want into our lives.

For the thing that I fear comes upon me, and what I dread befalls me. (Job 3:25)

Fear not is a form of encouragement that is reminding you that regardless of what you may think, you are still connected to the Divine. It is a “*spiritual directive*” to be still and surrender so as to quiet your Ego, shift your consciousness back to a higher state of trust and faith in the Divine, and recognize how you are connected to your Christ-within so that you realize your own divine nature. For when you are commanded to *Fear not* you are being told to let go of all your thoughts and feelings from worldly fear and “*and elevate [them] into a state of reverent awe – a deep mystical respect for the cosmic truth*” so that you may empty your soul and now fill it with the Universal Love of the Divine. Then and only then are you capable of receiving higher spiritual vibrations.

When praying or interacting with higher spiritual beings (*i.e., Christ, angels, etc.*), *Fear not* assures us that field of high-energy of the Divine or a high spiritual being has been sufficiently lowered so that we as human with a lower energy field may safely enter within their presence or our prayers and their answers have the ability to cross back and forth through their energy barrier. It is “*divine reassurance*” that we have nothing to fear because we are in God’s love and protection. *Fear not* is the call to move out of the darkness into the light in which our conscious mind now transmutes the low energy of fear into higher spiritual vibrations of truth, wisdom, and love so we may go beyond our false self and step into our true self. As once we fill our minds with love there can be no fear.

There is no fear in love, but perfect love casts out fear. For fear has to do with punishment, and whoever fears has not been perfected in love. (1 John 4:18)

In the process of initiation, the initiate must have complete control over their emotions if they are to advance into the higher worlds. Therefore, they are tested in terms of their ability to control their fears. In a test of their will, they are met by the “*Dweller on the Threshold*” which represents their deepest fears, doubts, and past negative karma as a spiritual barrier they may only cross if possess the password to “*Fear not*”. In order to achieve this ability, we must cut our ties to all material illusion and acknowledge our own divinity so that we may establish within ourselves a “*state of perfect equanimity*” so that anything that occurs in our lives we accept as a blessing from the Divine and understand its value to our spiritual progress. Being told to *Fear not* is our call to self-mastery so as to develop greater self-awareness and fully regulate our thoughts and actions so that we live a life with our highest values and truth with “*conscious attention and emotional resilience*”.

Transmuting *Fear Not* into Awe

1. Surrender and Become Still

Start by clearing your mind and releasing all desires for control in your life and accept what God will bring within your life. Let go of all worldly fears that come from the unknown, worry about the future, judgement, worldly circumstance, psychological stress, or people and enemies.

2. Golden Light Body Scan

Visualize a golden light shining on you from above in which it starts from your head and slowly moves down to all parts of your body. As the light touches each part of your body notice the different sensations you experience, i.e., *tension, tightness, heaviness, stiffness, coldness/warmth, pain, uneasiness, etc.*

3. Scanning for Emotional Energy

Connect all the different sensations to a specific *emotional energy* and observe it and any changes without judgement. *Acknowledge* the single feeling (i.e., *anger, grief, resentment, etc.*) produced by the combination of all the sensations by placing your compassionate awareness upon the feeling so you may come to the source of the emotional energy and feel its lower frequency.

4. Opening a Circuit to the Heart

Silently repeat the mantram *Fear not, for I am with you* so as to use the power of your silent mental vibrations to open the chamber to the left ventricle of your heart where your divine spark resides. Then visualize the mental vibrations resetting the switch to the circuit breaker to the on-position so it will allow your emotional energy to enter the left ventricle to your heart and awaken your Christ-within.

5. Energy Transmutation

Visualize the lower frequency of the emotional energy as a current of etheric energy that carries the low-vibrational energy from its source within your body to your heart. Your heart will now act as a “*step-up transformer*” that raises the energy from its lower vibrational state to a higher vibrational state by the power of the awakened Christ-within. *Note*, it generally works best if you raise the vibrational state in smaller “*emotional steps*” rather than all at once. As it is more believable for you to start with a small emotional step such as *anger* to *irritation* then trying to make the big jump from *anger* directly to *joyful peace*.

6. Radiate Peace, Love, Joy, and Gratitude

Watch as the energy of the emotional frequency reaches its highest vibrational state within your heart in which all negative thought forms and manifestations have been eliminated, your self-awareness is now at its height, and you are feeling a deep sense of peace and love while radiating pink streams of gratitude, both inwardly and outwardly.

7. State of Reverence

You are now completely calm and at peace in a state of perfect equanimity having submitted to God's power and authority and resting in His grace, and completely rooted in your trust and faith in God. Feel the warm of God as a consuming fire while being overwhelmed by a deep respect, honor, and reverence.

8. Transition to Awe

Feel the *Reverence* for the Divine forming a protective barrier or boundary around your heart to firmly anchor you before opening yourself to the overwhelming sense of *Awe* that will forcefully break through the boundary of reverence. It is important to understand that *Reverence* and *Awe* are two "*distinct movements of the heart*" in which reverence must always come first so that we can remain calm, remain humble, and increase the impact of awe upon the subconscious mind.



My Prayer for Equipoise

My God of Peace, My Voice of Calmness, You understand the havoc and difficulties of the physical world and how we might fall victim to our fears and worries without the equipoise to command ourselves to face it without any concern. Help me to produce within myself the same equipoise that Paul had when he was vehemently slandered and persecuted by those who knew not and let me feel within myself his sacred words, "None of these things will move me". For then I will have the mental attitude that is always guided by the sunshine of true optimism in which I am fully in control of my thoughts, feelings, and emotions so I can be a temple of You my Lord, my living God. For without the needed equipoise my dense body will become uncontrolled or solid and fixed so that my actions will only lead to the saturnine influences of fear, worry, sorrow, gloom, and highly damaging feelings of anger. In Your love, allow the thought-forms that I project upon my desire body to only produce the feelings that will lead me to productive actions in my spiritual advancement. I ask in humility that you steady my mind so that even when I am under the direst of circumstances, I can reconcile my desire body to the equipoise that is most needed to become my higher self. Therefore, help me to see that I no longer need to respond to the negative saturnine vibrations I have indoctrinated myself with but I should look to cultivate within myself the beneficial vibrations of the Sun so I might continue in the goodness and love of You my Father and I will forever more hear within myself the divine music of the planets from the mystical lyre of Apollo. Amen.

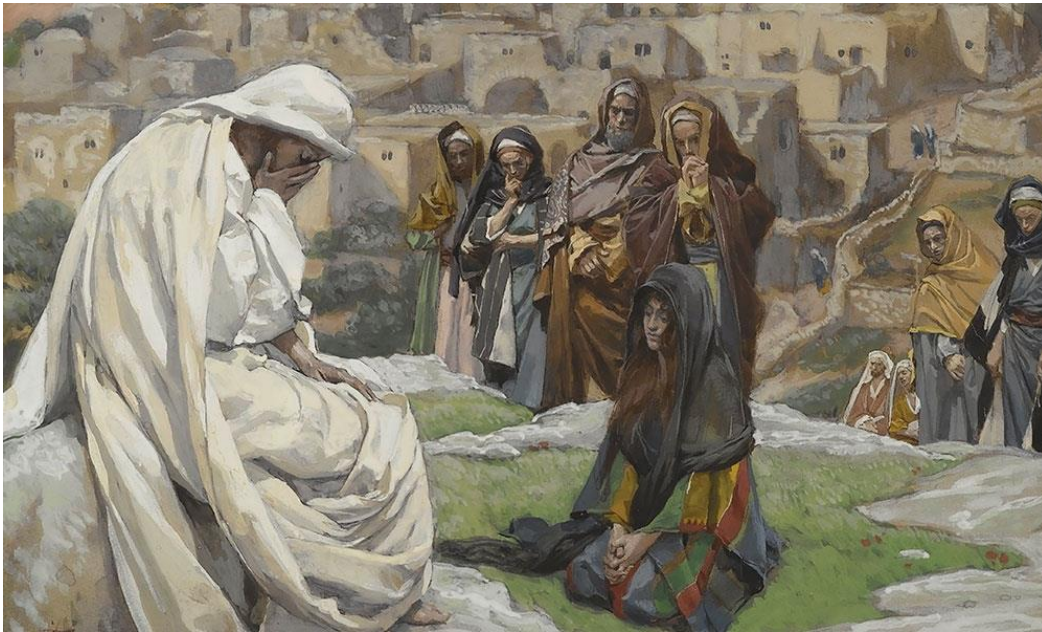
- (© GEC) Based on *The Web of Destiny*, Max Heindel



My Prayer to Not Judge Others

Son of God, Judge of the Living and Dead, You have asked that I should only judge myself and not others. But how can I judge myself if I will always seek my own favor or personal feelings will influence my judgement? While You have also shown me that if I judge others, I will most often be wrong, leading to transgressions of your laws and commands. Being only human, we tend to follow those inner impulses and outward circumstances that we are most attracted to in some way or it is to our advantage to make these hypocritical judgements. Breaking my old habits on self-righteously judging people is difficult to change. Help me to learn to submit to You my Lord so I may attain wisdom through my obedience in which I set aside reasoning in making judgements so that I may rise "on the wings of burning love for You." For I do not wish to condemn my brothers by my sanctimonious judgements, as I will also be judged in the same manner. Instill within me the ability to self-reflect on my own faults using God's Word before looking at the actions of others. Then I can use my judgments in encouraging others and promoting Your truth. Therefore, my Lord, as I watch over my brothers let me not be indifferent, always show kindness and gentleness in restoration, and carefully consider the purpose of my judgements so that I might best help others and be restored in You. Amen. (© GEC2026)

But God, for Alignment with the Cosmos



There will come a time in everyone's life when we come to a situation that seems impossible and too overwhelming to withstand. We reach the point of our human limitation and sense only the hopelessness of the situation. It is here that God steps in to provide divine intervention by His grace to set forth the "*ultimate spiritual override*" to reverse our position, change the outcome, and provide us with redemption. As his Divine laws are far greater than our "*earthly limitations*" or any inner blockages we are experiencing. God holds the key to our salvation regardless of how bleak the situation is, he can at any time inject His life-giving power to set forth our spiritual renewal so that we may "*fulfill a higher, redemptive purpose*".

God knows our spiritual work and serving our fellow man is difficult but He wants us to know He will always be there with us in our work and help us when we need it because His work is Divine work. Max Heindel confirmed this sentiment when we wrote that if we should be physically exhausted or if we deemed ourselves unable to meet the demands of our task we need to "*remember the Work is not yours but God's; trust entirely in Him; He will point the way*". We must trust that God is omnipotent because even the strongest of men is frail and weak and unable to set himself above the laws of consequence or support his own spiritual evolution. Therefore, we must learn to utilize "*But God*" as a way to shift our consciousness beyond our troubles, despair, and feelings of unworthiness and channel them within our mind during meditation to reflect upon the Father's gift of divine grace. As this will put us in alignment with the "*divine power flowing through the universe*".

Spiritually, *But God* represents the disruption of our lower vibrational energies in the awakening of our Christ-within so that any pain, suffering, or despair can be transmuted into intellectual clarity of our mind so as to bring truth and understanding to our difficulties. In our prayers, *But God* is the silence we

experience in which our soul is completely emptied and the Ego has let go so the vacuum of the soul may now be filled by Divine light. For when this occurs, we “*shift from thinking about God to being absorbed by God.*” For even when we cannot find the way in our life or see the truth of God, the Holy Spirit is always ready to assume leadership to provide Divine intervention. We just need to ask!

But God, the Lament of the Heart

1. The Still Soul

Focus your mind upon your mind on becoming absolutely still and completely empty by meditating upon “*Be still, and know that I am God,*” (Psalm 46:10)

2. Acknowledge Pain and Suffering of a Difficult Situation

Within your mind in a nonjudgmental way, now place your awareness upon the pain and suffering (emotion) from a difficult situation that you are unable to resolve and feel hopelessly trapped by. But do not get caught up in the “*story*” of the situation, simply acknowledge and feel the presence of the *low frequency emotion*.

3. Move the Low Frequency Energy to the Spiritual Heart

Visualize the low frequency emotion from the pain associated with the difficult situation finally breaking loose and slowly moving from your mind into your spiritual heart (*the innermost center within your soul*).

4. Reducing Resistance within the Spiritual Heart

Directly apply loving compassion from your spiritual heart upon the lower frequency emotion caused by the mental pain and anguish by silently repeating “*But God and Nature do nothing in vain*” (*Deus autem et Natura, nihil faciunt frustra*) so it will produce silent mental vibrations that upon their return will reduce the resistance from the friction between the low frequency emotions and your intense desire for spiritual growth. It’s just like placing a piece of tough meat (pain) into a marinade to tenderize it (*reduce resistance*). As the amount of suffering, we experience is a result of how much “*resistance*” we have in terms of the pain. If we are so concerned about why we must experience the pain, when it will end, how long can I endure this, etc. then we are only increasing the resistance which then increases the amount of suffering we will experience from the pain.

5. Conjugation with an Opposing Force

Merge your dense low frequency emotional pain with higher spiritual energy of peace so that the lower vibration of the pain is raised by their combined “*internal resonance*” which by its transmutation now illuminates a brilliant yellow light within your spiritual heart. As the light grows within your spiritual heart its vibration now strongly resonates with the higher frequencies of universal love, unity, and compassion.

6. Raising Your Consciousness

Visualize, the Divine Yellow Light from the spiritual heart growing in intensity and releasing itself so that it floods into the vacuum of your soul and fills it with a higher frequency energy that raises your consciousness to a higher level that brings power and wisdom to perceive your needed divine intervention.

7. Being Absorbed by God

Feel yourself completely unified with Christ so that you experience His thoughts and feelings so that you now consider your own humility by meditating upon, "*Why do you call me good? No one is good but God*" so that you come to the revelation that both you and the Divine exist as one.

Psalm 13 KJV

Prayer for Help in Trouble

How long wilt thou forget me, O Lord? forever?
How long wilt thou hide thy face from me?

How long shall I take counsel in my soul,
Having sorrow in my heart daily?
How long shall mine enemy be exalted over me?

Consider and hear me, O Lord my God:
Lighten mine eyes, lest I sleep the sleep of death;

Lest mine enemy say, I have prevailed against him;
And those that trouble me rejoice when I am moved.

But I have trusted in thy mercy;
My heart shall rejoice in thy salvation.

I will sing unto the Lord,
Because he hath dealt bountifully with me.

Watch, Spiritual Vigilance



*Keep actively **watching and praying** that you may not come into temptation; the spirit is willing, but the body is weak.” (Matthew 26:41 AMP)*

The word *watch* is a translation from the Greek *gregoreuo* which means “*stay awake*” or to “*be sleepless*”. In the literal sense, watching is done with our physical eyes in which we are observing the environment around us for signs to guide our way and for the appearance of an external Christ. For Christ has called us to watch or to be spiritual alert so that we may be in constant contact with Him. This imperative command of watching is almost always accompanied by prayer, i.e., ***Watch ye therefore, and pray*** always, *that ye may be accounted worthy to escape all these things that shall come to pass, and to stand before the Son of man. (Luke 21:36 KJV)* For when we watch we are observing ourselves, the life we are leading, and the world around us we can understand what best to pray about. As Rosicrucians we are called to always “*think well, speak well, and act well*” and in our spiritual practices we monitor this by watching each day in reverse order through the Evening Exercise of Retrospection. In addition, we use the combination of watching and praying form a “*protective shield*” around us.

And what I say unto you I say unto all, Watch. (Mark 13:37)

In a deeper spiritual meaning, the word *watch* is instructing us to be in a state of “*continual readiness*” as our mind needs to be constantly guarded from our own negative and selfish thoughts and earthly desires so they are not expressed as well as being protected from “*astral currents and elemental forces in the Desire World*”. We need to work to become self-aware concerning our spiritual life as well as being able to actively discern the “*divine patterns, synchronicities, and symbols*” and harmonize with the *Clock of Destiny* so that we can utilize the

information to our best advantage. Ultimately, we must become silent observers of our own soul so that we stay true to our faith, always with our eyes upon our heart so that we may find ways to perfect our character and to prevent temptation from gaining a foothold so that we are distracted from our true path. As it is our responsibility to ensure that our spiritual heart is ready now, as we never know what each day may bring. We must keep our spiritual lamps filled with oil from our spiritual work so it will always remain lit and ready for the Divine.

With inward observation we must make our observations without judgement in which we are no longer controlled by your minds as we have separated our consciousness from our Ego so that we are masters of our minds no longer spiritually asleep. *Revelation 16:15* tells us that when we watch and keep the garment of divine light pure so that the awakening of our Christ-within does not catch us by surprise as we are always ready in the present moment as this is where God is found.

"Behold, I come as a thief. Blessed is he that watcheth, and keepeth his garments, lest he walk naked, and they see his shame." (**Revelation 16:15 KJV**)

Judgement only creates distortion and furthers us from the truth. If we can observe our thoughts without judgement, bias, or criticism and instead harbor feelings of sympathy and universal brotherhood then we can raise their thoughts to a higher frequency and "*transmute lower energies into higher wisdom*" and align in God's eternal truth. When Jesus told his disciples to watch and pray in Gethsemane it was so that their consciousnesses could be connected with His higher consciousness so their Egos would remain separated from their own consciousness and they would "*recognize that everything is infused with a divine, loving, presence*" and not return to the illusion of the material world. As this was their trial to demonstrate they were prepared for Christ and his offering of grace to redeem our souls. For in watching we must intently focus our attention in a nonjudgmental way upon Christ so we may become aligned with Him. In essence our minds need to be "*cold and unfeeling*" while it watches so as not be influenced by our own preconceived thoughts and beliefs regarding goodness, justice, and the love for others, while allowing the influences of our emotions, prejudices, and pride instead of the eternal truth. Watching is a form of deep contemplation from our inner being so that we can put our silent, loving attentiveness upon the higher power and truths of Christ while fully in the awe of His presence so that we may come to union with Him.

Watch and Pray to Form a Protective Shield

"No weapon that is formed against you will succeed; And every tongue that rises against you in judgment you will condemn. This [peace, righteousness, security, and triumph over opposition] is the heritage of the servants of the LORD, And this is their vindication from Me," says the LORD. (**Isaiah 54:17 AMP**)

1. Come to Stillness

Start by calming the mind and relaxing the body so that your mind becomes clear and there are no lingering thoughts to distract you and you are fully present.

2. Place an Image Within Your Mind (Watch)

Visual a tall rose hedge with fragrant red blooms with green stems of prolific razor-sharp thorns that produce an impassable entanglement very much like razor wire used for high security facilities. With a protective barrier around your “*mental and emotional state*” so you feel safely guarded you can then begin to “*watch*” all your thoughts and desires and block any low energy vibrations from fear, anxiety, anger, temptation, or any negativity that attempt to enter your mind.

3. Introduce the Feminine (Pray)

Watching is masculine while praying is feminine. Repeat the prayer, “*Help me to keep actively watching and praying so that I may not come into temptation, for my spirit is willing but my body is weak*” (Matthew 26:41) By praying to the Divine, we are surrendering to His absolute power and love so that we may move closer to Him and become receptive to His profound peace and recognize His divine guidance.

4. Establish Equilibrium

Visualize the processes of watching (masculine – arrow to the right) and praying (feminine – arrow to left) combining together so that the intellect of the mind with the compassionate, loving nature of the heart merge together and reach a state of perfect equilibrium in which arrows pointing in opposite direction come together with the masculine arrow on the top and the feminine arrow on the bottom to produce the equilibrium symbol.

5. Gaze Upon God

Visualize yourself looking upward and with your spiritual eyes and gaze in a nonjudgmental way so as to behold the majesty of God. Focus your attention upon the beauty and glory of His presence, delight in His character, and feel your heart transforming to reflect His divine love while He lovingly gazes back.

6. Faith-Filled Prayer

Repeat the prayer, “*Under Your wings I will find refuge; Your faithfulness is a shield and a wall*” in which you visualize a white light of a protective shield forming around yourself and extending to your home and all those around you. While also hearing God directing His angels to watch over and protect you.

7. Embrace the Armor of God

Acknowledge that you are now protected by the Armor of God by affirming, “*I have put on the full Armor of God and lifted up the protective shield of faith with which I can extinguish all the flaming arrows of doubt, temptation, and fear that would cause me spiritual harm so by the sword of Spirit I may hear the Word of God.*”

The Armor of God

In conclusion, be strong in the Lord [draw your strength from Him and be empowered through your union with Him] and in the power of His [boundless] might. Put on the full armor of God [for His precepts are like the splendid armor of a heavily-armed soldier], so that you may be able to [successfully] stand up against all the schemes and the strategies and the deceits of the devil. For our struggle is not against flesh and blood [contending only with physical opponents], but against the rulers, against the powers, against the world forces of this [present] darkness, against the spiritual forces of wickedness in the heavenly (supernatural) places. Therefore, put on the complete armor of God, so that you will be able to [successfully] resist and stand your ground in the evil day [of danger], and having done everything [that the crisis demands], to stand firm [in your place, fully prepared, immovable, victorious]. So stand firm and hold your ground, HAVING TIGHTENED THE WIDE BAND OF TRUTH (personal integrity, moral courage) AROUND YOUR WAIST and HAVING PUT ON THE BREASTPLATE OF RIGHTEOUSNESS (an upright heart), and having strapped on YOUR FEET THE GOSPEL OF PEACE IN PREPARATION [to face the enemy with firm-footed stability and the readiness produced by the good news]. Above all, lift up the [protective] shield of faith with which you can extinguish all the flaming arrows of the evil one. And take THE HELMET OF SALVATION, and the sword of the Spirit, which is the Word of God. (Ephesians 6:10-17 AMP)

Psalm 91

Security of the One Who Trusts in the LORD.

*He who dwells in the shelter of the Most High
Will remain secure and rest in the shadow of the Almighty [whose power no enemy can withstand].*

*I will say of the LORD, "He is my refuge and my fortress,
My God, in whom I trust [with great confidence, and on whom I rely]!"*

*For He will save you from the trap of the fowler,
And from the deadly pestilence.*

*He will cover you and completely protect you with His pinions,
And under His wings you will find refuge;
His faithfulness is a shield and a wall.*

*You will not be afraid of the terror of night,
Nor of the arrow that flies by day,*

*Nor of the pestilence that stalks in darkness,
Nor of the destruction (sudden death) that lays waste at noon.*

*A thousand may fall at your side
And ten thousand at your right hand,
But danger will not come near you.*

*You will only [be a spectator as you] look on with your eyes
And witness the [divine] repayment of the wicked [as you watch safely from the
shelter of the Most High].*

*Because you have made the LORD, [who is] my refuge,
Even the Most High, your dwelling place,*

*No evil will befall you,
Nor will any plague come near your tent.*

*For He will command His angels in regard to you,
To protect and defend and guard you in all your ways [of obedience and service].*

*They will lift you up in their hands,
So that you do not [even] strike your foot against a stone.*

*You will tread upon the lion and cobra;
The young lion and the serpent you will trample underfoot.*

*“Because he set his love on Me, therefore I will save him;
I will set him [securely] on high, because he knows My name [he confidently
trusts and relies on Me, knowing I will never abandon him, no, never].*

*“He will call upon Me, and I will answer him;
I will be with him in trouble;
I will rescue him and honor him.*

*“With a long life I will satisfy him
And I will let him see My salvation.”*

The Armor of Light

*And do this, understanding the present time: The hour has already come for you
to wake up from your slumber, because our salvation is nearer now than when we
first believed. The night is nearly over; the day is almost here. So let us put aside
the deeds of darkness and put on the **armor of light**. Let us behave decently, as in
the daytime, not in carousing and drunkenness, not in sexual immorality and
debauchery, not in dissension and jealousy. Rather, clothe yourselves with the
Lord Jesus Christ, and do not think about how to gratify the desires of the flesh.
(Romans 13: 11-14 NIV)*

My Prayer for Universal Brotherhood

Christ, Our Kind and Merciful Teacher, it was through Your divine love and all-giving sacrifice that you prepared humanity of all people of all nations to walk the only path, Universal Brotherhood, that will lead to our freedom. You have shown us that we must replace our control of our fellow man by our reasoning mind with the love of our hearts as love is always unselfish and ready to serve. As You patiently wait for humanity to conform to Your Laws, help us to overcome our selfishness so upon Your return, a day that we do not know, we will stand as one Universal Brotherhood answering to the crown of Your returned Presence. For now, is the time to put aside the indiscretions of the past and our present injustices to our fellow man as well our enslavement to material possessions and wealth so that our races and nations can progress into an age of Universal Brotherhood. You have challenged us to not "return good for evil" in hostility or revenge but to always offer as you have taught us, love and mercy. Help us to hear and follow the impulses or the first impressions or thoughts of our heart's so that the time for Universal Brotherhood is not in the distant future but with us here and now. Let our minds understand that the spiritual work we perform in prayer and the purification of our vital bodies through forgiveness, repentance, and restitution is done so that our vital body can take control of the desire body and will help in our progression to the First Heaven, as it is also the same path by which we come to Universal Brotherhood. Yet, as everything on the Earth, living and nonliving, is a manifestation of Your divine hand and through it Your life-giving energy flows, it will all have a home within Your Universal Brotherhood, together as One Universal Life. Therefore, we will always be devoted to each other in love as well as honor and respect the home you have given us as faithful and wise stewards ready in Universal Brotherhood for Your second coming. Amen

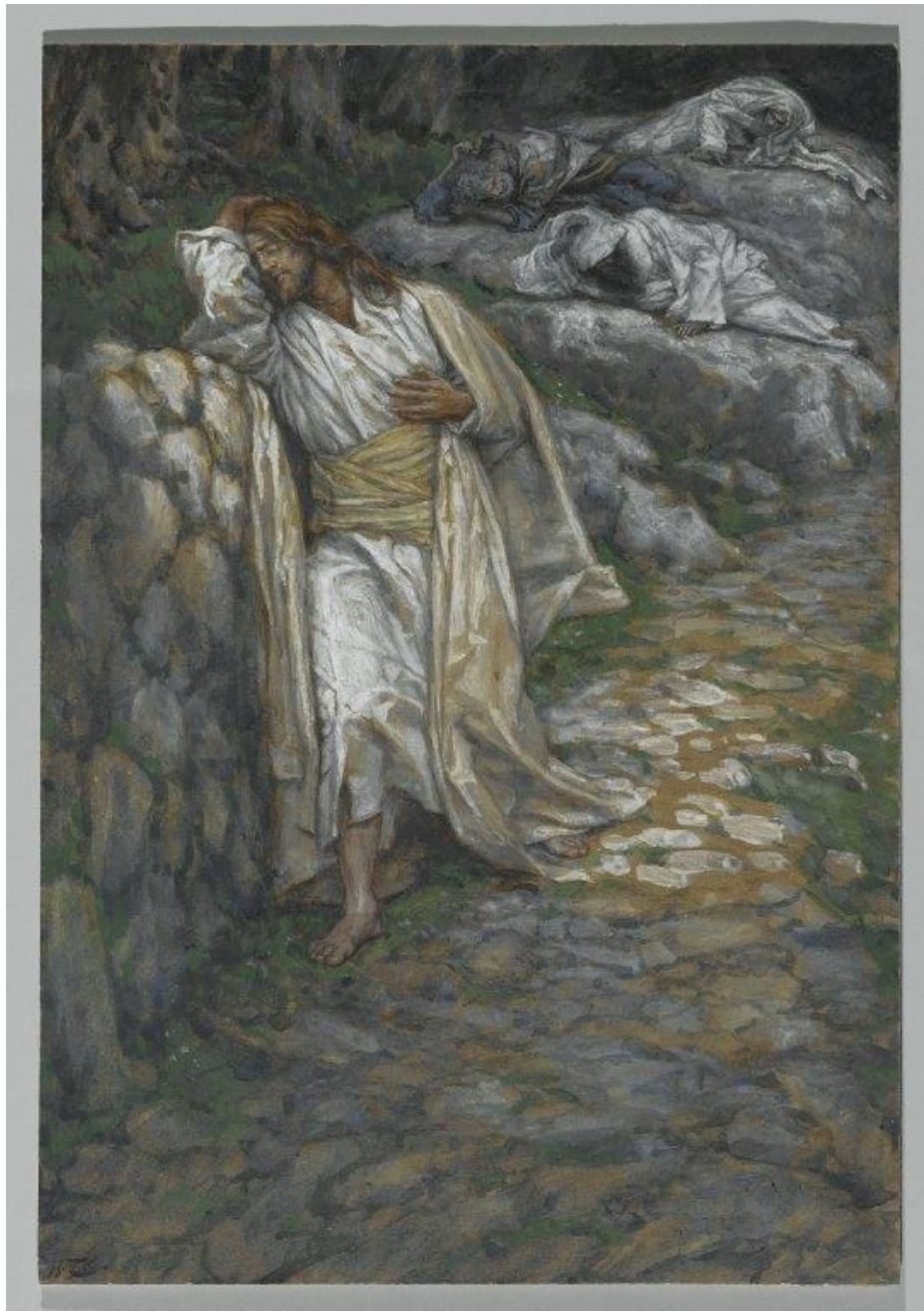
- (© GEC) Based on the Rosicrucian Cosmo-Conception



My Prayer for Gethsemane, The Garden of Grief

Power of God, Man of Sorrows, my spiritual journey is now leading me to the Mount of Olives to the Garden of Gethsemane at the base of the mountain so I can be within the place where Your soul felt sorrowful to point of death. Among the scattered olive trees there is a sense of isolation and whispers of grief as the slow hot winds set the leaves to a gently vibration that recall Your pain and sorrow. You have taught us to push forward, shedding the layers of that which do not serve us until we stand as a single hollow stem of a barley plant bathed only in the direct rays of the sun, moving closer and closer to the trenches of our grief. In the pitch-black floor of my earthly Gethsemane a single point of light appears and grows and then touches the inner chamber of my heart to awaken my dormant Spirit spark. The Christ-within me gently stirs and echoes throughout my body gradually draining my grief and sorrow and refilling my Soul with purest measure of compassion. The cell door has been opened so I might step out and now begin

my journey upon the Via Dolorosa thinking only of my sacrifice for humanity and how I might lift others to the Father. Bless You my Lord for sharing Your Garden of Grief with me so that I also as a Man of Sorrows can transform as a mighty elephant whose size is only eclipsed by his levels of empathy and compassion for others. For You have now taken the empty cup of sorrows from my hand and replaced it with Your shepherd's staff so that I no longer fear a life of solitude as I must now search the for the lost and bring the home to You, my Lord. Amen.
- (© GEC)



***Be Still* and the Living Sanctuary**



Be still is from the Hebrew word, *raphah*, which literally translates to “*to cease striving, to let drop, and to open clenched fists*”. Yet, when speaking about “*Be still*” this is not simply a command to become silent it’s about surrendering, releasing the need for control, and quieting the Ego. It requires that we let go of all of the conflicting emotions of our heart, refocus on our trust and faith in God, and to stop trying to force things that we want to happen from our own will. In stillness we must be humble and understand that control is an illusion that we need to see beyond so that we can allow the Christ consciousness to work through us as we step back as “*observers*” that no longer need to react to all of our thoughts and feelings so that we may place ourselves in a “*state of being*” and not doing. Then our minds become quiet and clear enough that we can now hear the small quiet voice as it speaks through our intuition to provide us with spiritual guidance and support.

It is only in stillness that we come to peace, as stillness provides the portal by which we can stand in the presence of the Divine and acknowledge His absolute sovereignty, omnipotence, and that He exists in a perpetual state of stillness that we must work to match within ourselves. Our mind is like a turbulent lake or a carnival fun house with warped mirrors that distort our reality and reinforces our illusions of the world. It is only when our minds like the waters of a calm lake are perfectly still that we eliminate any distortion so that its reflection is true and we can then experience the “*direct rays of the spiritual sun*” that will place wisdom and truth within ourselves. It is only through stillness that the “*vertical alignment*” of our consciousness with our Christ consciousness-within can occur so that the channel for our intuition can freely open and provide the needed insights in developing our higher self.

“Be still, and know that I am God,” (Psalm 46:10)

Psalm 46:10 actually consists of two parts in which we have discussed the meaning of “*Be Still*” in which we are ultimately creating a sanctuary for the soul within ourselves so that we can work directly with our Christ-within and effectively neutralize any thoughts of fear, anxiety, and worry. For as Steiner states, within the stillness of our inner sanctuary “*hindrance after hindrance falls away*,” so we may weave our Golden Wedding Garment. While the second part of this command is the “*I Am*” or God the Father, is the Christ consciousness that you hold within yourself that can only be experienced and known through stillness. Stillness is the spiritual bridge to our *knowing*; it is what allows our spiritual eyes to open to perceive the Christ-within that lives within our spiritual heart. And when we enter this sanctuary of the heart, we now have a place in which we can open our fists and drop our weapons from the physical world and come to know God because in the stillness there is nothing to take our attention from Him and His Word. Regardless of what is happening in the world and even in our own lives it will not matter because you have learned how to shift your focus from chaos to stillness at any given time because you want to be in harmony with your higher power. Therefore, don’t waste time waiting for things to calm and settle within your life to begin your work on inner stillness, start immediately by working towards stillness and then how you view the challenging issues, difficulties, and negative aspects of environment and yourself will be transformed by the peace you experience from your stillness.

Finding The Stillness of Your Inner Sanctuary

1. Concentrate Upon Peace

Start by concentrating on *Peace* to bring you to a state of mental stillness. As this will shift your mind from the chaos of the world to a state of stillness. Repeat a calming invocation, such as “*I will keep in perfect peace as my mind is steadfast, because I trust in you.*” (**Isaiah 26:3 revised**)

2. The Porch of Your Inner Sanctuary

Visualize yourself standing within your head region and then moving downward to the neck region of your body where the porch (or vestibule) of your inner sanctuary is located. Now place yourself between the two pillars of *Jachin* (He shall establish) and *Boaz* (In Him is strength) and feel the repeating words of “*He will establish this sanctuary in strength*” quieting any other thoughts or ideas that attempt to enter your mind.

3. The Holy Place of the Sanctuary

Visualize yourself moving downward into the chest region which represents entering of the Holy Place (The Main Sanctuary) of the inner sanctuary and see the brilliant white light of the Lampstand illuminating your spiritual heart. As the light grows in intensity its waves of light touch upon the keynote of your soul and begin to raise its frequency which magnifies your inner peace and calmness.

4. Tearing of the Veil

Visualize the veil of the sanctuary tearing from the top down as you also observe your chest beginning to glow and rupture. Feel the earth shaking and hear the rocks splitting. As this represents your soul being released from the limitations of the physical senses and your consciousness uniting with the Christ-within so there is an awakening of your higher consciousness.

5. Releasing Your Christ-Light

Hear the shattering of a stone vessel upon the ground ringing in your spiritual ears as this represents your physical body as a vessel that holds your eternal soul being released from the opening and the pulling back of the walls of your chest from the rupture of your physical body, so as to allow the release of your inner Light of your Christ-within to shine outward.

6. Transformation of Your Body and Mind

Visualize any darkness within you from our past wrong doings, doubt, or negative thoughts being pushed into the Light which slowly causes our body's transformation, activates your conscience, and inspiring your minds with hope and compassion so you become more Christ-like as the inner light of your Christ-within is slowly released through our chest. Repeat the invocation, "*Let my light shine out of darkness, as a precious treasure in earthen vessels so that the grandeur and surpassing greatness of the power will be shown to be from God*" (2 Corinthians 4:6-7 AMP adapted)

7. The Holy of the Holies

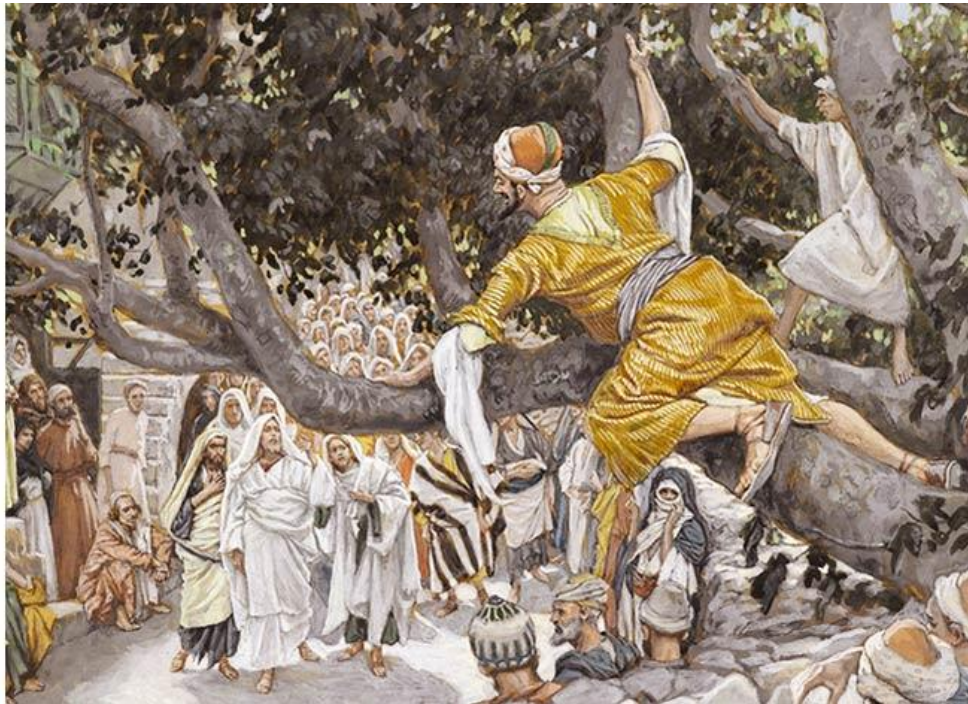
As you visualize yourself moving downward into your abdominal region representing the Holy of Holies and watch as the vibration of your consciousness comes to into a sympathetic resonance with the Divine to produce one heavenly cosmic note from the Arc of the Covenant which cause your inner temple to come to life from the now higher spiritual energy of its awakened Divine presence.



My Prayer for Silent Adoration

O Lord I adore and bless Thee, as my King and Creator, I tremble as I offer my veneration in respectful silence. As David writes to teach us, "to You belongs silence and praise" as it is in our silence, we step into Your eternal presence so we can intently listen to Your Words and focus on Your love and how to prepare our way for Universal Brotherhood. Let not our words or thoughts of worship distract our minds from experiencing Your love and divine grace. In our reverential silence You open Your heart during our adoration to draw us to into the mystery of Your goodness and seat us at Your heavenly banquet table. Ultimately, experiencing You in our lives can only produce adoration and when we learn to come together with closed lips during adoration you have allowed us to rise within the final steps of adoration. Amen

Seek, is to Keep Seeking



The word “seek” originates from the Latin *sequor* meaning “to follow” and *peto*, meaning “to press or drive forward”, while in Greek it is the word *zeteo* meaning “search for something hidden”. Yet, in terms of the grammatical tense used in the Bible it is probably better translated as to “keep seeking” or to “continually pursue”. In the spiritual sense, the word seek goes well beyond its traditional meaning of simply looking for an external object, person, or even God. Seeking for Rosicrucians is an a “continuous lifestyle” in which we are actively pursuing a life within the presence of God so as to acquire wisdom and eternal truth. The process of seeking is setting a daily attention that you will use both your heart and mind in raising your consciousness so as to align it with the consciousness of your Christ-within. It is when our consciousness aligns with the truth of Christ that our seeking now allows us to find the ever-present divine laws that we can now use to our benefit to further our spiritual growth. Yet, what we will also discover is what are seeking is always within us. In a paradox, seeking is actually the Divine searching for itself within itself.

For Heindel, seeking is a deliberate action in which “*We must always seek the good which is hidden in everything*”, not use what we discover in our seeking for material or personal gains or as a way to simply build our spiritual powers, but use that which we find to help us better serve others as “*co-workers with God*”. It is when we are seekers that we learn to “*Know thyself*” in which we as microcosms understand how we are expressions of the macrocosm and can understand how our heart, mind, soul, and the cosmos are all interconnected and function together through the universal laws so that we may experience the unity and harmony with the Divine rather than being immobilized in the illusions of the physical world and our spiritual ignorance. Ultimately, a seeker reaches the “*Mastery of Life*” when through their seeking they not only understand but have

the ability to align themselves to the “*immutable natural and metaphysical laws that govern the universe*”.

The beauty of seeking is that when we are committed to seeking the truth in our spiritual work is that it will in turn attract the specific higher knowledge or wisdom that we are in need of as well as the spiritual guidance to effectively apply it to our daily lives in “*discovering one's true self hidden in Christ*”. Therefore, in our seeking we are asking God for a face-to-face encounter in which we now turn our gaze inward to our Christ-within to search our heart so that it may be purified and empowered by His presence as it is within the sanctuary of the heart that you will meet Christ. While eventually over time you will realize that Kingdom of God is within yourself and you have been seeking yourself because Christ has always lived within you.

“it is no longer I who live, but Christ lives in me.” (Galatians 2:20)

For Rosicrucians seeking is our quest for spiritual illumination and the acquisition of divine wisdom. It is our inward journey that develops the perception of our spiritual senses and the openness of our mind to the higher spiritual realms and beings. And in the evolution of our seeking, we awaken our psychic abilities and our Christ consciousness. From the burning desire to build our spiritual knowledge we now transition to a state of “*deep, passionate devotion*”. So, that when Matthew tells us to “*seek first*” we understand that he is telling us to shift from our worldly desires and passions within ourselves to the spiritual alignment of our divine consciousness as then the external world will then adjust to match your inner state so as to provide the needed support in the physical world.

But seek ye first the kingdom of God, and his righteousness; and all these things shall be added unto you. (Matthew 6:33 KJV)

From Seeking Comes Awakening

1. Coming into Stillness and Silence of the Mind

Start by concentrating on *Peace* to bring you to a state of physical and mental stillness. As this will shift your mind from the chaos of the earthly world to a state of stillness. Repeat an invocation for silent reverence, such as: “*The Lord is in his holy temple; let all the earth be silent before him.*” (**Habakkuk 2:20**)

2. Prayer to Open the Eyes of the Heart

Pause in the silence for a minute. Silently within your mind silently pray the Prayer to Open the Eyes of the Heart. Visualize the eyes of your spiritual heart opening.

“I pray that the eyes of my heart at the very center and core of my being may be enlightened by being flooded with light of the Holy Spirit, so that I will know and cherish the hope to which He has called me and the riches of His glorious inheritance in His holy people.” (Ephesians 1:18 revised)

3. Ask to See God's Face

Pause for a minute and then repeat the following invocation to see God's face within your mind; "*Your face, O Lord, I will seek on the authority of Your word.*" (**Psalm 27:8 AMP**). When we seek the face of God, we are seeking to be within His presence so that we may be transformed by His profound joy, peace, and love.

4. The Divine Light of Christ

As we cannot see the actual face of God let us from our spiritual heart visualize His symbol of a *Five-Pointed Epiphany Star* from which brilliant white light radiates outward equally in all directions in which its five points represent the five nail wounds from Christ on the Cross. Watch as the star moves from overhead towards your chest region.

5. Gaze Inward to the Christ Within

Visualize the brightly shining star moving into your spiritual heart within your chest as you turn your gaze inward to follow it. Watch as the star moves within the left ventricle of your spiritual heart and awakens your Christ-within. Feel the warmth of its light warming your body from within your chest as your consciousness has been raised by joining with the Christ-within consciousness.

6. Locating Divine Law

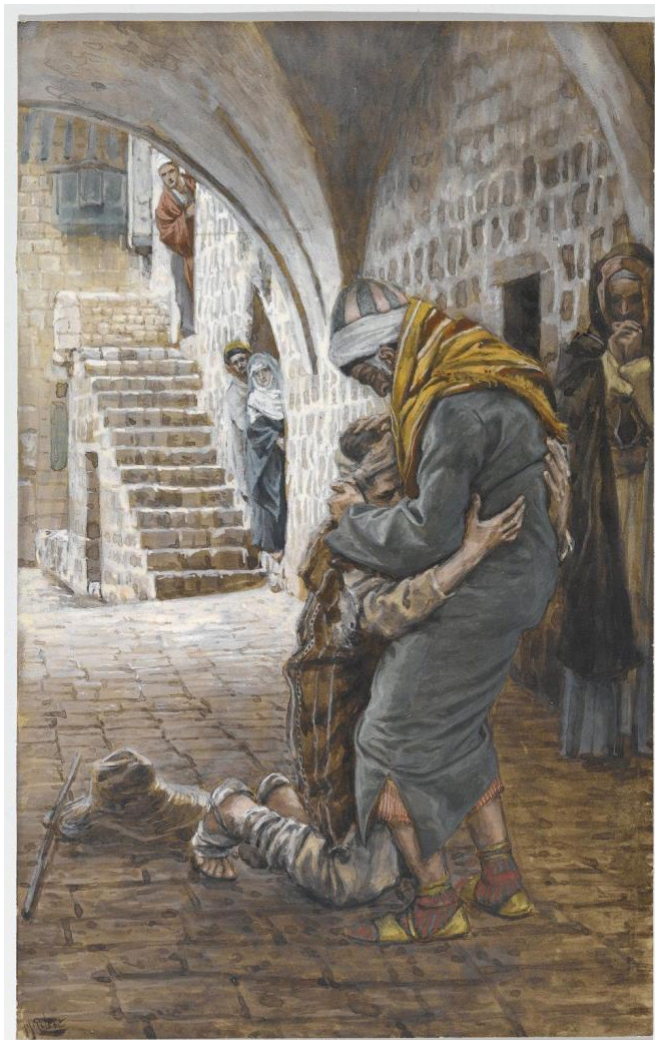
Visualize a forcefield protecting your body by blocking and releasing all low-vibrational emotion energy and attracting higher vibrational energy. Watch as differently colored signs point to the different divine laws that drift about your body waiting to be selected and to be put into use. Reach out and grab one so that you may reap its benefits (i.e., *like attracts like to attract even great amounts of higher vibrational energy*). As your consciousness has been raised by the Christ-within your body is now able to release and block all lower-vibrational frequencies while accepting higher vibrational frequencies. The higher you are able to raise the frequency of your inner keynote by resonance the more effective you become at aligning with eternal truth so that you can easily locate the divine laws that exist in all parts of your environment.

7. From Seeking to Awakening

Visualize the completion of your seeking as walking across a bridge in which the other side represents your spiritual awakening. Here within a mirror, you see yourself as One with the Divine and within your mind the need to seek now dissolves. You now realize what you have looked for has always existed within yourself.

My Prayer to Walk in the Light

Lord and Teacher, Light of the World, allow me to follow Your way so I shall not walk in darkness. Fill me with Your Spirit so that I may delight in Your Words and serve You alone as my Master and thereby have the Light of Life. Guide me Lord in my efforts to mold my life in accordance to Your divine nature so that I too may overcome the trappings of this world and have the daily privilege of feasting upon Your heavenly manna and also receive the small white stone as a special gift of fellowship to be celebrated at Your banquets with a good heart that can absorb Your spiritual Light. As I have previously walked in darkness with a blind heart and suffered the pain of walking apart from you my Lord, I now ask that you restore my sight so I may always be in Your Light protected from evil and any destruction that might come my way. Therefore, let my eye be single so that Your Light will fill my entire body and as I imitate Your ways of righteousness without sin, allow me to will walk in the Light so I may see the reality of Your will and live in Your divine power knowing that I am living my life by Your Word, directing my affections to the eternal so that I may grow in the gift of Your grace. Amen.
(© GEC2026)



The Prophetic Sound of the *Knock*



Behold, I stand at the door and knock (**Revelation 3:20**)

Typically, a knock is a request for permission to enter a home or dwelling. However, in a deeper esoteric meaning it is a “*prophetic sound*” in which Christ is alerting you to one of four things; (1) permission to enter your spiritual heart, (2) his desire to communicate with you through prayer, (3) his request that you join in fellowship with your fellow man in seeking truth and sharing love in His name, or (4) an offer to explore a new opportunity. While a knock can symbolize a “*divine invitation*” to our lower consciousness of our Ego from Christ, it can also come from the spiritual aspirant who is asking for permission to enter into the higher realms or higher states of consciousness.

"Ask, and it shall be given you; seek, and ye shall find; knock, and it shall be opened unto you" (**Matthew 7:7**).

Knocking goes beyond a simple request to enter and reflects a request to “*cross a threshold*” or to open a connection between the physical and spiritual worlds, the conscious and subconscious minds, or to provide a bridge for initiation for you to receive higher knowledge and wisdom needed for your spiritual awakening. In knocking we create a vibrational energy that is released into the Higher Worlds so that it be absorbed by the Divine as its frequency represents your true intent and desire for your transition. In many cases, it is not just one knock that will be needed but continued knocking to demonstrate your “*persistent faith*” to ensure your entry for your communion with the Divine upon a higher level. Therefore, a knock is the seeker’s sign that they are now ready for initiation and their desire to step out of the spiritual darkness so that they may now come into the spiritual light of the Divine. In essence it is as if they are tearing their veil to their inner sanctuary so that they now can access the Higher Worlds. The progression of ask, seek, and knock shows the progression and buildup of energy that is necessary for the door to higher Christ consciousness to be opened for you.

If as seeker’s we wish to acquire higher knowledge and spiritual wisdom, we have to take the initiative and make the bold first step of knocking. As we have been promised that if we have made a sincere effort to purify ourselves, live a life that reflects the higher morals and values man of the Divine, and provide selfless service to our fellow so our knock will then be heard and answered so that the promise of our illumination may be fulfilled. Yet, we must remain patient as the Divine will decide when we are ready and through His grace open the door. It is a knock on the door of our own inner sanctuary to our spiritual heart for our Christ within so that we may step within the Christ consciousness to achieve our self-realization so that we may now awaken to the eternal consciousness of our divine nature. Then the prayers of our mental thoughts that utilized our words and concepts about the Divine now shift to contemplative prayer that in which we are silent, without thoughts simply existing in God’s divine presence.

Knocking in Contemplation

1. Mental Prayer

Start with a prayer to direct your mind upon the Divine, such as:

One thing I have asked of the Lord, and that I will seek: That I may dwell in the house of the Lord in His presence all the days of my life, To gaze upon the beauty, the delightful loveliness and majestic grandeur of the Lord. And to meditate in His temple. (Psalm 27:4 AMP)

2. Concentrate Upon Christ

Shift to a concentration of your mind upon *Christ* to bring you to a state of mental stillness. Repeat the *Prayer of Silent Rest*: “*For God alone my soul waits in silence; From Him comes my salvation.*” (**Psalm 62:1**)

3. Stand upon Mt. Sinai

Visualize yourself at Mt. Sinai in the spot where God presented Moses with the Ten Commandments and Elijah heard God's *still small voice*. As this represents a sacred portal in which the earth meets the Higher Worlds.

And after the earthquake a fire; but the Lord was not in the fire: and after the fire a still small voice. (1 Kings 19:12 KJV)

4. Gates to the Spiritual World

Visualize walking upon a path of gold in Mt. Sinai as you approach the *Gates of the Portal* in which the gates consist of a single giant pearl.

And the twelve gates were twelve pearls: every several gate was of one pearl: and the street of the city was pure gold, as it were transparent glass. (Revelation 21:21)

5. Knock Upon the Gate

Visualize knocking on the giant pearl gate and the knock that creates a vibration energy that travels upward to the higher realms only to return to the door (that has no outer handle) of your own spiritual heart.

6. Patiently Waiting at the Gate

Visualize yourself patiently waiting for the gate to open while repeating the invocation: *I am waiting patiently for the Lord; as He will be inclined unto me, as He has heard the truth of my knock. (Psalm 40:1 revised)*

7. The Door Opens

Visualize the handleless door of your spiritual heart now opening so as to be greeted by the loving eyes of the Divine so that you feel yourself becoming absorbed in His peace and love so that you now feel as if you are resting within His arms slowly transcending into Oneness.



My Prayer for a Sense of Silence and Stillness

Blessed and Only Sovereign King, who is the source of True Light, teach me to limit my words in my prayers and better listen in my worship so that I might hear your still, small voice. For you have assured me that my salvation will come only when my soul rests in stillness. Your wisdom directs me to place myself in solitude to ensure the silence around me and quiet my mind so that I am ready to hear Your divine Words. Allow me through Your goodness and compassion to stand alone and unafraid in The Great Forever so that I am at peace in The Great Silence of Your heaven. For the treasure of Your spiritual gifts comes when we can come to You in the stillness of mind and in perfect silence as this is our first vow as Initiates. I know that I will have days of darkness and doubt in which I must be able to quiet the useless noise of the world so I may patiently wait in hopeful anticipation for the fulfillment of Your promises. Then my heart can reflect upon the depths of Your love and trust that You are always at work in my life. Therefore, in gratitude I bow down in silence and stillness so that in Your time I will awaken to the music of the celestial harmony of the marching orbs. Amen.

- (© GEC) Based on the Rosicrucian Cosmo-Conception



My Prayer for Persistence

Christ, My Great and High Priest, in my Path of Preparation instill within my spirit the persistence that is needed to withstand the considerable challenges and difficulties in order to progress in my spiritual development. Guide me in selecting and forming the habits and memory that will best spiritualize my vital body so I may continue to evolve to the point that my higher ethers can be released from my lower ethers and I can continue my spiritual growth in the Desire World. I have knocked firmly and will patiently wait upon You, my Lord. Just as the widow with great faith and undying persistence waited, I too will put all my hopes in You and will persistently work to develop the sacred faculties You have made known to us. I beseech you to let me not become discouraged, tempted in any way, or succumb to my doubts so that I may always keep the focus of my concentration upon Your ideal so that with the persistence that You have placed within my heart I will never stray. Give me the wisdom to understand that with persistence I can overcome all obstacles and resistance. I will faithfully wait upon you, my Lord, persisting on the Path of Preparation and serving in righteousness so I may be there when Your opens. Amen

- (© GEC) Based on Rosicrucian Cosmo-Conception

The Spoken Fiat of *Rhema*



Rhema is Greek for “*that which is spoken*”, “*a timely utterance*”, or “*thing said*” and is used seventy times in the New Testament. It does not refer to a specific spoken word or phrase but comes from the Holy Spirit as a “*personalized message or revelation*” that applies to a given situation, decision, or circumstance by providing guidance, direction, or even the force and protection of a spiritual weapon or power. In addition, it can also spiritually cleanse and purify our negativity so that we might be transformed and greatly contributes to the development of our faith when the word is spoken to our inner spirit.

*So then faith cometh by hearing, and hearing by the **word** [rhema] of God.*
(Romans 10:17 KJV)

Rhema words are heard in the voice of God and come from either scripture or represent a divine truth from the written word that are made alive by the Holy Spirit for immediate use in a given situation. They can appear to us in our dreams, flashes of intuitive impressions, and directly heard in quiet meditation or contemplation as the small still voice of the Divine. Because they are “*God breathed words*” they are placed directly into our consciousness and their manifestation is critical in producing the needed instant changes within both our physical and spiritual lives. Speaking a rhema is the “*activation of truth*” by the Divine light of God and its words carry the power of creation. The spoken words are a “*force configuration*” as their structure holds the spiritual energy for their given manifestation from their resonate vibration. In an alchemical sense, the rhema represents Mercury in that it acts as a catalyst in the manifestation process.

*But he answered and said, It is written, Man shall not live by bread alone, but by every **word** [rhema] that proceedeth out of the mouth of God.* **(Matthew 4:4 KJV)**

The sounds of the rhema are the “*living voice*” of the Divine that act as the *sword of the Spirit* in that their vibrational energy is like a sword that cuts through and destroys all dense lower vibrational energies that produce spiritual blockages within us or attach to us to cause harm.

And take the helmet of salvation, and the sword of the Spirit, which is the word [rhema] of God: (Ephesians 6:17 KJV)

Some rhema which are given to spiritual aspirants must then be spoken by the aspirants themselves as if using them as an incantation or a command. By our own voice you are releasing the vibration of the word of power so it may then manifest its intention into the physical world as your “*Spoken Fiat*” that reflect the promises of God. The power of the rhema is that they are highly charged with spiritual force and their vibration resonates with one’s inner energy and spirit and with the universal laws so it is possible to alter the course of one’s life. However, the rhema need not always be spoken aloud they can be brought to mind so as to create silent mental vibrations as what is referred to as “*inner illumination or the voice of the Silence*”. Regardless, in using a rhema it requires the alignment of our “*thought, emotion, and breathe*” with the Divine energy so as to awaken the Christ-within and manifest and heal in the physical world. In terms of Heindel’s true *scientific prayer*, it is the voice or thoughts of the aspirant using a rhema to address a specific situation in which its high-vibrational energy is able to connect and resonate with Divine consciousness so as to set forth divine grace or healing forces.

Rhema for Inner Teaching

1. Enter into Stillness

Relax your body and calm your mind, meditate on the following: *The Lord will fight for you; you need only to be still. (Exodus 14:14)*. Then after time focus your attention on “*stillness*” that reflects your surrender and willingness to wait and trust in God’s sovereignty rather than your own abilities and efforts. Once your mind stills, pause for a minute.

2. Enter the Inner Sanctum

Visualize slowly and silently entering the *Inner Sanctum* of your spiritual heart from the *Outer Room* where thoughts, ideas, concerns, and emotions freely pass in and out. Continue moving inward to the *Inner Shrine* or the Holy of Holies and stand before the high altar, facing the *Seat of the Divine* where your soul directly interfaces with your Christ-within.

3. Testimony of Your Spiritual Helpers

Alongside of you now appears an *Invisible Helper* to your left and an *Elder Brother* to your right. Listen as your spiritual helpers confirm that you have made all attempts to live a pure and chaste life, to eliminate “*prejudice and skepticism*”, have placed your mind into a “*calm dignified waiting*” state in which you now

believe as a child that all things are possible, and have continuously offered selfless service to others. Visualize your brothers handing you a single white rose in full bloom, symbolic of your purified heart and larynx from these efforts.

4. The Gift of the Rhema

From your Christ-within a deep, sacred prolonged utterance is released that loudly echoes within the Inner Shrine and slowly infuses directly into your consciousness. At first you struggle to understand the rhema but as the vibration of all the atoms of your body increase and the pitch of your keynote rises, the words of your specialized incantation become clear for your given need in your spiritual development.

5. The Etheric Link

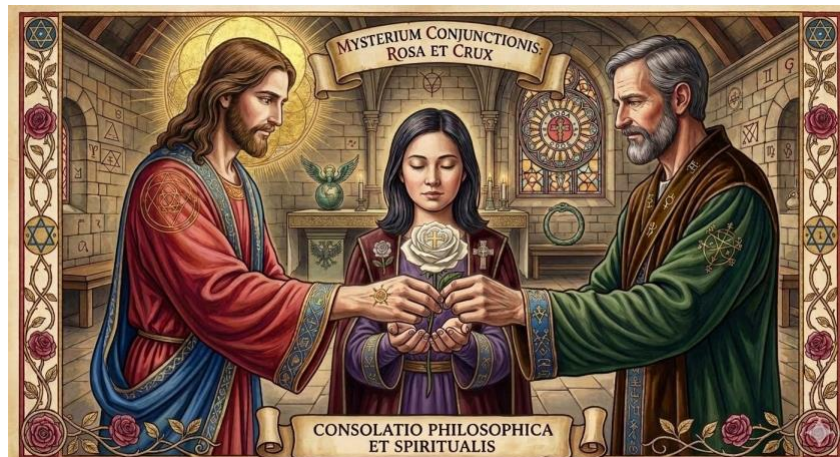
Visualize your gratitude by passing your single white rose to your Christ-within (a brilliant stream of multicolored energy) who now opens the channel and strikes a spark to allow the bright white spiritual light to freely circulate between the pituitary and pineal gland. As the spiritual light continues to circulate its intensity increases causing a slight white glow around your head as an expression of your crown chakra. By establishing an etheric link your sleeping consciousness now awakens to a higher state of consciousness.

6. Your Creative Fiat

Feel the creative energy now pooling within your larynx so as you speak your rhema the vibration of its words touches upon your own desire body for its needed spiritual growth as well manifesting that which is needed to immediately help and guide you in the physical world as well as helping you to understand your next steps in your spiritual development.

7. Verify the Rhema

Visualize your Christ-within positively acknowledging (with a burst of golden light) the outcome of His word [rhema] you have been given so you feel confident in its alignment with His Word, love, and truth as you now look to apply His inner teachings to further your spiritual development.



Mercy, The Direct Revelation of God's Hidden Truth



The word mercy comes the Latin *merced* or *merces* meaning “*the price paid for redemption*”, while in Hebrew it is *Rachamim* which refers to the mother’s womb indicating its maternal nature of unconditional love, protection, and providing nourishment. The Passion of Christ is considered to be the ultimate expression of mercy in which God out of His undying love for humanity balances the scales of justice through the sacrifice of His Son so that humanity will not be crushed and destroyed by the “*harsh strictness of the Law of Consequence*” from our continued wrongdoings. On the surface mercy speaks to forgiveness and compassion and is “*love in action*” for those who are suffering from their imperfect way of life. As mercy allows us to provide relief from our pain through leniency and nonjudgmental understanding. For without mercy, we could not continue our spiritual evolution as we are still responsible for all of our negative actions and we must balance them in this lifetime or the next, yet through the mercy of Christ when we genuinely repent and express sincere remorse (Retrospection) then He is willing to accept this as payment for our “*spiritual debt*” so we may lessen our time in purgatory.

To have mercy we must have a “*soft heart*” as mercy is an extension of unconditional love that is driven by compassion, generosity, wisdom, and

kindness. It is offering grace so someone can heal even in their worst times. Its function is analogous to the holy anointing oil that is described in *Exodus 30:22-25* to heal the sick, in personal devotions, and to free the soul from its past bondages. In essence mercy represents a form of divine energy that not only allows for redemption but empowers the restoration of our wholeness and our spiritual transformation. As the mercy you offer others is ultimately the key to receive your own inner peace. Its Latin root of *miser cordia* is to “*have a heart for the wretched*” refers to mercy in which you see beyond the lower nature of others so that you can relieve them of their suffering by utilizing your spiritual energy to help transform their lives and connect them to the Divine. For this is the only way all of us at one time or another can get past our karmic debt and balance the universe’s twin pillars of Judgement and Mercy.

In the Kabbalah’s Tree of Life, Mercy (Chesed, meaning “*steadfast love or loving kindness*”) stands for unconditional love, a positive spiritual force, the energy of creation, and the grace of the universe which represents our commitment to the well-being of humanity. Chesed is governed by the Archangel Zadkiel who balances justice with compassion and mercy using the energy of Chesed for cosmic alignment. Opposite of Mercy on the tree of Life is Judgment (Gevrah) which must balance the intensity of mercy which on its own would vanish us “*back into the divine source*”. While if there were no Mercy than the “*rigid inflexibility*” of Severity would lead to our destruction. Therefore, Mercy and Severity are seen as “*two endpoints of cosmic justice*” which are bound by the principle of Polarity and must find their balance at the center point of *Tiferet* (Beauty/Compassion). Thus, when we enter the Tabernacle into the Holy of Holies there is the *Mercy Seat* whereupon our consciousness can merge with the holy light of the Christ consciousness.

*"There is but one thing that the world has need to know;
There is but one balm for all our human woe;
There is but one way that leads to heaven above;
That way is human sympathy and love."
- The One Way, Ella Wheeler Wilcox*

Mercy preserves life as it restores the flow of love into the broken and all those suffering regardless of their limitations. It creates and expands by providing the spiritual energy that can now move between our soul and the Divine and then act as a “*catalyst for divine union*”. For as Rosicrucians, mercy comes after we have devoted ourselves to our spiritual work and is symbolized by the blooming rose, the unfoldment of our souls. So that by the “*intelligence of heart*” we live a life of sympathy, tolerance, compassion, unconditional love, and mercy for our fellow man so that we accelerate our own soul growth and experience a deep sense of peace as we create a deeper union with the Divine. Just as Christ, we need to move beyond judgement and offer grace so that we can build upon the love and harmony of humanity so as to create a “*righteous adjustment*” that aligns the universal consciousness back to the eternal truth.

Max Heindel also refers to some of these Archangels as Star Angels and mentions how they can also be used in our spiritual work. Please see the Appendix: ***Praying to Star Angels***:

St. Zadkiel the Archangel Prayer for Mercy and Compassion

Zadkiel, Archangel of Mercy, I call upon you to take the dagger from my hand and to teach me how to be gentle even in difficult times, willing to yield to the slights and offenses of others, always seeking peace and offering mercy and compassion. For with lovingkindness, I need to show mercy and offer my hand in forgiveness so that I might then put forth the same unconditional love as Christ did for humanity. Help me to repent of my impure ways so that I may receive God's mercy and be welcomed by His loving arms so I can then do the same for my fellow man. Then from the depths of my heart raise my feelings of compassion to overflow its chambers and strengthen my communion with God so I may be in complete alignment with His will by always sharing heartfelt gifts of service that reflect the love of Christ. Amen (© GEC)

Providing the Gift of Mercy

1. Enter into Stillness

Relax your body and calm your mind, meditate on the following: *Be merciful, compassionate, and tender just as your heavenly Father is merciful. (Luke 6:36 AMP revised)*. Then after time focus your attention on “*unconditional divine love*” that reflects the highest form of love from God that is steadfast, unchanging, with “*unfailing mercy*”. Once your mind stills, pause for a minute.

2. Tree of Life

Visualize the Tree of Life within your physical body in which *Chesed* (Mercy) is an area on your left shoulder, *Gevrah* (Judgement) is on your right shoulder, and *Tiferet* (Beauty/Compassion) is in the center of your chest within your spiritual heart.

3. Invoke Archangel Zadkiel

Silently, within your mind state an Invocation for Archangel Zadkiel such as; “*Archangel Zadkiel, angel of mercy, and compassion, come now within my presence so that I may channel the divine flow of grace to those in their dark hour of their soul.*”

4. Violet Light to Spiritual Heart

Visualize an intense violet flame appearing above your head in which the violet light it emits now enters your head and moves downward to your spiritual heart (*Tiferet*) to ensure the balance and harmony between the *Chesed* (Mercy) and the *Gevrah* (Judgement)

5. Violet Light to Left Shoulder

Visualize moving the violet light from your spiritual heart to the left shoulder the site of *Chesed* (Mercy) and visual Archangel Zadkiel (violet light) calling the sefirot into action so that your thought and emotions of Divine Grace can be transformed into the reality of mercy.

6. Flow of Grace Down Left Arm

Visualize a flow of a soft violet light of Divine Grace transporting an abundant supply of mercy from your left shoulder now traveling down your left upper arm, to your lower arm, and finally into your left hand.

7. Release to the Needed Target

From the fingers of your left hand now envision the release of Divine grace so the healing power of the its mercy may reach the intended target of people so that they may experience the healing power of forgiveness, compassion, and the restoration of their soul so they may step back into the Light and find unity with the Divine.



My Prayer for Mercy

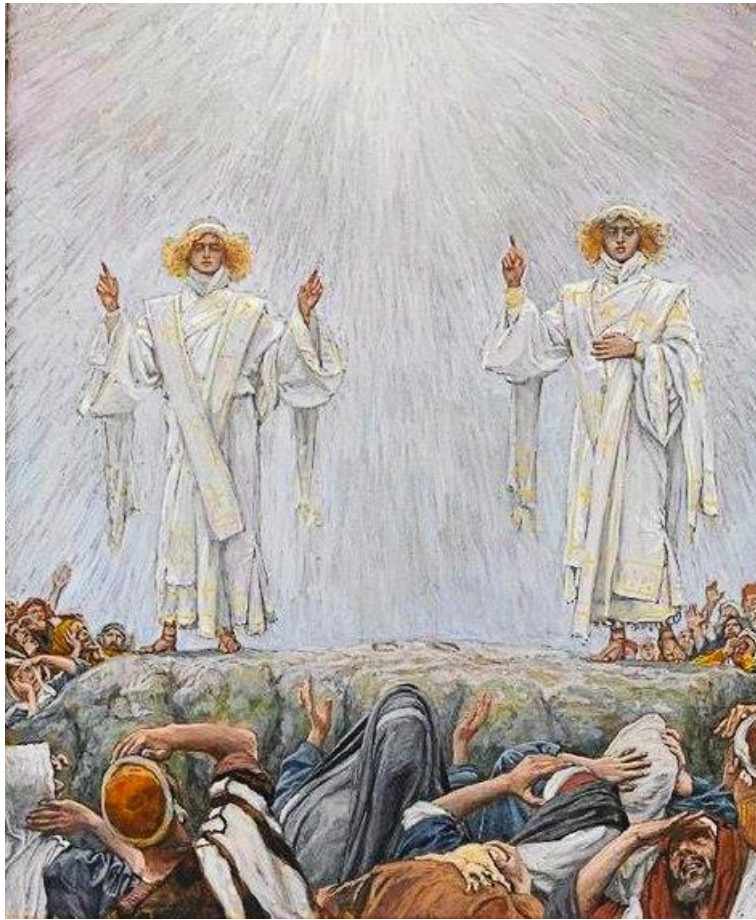
O Merciful Lord, Compassionate Son of the Most High, open my heart so that I will always show mercy and kindness to those in their time of need and forgive my debtors all debts. May my acts of mercy be like those of the Good Samaritan in which he gave by the love and compassion of his heart. Lord, awaken my Ego so that I too may become pure in heart and Your divine substance may permeate my body so that the Christ-power may come to life within my Ego thereby filling my Intellectual Soul with mercy and compassion. Then let the light that my Intellectual Soul produces, shine forth as my consciousness raises and my Ego seeks to reach its purified condition so I might experience the equity of my fellow man as we bind together in fellowship and unity. Help me to spread the light of mercy and kindness so it illuminates even the darkest corners of the world around me, finds those who are in need so broken relationships can be healed and the comfort of peace of Your love may spring forth, and then migrate back into my soul so it might work to grow my soul body. Lord, let me stand before you in my golden wedding garment so that I might ascend to the Higher Worlds and sit by Your side. For I was the prodigal son and I have returned to be held within your embrace of Your great mercy and receive a “new birth into a living hope” through the sacrifice of your crucifixion and the sealing of eternity with You, my Lord. Amen. - (© GEC)



My Prayer for Forgiveness

Mighty and Merciful God, Redeemer of My Soul, help me to heal my heart that has been wounded by anger, bitterness, and all forms of malice by first allowing me to feel the anger that has built within me so I may now move forward and begin to heal that which hurt me so badly. As You have forgiven me, I must learn that forgiveness is a choice, and I must choose to release those who have wronged me and set aside my feelings of revenge and retribution and cancel the debts they have incurred at my expense. Even if these same wrongdoers continue to repeatedly offend me, I should always remember the mercy You have shown Your followers so that I can still offer them my forgiveness. However, should I stall in my forgiveness, I ask that You direct the wind of Holy Spirit to open my eyes to the true devastation of sin so that I can be empathetic to my transgressors and see things through their eyes. Then I can examine myself so that I can see my own imperfections and shortcomings so that I am not always looking to find the worse in others. Help me to understand that people who I most desperately need to forgive are in reality those who can most effectively teach me to be grateful so I can find peace in my most challenging times and become my best self. Hear me as I pour out my heart and unburden myself of my pain and resentment so I can open myself to the forgiveness of others as well as myself. Then for my own forgiveness I can finally lay my guilt down and no longer feel the need to always be perfect. Therefore, my Lord always bring me to forgiveness so that I might renew my well-being and initiate my own healing. Amen. - (© GEC)

***Come* a Command for Transformation**



The word “*come*” has several different spiritual meanings depending upon the context in which it is being used. It generally has nothing to do with physical movement of the body but refers to a symbolic turning away from the material world so you can align with the spiritual world and establish a “*direct, active relationship*” with the Divine. And in order to come to the Divine it requires that you release the grip of your Ego and strip yourself of all negative thoughts and patterns and trust in the Divine so you may experience rest, inner peace, and renewal. In the process of coming, we are working to manifest the principles of the Higher Worlds such as justice, love, compassion, goodness, and peace within our own spiritual heart so they may be expressed as who we are in the physical world. Therefore, when Christ says, “*Come to me*”, He is telling us to pause, and quiet ourselves so that we may hear the voice of our soul or intuitive impressions placed within us from the Divine so that we may hear His guidance and support.

In coming we are also called to move from our lower state to a higher state of spiritual development in which we must shift our inner awareness and go beyond the illusions of the material world and release all the limitations and habits that prevent us from our spiritual transformation. We don’t need to do anything first, we should just “*Come as we are*” as God will accept us just as we are even when we are at our lowest point, we just need to put our burden down and accept His invitation of grace. Then we come to realize that that Divine exists in all times in

all places so being asked to come is actually asking you to simply open your spiritual eyes to see that at all times and in all places, you are in the presence of the Divine. Yet, when we are not in divine alignment, we are in darkness so that our spiritual hearts cry out for Divine Light by asking for Christ or His kingdom to come so that we may return to our higher consciousness in the Light.

Coming is also strongly associated in manifesting as when you purify ourselves and can release the material focus of the Ego we can align or “reset” the frequency of our inner keynote so through its resonance with higher spiritual frequencies we can attract what is most needed to manifest within ourselves and the physical world to best advance our spiritual development. So, when we come, we are moving our minds to become what we wish to attract so that we may eventually come in to harmony with the Divine by the union of our consciousness with the divine consciousness. As it is here that the soul in a higher consciousness is in its natural state in its divine form. Therefore, the word come is a command but in the sense of being an “*energetic demand for self-transformation*” that requires the surrender of your Ego and for you to move within your inner sanctuary so that you can continue your transformation of all of your remaining lower nature into higher vibrational frequencies in which your self-awareness remains completely focused upon your Christ-within.

In *John 1:39* when we read “*come and see*” it reflects the awakening of the soul and its transformation in which we now “*reflect divine love, empathy, and service back into the world*”. Ultimately, things come and go in the universe and our lives, but when things do come together, they always must conform to the universal laws and the rules of vibration, resonance, and polarity. In the end it's about balance and harmony so in coming together there must be a balancing of energies if a cycle is to be completed and there can be movement to the next level. A good first step in the process of coming is to first discover what is hidden and needs to be brought out into the light, such as energy, a spiritual being, a new opportunity, etc. Then our work is to make it come to our inner divine nature (our Christ-within) so we may then manifest it within our world by matching its vibrational frequency. By the spiritual joining our what we have brought into ourselves and our Christ within we raise our internal vibration and thus elevate to a higher consciousness into an “*enlightened state of being*” in which the Divine World comes to birth within your soul.

“Come to Me, all who are weary and heavily burdened [by religious rituals that provide no peace], and I will give you rest [refreshing your souls with salvation]. Take My yoke upon you and learn from Me [following Me as My disciple], for I am gentle and humble in heart, and YOU WILL FIND REST (renewal, blessed quiet) FOR YOUR SOULS. For My yoke is easy [to bear] and My burden is light.” (Matthew 11:28-30 AMP)

Coming for Intuition

1. Concentration on “Yoke”

Relax your body and calm your mind. Read *Matthew 11:28-30* silently within your mind. Then concentrate upon the word “yoke” for a few minutes.

2. The Yoke of Christ

Visualize sharing a wooden harness with Christ so that you will walk side-by-side with Him in your spiritual work. Although the yoke appears heavy and cumbersome, when placed upon you it is light and comfortable, perfectly fitted. It is the bridge by which your consciousness can unify with the Christ consciousness.

3. The Easy Yoke

Visualize the wooden yoke sharing and balancing the load between Christ and yourself. Yet, immediately, you realize the burden you are carrying appears to be considerably less than that of Christ. In fact, the load of spiritual truth and love that you are carrying is actually lifting your soul upward while Christ has taken the full weight of everything your Ego has attached itself to and its unwillingness to let it go, the laws that hold you captive, and the falsehoods you cannot see beyond. While the path you are travelling upon poses no threat to your endurance so that your time together within the yoke is effortless and filled with joy.

4. Finding Rest for Regeneration

In your realization of being yoked to Christ, even as you move forward you feel your physical energy constantly being renewed so your mind can pause in a state of silent stillness. While within your stillness you will begin your spiritual regeneration. Even within your work you are experiencing an “*inward tranquility*”.

5. Spiritual Alignment

Listen as your inner keynote now begins to tune its keynote so that it will now resonate with the Divine consciousness of the Christ within so that there is harmony between the soul body and the higher cosmic forces.

6. Vertical Retreat

Visualize within all aspects of yourself all of your “*scattered vital energy*” within your body now being collected and stored within a spiritual battery for your Higher-Self so it can now be used by used as power source to awaken your spiritual eyes so as to see that you are always in the presence of Christ.

7. Return to the Inner Sanctum

Visualize your inner Sanctum of your spiritual heart completely restored to its magnificence as suitable indwelling for the Holy Spirit. And watch as the Spirit

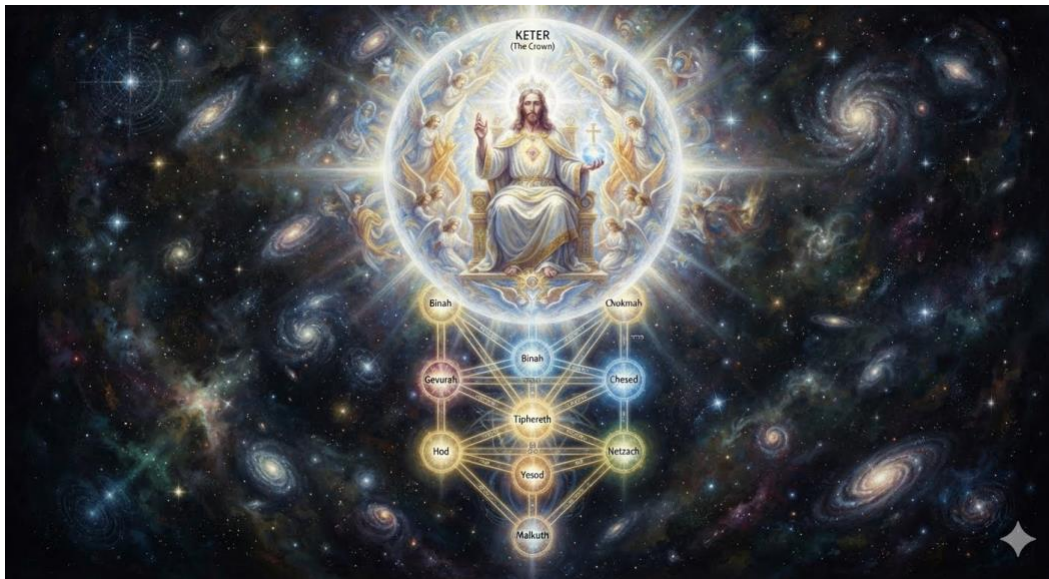
re-enters the sacred temple again and He immediately opens the “*Intuition Portal*” for your next divine message.

My Prayer of Intuition

Rock of My Faith, My Inner Prophet of Guidance and Truth, I know my faculties are limited in understanding Your spiritual mysteries, therefore, I beseech you to open my heart and mind to hear the voice of intuition so that I may learn the Spirit of Truth. Through your higher vibrations, awaken my pituitary gland to activate my intuitional faculty from my Life Spirit which places needed information for my life into my heart so it can be carried and flashed upon my brain by my vagus nerve. As this information provides the answers and guidance to specific situations and problems, help me to accept the intuitional impulses or “first impressions” of the information that comes to my mind as I have learned it will come directly from Your cosmic wisdom and divine love which feeds our Life Spirit. Let me not modify or adapt these first impressions as this is would only be my intellect trying to make things easier or more acceptable for my selfish Ego. By accepting your messages of intuition, inspirations, and original ideas from my Inner Power into my conscious mind I will now know with certainty the wishes of my Higher Mind. Then the obstacles and failures of my life will vanish and my life will become a life of harmony and success devoid of any troubles or difficulties. By providing this “teaching within” it will allow my mind and heart to work in unity so this guidance can be impressed upon the reflecting ether present in my vital body which will then be used to make the initial impression upon my brain. Therefore, my Lord, help me to evolve my faculty of intuition so I may soar as the bird of intuition to the greatest of spiritual heights so that I may take notice of the pain and suffering of others so I might provide needed relief as we all come together in Universal Brotherhood. Amen

- (© GEC) Based on *Etheric Vision and What it Reveals*, A Student

Alleluia, The Vibrational Key



The Fourfold Hallelujah

After these things I heard something like the great and mighty shout of a vast multitude in heaven, exclaiming, "Hallelujah! Salvation and glory (splendor, majesty) and power (dominion, might) belong to our God; because His judgments are true and righteous. He has judged [convicted and pronounced sentence on] the great prostitute (idolatress) who was corrupting and ruining and poisoning the earth with her adultery (idolatry), and He has imposed the penalty for the blood of His bond-servants on her." And a second time they said, "Hallelujah! Her smoke shall ascend forever and ever." Then the twenty-four elders and the four living creatures also fell down and worshiped God who sits on the throne, saying, "Amen. Hallelujah (praise the Lord)!" Then from the throne there came a voice, saying, "Praise our God, all you bond-servants of His, you who fear Him, the small (common) and the great (distinguished)." (Revelation 19:1-5 AMP)

Alleluia or Hallelujah at its most basic level means to "Praise Yahweh" or "Praise the Lord" and in the Bible it is the first and last word of *Psalms 146 to 150* and in *Revelation 19:1-5* its use in heaven is described. It is considered to be an ancient word that was from the "language of the gods" which was a "timeless heavenly language" used by angels, saints, and other celestial beings in heaven to sing praise to God and "maintain cosmic harmony". Angels use the repetition of Alleluia as a hymn of thanksgiving in heaven while people still on earth believe that if they also speak the word then their consciousness will be raised so that they can also participate in the "eternal chorus surrounding the Divine Throne" and become part of the *music of the spheres* that finds its way back to earth to further bless us. Therefore, it is considered far greater than a sacred word because when it is spoken it becomes a "vibrational key" that speaks directly to our soul and connects it to the Divine. For without any other words, it conveys our complete surrender to the Divine and expresses our profound joy in experiencing the true nature of God.

Hallelujah consists of two parts, *Hallelu-* and *-Yah*, in which its first part is the command to worship God in adoration in a boastful manner while *-Yah* is a shortened form of Yahweh and the Tetragrammaton YHWH, the personal name of God, as to whom we are directing our praise. It is also used in the *Book of Psalms* and *Revelations* as “*spiritual war cry or weapon*” and a declaration of victory as nothing can withstand the divine authority of God. While every individual can use Alleluia whenever they are fearful, anxious, and feeling intense grief as it will return your focus back to the Divine in which your problem or issue becomes meaningless. By speaking the word, there is a separation from our Ego and we are activating the throat and crown chakras of our body so as to increase the inner frequency of our keynote and bring us into resonance with higher vibrational frequencies of the spiritual worlds and the Divine and eliminate any lower-frequency energies that could reverse the process. It is thought that the power of Alleluia is found in its vowel sounds (AEUIA) in which together they act as a cosmic chord in which it resonates with the different energy centers (chakras) of the body so as to establish a sense of inner harmony that extends into the cosmos and thereby awaken our own inner divine light to stimulate our pituitary and pineal glands to open our spiritual sight. While also working to cleanse our aura, renew our health, eliminate any negative spiritual influences, and restore our inner peace.

Alleluia is an all-encompassing word or vibrational key that represents what we cannot express in our limited speech in terms of the soul needing to express its love to God. Its use in song puts us directly into contemplative prayer in which we now experience God. By its repetition “*the soul creates a throne for the Divine Presence to inhabit*”. As it takes the divine light into our spiritual heart and awakens our Christ-with, the microcosm, so through resonance with higher spiritual frequencies we can lift ourselves upward into the macrocosm of the universe. While in the Kabbalah, the singing of Alleluia places us in a higher spiritual plane or channel of energy as seen in the “*sephirah of Tiferet or Keter on the Tree of Life*”. In addition, *Yah* is connected to the second Sefirah of Chokmah (Wisdom) which represents our intuition, creation from nothing, a bridge to the Divine, and “*primordial creative will*”. In order to enhance the spiritual effect of chanting or singing Alleluia a vocal technique of *melisima*, sustaining single syllables over multiple notes, is often used on the last syllable of Alleluia for the “*spiritual release of wordless joy*”, to imitate the angelic voices, and to deepen contemplation in what is called the *jubilus*.

Alleluia and a Downpour of Divine Light

1. Connect with Chokmah

Visualize focusing upon a small point (*Yod*) of bright light, a star, in the evening sky to quiet the mind. Watch as the light rays travel from this point of light and pass directly within your mind as a smallest of sparks, yet powerful enough to begin your transformation that starts by awakening the right hemisphere of your brain to open your intuitive communication system with the Divine. You have activated the *Chokmah* (Wisdom) Sefirot of the Tree of Life which is represented by the small point (or in the Bible as a “*jot*”) and is associated with intuition and creation of *-Yah* in Alleluia. It is the second Sefirot on the top of the left-side Pillar of Mercy.

For verily I say unto you, Till heaven and earth pass, one jot [Yod] or one tittle shall in no wise pass from the law, till all be fulfilled. (Matthew 5:18 KJV)

2. Join the Heavenly Choir

Silently and slowly chant *Alleluia* repeatedly. Visualize the sound of the word Alleluia acting as a vibrational key to unlock the doors to the heavenly concert hall so you may enter and join all the celestial beings that are praising God by chanting Alleluia. As you chant Alleluia you are focusing upon adding a *melissa* to its final syllable to deepen your connection to the Divine presence.

3. Throat and Crown Chakra Activation

Visualize the opening of your crown chakra (tingling and small burst of light) and its soft violet glow. Watch as the spiritual energy now moves to open your throat chakra which now opens (warmth and ringing in ears) and glows light blue. The opening of these two energy centers together is the beginning of your spiritual awakening in which you now feel your connection to the Divine and the intuitive impressions from the hemisphere of your right brain are confirming that your new spiritual alignment has bridged the gap to allow you access higher spiritual wisdom.

4. Cosmic Chord

As you slowly continue to chant *Alleluia* visualize each syllable of the word striking a specific note on the Orpheus' *Celestial Lyre* (a five-star northern summer constellation) that creates a cosmic chord that beautifully harmonizes with the totality of the creative *Music of the Spheres*.

5. Pituitary and Pineal Gland Activation

Hear and visualize the divine *Music of the Spheres* showering down upon you in high-vibration frequencies of energy so as to resonate with your inner keynote. As you hear the tone of your keynote rising feel your spiritual energy moving upward to awaken your pituitary and pineal glands as seen in a bright light oscillating between them. Watch as your spiritual sight slowly restores so you may focus your consciousness upon your Christ-within that is located deep within the inner sanctuary of your spiritual heart.

6. Contemplative Prayer

Visualize your spiritual eyes helping to guide you to your Christ-within, the pure vessel of your spiritual heart, repeat the prayer; *I am still because I know that You are God (Psalm 46:10 revised)*. Now let yourself now rest within the silence of His presence in a union of divine love in which your consciousness is now fully united with the Christ consciousness.

7. Down Pour of Divine Light

Visualize Christ who is now unified with your consciousness in His transfiguration within the *Keter* of the Kabbalistic Tree of Life sitting within the crown of your head and sending His Divine light downward in the three pillars to balance all opposing forces and to provide a “*unified path of enlightenment*”.



My Prayer to Our Inner Power

O Mighty Christ-Within, my Inner Power, You are the source of my life, my Higher Power that comes directly from God the Father. It is from You that I will only find my desperately needed connection to the God of the Universe and His omnipotence. Help me in my belief to awaken this inner latent power so with your guidance and love I can learn to “unfold it into positive, dynamic omnipotence”. For from this power, will come forth positive and successful experiences in advancing my spiritual life due to the wisdom you provide as messages to my conscious mind. As these heavenly messages of intuition, inspiration and suggestions provide the needed counsel to acquire the constructive results that our Higher Self uses to lead us towards in our daily lives. Then and only then can everything in our lives find the balance and harmony that allows for success in all facets of our lives. Therefore, through our meditation, quiet our minds so that our Inner Power can speak Your wisdom and keep us from the destructive self-indulgent desires so that our minds can always be receptive to Your mental messages and immediately enact them in our lives. To You, my Lord, this will be my way to display my faith, a faith that acknowledges the Christ-Within and Your absolute power. So, hear my prayers to my Inner Power, my Christ-Within, and sense the absolute confidence I possess when I release my petitions to Your Love, thoroughly assured of their materialization. Amen

- (© GEC) Based on *The Law and Our Needs*, Max Heindel



My Prayer for Harmony

My True God, and Source of Harmony Within Each Man, You are the only One who has ever walked the face of the Earth in perfect harmony and unity. As your devoted followers help us to mirror the calmness, peace, and humility You brought to the world so that we will be renewed in our hearts. You came not be served but to humbly serve us in Your meekness without every calling attention to Your power and greatness. You worried not about the opinions of others or their contrasting beliefs and viewpoints because You came to do the will of Your Father. In Your humility You spread Your quiet confidence and brought forth clarity from

those eager to drink from Your cup of wisdom. For then we came to understand that the harmony we need in order to be whole comes from our willingness to conform to the Laws of Nature and by accepting the responsibility of Your divine precepts. Therefore, we ask that the Holy Spirit within us to guide us in developing the empathy and compassion we so desperately need so that our actions lead us to our own inner peace and harmony that reflects Your standard of truth. As it is only when we are in universal harmony that we have agreement so that we might develop the same attitude of love and compassion for each other and live in lasting peace. And it is only when we are in harmony with Your Spirit that the energy of our vehicles can freely flow and clear out any crystalized obstructions so that we experience the blessings of good health and thereby prevent the self-destructive effects from the darkness of any discord. Only then can our homes and Your kingdom stand undivided and in balance in a state of immortal harmony. For knowing that harmony is the reality You wish us to have My Lord, allow me to tether myself to Your Spirit so that in our connection my intuition will bring forth the Words of Your wisdom so that I can experience the goodness of this eternal reality. As now I surrender my Spirit so that You may wash over me. I ask that You keep me united in Your Spirit so that I may heal myself and others and may always rejoice in Your gift of good health. Amen.

- (© GEC)



My Prayer for Spiritual Vision

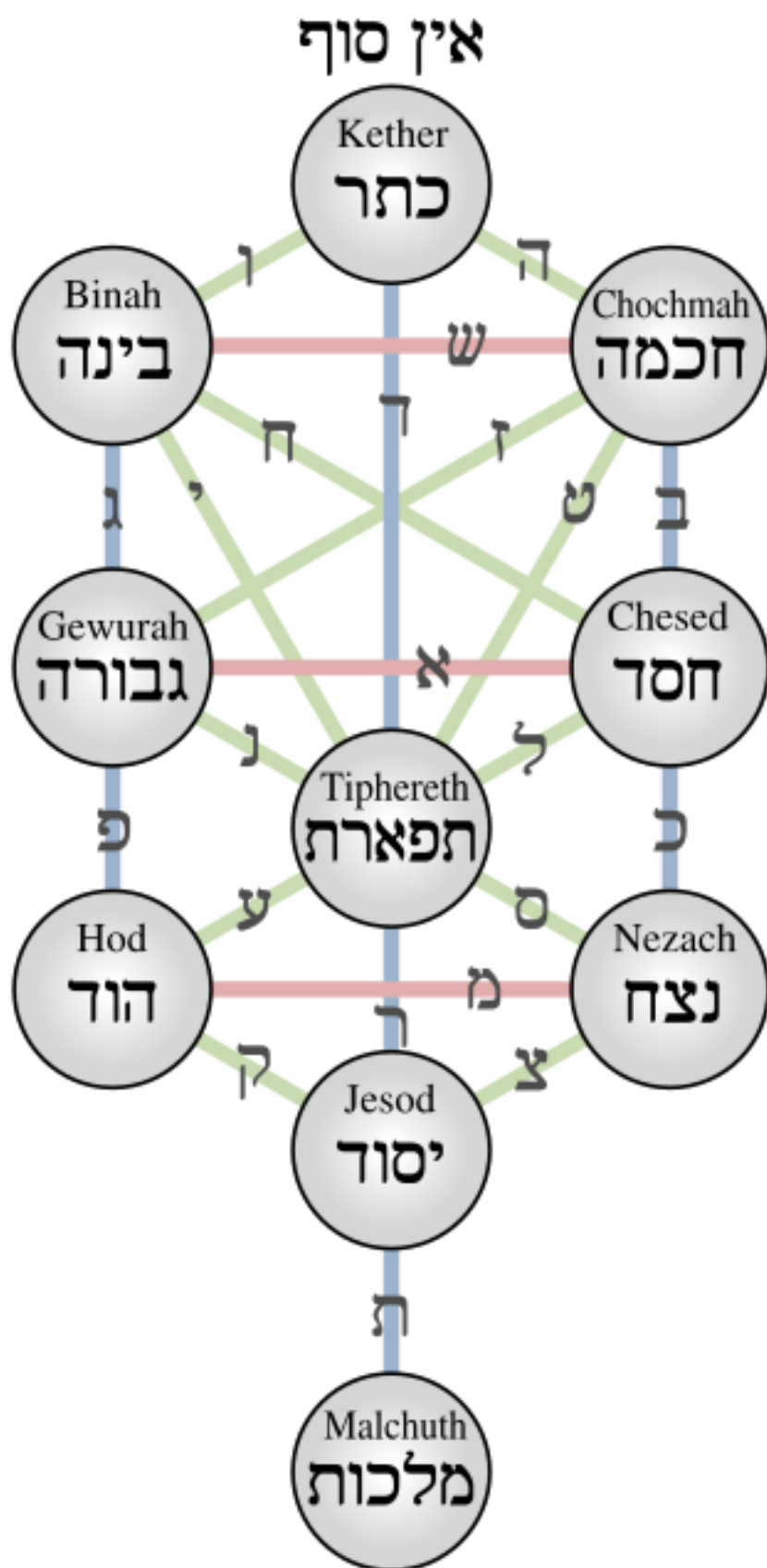
My Faithful Witness and Prophet of Heavenly Visions, I humbly call upon You to open my eyes of my heart to my spiritual vision so that I might perceive the signs, symbols, and light of Your truth You are sending us from the spiritual realm. Through the new lenses of my spiritual vision allow me to fix my eyes upon the knowledge and wisdom You have set before us so that I may live in accordance with Your will and behold the life-changing truth of Your Words and Spirit. As you have promised those with a pure heart, allow us the joy and reward of seeing Your face knowing that You are alive within us, working all around us, and to experience the magnificence of all eternal realities hidden to our natural sight. Therefore, focus my awareness and turn my eyes so that they are always upon the pure and righteous things of the world, especially Your Word which brings clarity to the mysteries of Your heavenly kingdom. For from Your Word, our Christ-within is nourished so our mind become clear, focused, and accurate in Your teachings and understanding of prophecy. Shine Your spiritual light upon us so that we might summon all of our heavenly senses to reveal Your divine manifestations from the Holy Spirit. With only my two eyes I stand blind in my heart and mind, therefore, my Lord light the seven lamps of the lampstand so they might be my seven eyes of my perfect and complete spiritual vision. Let my spiritual vision gaze deeply within myself so that I can now see who I can be within You for then I will understand that the spiritual vision that I use to see You my Lord is the same vision that you use to look upon me. For then we have the gift of spiritual vision that allows us to see the energy patterns and flows that can be used to either inhibit our perception of Your glory or we can use them to bring us closer to Your

presence. With the gift of Your spiritual vision, I fully submit myself so that we can behold each other in a unity that knows only One and One love. Amen

(© GEC) My Prayer based on Alois Mailander, *A Rosicrucian Remember*, Samuel Robinson, p 283 (Twelve Stages of Faith or Soul Consciousness)



Tree of Life



Rejoice to Shift Energy



The word *rejoice* has its roots in the Greek word *chairō* which means “*being well*” or “*thriving*” and is very closely connected to Greek word *charis* which translates to grace. In this context we can see that rejoicing is more than just a state of happiness that is produced by external factors and conditions. As Rosicrucians when we rejoice it is because we have found spiritual peace and harmony and our soul is aligned with eternal truth so that we can produce the spiritual fruit of joy for then we understand the value of life’s hardships. It is through the fullness of joy that we fully experience the love of the Divine and the union of our consciousnesses. As it is in our spiritual evolution that we find joy regardless of the suffering we must endure as it emerges to teach us. Then rejoicing is the act of focusing on the Divine Light so that we can increase the vibrational frequency of our inner Keynote so as to resonate with the higher vibrational frequencies of the Divine.

In Hebrew, to rejoice is to “*spin around in a frenzy of violent, joyful emotion*” as this creates within ourselves a purifying effect that not only raises the frequency of our inner energy so that it may clear all energy blockages within the body from our sorrow and suffering so that our soul may rest in true inner peace. As our etheric energy now activates the spiritual energy centers of the body, our chakras, that produce our Divine alignment. Yet, in a deeper sense, rejoicing signals our “*return to grace or to possess the Divine again*”. There is nothing more powerful in our Will than the combined effects of gratitude and rejoicing that we release from ourselves so they may return and to change the energy field in and around

ourselves “*forcing physical changes to shift and match their internal high-vibration state.*”

in every situation [no matter what the circumstances] be thankful and continually give thanks to God; for this is the will of God for you in Christ Jesus. (1 Thessalonians 5:18 AMP)

Rejoicing is a state in which we “*thrive in the conscious awareness of divine grace*” knowing that is through grace that we spiritually develop. Therefore, we must keep ourselves clear of the worldly chaos by working to align our spiritual heart with our soul in kindness, love, and compassion so that we are first receptive to the higher vibrational frequency of grace and the opening of space within ourselves for the unfoldment of Divine Wisdom so we may always be intimately connected to the Divine. It is too easy to become indifferent with the world or to want to disconnect from it when times become difficult. What we need to remember is that while we rejoice, we may find ourselves in the *dark night of our soul* in which we must work to find a way that we can experience *awe* in our lives so we can succeed in our spiritual work.

Spiritual joy come from our appreciation of what we already possess within ourselves so that there is no need to be constantly searching for ways to experience joy. Once we have put aside our ego than we can experience our interconnectedness to the Christ within and willing want to experience the sacrifices of Christ so that we can spiritually grow through the pain, sorrow, and suffering. For our souls are only truly healthy when we go beyond the challenges of life knowing that the choice we made to accept and learn from these experiences demonstrates that we have the ultimate faith in the Divine who is ready to provide “*divine grace, forgiveness, and eternal love*”. For now, we need to understand that our inner peace comes from our ability to transmute our suffering into joy so even in difficult times we can be joyful and delight in hardship because God is omnipresent and His Light is always upon us so that he may at any time send forth His grace for our spiritual development. While in the end our great joy should come from the selfless service, we provide to humanity on a regular basis for only then can we claim to own our state of joy.

Rejoicing in our darkest times creates a spiritual vibrational frequency that is in resonance with the Divine so that it not only removes all blockages to our inner etheric energy but allows us to “*manifest spiritual abundance*” into our lives. As Steiner tells us, rejoicing is when we can come to a “*steady state of inner equanimity*” because we are now capable of balancing our low and high emotional frequencies and energies. Then it is impossible to trap us by our anger, hate, or worry as we now see these emotions as not only temporary but as illusions of the material world. We rejoice and celebrate because during our spiritual awakening our eternal soul comes into harmony within itself and the universe because the Divine through His grace has relieved us of the penalty of our wrongdoings so that we may continue our spiritual work. It is from the act of rejoicing that we come to experience miracles, we can extend ourselves beyond all the limitations of our lower self, and restore all of our spiritual powers.

Rejoice to Transmute Suffering into Joy

1. Meditation Upon God's Grace

Let us start by mediating upon, "*Your grace is sufficient for me, for your power is made perfect in weakness.*" (2 Corinthians 12:9 adapted). For God will provide us all that is needed in our spiritual work even at our most difficult times and will God work through even with our greatest weaknesses. As this will help to create the *mental space* for God's Grace to work through us.

2. Meeting of Extremes

Visualize yourself upon the spiritual battlefield reaching down to grasp a sword in your right hand and a shield in your left hand. The sword can both pierce for discernment and judgement and cut into the illusions of the material world so that we may see truth while also removing that which will not best serve us in our spiritual work. The shield is the energetic body that exists within us and the protective covering it forms around us so that we are not drained of our vital energy. In holding the sword and shield we are holding two extremes of polarity which now have met symbolizing the same extremes of polarity in your *joy* and *pain* which are currently in full battle in which your pain is clearly winning.

3. Surrender Your Will

Visualize a divine light now suddenly cast upon you just as the light that struck Paul on his way to Damascus, that causes you to immediately stop fighting, forget everything else, and put aside all your grief, anger, sadness, and worry and to simply accept acknowledge your pain without any judgement (*Resignation*). As this is your Ego finally letting go so that boundaries between pain and joy are no longer quite so clear.

4. Shifting the Polarity

Visualize yourself carefully studying the energy of both pain and joy that have appeared before you until you realize that they are exactly the same type of spiritual energy and the only difference is in the frequency that they are vibrating. The energy from pain is vibrating very slowly while that of joy is much higher. You now understand that the first step you need to make in changing pain to joy is not by "*forcing the emotion*" but by gradually shifting its polarity which is done by simply increasing its vibrational frequency or tone when we align our spiritual heart by offering "*high vibrational praise, worship, or gratitude*" and protecting our spiritual senses. For then we can take the destructive energy from our pain and transform it into creative energy to serve others who are also in pain and suffering.

5. Sacred Wounds

Visualize scars now appearing upon your back as these scars represent your pain and suffering uniting with the pain and suffering of Christ and transmuting to form "*sacred wounds*" as your pain and suffering are no longer a burden but are the sacred bond of experiencing the Cross in which you and Christ are now

sharing the full expression of Divine love that required pain and suffering to be transmuted into joy. And as you look deeply into the sacred wounds, you see yourself being lovingly held by Christ.

6. Express Gratitude

Visualize yourself before Christ thanking Him for the intense struggle, He provided so that you could learn from the pain and you now understand that pain is simply a veil that covers joy and it is only in true hardship that we can remove the veil and awaken our Christ within and come to learn “*our own resilience, strength, and capacity for empathy*”. For He is God beyond any extremes.

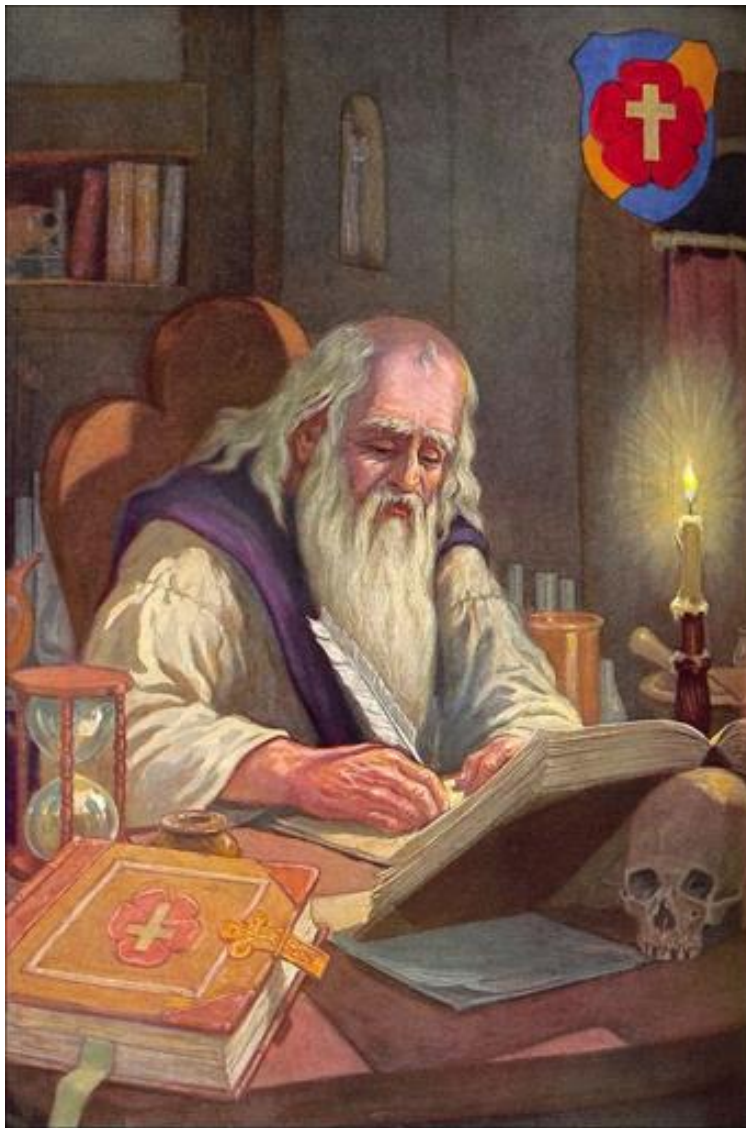
I form the light, and create darkness: I make peace, and create evil: I the Lord do all these things. (Isaiah 45:7)

7. The Portal Opens

Visualize yourself being lifted upward through a “*portal of grace*” for your spiritual rebirth as you have survived the “*Blessed Fall*”, been forgiven, transformed your spiritual heart, and now are within God’s loving and merciful presence, free of pain, rejoicing in the peace, harmony, and love of the Divine. And it is here we rejoice as we “*behold God in all*” and are now free to pursue the higher spiritual realms!



APPENDIX



- a. Praying to the Archangels or Star Angels**
- b. My Prayer Prior to Meditation**
- c. My Prayer After Meditation**
- d. My Prayer for Concentration**
- e. My Prayer for Contemplation for Initiation**
- f. My Prayer of Adoration for Our Soul to Rest in God**

Archangels & Star Angels



Praying to Archangels or Star Angels

By G. E. Carlin

Praying to Star Angels

Heindel explains that each planet and the moon have a “*Planetary Spirit*” or *Star Angel* that is currently living with us on the earth. They can be thought of as representatives or ambassadors of their respective planets. They consist of:

Sun	<i>Michael</i>	<i>Sun</i>
Moon	<i>Gabriel*</i>	<i>Mon</i>
Mars	<i>Samael (Camael)</i>	<i>Tues</i>
Mercury	<i>Raphael</i>	<i>Weds</i>
Jupiter	<i>Zachariel (Zadkiel)</i>	<i>Thurs</i>
Venus	<i>Anael (Hanael)</i>	<i>Fri</i>
Saturn	<i>Cassiel</i>	<i>Sat</i>
Uranus	<i>Ithuriel</i>	

All of the planetary ambassadors or *Star Angels* are Archangels, except for *Gabriel* who is an Angel as the moon is only a satellite of the earth. In the bible in the *Book of Revelations* the Seven Star Angels are identified as the “*Seven Spirits before the Throne*” which as Heindel stated were the “*same beings the Persians called Amshaspands*.”

And out of the throne proceeded lightnings and thunderings and voices: and there were seven lamps of fire burning before the throne, which are the seven Spirits of God. (Revelation 4:5 KJV)

For the most part our prayers are primarily directed to God, however with *certain requests* they can also be directed to the Star Angels by those who understand astrology and how to “*work in harmony with the stellar forces*”. Each Star Angels is dedicated to different aspects of our life, such as protection and health. And even though the *Invisible Helpers* watch over these areas of our lives we can still choose to work directly with them in our prayers.

In the analogy of the electric power house, God is considered the *primary power house* and the Seven Planetary Spirits are the *secondary power house* in which both power houses are connected to all of mankind. Our prayers are the “*switch*” that turns on the power from God and/or the Seven Planetary Spirits so that “*divine light and life*” can now flow to us and “*illuminate us for our spiritual uplifting*”. As Max Heindel writes, this involves studying the “*planetary hours when those stars have rule and at that time proffers his request, which is usually for someone else, or for spiritual illumination concerning certain matters to be used for the common good*”. As discussed previously, our prayers must in be accordance with the laws of God and reflect the will of God and then and only then can we expect our prayers to be answered.

TABLE OF PLANETARY HOURS

Planetary Day Hours							
Hr	Sun	Mon	Tues	Wed	Thu	Fri	Sat
1	☉	☾	♂	♀	♃	♀	♅
2	♀	♅	☉	☾	♂	♀	♃
3	♀	♃	♀	♅	☉	☾	♂
4	☾	♂	♀	♃	♀	♅	☉
5	♅	☉	☾	♂	♀	♃	♀
6	♃	♀	♅	☉	☾	♂	♀
7	♂	♀	♃	♀	♅	☉	☾
8	☉	☾	♂	♀	♃	♀	♅
9	♀	♅	☉	☾	♂	♀	♃
10	♀	♃	♀	♅	☉	☾	♂
11	☾	♂	♀	♃	♀	♅	☉
12	♅	☉	☾	♂	♀	♃	♀

Hour 1 starts at sunrise

Planetary Night Hours							
Hr.	Sun	Mon	Tues	Wed	Thu	Fri	Sat
1	♃	♀	♎	♏	♌	♍	♊
2	♍	♊	♃	♀	♎	♏	♌
3	♏	♌	♍	♊	♃	♀	♎
4	♀	♎	♏	♌	♍	♊	♃
5	♊	♃	♀	♎	♏	♌	♍
6	♌	♍	♊	♃	♀	♎	♏
7	♎	♏	♌	♍	♊	♃	♀
8	♃	♀	♎	♏	♌	♍	♊
9	♍	♊	♃	♀	♎	♏	♌
10	♏	♌	♍	♊	♃	♀	♎
11	♀	♎	♏	♌	♍	♊	♃
12	♊	♃	♀	♎	♏	♌	♍

Hour 1 starts at sunset

Praying to Star Angels: *Michael*



St. Michael the Archangel and the Sun

Michael is considered the leaders of the archangels and all the angels and his name means “*Who is like God*”. He is the Star Angel, Planetary Spirit, or Archangel that governs the Sun and is the identical twin brother of Lucifer. In the Bible he is called “*one of the chief princes*” by another angel. In a great battle in Heaven, Michael the Archangel and his angels cast Satan out of heaven down to Earth (Revelations 12:7-9). He carries either a powerful lance or a flaming sword that only those who possess a righteous heart and the strength to protect what they value most can use. When Michael has an unknown dispute with Satan about the buried body of Moses he tells Satan, “*The Lord rebukes you!*” and these are his only words found in the Bible (Jude 9). He was not only a skilled spiritual warrior and protector but a healer, guardian of the Church and a witness for souls after death. As Sunday is ruled by the Sun, our prayers can tap into his power on Sundays and perhaps even more so on its *Planetary hours of the Day* throughout the week.

Note: *Planetary hours of the Day* for each of the planets, Day Time and Night Time, can be found online (i.e., Astro-Seek.com, Geotimedate.org,

Planetaryhours.org, etc.). In which each day is divided into two groups that start at sunrise and sunset that cycles through the seven planets each hour.

The “**Departments of Life**” that we can seek to make requests from St. Michael the Archangel include:

Aspects of Life: Protection, Healing, Leadership, Truth, Vitality, Humility

Desirous of: Justice, Light (holiness, goodness, knowledge, wisdom, grace, hope, and God's revelation), Prophecy, Witnessing to Souls after Death

Elimination of: Fear, Impurities, Suffering

Associations: Fire, Guardian of the Church, Fight Against Satan, Champion God's People, Escort Dead to their Judgement

My Prayer to Archangel Michael for Protection and to Eliminate Fear

St. Michel the Archangel, The Sword of God, I ask that you stand before me with your lance and flaming sword to guide me in protection. Strengthen my body and soul to resist the powers of any evil influences and take from Me any fears that I have created and allow to reside in my mind. Just as you spoke these mighty words to Satan with certain authority, let me tell any fearful thoughts I hold, 'The Lord rebukes you!' Then just as you defeated Satan and cast him down, stand guard over me over during this difficult time and let the love of my heart for God cast out my fears so I can now depend entirely upon the Lord, resting in His protective arms. Amen. (© GEC)

My Prayer to Archangel Michael for Truth and Light

St. Michael the Archangel, Ambassador to the Sun, help to understand that it is only through God that everything of the world can be understood and explained. Open my ears to the voice of Christ who is the truth so I may only hear the affirming words of His divine truth so I may learn to live it within my life as a self-expression of Christ, the Lord. For within all truth there is also Light which reflects beauty, goodness, wisdom, knowledge, and hope which is embodied and showered upon us by grace of Christ. For it is by truth I shall be made free. Then as you, St Michael, were a messenger of truth, I too will always speak the words of truth. Amen. (© GEC)

My Prayer to Archangel Michael for Healing

St. Michel the Archangel, Who is like God, I ask that in my time of need that you intercede for me so as to bring God's divine healing so as to make me whole once again. Pray with me for the restoration of my vitality so as to ease my pain and suffering by applying the Balm of Gilead to heal and soothe me in my recovery to Jesus Christ. Dispel anything within my body or mind that might prevent me from being complete or fulfilled in my heart. Come to my rescue for my health and by your mighty wings carry my prayers for healing to the very throne of the Father. Amen. (© GEC)

Praying to Star Angels: *Gabriel*



St. Gabriel the Angel and the Moon

Gabriel is considered the chief messenger of the angels. In his own words he describes himself as a special messenger of God to Zacharias, “*I am Gabriel, that stand in the presence of God; and am sent to speak unto thee, and to shew thee these glad tidings.*” (Luke 1:19 KJV) His name means “*the strength of God*” and is thought of as an angel of mercy and not judgement even though he carries a sword. Heindel makes it clear that he is *not* one of the seven archangels and in fact in the bible he is never described as such – except in the apocryphal *Book of Enoch*. He is however held in high regard as the Archangel Michael sits on the right-hand side of God and Gabriel sits on the left-hand side. He is also a brother to the twins, Archangel Michael and Lucifer. In the Bible he is most well-known for delivering three messages to; (1) Daniel to explain his prophetic visions (Daniel 8:16-26, 9:21-27), (2) Zacharias to announce the upcoming birth of his son, John the Baptist (Luke 1:13), and (3) the annunciation to the Virgin Mary for the virgin conception and birth of Christ (Luke 1:26-38).

The Book of Enoch tells us much more about Gabriel, as he and it is himself and his brother Michael that report to God that angels are revealing “*eternal secrets*” to mankind and they have procreated with humans to produce giant offspring upon the Earth. Therefore, God sends Michael and Gabriel to hunt down and cast the fallen angels into darkness until the time they are judged. In the Book of Enoch, he is also identified as one of the seven *holy angels* and one of the *four presences* “*who stand on the four sides of God*”. While perhaps, Gabriel blowing a trumpet at the end of time in other non-biblical literature is more of metaphor than an actual duty of the saint. Interestingly, when he delivers his message to Zacharias, he uses the words “*Fear not*” which occurs seventy times in the bible. He is either sent or comes in response to prayers and has powers to use upon us if we do not accept his message, especially since his messages usually include or involve Jesus. As Monday is ruled by the Moon, our prayers can tap into his power on Mondays and perhaps even more so on his *Planetary hours of the Day* throughout the week.

Paradise Lost

John Milton (1667)

*Betwixt these rockie pillars Gabriel sat
Chief of the Angelic guards (IV.545f) ...
He ended, and the Son gave signal high
To the bright minister that watch'd, he blew
His trumpet, heard in Oreb since perhaps
When God descended, and perhaps once more
To sound at general doom. (XI.72ff).*

Note: *Planetary hours of the Day* for each of the planets, Day Time and Night Time, can be found online (i.e., Astro-Seek.com, Geotimedate.org, Planetaryhours.org, etc.). In which each day is divided into two groups that start at sunrise and sunset that cycles through the seven planets each hour. For Gabriel use the times for each day that are listed for the Moon.

The “***Departments of Life***” that we can seek to make requests from St. Gabriel the Angel include:

Aspects of Life: motherhood, conception, childbirth, communication, new beginnings,

Desirous of: strength and power of God

Elimination of: fear

Associations: carrying messages of God especially of His will, revelations, blessings, transmitting divine Light, sephiroth Yesod

My Prayer to Angel Gabriel for the Strength and Power of God

Gabriel, the Strength of God, as you stand in the presence of God, I ask that you intercede on my behalf to bring me strength so that I can withstand the onslaught of attacks directed at my weaknesses and safely reside in the stronghold of my Father's presence. Free me from the weakness of my character so that I can withstand all temptations and bring my hidden vulnerabilities to the surface so that I might discover the true strength I hold within myself. Through your influence help me to obtain the power of God to learn to be not afraid so I may be open and honest about myself, always ready to receive the divine Light of God. Amen. (© GEC)

My Prayer to Angel Gabriel for Receiving and Understanding God's Messages

Gabriel, Chief Messenger of God, just as you clarified visions and prophecies for Daniel help me to understand the will of God that He graciously bestows upon me through the messages you deliver by my intuition and conscience. Hear my prayers to bring my inner visions into focus so that I may always observe God in all the things about me and perceive His divine presence at all times. Fly swiftly to carry my messages to the heavens and touch my heart with your messages from the Father so that I may always love to share kindness and humility. Let my Lord know that I am listening to Him, ready to hear His divine messages so he can guide me into a loving relationship with Him. Amen. (© GEC)

My Prayer to Angel Gabriel for God to Reward the Family with a Child

Gabriel, Who Sits on the Left-hand Side of God, whisper my words of faith while I diligently seek Him in all parts of my life especially with regards to my family. Within your scroll write my families name down as ready to receive a child to walk in Your name. Gabriel by your speed bring my family good tidings of new creation in your message as God loves and cherishes children as His heritage and He blesses those families that have many children. Amen. (© GEC)

Praying to Star Angels: *Camael*



The “*Departments of Life*” that we can seek to make requests from St. Camael the Archangel include:

Aspects of Life: love, compassion, inner peace, resilience, strength, courage

Desirous of: justice, protection, inner/spiritual strength, peaceful relationships, resolving conflicts, offering forgiveness, confidence, facing uncertainty and adversity, align with divine law, restore honor, bold/fearless action, enduring challenges and hardships, world peace

Elimination of: fear, doubt, hesitation, cowardice

Associations: spiritual warfare, guard and protect souls from demons on the path to heaven, divine order, sephira Geburah, serving those who suffer

St. Camael the Archangel and Mars

Camael's name is translated as "*He who sees God*". He is considered to be one of the seven archangels but does not appear in the Bible and is only found in "*Jewish apocryphal religious texts and early Christian writings*". His name has many different spellings; Cameel, Camiel, Camniel, Camuel, Chamuel, Kamael, Khamael, Khamuel, and Zamael. (Samuel is also used as his name but we need to be careful as there was also a fallen angel named Samael.) Even though he is a warrior angel that wore armor, a helmet and held a sword or a spear, he is considered the "*Archangel of Divine Justice*". His sword represents his ability to bring justice and protection by destroying false ideas, lies, uncertainty, adversity, and illusions of reality. Yet, when he has to act, he acts boldly with "*holy fire*" and absoluteness. His protection is predominately produced by "*empowerment*" and not from his sword. Luckily for those who are on the path of initiation Camael is there to help and guard us in our darkest hours through difficult terrain.

In terms of his angelic work, it was believed that he took on the most difficult and challenging tasks even if others condemned him for it and considered his actions swift and harsh. In nonbiblical literature he is connected to many biblical stories, such as; he removed Adam and Eve from the Garden with his flaming sword, he was the guardian of the portals of heaven and even fought Moses who attempted to enter, he was the guardian angel of Esau and then wrestled with his brother Jacob, he was the angel that killed the firstborn male children in Egypt, both he and Gabriel comforted Jesus before His crucifixion in the Garden of Gethsemane and he was referred to as the angel of death and divine retribution. In addition, in the nine choirs of angles, Camael is considered to be the leader of the "*The Powers*" that provide heavenly singing as mentioned in apocryphal Daniel 3:61, "*All you powers, bless the Lord; praise and exalt him above all forever.*" While, in the Zohar, a book of Jewish mysticism, he is one of the "*Ten Angles of the Tree of Life*" and is associated with the sephira Geburah which stands for judgement and strength. As Tuesday is ruled by the Mars, our prayers can tap into his power on Tuesdays and perhaps even more so on his *Planetary hours of the Day* throughout the week.

Note: *Planetary hours of the Day* for each of the planets, Day Time and Night Time, can be found online (i.e., Astro-Seek.com, Geotimedate.org, Planetaryhours.org, etc.). In which each day is divided into two groups that start at sunrise and sunset that cycles through the seven planets each hour. For Camael use the times for each day (morning and evening) that are listed for the Mars.

My Prayer to Archangel Camael for Spiritual Strength and Resilience

Camael, He Who Sees God, I call upon you to help me maintain my strength and not give up even in the fiercest of adversity. By your flaming sword cut through the lies and illusions of reality so with a positive spirit I can take bold action against the spiritual warriors that seek to block my path to the higher powers. Then through the energy of your holy fire help me to tap into my inner resources so that I can courageously endure any challenges, spiritual distress, or "energetic violations" of my soul with perseverance and resilience. For just by your

presence alone I will be filled with overflowing confidence that will relieve me of my unnecessary fears, anxieties, and hesitations. Then I can fearlessly continue upon my path of spiritual advancement so I can always fulfill the will of God the Father, Amen. (© GEC)

My Prayer to Archangel Camael for Justice and Protection

Camael, Archangel of Divine Justice, help me to bring justice into my life so I may set the balance of the scale of my life so as to deal with my previous pain and suffering from offensives of others and my own foolish indiscretions so I might come to a just weight. While also taking to heart what the Lord has asked of us in true justice to offer kindness and compassion to those in their time of need. By the power of your sword help me to make all my ways an expression of justice always putting forth what the positive laws demands of our efforts. Even when others fail to offer justice to their brothers, ask the Lord to open my heart so that I not only offer justice to the impoverished and downtrodden but I will also share it with those they have turned a blind eye to. Help me to see to start by seeing the truth, for it is only by God's divine truth that I can understand justice and the power of mercy and compassion that will delight Him. For just as you put your strength and courage into guarding the portals to the heavens and to protect those on the spiritual path, help me as I work to safeguard the hearts and minds of my fellow followers by putting forth the shield of my love and compassion as a fortress by which they can take refuge. While by your sacred fire protect us from all forms of spiritual warfare so that we might be worthy of God's standards in righteousness and justice. Amen (© GEC)

My Prayer to Archangel Camael for Love Peaceful Relationships

Camael, Archangel of the Heart, by your wall of flame eliminate anything that might interfere with experiencing the unconditional love of God, the Father. Purify my thoughts and actions so that I may always be capable of resolving difficulties and conflicts with those who have caused me pain and suffering and open my heart to their forgiveness so that I may live a life of peaceful relationships. For then I can live in harmony while serving those in need and finding my way to inner peace. I only ask that you keep me in your constant vigil to help me to draw closer to the Lord so that I may always manifest the completeness of His perfect peace. Amen. (© GEC)

Praying to Star Angels: *Raphael*



St. Raphael the Archangel and Mercury

At. Raphael one of the seven Archangel is not found in the canonical Bible but is discussed in the *apocryphal* Book of Tobit. Although he is not named in the Bible, because of his strong association to healing he is believed to be the angel who stirred the waters at *Pool of Bethesda* (John 5:39). While in the Book of Tobit he is called *Azariah son of the great Ananias*, where he protected Tobit's young son when he was sent to pick up his father's money from a family in another town. And then, cast the demon Asmodeus out of Sarah so she would be able to marry Tobit. In times like this and when he acted as a physician and even when dispelling demons from people, he disguised himself as a human often carrying a staff. He used his healing powers to produce "*curative elixirs*" which he used to heal people such as Tobit of his blindness and his wife Sarah of her possession. In the Book of *I Enoch*, he treated and cured many children of their diseases and afflictions. While he states he is "to his mission to "*heal the earth which the [fallen] angels have defiled.*" Thus, his name is translated as "*God has healed*". In the Babylonian Talmud he was appeared before Abraham at the Oak of Mamre

with two other angels in Hebron where his role was to heal Abraham from the pain and suffering of his adult circumcision and to also use his healing powers upon Lot. His connection to the planet Mercury is clear in that his healing was not only physical but could touch us on all levels of our constitution.

Note: *Planetary hours of the Day* for each of the planets, Day Time and Night Time, can be found online (i.e., Astro-Seek.com, Geotimedate.org, Planetaryhours.org, etc.). In which each day is divided into two groups that start at sunrise and sunset that cycles through the seven planets each hour. For Raphael use the times for each day (morning and evening) that are listed for the Mercury.

The “***Departments of Life***” that we can seek to make requests from **St. Raphael the Archangel** include:

Aspects of Life: Physical and Spiritual Healing

Desirous of: Protection, finding love, safe travel

Elimination of: Bad dreams and nightmares

Associations: Travelers, journeys, youths, the blind, eye afflictions, all medical and health care workers, marriage, Christian studies, finding love and relationships, shepherds, matchmakers

Prayer to Archangel Raphael for Physical Healing

Archangel Raphael, Angel of Health, I ask that you intercede for me in my need of physical healing. Help me to discover what lies beneath my physical illness or disease so I may address it now in this lifetime. While, if my illness or disease comes from the actions of my past lives, help to keep me on my path of spiritual advancement so that I may become aware of those indiscretions while still working to promote myself to the Higher Worlds. Bring to me a curative elixir so that I might be relieved of any pain and suffering from my illness or disease. And cast out any demons or impurities that take my body systems out of balance. For you a great physician that serves the Lord along with the work of an army of Invisible Helpers to help ensure His divine mission to bring us health by making us whole once again. Amen. (© GEC)

Prayer to Archangel Raphael for Spiritual Healing

Archangel Raphael, God's Doctor, help me to build within myself an attitude of mind that holds no fear or worries regardless of the severity of my perceived situation. Reveal to me my consciousness the spiritual cause of my disease so that I elevate within myself the virtues that are needed to help me conform to the Laws of God so that now or in my future lives I can liberate myself this illness or disease. Yet, should I need this sickness to teach myself needed spiritual lessons and bring changes within the vehicles of my body, help me to recognize this as a blessing to drive my spiritual unfoldment to the Higher Worlds. As my healer, continue to bring me the knowledge of the higher philosophies that I can put into practice so that I now have the to live a healthy spiritual life. Amen (© GEC)

Prayer to Archangel Raphael for Eyesight

Archangel Raphael, God's Healer of Eye Afflictions, as my eyesight has become diminished or lost by means of the optic nerve or other ocular factors, I ask that you still continue to help me develop my Etheric sight by means of alternate nerve pathways so that I might always have a clear vision of all that composes the Etheric Region of my physical world. Allow me to look upon the objects of the world with my unaided eye and clearly see their surface with perfect vision and then allow my vision to penetrate the object so I may also see within it and even to its opposite side. In this way may there will be no impediment in my vision from any affliction of my eyes or even from my existing blindness. For just as you had Tobit's son take the gallbladder of fish and place it upon his father's eyes to cure him of his blindness, I ask that you intercede with God to restore my vision so I might continue to develop my Etheric sight so I can better continue to love and serve the Lord. Amen. (© GEC)



Praying to Star Angels: *Zadkiel*



St. Zadkiel the Archangel and Jupiter

Archangel Zadkiel name is translated as *Angel of Righteousness*. In early Jewish writings, Zadkiel is identified as the angel that restrains Abraham from sacrificing his son Isaac and is therefore called the *Angel of Mercy*. He is often associated with abundance and prosperity due to his connection to Jupiter. He uses his powers to help us release our negativity, resentments, and old patterns and habits that no longer serve our higher need. He is always willing to help us to offer forgiveness to others, assist us in our spiritual transformation, and acquiring the necessary wisdom to aid us in bringing us closer to God. Zadkiel shows us that we need to let go of past offenses and come to a place where we can offer compassion for others so we can be restored ourselves. Even in our most challenging times Zadkiel is always there to offer us hope and encouragement. While the powerful energy of his violet flame helps us in the purification and transmutation of our mind for our intellectual studies to acquire knowledge needed for our spiritual advancement. As Thursday is ruled by Jupiter, our prayers can tap into Zadkiel's power on Thursday and perhaps even more so on the Planetary Hours of Jupiter throughout the week.

Note: *Planetary hours of the Day* for each of the planets, Day Time and Night Time, can be found online (i.e., Astro-Seek.com, Geotimedate.org, Planetaryhours.org, etc.). In which each day is divided into two groups that start at sunrise and sunset that cycles through the seven planets each hour. For Zadkiel use the times for each day (morning and evening) that are listed for the Jupiter.

The “*Departments of Life*” that we can seek to make requests from **St. Zadkiel the Archangel** include:

Aspects of Life: Mercy, righteousness, compassion, transformation, hope

Desirous of: Abundance, prosperity, physical/emotional/inner healing

Elimination of: Negativity, non-serving patterns and habits, guilt, anger, resentment, trauma, judgement

Associations: Luck, forgiveness, freedom, benevolence, kindness, transformative wisdom, comfort, emotional freedom, memory, purification, and cleansing

St. Zadkiel the Archangel Prayer for Mercy and Compassion

Zadkiel, Archangel of Mercy, I call upon you to take the dagger from my hand and to teach me how to be gentle even in difficult times, willing to yield to the slights and offenses of others, always seeking peace and offering mercy and compassion. For with lovingkindness, I need to show mercy and offer my hand in forgiveness so that I might then put forth the same unconditional love as Christ did for humanity. Help me to repent of my impure ways so that I may receive God's mercy and be welcomed by His loving arms so I can then do the same for my fellow man. Then from the depths of my heart raise my feelings of compassion to overflow its chambers and strengthen my communion with God so I may be in complete alignment with His will by always sharing heartfelt gifts of service that reflect the love of Christ. Amen (© GEC)

St. Zadkiel the Archangel Prayer for Abundance and Prosperity

Zadkiel, My Beacon of Hope, in my time of need mark my life with peace, love, and a joyful heart. On my behalf, help me to envision and manifest the generosity of God, the Father. Help to remember the abundance of God in that He has always supplied every need "in all things at all times". Show me the gate through which I can pass and find His rich pastures that will support me upon my spiritual path of rebirth. For I shall seek the eternal blessing of Christ so that He may always dwell within me and I can share His blessing with others. Let the groves of olive trees that fruit in my heart produce an abundance of their sacred oil so that all may be endowed with its goodness and righteousness and fill their lamps so they may be blessed with the Light of the Holy Spirit knowing that God takes pleasure in the prosperity of His creations. Amen (© GEC)

St. Zadkiel the Archangel Prayer for Forgiveness

Zadkiel, the Angel Who Forgives, surround me with your violet flame so it may cleanse my heart and mind of my resentment and anger towards others. Fill me with your spiritual energy and let it transform my uncontrolled thoughts so that I do not condemn my brothers but gently rebuke them so they may come to repentance so with kindness and compassion I can open my heart to their forgiveness. For then I can leave the offenses in the past and look within to see what I also need to be forgiven for by God so I can love others now from my Spirit of the Christ-within that no longer asks that I count the number of times we should forgive our fellow man, for in forgiveness we clear a path to God's love. Then just as Joseph found solace and restoration in the forgiveness his brothers who betrayed him, bring my message of intercession to God, the Father, that I too wish to experience His joy and peace in His divine forgiveness. Amen. (© GEC)

Praying to Star Angels: *Hanael*



St. Hanael Archangel and Venus

The Archangel Hanael or Anael unlike the other warrior Archangels brings a “*peaceful energy*”. Hanael is therefore considered to be an angel of joy, beauty, pleasure, grace, intuition and nature. The name Hanael can be translated as “*Joy of God*” or the “*Grace of God*”. Interestingly, this Archangel can appear as either a male or female, but is predominately represented in the female form. Being connected to Venus her image often shows her either carrying a lantern, rose, or a thyrsus (wand with a pinecone on its tip).

The lantern symbolizes the ability to discover love, beauty, joy, and pleasure in all aspects of our life, especially in the arts and music and our relationship with God. The thyrsus is a fertility symbol that speaks of our pleasure in the union of male and female energies so as to bring about activation of the pineal gland and our spiritual vision. While the lantern also represents “God’s eye” which collects the needed light that will lead us to God. Hanael desperately desires to reconnect us to love, relationships to higher beings, light or truth, fertility, and to something that will have a great passion for.

In the *Book of 3 Enoch*, Hanael carries Enoch in a fiery chariot to heaven so he might come before God so as he too might become an Archangel. And in the Kabbalah, Hanael governs the seventh Sephirah, Netzach, which can be thought of as “*perpetual, long-lasting glory obtained through spiritual victory.*” For Hanael our “*spiritual victory*” is a result of lovingkindness and compassion with our devotion always focused upon God’s Light. In spiritual matters, Hanael is the intermediate that provides a bridge to the wisdom of the Higher Worlds, helps us to understand the spiritual language of the wisdom, and supports and guides us in acquisition of our intuition, spiritual gifts and talents, opening of our spiritual senses, grace, and connecting with our divine feminine. As Friday is ruled by Venus, our prayers can tap into Hanael’s power on Friday and perhaps even more so on the Planetary Hours of Venus throughout the week.

Note: *Planetary hours of the Day* for each of the planets, Day Time and Night Time, can be found online (i.e., Astro-Seek.com, Geotimedate.org, Planetaryhours.org, etc.). In which each day is divided into two groups that start at sunrise and sunset that cycles through the seven planets each hour. For Hanael use the times for each day (morning and evening) that are listed for Venus.

The “***Departments of Life***” that we can seek to make requests from **St. Hanael the Archangel** include:

Aspects of Life: Love, beauty, pleasure, joy, grace

Desirous of: (Re)connect to the divine, counsel, harmonious relationships, being made fruitful,

Elimination of: bareness

Associations: fertility, “*light bringer*”, imagination, intuition and emotion, romance, praise and celebration of God,

My Prayer to St. Hanael Archangel for Joy and Pleasure

Archangel Hanael, the Joy of God, hear my prayer as I call upon you to bring within me a joyful attitude to my heart and spirit with the good pleasure of goodness as I work to imitate Christ in my spiritual journey. Let my Spirit bring forth the fruit of joy as with good thoughts so I can acknowledge the role that Christ has played in my spiritual advancement so I can then shout with joy forever. For it is only by a joyful heart that I can build the Lord’s Kingdom within my heart so that I might spread the good pleasure and gladness of God’s eternal love. Ask God through your words to release any sadness within my heart through

the Holy Spirit that indwells within me as my constant companion. As I now know not to look outside of myself or even inside of myself to find joy but to look only to God for my joy and pleasure. For in true joy, Jesus must always come first in my life. I ask that the strength I need on my spiritual path comes from the “joy of the Lord” who is always ready to support me should I weaken. Therefore, ask the Lord to always be within my presence so that I can experience the fulfillment of true joy and my victory over my death so I may be reborn in His glory. Amen.
(© GEC)

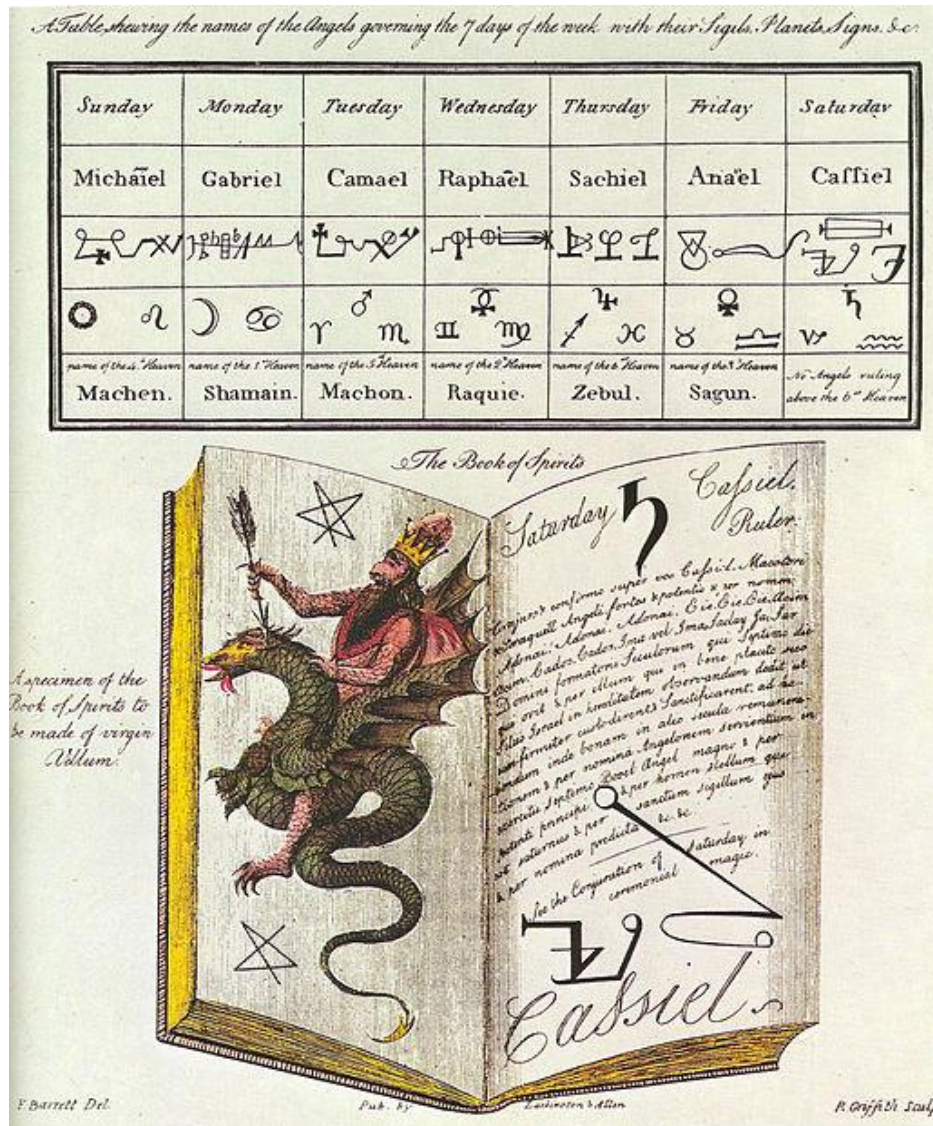
My Prayer to St. Hanael Archangel for Spiritual Victory

Archangel Hanael, Angel of love, please help bring me to victory through Christ and realize the full potency of His Word so I can bring it to fruition in my life. For there is no darkness when we treat others with lovingkindness and compassion and we completely devote our attention upon the divine Light of God, the Father. Therefore, I beseech you to build a spiritual bridge to the Higher Worlds so that I may acquire the spiritual wisdom that will illuminate and transform my soul. Come now and stand by my side so that you can translate the mysteries of the higher language so I can move forward into spiritual victory. In haste, I ask that you petition the Lord to awaken my spiritual vision and intuition and connect me with my divine feminine power so as to propel me to spiritual fulfillment. And even if I should fall, I am confident that the Lord shall empower me with His grace so that I can stand in His “perpetual, long-lasting glory.” Amen. (© GEC)

My Prayer to St. Hanael Archangel for Love and Beauty

Archangel Hanael, Our Initiator to Wisdom, help me to recognize that the most beautiful people are those who shower others with grace and compassion. With your angelic powers awaken within me the radiating light of God’s divine love that reflects the nature of the Christ-within. For in knowing beauty we can know what Christ is like and that true beauty resides in the soul with love and compassion that we can use to uplift our fellow man. Your message from the Lord reminds us that beauty is the perfection and glory of the God, the Father. As beauty is not created but already exist all about is when we take the time to notice. Therefore, help me to always envision inner beauty and align my heart with the holiness, worship, and will of God. Amen. (© GEC)

Praying to Star Angels: Cassiel



St. Cassiel Archangel and Saturn

The Archangel Cassiel whose name translates to “*Speed of God*” is one of the seven Archangels. He is not found in the canonical Bible but is found in apocryphal writings, the, Kabbalah, and occult writings. He is considered the ruler of time and mortality. Although he tends to shy away from the affairs of the world, he is drawn to help us with his guidance and support due to his deep compassion for our challenges and struggles in life, hence being called the *Angel of Solitude and Tears*. In some accounts he is even said to count all of our tears and that he experiences all the human emotions.

He can instill within us the needed discipline and responsibility we require for our spiritual work as well as offering a bridge so that we may cross from the mortal to the eternal. He is strongly connected with solitude thus he is also associated with introspection, “*silent reflection, contemplation, and spiritual wisdom.*” When called upon, we can expect Cassiel to help us to deal with sorrow and despair so we find our balance and understand our need to still sacrifice and act in the best

interest of others. While he can also comfort us as we progress through the natural cycles of our life, changes from the passage of time, aging, and mortality. As Cassiel takes on the energies of Saturn which rules the winter months of Capricorn and Aquarius in which the Winter Solstice occurs. It is a time of the “*death of the Sun*”, when Christ has entered the core of the Earth hence Cassiel is associated with the death of kings. As Saturday is ruled by Saturn, our prayers can tap into Cassiel’s power on Saturday and perhaps even more so on the Planetary Hours of Saturn throughout the week.

Note: *Planetary hours of the Day* for each of the planets, Day Time and Night Time, can be found online (i.e., Astro-Seek.com, Geotimedate.org, Planetaryhours.org, etc.). In which each day is divided into two groups that start at sunrise and sunset that cycles through the seven planets each hour. For Cassiel use the times for each day (morning and evening) that are listed for the Saturn.

The “*Departments of Life*” that we can seek to make requests from **St. Cassiel the Archangel** include:

Aspects of Life: time, temperance,

Desirous of: self-discipline, solitude, introspection, and self-control

Elimination of: sorrow and suffering (tears)

Associations: Moderation, prudence, excellence of character, soundness of mind, purity, death of kings, responsibility, and acceptance of life’s cycles.

My Prayer to St. Cassiel the Archangel for Sorrows and Suffering

Archangel Cassiel, Angel of Solitude and Tears, in my terrible sorrow and pain I have wept and lamented in my grief. Therefore, I ask that you be with me in this time of suffering so I do not halt in my belief of God’s promises and that by the Cross of Christ my sorrows will become joy. Remind me that through suffering I will deepen my dependence upon the Lord. Let now my pain now produce its purpose to instill within me perseverance so that the Holy Spirit may open the window of my soul to the divine Light of God. Then you may report to God that I have boldly stood strong, never wavering, always acknowledging His truth and love as I have made my way through difficult seasons. Amen (© GEC)

My Prayer to St. Cassiel the Archangel for Introspection

Archangel Cassiel, Angel of Temperance, help me to examine myself so that I may know the strength of my faith. Test me by my thoughts, words, and actions and study my ways to see if they hold the power to transform my being so I might once again return with all my heart to the Lord, my God. Help me to be slow to anger by my own self-control and emotional restraint so that I may put on Christ and show moderation in all things. For when I have inner harmony I can stand within the midpoint, the place where opposing forces neutralize themselves so that my desires are always balanced by reason. I can fulfill the potential that God has placed within me to help me so that I might satisfy my divine purpose. Amen. (© GEC)

My Prayer to St. Cassiel the Archangel for the Passage of Time

Archangel Cassiel, Angel of Time, may your compassion touch my heart so that I may come to accept the “natural cycles of life”. As I continue to approach the veil between the worlds remind me that even though time must pass it always brings change and if we are consistent over time with the work upon those things that please God we will come closer to His peace and truth so that we may begin to bear our spiritual fruits that will carry the presence of God so we might then anoint others with his divine blessing. Amen (© GEC)



My Prayer Prior to Meditation

Make us, Lord, always ready to create living thought-forms within our mind and meditate upon them. Gently transition my concentration into mediation so I may acquire complete knowledge upon my chosen object. Walk with me, hand in hand, as we trace the history of the object and envision even the smallest pieces of evidence that will shed light upon its relation to the world in general. For only then can my spiritual aspirations of unifying my higher and lower natures be accomplished through my meditation. And when I chose to focus on Your life, grant me the privilege to see beyond all the miraculous events of your life, the depths of your suffering and glory of your resurrection so I can fully know You as the Father knows you. Amen

- (© GEC) Based on *The Rosicrucian Cosmo-Conception*, p. 465, 489-491



My Prayer After Meditation

O God, the sovereign God of my soul, through my meditation today I came into Your presence so I could listen and think about what you wanted to show and tell me which then allowed me to come to a closer understanding of your divine character and an understanding of the spiritual truths of the higher worlds. I am sensing that my mediation has begun to produce a transformation in my thoughts and beliefs so that your divine nature now has room to reside within me. I feel your thoughts and nature slowly merging with mine so that my mind can now go beyond itself and tap into “new fields of knowledge and gain new understandings” and connect with forces that exist in higher and purer spheres. Your daily presence in my meditation has started to open my heart and I feel myself becoming as You were to the world; loving, compassionate, and merciful, completely filled with goodness, joy, and unimaginable peace. Therefore, I will praise thee, O LORD, with my whole heart; I will shew forth all thy marvelous works. I will be glad and rejoice in thee and I will sing your praise.

- (©GEC) Based on RF Writings and Psalm 9:1-2 KJV

My Prayer for Concentration

Lord, aid, direct, and control me so that I can still my senses and fix and hold my thoughts upon an ideal without being distracted. Just as You were able to pray all night in the mountains, let me learn to become absorbed at will in the subject of my concentration so that the sense centers of my desire body will begin to rotate. Should I become discouraged in my practice, gently remind me that the key to success is persistent concentration on the desired end. When I bring the subject of my concentration within my mind help me to imagine it in clear and complete outlines and as true to life even to the smallest of details. And when my mind drifts and lets go of the subject of my concentration or it becomes shadowy or faint help me to gently return it to my ideal. I know that concentration is our principal power and all our spiritual progress depends upon our ability to develop the practice of concentration. What happens during concentration is only ever between myself and You, Lord, and is a sacred process and my highest privilege for which I am always grateful and filled with love for You. Amen

- (©GEC) Based on *The Rosicrucian Cosmo-Conception*, p. 487-489



My Prayer of Contemplation for Initiation

Almighty God Your Light illuminates our spiritual sight and opens our higher Mind so that we can connect our thoughts and images to form a complete understanding of your truth. Fill us with your encouragement while we conduct an inner survey of ourselves and contemplate the ethers of our lower-self and realize your divine "gift of awareness". For this, provides the doorway through which we can begin to forge and advance our new self so it may blossom into our spiritual self that provides our higher purpose and sense of inner peace. In our journey into our own soul through contemplation we must learn to focus our single eye and deliver our question to a place in the Higher Mind where it can be

worked upon to its conclusion. As it is only through this power of reflective contemplation that we experience our “spirit in action” and understand a new reality and how to apply Your truth to our new lives and come to be within the greatness of Your Eternal Being. Amen.

- (©GEC) Based on Various Writings on Rudolf Steiner



My Prayer of Adoration for Our Soul to Rest in God

Faithful and True Christ, who is the Author of all life, I ask that you continue to hear my invocations even when they have gone beyond words into a silence of a peaceful adoration of Your perfection and omnipotence. As I strive to let the outward silence of my being reflect my inner peace of my now quiet heart, know that the passion and earnestness I have put forth in my worship is so that I might soar to Your divine Throne. Then in a state of unimaginable love and joy my soul can rest within your comforting embrace in a Final Climax. For then all my desires will be satisfied as a feeling of at-one-ment diffuses throughout my entire body. While my mind will draw forth the words of my Only God, “My Father and I are One.” For now, I understand that I can never fully comprehend my God’s love and its universality as a panacea for humanity. Therefore, when You deem me worthy, bless my efforts so that I may have the privilege to experience the fullness of the Final Climax during my adoration of You, my Lord. Amen

- (©GEC) Based on *Web of Destiny*, Max Heindel, p. 136-7