

# *Healing and Regeneration Through Color*



**Corinne Heline**

## **Self-Study Guide**

**by G. E. Carlin**

# Introduction

## The Rosicrucian School of Spiritual Healing

One of the main functions of the Rosicrucian School of Spiritual Healing will be to teach the Rosicrucian methods of maintaining health in accordance with the underlying principles of the *Ten-Fold Constitution of Man*.



### DIAGRAM 5 SHOWS THE TENFOLD CONSTITUTION OF MAN

Man is a threefold Spirit, possessing a Mind by means of which he governs a threefold Body, which he emanated from himself to gather experience. This threefold Body he transmutes into a threefold Soul, upon which he nourishes himself from impotence to omnipotence.

The Divine Spirit	{ emanates from itself	{ The Dense Body The Vital Body The Desire Body	} extracting as pabulum	{ Conscious Soul Intellectual Soul Emotional Soul
The Life Spirit				
The Human Spirit				

The mirror of mind also contributes increasingly to spiritual growth as the thoughts which it transmits to and from the Spirit polish it to greater brightness sharpening and intensifying its focus more and more to a single point, perfectly flexible and under the control of the Spirit.

In order to accomplish this function, the *Rosicrucian School of Spiritual Healing* will provide *Self-Study Guides* for students to familiarize themselves with the concepts such as; the vehicles of man's body, basic anatomy and physiology, spiritual causes of disease, spiritual healing and its methods (i.e., Color Therapy), and death. In addition, the *Rosicrucian School of Spiritual Healing* will offer in person and online lectures and classes for students who further wish to expand their learning as well as patients that wish to fully understand their role in their health and the healing process.

This *Self-Study Guides* for *The Rosicrucian Fellowship School for Spiritual Healing* is designed to help prepare you to volunteer in their Healing Center's *Color Therapy Room*. The Study Guide was written as an advanced course of self-study in which you will explore the concepts of color in healing and regeneration as expressed in the 19 chapters of the book, *Healing and Regeneration Through Color* by Corinne Meline.

1. *The Mystery of Color*
2. *The Holy Ghost Manifest in Tone and Color*
3. *The Twelve Signs and Seven Planets*
4. *Color Symbolology of the Signs and Planets in Relation to Jewels*
5. *Stellar Hieroglyphics in the Plant World*
6. *Flowers and the Mystery of Color*
7. *Music and Color*
8. *Color and Human Expression*
9. *Color Therapeutics*
10. *Occults Principles Emphasized in Color Therapeutics*
11. *New Age Color-Music*
12. *Color and the Regenerative Process*
13. *The Protective Aura*
14. *Color Values in Character Building*
15. *Supernatural Powers in Colors*
16. *Color and the Four Sacred Seasons*
17. *Spiritual Significance of the Spectrum*
18. *Black and White*
19. *Conclusion*

*“Color Healing is a Divine Science. It is not a cult or fad, recently invented or discovered. It was effectively in the Golden Age of Greece, and in the Healing Temples of Light and Colour at Heliopolis in ancient Egypt, and again, it was revered in the ancient civilizations of India and China. Throughout the ages there has always the employment of Color Wisdom to establish poise and harmony; to soothe and sustain, to heal and to restore, and to create anew. They were all expressions of the urge in the One Divine Creative principle in Light-waves. Colour is, therefore, a Divine Force – nothing less!” – Ronald Hunt*

## **Disclaimer**

Please note, the views and opinions expressed about the different forms of healing and the related scientific understandings in the *Healing and Regeneration Through Color* are those of the author, Corinne Heline, and do not necessarily reflect the current views or positions of the science and medical professions. The content in this Self-Study guide is not intended to diagnose, treat, or prevent any condition. Please consult your doctor for all medical issues or before making any changes to your health regimen.

## **Chapter 1- *Initial Ideas***

<p><b><i>What do You Feel When You See a Rainbow, Why?</i></b></p>	<p><b><i>Which Color do You find the Most Energetic, Why?</i></b></p>
<p><b><i>What has been Your Deepest Experience with Color?</i></b></p>	<p><b><i>What is Something that You Have Learned from Color?</i></b></p>

## Chapter 1: *The Mystery of Color*

“Of all God's gifts to the sighted man, color is holiest, the most divine, the most solemn.” - **John Ruskin**

1. What is color?
2. What is the “*black field*”?
3. What is the speed of light and the size of its waves?
4. When can light be heard as a note of music?
5. What is a spectrum?
6. What are the aurora borealis and the aurora australis in occult terms?
7. Why are the borealis and the aurora australis only visible at the poles?
8. According to R.A. Madill how do the Northern Light affect us?
9. Why is it believed that the northern lights are connected to magnetism?
10. What is believed to be the cause of the aurora?
11. Why is it difficult to establish a coordination between sight and sound or the blending of color and tone?
12. How might colors be used to the benefit of humanity?
13. What do you think, “*Color is life – Life is Color*” means?
14. What did the laboratory tests from the Pittsburgh Glass Company prove about the use of color?
15. What were the conclusions of the Pittsburgh Glass Company’s engineers about the possible uses of color?
16. What is the effect of different colors of light in muscle activity studies?
17. What benefits have occurred from the use of different colors in industry, hospitals, and schools?
18. What is “*Color Dynamics*”?

## Max Heindel's Thoughts

"*God is Light*" says the Bible and we are unable to conceive of a grander simile of His omnipresence or the mode of His manifestation. Even the greatest telescopes have failed to reach the boundaries of light, though they reveal to us stars millions of miles from the Earth and we may well ask ourselves, as did the Psalmist of old, "Whither shall I flee from thy presence? If I ascend into heaven, Thou art there, if I make my bed in the grave Thou art there, if I take the wings of the morning and dwell in the uttermost parts of the sea. Even there shall thy hand lead me."

When, in the dawn of Being, God the Father enunciated The Word and The Holy Spirit moved upon the sea of homogeneous Virgin Matter, primeval Darkness was turned to Light. That is therefore the prime manifestation of Deity and a study of the principles of Light will reveal to the mystic intuition a wonderful source of spiritual inspiration. As it would take us too far afield from our subject, we shall not enter into an elucidation of that theme here, except so far as to give an elementary idea of how divine Life energizes the human frame and stimulates to action.

Truly, God is ONE and undivided. He enfolds within His being all that is, as the white light embraces all colors. But He appears three-fold in manifestation, as the white light is refracted in three primary colors: blue, yellow and red. Wherever we see these colors they are emblematical of the Father, Son and Holy Spirit. These three primary rays of divine Life are diffused or radiated through the Sun and produce Life, Consciousness and Form upon each of the seven light-bearers, the planets, which are called "the Seven Spirits before the Throne". Their names are: Mercury, Venus, Earth, Mars, Jupiter, Saturn and Uranus. Bode's Law proves that Neptune does not belong to our solar system. See *Simplified Scientific Astrology* by the present writer for mathematical demonstration of this conception.

- Max Heindel, *Rosicrucian Mysteries*

## Research on Your Own

Complete the table below:

<b>Color</b>	<b>Wavelength (nm)</b>	<b>Frequency (THz)</b>	<b>Photon Energy (eV)</b>
<b>Violet</b>			
<b>Indigo</b>			
<b>Blue</b>			
<b>Green</b>			
<b>Yellow</b>			
<b>Orange</b>			
<b>Red</b>			

# Chapter 1 Summary

<i>Essential Scientific/Medical/Anatomical Information to Understand Color Healing</i>	<i>Specific Findings, Tests, Observations to Support Color/Music Healing</i>
<i>Color/Music Connection Examples</i>	<i>Spiritual/Astrological Connections with Color Healing</i>
<i>Specific Practices of Color Healing</i>	

## **Chapter 2- Initial Ideas**

<p><b><i>What Color Would You Assign God, the Father, Why?</i></b></p>	<p><b><i>What do You Associate with the Color Blue, Why?</i></b></p>
<p><b><i>Why do You Think the Colors that Represent Each Person are Different??</i></b></p>	<p><b><i>Can Light suffer, Why or Why Not?</i></b></p>

## **Chapter 2: The Holy Ghost Manifest in Tone and Color**

*“Color is a power which directly influences the soul.” — Wassily Kandinsky*

1. What occurs when the White Light enfolds all colors?
2. What do the blue, yellow, and red rays represent?
3. What are the colors for the first chord in music?
4. How does Hargarve Jennings describe the different rays?
5. What is the effect of rays from the Sun, planets, and Moon on the Earth and man?
6. How do the blue, red, and yellow rays develop man spiritually?
7. What happens when the pineal and pituitary glands become awakened?
8. What are the color radiations from the body’s glands and other power centers?
9. How have textiles and clothes used to elevate man’s color consciousness?
10. Why is the throat or larynx an important power center?
11. How does the Ego manifest itself over time?
12. How did Goethe define color?
13. Why is sacrifice the keynote of all progressions in life?
14. How can the seven colors capable of further division?

## Max Heindel's Thoughts

God is Light.

Each time we sink ourselves in these three words we lave in a spiritual fountain of inexhaustible depth, and each succeeding time we sound more thoroughly the divine depths and draw more closely to our Father in heaven.

With every year that passes, with the aid of the greatest telescopes which the ingenuity and mechanical skill of man have been able to construct to pierce the depths of space, it becomes more evident that the infinitude of light teaches us the infinitude of God.

Truly, God is One and undivided. He enfolds within His being all that is, as the white light embraces all colors. But he appears threefold in manifestation, as the white light is refracted in three primary colors: blue, yellow, and red. Wherever we see these colors they are emblematical of the Father, Son, and Holy Spirit. These three primary rays of divine life are diffused or radiated through the Sun and produce Life, Consciousness, and Form upon each of the seven light-bearers, the planets, which are called "the Seven Spirits before the Throne". Their names are: Mercury, Venus, Earth, Mars, Jupiter, Saturn and Uranus.

*- Occult Properties of Health and Healing*

## Research on Your Own

Complete the table below by shading in the given color (1, 2, and 3) or new color that results from the combination of light colors:

<b>Color 1</b>	<b>Color 2</b>	<b>Color 3 or New Color</b>	
<b>Green +</b>	<b>Red</b>	<b>New Color =</b>	
<b>Red +</b>	<b>Blue</b>	<b>New Color =</b>	
<b>Blue +</b>	<b>Green</b>	<b>New Color =</b>	
<b>Blue +</b>	<b>Red +</b>	<b>Green</b>	<b>New Color =</b>

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## **Chapter 3- *Initial Ideas***

<p><b><i>Why do You Think Each Zodiacal Sign has its Own Color?</i></b></p>	<p><b><i>What Color is the Sun, Why?</i></b></p>
<p><b><i>How would You Define a tone?</i></b></p>	<p><b><i>How would You Define an octave?</i></b></p>

### **Chapter 3: The Twelve Signs and Seven Planets in Chromotherapy**

*“Color is the place where our brain and the universe meet.” - Paul Klee*

1. What does H.P. Blavatsky say is the effect of yellow and indigo radiations?
2. What is “*occult chromotherapy*” in terms of the twelve signs?
3. What are the Fire signs, and what do they typify?
4. What are the Air signs, and what do they typify?
5. What are the Water signs, and what do they typify?
6. What are the Earth signs, and what do they typify?
7. What is found with the sound and color of the twelve signs?
8. What is color therapeutics?
9. What do the twelve signs do for man?
10. What determines a native’s evolutionary status?
11. What are the colors of the planets?
12. How do we describe the esoteric color of the Sun?
13. How is the physical body described?
14. What do the planets control in the human body?

## **Max Heindel's Thoughts**

Each of the seven planets receives the light of the Sun in a different measure, according to its proximity to the central orb and the constitution of its atmosphere and the beings upon each, according to their stage of development, have affinity for some of the solar rays. They absorb the colors congruous to them and reflect the remainder upon the other planets. This reflected ray bears with it an impulse of the nature of the beings with which it has been in contact.

Thus, the divine Light and Life comes to each planet, either directly from the Sun or reflected from its sister planets and as the summer breeze which has been wafted over blooming fields carries upon its silent invisible wings the blended fragrance of a multitude of flowers, so also the subtle influences from the garden of God bring to us the co-mingled impulses of all the Spirits and in that varicolored light we live and move and have our being.

The rays which come directly from the Sun are productive of spiritual illumination, the reflected rays from other planets make for added consciousness and moral development and the rays reflected by way of the Moon give physical growth.

But as each planet can absorb only a certain quantity of one or more colors according to the general stage of evolution there, so each being upon Earth: mineral, plant, animal and man, can only absorb and thrive upon a certain quantity of the various rays projected upon the Earth. The remainder do not affect it or produce sensation, any more than the blind are conscious of light and color which exists everywhere around them. Therefore, each being is differently affected by the stellar rays and the science of astrology, a fundamental truth in nature, is of enormous benefit in the attainment of spiritual growth.

**- Max Heindel, *Rosicrucian Mysteries***



# Chapter 3 Summary

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## **Chapter 4 - *Initial Ideas***

<p><b><i>Is Your Birthstone important to You, Why or Why Not?</i></b></p>	<p><b><i>What Gemstone is Your Favorite, Why?</i></b></p>
<p><b><i>What Gemstone would You Associate with Friday, Why?</i></b></p>	<p><b><i>What Sign would You Associate with a Diamond, Why?</i></b></p>

## Chapter 4: Color Symbology of the Signs and Planets in Relation to Jewels

*“We are light, sound, color, and form living a physical reality. Add the element of love and you have everything.” — Deborah Bravandt*

1. What is the relationship between colors and minerals?
2. How are gems originally crystallized?
3. Why is it important to wear jewels in harmony with one’s stellar rays?
4. What is a talisman?
5. What trades people were often magicians?
6. How did the early Christians use gem stones?
7. What is the correlation of jewels to the days of the week?
8. What is the correlation of precious stones to the Zodiac sign?
9. What is the correlation of metals to the Zodiac sign?
10. What is the correlation of color to the Zodiac sign?

### Max Heindel’s Thoughts

It is well known to students of Astrology that an astrological reading based upon the month in which an individual is born is worth little, for all the people born in the same month do not have the same experiences by any means, but if we consider the day, the year and the place we get a horoscope that is absolutely individual and totally different in detail from the horoscope of anyone else—and this is the point which concerns us for the present argument—the ruler is not the lord of the sign the Sun is in, except for children born at Sunrise, when the Sun is on the Ascendant. It is the ruler of the rising sign, THAT is the determinator with regard to our mineralogical affinity, because at the moment of conception when the seed atom of our present mineral body was deposited the Moon was in that particular sign and degree (or its opposite), and acted then as a focus of forces which have since crystallized into the vehicle we now wear.

The following table shows the affinity of each of the twelve signs with certain gems, metals and colors, and in that chart, there are the elements for making an effective talisman by any individual who has the knowledge of how to cast a horoscope and blend the ingredients according to the requirements of the case. We have no scruples about telling how this is done, for it may help some to help themselves and others. The only harm it can do is that it might induce some unscrupulous person to make talisman for money and even then, if he is

conscientious about the work, whoever obtains them will not be cheated, the reaction being upon the one who prostitutes the spiritual science for material gain.

BIRTH-STONES AND COLORS.				
Gems ruled by the signs.		Sign Rulers	Metals	Colors.
♈	Amethyst, Diamond	♂	Iron	Red
♉	Moss Agate, Emerald	♀	Copper	Yellow
♊	Crystal, Aqua Marine	♀	Mercury	Violet
♋	Emerald, Black Onyx	♃	Silver	Green
♌	Ruby, Diamond	☉	Gold	Orange
♍	Pink Jasper, Hyacinth	♀	Mercury	Violet
♎	Diamond, Opal.	♀	Copper	Yellow
♏	Topaz, Malachite.	♂	Iron	Red
♐	Carbuncle, Turquoise	♃	Tin	Blue
♑	White Onyx, Moonstone	♃	Lead	Indigo
♒	Sapphire, Opal	♃	Lead	Indigo
♓	Chrysolite, Moonstone	♃	Tin	Blue

- Max Heindel, *Message of the Stars*, pp. 63-64

# Research on Your Own

Complete the table below (*Use colors indicated on p. 14*):

Precious Stone	Sign Color	Description	Healing Properties
Ruby			
Golden Topaz			
Aquamarine			
Moonstone			
Amber			
Turquoise			
Diamond			
Garnet			
Amethyst			
Beryl			
Blue Sapphire			
Diamond			
Jade			

# Chapter 4 Summary

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## **Chapter 5 - *Initial Ideas***

<p><b><i>What Color do You Think Arouses Hunger, Why?</i></b></p>	<p><b><i>Which Element (earth, air, fire, water) requires the largest variety of foods, Why?</i></b></p>
<p><b><i>What Sign do You Think Cucumbers, Squash, and Melons belong to, Why?</i></b></p>	<p><b><i>What Foods would be Best Assimilated by a Piscean, Why?</i></b></p>

## Chapter 5: Stellar Hieroglyphics in the Plant World

### *Food in Relation to Color*

*“A simple way to make sure that you are getting a balanced diet is to include the six tastes (sweet, salty, sour, pungent, bitter, and astringent) in each meal. Along with the six tastes, filling your plate with the colors of the rainbow promotes a long and healthy life.” - Deepak Chopra*

1. What is the color of Aries and the plants formed by its vibration?
2. What diet should natives under Aries and any of the other fire signs choose?
3. What is the color of Taurus and examples of garden vegetables that belong to this sign?
4. What is the color of Gemini, types of plants that belong to this sign, and what diet do they require?
5. What are the colors of Cancer, examples of its plants, and best plants for Cancer natives?
6. What is the color of Leo and the best plants for Leo natives?
7. What are the colors of Virgo and the best plants for Virgo natives?
8. What are the colors of Libra and the best plants for Libra natives?
9. What are the colors of Scorpio and the best plants for Scorpio natives?
10. What is the color of Sagittarius and the best plants for Sagittarius natives?
11. What are the colors of Capricorn and the best plants for Capricorn natives?
12. What are the colors of Aquarius and the best plants for Aquarius natives?
13. What are the colors of Pisces and the best plants for Pisces natives?
14. What do the different signs (Earth, Air, Fire, and Water) require for their diet?
15. What are the psychological effects of different colors in connection with food? (i.e., peach, turquoise blue, light coral, yellow, green, orange, blue, etc.)

## Max Heindel's Thoughts

Things seen with etheric vision are very much alike in color. They are nearly reddish-blue, purple or violet, according to the density of the ether, but when we view any object with the spiritual sight pertaining to the Desire World, it scintillates and coruscates in a thousand ever-changing colors so indescribably beautiful that they can only be compared to living fire. The writer therefore calls this grade of vision color sight, but when the spiritual vision of the World of Thought is the medium of perception, the seer finds that in addition to still more beautiful colors, there issues from the cavity described a constant flow of a certain harmonious tone. Thus, this world wherein we now consciously live and which we perceive by means of our physical senses is preeminently the world of form, the Desire World is particularly the world of color and the World of Thought is the realm of tone. - *Etheric Vision and What it Reveals*

When spiritual sight is developed so that it becomes possible to behold the Desire World, many wonders confront the newcomer, for conditions there are so widely different from what they are here that a description must sound quite as incredible as a fairy tale to anyone who has not himself seen them.

Many cannot believe that such a world exists and that other people can see that which is invisible to them, yet some people are blind to the beauties of this world which we see. A man who was born blind may say to us, "I know that this world exists. I can hear, I can smell, I can taste and above all I can feel, but when you speak of light and of color, they are non-existent to me. You say that you see these things. I cannot believe it for I cannot see myself. You say that light and color are all about me, but none of the senses at my command reveal them to me and I do not believe that the sense you call sight exists. I think you suffer from hallucinations." We might sympathize very sincerely with the poor man who is thus afflicted, but his skepticisms, reasonings, objections and sneers notwithstanding, we would be obliged to maintain that we perceive light and color.

The man or woman whose spiritual sight has been awakened is in a similar position with respect to those who do not perceive the Desire World of which he speaks. If the blind man acquires the faculty of sight by an operation, his eyes are opened and he will be compelled to assert the existence of light and color which he formerly denied and when spiritual sight is acquired by anyone, he also perceives for himself the facts related by others. Neither is it an argument against the existence of spiritual realms that seers are at variance in their descriptions of conditions in the invisible world. We need but to look into books on travel and compare stories brought home by explorers of China, India or Africa; we shall find them differing widely and often contradictory because each traveler saw things from his own standpoint, under other conditions than those met by his brother authors. We maintain that the man who has read most widely these varying tales concerning a certain country and wrestled with the contradictions of narrators will have a more comprehensive idea of the country or people of whom he has read than the man who has read only one story assented to by all the authors. Similarly, the varying stories of visitors to the Desire World are of value because giving a fuller view, and more rounded, than if all had seen things from the same angle. - *The Rosicrucian Mysteries*, pp. 20-21



# Chapter 5 Summary

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## **Chapter 6 - *Initial Ideas***

<p><b><i>What Flower has the Highest Stage of Evolutionary Development, Why?</i></b></p>	<p><b><i>What do You Think is the Effect of Blue Light on Plants, Why?</i></b></p>
<p><b><i>Under which Zodiacal Sign do You Think Trees are placed, Why?</i></b></p>	<p><b><i>True or False, flowers emit their Fragrance in Music, Why?</i></b></p>

## **Chapter 6: Flowers and the Mystery of Color**

*“Be different. Be original. Nobody will remember a specific flower in a garden filled with thousands of the same yellow flower, but they will remember the one that managed to change its color to purple.” — Suzy Kassem*

1. What does Paracelsus believe about each star?
2. What does the Group Spirit of plants do with light they absorb?
3. What color order of flowers in their evolutionary status?
4. How is the appreciation of color seen as a product of cultural advancement?
5. What happens to color as man evolves?
6. How did the Christed vibration effect the colors that were seen?
7. How will the awakening of the Christ principle in man effect the colors we will see?
8. How do the twelve color tones relate to the chromatic scale in music?
9. When does the color around man become most beautiful?
10. Where does the vibratory rate of color come from?
11. What is a “paint pot”?
12. How is fragrance produced?
13. What are the fragrances of the different colors?
14. How does Kepler assign the planets to different music voices?
15. How does nature always work?
16. What is the effect of different color lights upon plant flowers?
17. How do the different colors of light effect the seedling tips of plants?
18. What flowers and perfumes are ascribed to the Twelve Zodiacal Signs (make a three-column table)?

## **Max Heindel’s (A Student) Thoughts**

An increased understanding of the Light Ether will bring about an important new science in the matter of color healing and the use of color in promoting growth in

plants and animals. Color therapy is already making great progress, not merely among occultists, but in the world of physics, chemistry, and medicine. It is understandable now, when the nature of light is seen as consisting of particles as well as waves, that color can have a very clear and definite physical effect. Even very serious organic diseases have yielded to color therapy in the hands of experts; not merely nervous and mental, but actual physical disorders. Color therapists believe that a ray of color represents an actual substance, and that vitamins and other elements contain these substances, so that in a very real sense the red ray, for example, may be said to give needed iron to the blood, and so forth.

But none of these color deposits could be made in plants without the keynoting or pattern-making activity of the Life Ether, as we have indicated. At the borderline of the Life and Light Ethers the strange life-substances called enzymes do their work. It has been found that “in plants as diverse as apple trees and lettuce there is a light-sensitive enzyme which regulates plant growth at all stages from germination to the ripening of fruit. The government experimental stations (e.g., U.S. Department of Agriculture Research in Beltsville, Md.) have partially isolated the substance, which is effective in minute quantities and have reproduced what is apparently its critical reaction in a test tube. The enzyme exists in two forms, and transforms reversibly from one to the other upon exposure to appropriate wavelengths of light. One form absorbs light in the orange to red range, the other absorbs far-red light, near the limit of the visible spectrum. The first form triggers such effects as the reddening of apples and the germination of lettuce seed; the other form promotes flowering and regulates growth.

“The predominant form of the enzyme in the plant depends upon the color of light to which the plant is exposed. Both forms are present in about equal amounts after exposure to light in the middle of the red range. At longer wavelengths the reaction favors the orange-red absorbing form, while shorter wavelengths (toward the yellow) stimulate the production of the far-red absorbing form. In the living plant the intensity as well as the wave-length of the light influences the function of the enzyme. The investigators found that soybean plants will flower after an extremely short exposure at night to far-red light but will not flower if the intensity of the light is increased 100 times. Exposure at low intensity to the same wave-lengths stimulates germination in lettuce seed; exposure at high intensity reduces germination to about zero.”

Occult science divides the spectrum of light into positive, negative, and neutral areas; with the colors below green called “hot,” or positive, and the colors above green being called “cool” and electric, or negative. Green is neutral, but no color is more important, for this is the color of chlorophyll. In color therapy the positive or “hot” colors are thought of as streaming upward, as if from the Earth; the negative or “cool” colors are thought of as streaming downward from the heavens, while green, the neutral color, draws in its forces horizontally. Green has been proved to be a primary color in the new color science.

– *Etheric Vision and What It Reveals*



# Chapter 6 Summary

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## **Chapter 7 - Initial Ideas**

<p><i>What Color would You Ascribe to Beethoven, Why?</i></p>	<p><i>Can we Hear Colors, Why or Why Not?</i></p>
<p><i>What is a tint?</i></p>	<p><i>What do You Think is Your Dominant Color, Why?</i></p>

## Chapter 7: Music and Color

*“I try to apply colors like words that shape poems, like notes that shape music.”*  
- **Joan Miro**

1. What are examples of composers and their dominant color tone?
2. What are the color tones of Lohengrin and Parsifal?
3. Where did Lafcadio Hearn take his color tone inspiration from?
4. How did Scriabin try to depict the music of the creation in colors?
5. What are the beliefs of Theosophy?
6. What was Scriabin’s Theosophical attitude to music?
7. What did Scriabin’s work of Prometheus use to express one fundamental idea?
8. Who was Scriabin’s hero?
9. What is color hearing or synesthesia?
10. How is color-audition divided into two groups?
11. How is one group of color-audition divided into three groups?

## **Max Heindel's Thoughts**

There is an intimate connection between color and tone; when a certain note is struck, a certain color appears simultaneously. In the heaven world color and sound are both present, but the tone is the originator of the color. Pythagoras spoke of the harmony of the spheres and he did not use that expression simply as a poetical allusion. There is such a harmony. We are told by John that in the beginning was the Word...and without it was nothing made that was made. That was the creative fiat which first started the world into being. We hear of celestial music, for from the point of the heaven world, everything is first created in terms of sound which then molds concrete matter into the multitudinous forms which we see around us. Orderly rhythmic sound is the builder of all that is—the creator and sustainer of all form.

In the occultist's sphere of vision, the whole solar system is one vast musical instrument, spoken of in the Greek mythology as the "seven-stringed lyre of Apollo, the radiant sun god." As there are twelve semitones in the chromatic scale, so we have in the heavens, twelve signs of the zodiac, and as we have the seven keys or whole tones on the keyboard of the piano, we have seven planets. The signs of the zodiac may be said to be the sounding-board of the cosmic harp and the seven planets are the strings; they emit different sounds as they pass through the various signs, and therefore they influence mankind in diverse manner. Should the harmony fail for one single moment, should there be the slightest discord in that heavenly band, this whole universe as such must crumble. For music can destroy as well as build. This has been well proven by great musicians. For instance, the grandson of the immortal Felix Mendelssohn has for several years been experimenting with the power of sound in that direction. He has come to the conclusion that once we find the keynote of a building, bridge, or other structure, we may raze that structure to the ground by sounding that note sufficiently loud and long.

***- Occult Properties of Health and Healing***

# Research on Your Own

Research the following:

**Synesthesia**

**Possible Synesthesia in Exodus 20:18**

**Chromesthesia**

**Grapheme (Color Synesthesia)**

# Chapter 7 Summary

<i>Essential Scientific/Medical/Anatomical Information to Understand Color Healing</i>	<i>Specific Findings, Tests, Observations to Support Color/Music Healing</i>
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## **Chapter 8 - *Initial Ideas***

<p><i>What do Think is the Color of Your Voice, Why?</i></p>	<p><i>Which Music has the Most Color for You, Why?</i></p>
<p><i>What Color Clothes do You Prefer to Wear, Why?</i></p>	<p><i>What Color do You Think an Athlete Should Wear to increase their Energy, Why?</i></p>

## Chapter 8: Color and Human Expression

*“Mere color, unspoiled by meaning, and unallied with definite form, can speak to the soul in a thousand different ways.” - Oscar Wilde*

1. What are the colors of the different vocal types?
2. What determines a color in music?
3. How does color appear in orchestral music?
4. How does color of the music effect the hearer?
5. What colors does a woman pianist feel in interpreting different composers?
6. How does the women pianist connect to the occult ideas of music?
7. What was discovered about the color of costumes on dancers?
8. What colors and planet should students of the occult work with?
9. What colors and planet should teachers, scientists, physicians, nurses, and metaphysical healers work with?
10. What colors and planet should mothers, teachers of the very young, matrons of orphanages, and all those who have the care and direction for young children work with?
11. What colors and planet should dietician, naturopath, chiropractor, osteopath and other natural healers work with?
12. What colors and planet should ministers, lawyers, public speakers, and politicians work with?
13. What colors and planet should athletes, soldiers, farmer, and outdoor workers work with?
14. How are the color-tones of the Moon used to promote health and healing?
15. How could have disease been prevented?

# Max Heindel's Thoughts

## *INFLUENCE OF THE MOON IN HEALING:*

The Moon is the heavenly orb that brings all things to pass; whatever is foreshown by all the other planets never comes to fruition until the Moon brings it to a climax.

There is within the human body an ebb and flow, a tide, just the same as there is in the outside world. There are critical periods in certain diseases in particular that can be measured accurately by the Moon and it is therefore important that all understand the influence of this unusual planet.

There is a cosmic force that culminates at the New Moon and another at the time when the Moon is full. Everything that is started from the time of the New Moon until the full increases in intensity and finally culminates when the Moon is full. That period marks the flowing out of the life that comes from the Sun and is reflected to us by way of the Moon. This force is a great aid in building up the body and keeping it in a healthy condition. From the Full Moon to the time of the New Moon this great light force becomes darker and darker and everything that has come to a focus begins to fade and gradually dies.

Knowing that the Moon has these two influences according to whether it is increasing or decreasing, we find that in applying treatment notice must be taken of them. All treatments, like drugs, may be divided into two general classes: stimulants and sedatives. The first class has a distinctly better effect and is more easily applied during the increase of the Moon, and the other is found much more effectual if used during the Moon's decrease.

The general rule is: From the time of the New Moon to that of the Full Moon stimulants produce the greatest effect and sedatives are weakest. Decrease the dose of stimulants and increase that of sedatives. The exception is: When the Moon increasing approaches a conjunction to Saturn gives larger doses of stimulants and smaller doses of sedatives.

When the Moon is increasing and approaching a conjunction to Mars and Mercury, stimulants have their maximum and sedatives their minimum effect.

When the increasing Moon is in good aspect to Jupiter and Venus cardiac stimulation produces the most lasting results. Palpitation is most effectively treated when the Moon is decreasing and aspects the before mentioned planets favorably. Apply heart stimulants with extreme care when the Moon aspects these planets unfavorably, especially when dark. Anesthetics are also then most liable to produce fatal results. If we inhibit the functioning of the pneumogastric nerve to a certain extent, we quiet the heart action and are then applying what would be the equivalent of a sedative in medicine. Manipulation of this nerve in such a way as to stimulate action is applying the equivalent of a medical stimulant.

*- Occult Properties of Health and Healing*

# Research on Your Own

Research the Healing Powers of the following:

<b>Planet</b>	<b>Symbol</b>	<b>Ruler of</b>	<b>Body Part</b>	<b>Emotion</b>	<b>Chakra</b>
<b>Uranus</b>					
<b>Neptune</b>					
<b>Mercury</b>					
<b>Venus</b>					
<b>Sun</b>					
<b>Jupiter</b>					
<b>Mars</b>					
<b>Moon</b>					

# Chapter 8 Summary

<i>Essential Scientific/Medical/Anatomical Information to Understand Color Healing</i>	<i>Specific Findings, Tests, Observations to Support Color/Music Healing</i>
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## **Chapter 9 - *Initial Ideas***

<p><i>What is an example of a complementary Color?</i></p>	<p><i>True or False, extensive use of Green for a Long Period of Time is Dangerous, Explain?</i></p>
<p><i>Which Element (earth, air, water, fire) do You Think the disease of cancer comes under, Why?</i></p>	<p><i>What do You Think about the Claim that Color Therapy could add Ten Years to Your Life?</i></p>

## Chapter 9: Color Therapeutics

*“Color provokes a psychic vibration. Color hides a power still unknown but real, which acts on every part of the human body.” - Wassily Kandinsky*

1. How are colors used in healing disease according to Lord Clifford?
2. What is the fourfold classification for disease?
3. What are examples of diseases in the fourfold classification system?
4. What does Alice Bailey describe as the effect of lights on the body?
5. What can be done when a *“man’s ray is known”*?
6. How were rooms for color treatment designed?
7. What occurs if a patient is treated with one color for a prolonged time?
8. How was observed in French Insane Asylums with color therapy experiments?
9. Why were the color patterns for the Grail music of Lohengrin used in hospitals?
10. What did Dr. Nyls R. Finsen discover in his treatment of smallpox?
11. What was found to be the effect of color, music, and pictures?
12. How was color therapy used for treating veterans in Oakland, CA?

## Max Heindel’s (A Student) Thoughts

Only when the Light Ether is acting in conjunction with the Life Ether do we have the appearance of biological magnetism and the life-fire of warm-blooded creatures. The colors associated with the activities of the Life Ether, we observed, were those from ultraviolet to infrared, and other rays not yet familiar to the lay public. Perception of these forces and colors, however, is something else again.

When the occult student begins his study of the Light Ether, he enters into the range of light, heat, and color of the normal senses, because the so-called “five senses” are the gift of forces working through the negative pole of this ether. ...

Astronomers say that our Sun is a “yellow” or “orange” star, one of the classes known as “Orange” or “Yellow Dwarfs,” among the most unstable of stars. Sunlight is therefore not really “white,” but tinged with yellow or gold; and the Light Ether is also described by the occult scientist as golden or yellow, although like sunlight again, it does possess a complete band of colors, visible to ordinary

eyesight as color or as light, but visible to etheric sight as vibration and sparkling points of energy. ...

The forces working along the negative pole of the Light Ether are those which deposit the chlorophyll and the colors in flowers. All color, in all kingdoms of Nature, is “deposited,” by means of forces working through the negative pole of the Light Ether.

Since we now know that light is not merely waves in an ether but consists also of actual particles, in “packets” of energy, called the photon, we are in a position to see that there is a definite and real substance which the Nature Forces can use and handle in this work of depositing color. These Nature Forces include fairies, angelic beings, and the human Ego. ...

In the human body complex, the Light Ether is said to be dominantly positive in men and negative in women. Let us see how this works out. The senses and colors belong to the negative pole, and women’s sensory responses are often quicker than those of men; they see colors more clearly, and they suffer less from color blindness. Their etheric aura also shows a larger proportion of the golden Light Ether. The positive energy of the Light Ether, however, is evident in the dynamic urge to action which characterizes the masculine incarnation, and the masculine aura often sparkles thickly with the energy-points belonging to this ether. The man also shows more of the fiery egoic drive. ...

Whatever may be said of the effects of color on human beings as purely psychological, the same cannot be said of the influences of colored light on vegetation: some kinds of light promote growth of roots; others of the stems, leaves, and flowers; others the germination of the seed, and so on; while the light-sensitive enzyme in the plant tissue proves to be an important link in the life process.

Science has gone down to the far-red limit of the spectrum, but has not yet found the “peach-blossom” color known to the occultist.

Wave-lengths of color will one day be used to open up the spiritual faculties, for as we have shown, these also belong to the Light Ether forces, supersensory perception as well as common sensory perception being dependent upon this Ether, so far as consciousness in the body is concerned.

***- Etheric Vision and What It Reveals***

# Research on Your Own

Research the following:

<b>Color</b>	<b>Physical Effects</b>	<b>Mental/Emotional Effects</b>	<b>Therapeutic Uses</b>
<b>Red</b>			
<b>Orange</b>			
<b>Yellow</b>			
<b>Green</b>			
<b>Blue</b>			
<b>Indigo</b>			
<b>Violet</b>			

# Chapter 9 Summary

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## **Chapter 10 - *Initial Ideas***

<p><b><i>How do You Use Color Visualization in Your Meditation?</i></b></p>	<p><b><i>How do You Feel about Vaccines, Why?</i></b></p>
<p><b><i>On a Mental level What Color do You Find Soothing, Why?</i></b></p>	<p><b><i>Which sign do You think Maladies of the Heart come under, why?</i></b></p>

## **Chapter 10: Occult Principles Emphasized in Color Therapeutics**

*“Colors express the main psychic functions of man.” - Carl Gustav Jung*

1. How is a patient treated once their aura has been examined?
2. How can “bathing in color” help the occult student?
3. Why is bathing in yellow efficacious in healing?
4. How can ductless glands be used in overcoming specific diseases?
5. What are colors of the different ductless glands?
6. What diseases come under each of the twelve signs (place in a two-column table)?
7. What is an important factor in using signs for diagnosis?
8. What things should be considered in a diagnosis with a color treatment?
9. What do some drugs have in common with colors used for treatment?
10. What were the combined qualifications of early healers?
11. How do colors affect a patient?
12. What colors are suggested for a threefold use?

## **Max Heindel’s Thoughts**

### ***The Pituitary Body and the Pineal Gland***

In the brain, and in approximately the positions shown in diagram 17, are two small organs called the pituitary body and the pineal gland. Medical science knows but little about these, or the other ductless glands of the body. It calls the pineal gland "the atrophied third eye," yet neither it nor the pituitary body are atrophying. This is very perplexing to scientists, for nature retains nothing useless. All over the body we find organs which are either atrophying or developing, the former being milestones, as it were, along the path which man has traveled to reach his present stage of development, the latter pointing out the lines for future improvement and development. For instance, the muscles which animals use to move the ears are present in man also, but as they are atrophying, few people can use them. The heart belongs to the class indicating future development; as already shown, it is becoming a voluntary muscle.

The pituitary body and the pineal gland belong to still another class of organs, which at the present time are neither evolving nor degenerating, but are dormant. In the far past, when man was in touch with the "inner" Worlds, these organs were his means of ingress thereto, and they will again serve that purpose at a later stage. They were connected with the involuntary or sympathetic nervous system. Man, then saw the inner Worlds, as in the Moon Period and the latter part of the Lemurian and early Atlantean Epochs. Pictures presented themselves quite independent of his will. The sense centers of his desire body were spinning around counter-clockwise (following negatively the motion of the Earth, which revolves on its axis in that direction) as the sense centers of "mediums" do to this day. In most people these sense-centers are inactive, but true development will set them spinning clockwise, as explained elsewhere. That is the difficult feature in the development of positive clairvoyance.

The development of mediumship is much easier, because it is merely a revival of the mirror-like function possessed by man in the far past, by which the outside world was involuntarily reflected in him, and which function was afterward retained by inbreeding. With present day mediums this power is intermittent, which explains why they can sometimes "see" and at other times, for no apparent reason, fail utterly. Occasionally, the strong desire of the client enables them to get into touch with the information he is seeking, on which occasions they see correctly, but they are not always honest. Office rent and other expenses must be paid, so when the power (over which they have no conscious control) fails them, some resort to fraud and utter any absurdity that occurs to their minds, in order to satisfy their client and get his money, thus casting discredit upon what they really do see at other times.

The aspirate to true spiritual sight and insight must first of all give proof of unselfishness, because the trained clairvoyant has no "off days." He is not in the least mirror-like, dependent upon the reflections which may happen to come his way. He is able to reach out at any time and in any direction, and read the thoughts and plans of others, provided he particularly turns his attention that way - not otherwise.

The great danger to society which would result from the indiscriminate use of this power if possessed by an unworthy individual, can be easily understood. He would be able to read the most secret thought. Therefore, the initiate is bound by the most solemn vows never to use this power to serve his individual interest in the slightest degree, nor to save himself a pang. He may feed five thousand others if he will, but he must not turn a stone into bread to appease his own hunger. He may heal others of palsy and leprosy, but by the Law of the Universe, he is forbidden to stanch his own mortal wounds. Because he is bound by his vow of absolute unselfishness, it is ever true of the Initiate that although he saves others, himself he cannot save.

So, the trained clairvoyant who really has something to give will never hang out a sign offering to exercise his gifts for a fee, but will give and give freely where he considers it consistent with the ripe destiny generated under the law of consequence by the person to be helped.

Trained clairvoyance is the kind used for investigating occult facts, and it is the only kind that is of any use for that purpose. Therefore, the aspirant must feel, not

a wish to gratify an idle curiosity, but a holy and unselfish desire to help humanity. Until such a desire exists, no progress can be made in the attainment of positive clairvoyance.

In the ages that have passed since the Lemurian Epoch humanity has been gradually building the cerebro-spinal nervous system, which is under the control of the will. In the latter part of the Atlantean Epoch, this was so far evolved that it became possible for the Ego to take full possession of the dense body. That was the time (previously described) when the point in the vital body came into correspondence with the point at the root of the nose in the dense body and the indwelling spirit became awake in the Physical World but, so far as the greater part of humanity was concerned, lost consciousness of the inner Worlds.

Since then, the connection of the pineal gland and the pituitary body with the cerebro-spinal nervous system has been slowly building, and is now all but complete.

To regain contact with the inner Worlds, all that remains to be done is the reawakening of the pituitary body and the pineal gland. When that is accomplished, man will again possess the faculty of perception in the higher worlds, but on a grander scale than formerly, because it will be in connection with the voluntary nervous system and therefore under the control of his Will. Through this inner perceptive facility all avenues of knowledge will be opened to him and he will have at his service a means of acquiring information compared with which all other methods of investigation are but child's play.

***- The Rosicrucian Cosmo-Conception***

# Research on Your Own

Research the following:

<b>Gland</b>	<b>Color</b>	<b>Location/ Functions</b>	<b>Disorders/ Diseases</b>
<b>Pineal</b>			
<b>Pituitary</b>			
<b>Thyroid</b>			
<b>Solar Plexus*</b>  <b>*not a gland</b>			
<b>Thymus</b>			
<b>Adrenal</b>			

# Chapter 10 Summary

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## **Chapter 11 - *Initial Ideas***

<p><b><i>What music Speaks to You about the Glory of God, Why?</i></b></p>	<p><b><i>How have You Experienced “Visual Music”?</i></b></p>
<p><b><i>How do You Use Music during Your Own Healing?</i></b></p>	<p><b><i>How do You Seek to Work from the High Spiritual Inspiration that Surround Us?</i></b></p>

## Chapter 11: New Age Color-Music

*“There are colors we can't see, but they're connected to the ones we can, There's a connection between everything.” - Wayne Shorter*

1. What is the *Auroratone*?
2. How does the *Auroratone* differ from the color organ?
3. What was the chief purpose of Richard Wagner's music?
4. What do the thought forms from Tannhauser's Evening Star reveal to us?
5. What does the Lohengrin prelude reveal to us?
6. What does Parsifal and Lohengrin hold or contain?
7. What is the real purpose of music in the church?
8. What does Debussy's music make us aware of?
9. What does the composition Le Clair de Lune reveal to us?
10. What are the effects of the Auroratone on us?
11. What is observed in Beethoven's Moonlight Sonata?
12. Where do miraculous healings and “etheric visions” come from?
13. Why is Beethoven described as an Initiate-Musician?
14. What will be the effects of visible music?
15. Why is it demonstrated that the Lord's Prayer is the Universal Petition?
16. What was an unexpected outcome of the Auroratone presentation of Music in Color?
17. What effect did the concert at LA County General Hospital have on the patients?
18. How did psychiatrists plan on using music color films?

## Max Heindel's Thoughts

AS we look about us in the material universe, we see a myriad of forms and all these forms have a certain color and many of them emit a definite tone; in fact all do, for there is sound even in so-called inanimate Nature. The wind in the treetops, the babbling of the brook, and the swell of the ocean are all definite contributions to the harmony of Nature.

Of these three attributes of Nature—form, color, and tone—form is the most stable, tending to remain in status quo for a considerable time and changing very slowly. Color on the other hand, changes more readily; it fades, and there are some colors that change their hue when held at different angles to the light; but tone is the most elusive of all three; it comes and goes like a will-o'-the-wisp, which none may catch or hold.

We also have three arts which seek to express the good, the true and the beautiful in these three attributes of the World Soul: namely, sculpture, painting, and music. The sculptor who deals with form seeks to imprison beauty in a marble statue that will withstand the ravages of time during millenniums; but a marble statue is cold and speaks to but a few of the most evolved who are able to infuse the statue with their own life.

The painter's art deals preeminently with color; it gives no tangible form to its creations; the form on a painting is an illusion from the material point of view, yet it is so much more real to most people than the real tangible statue, for the forms of the painter are alive; there is living beauty in the painting of a great artist, a beauty that many can appreciate and enjoy.

But in the case of a painting, we are again affected by the changeableness of color; time soon blots out its freshness, and at best, of course, no painting can outlast a statue.

Yet in those arts which deal with form and color there is a creation once and for all time; they have that in common, and in that they differ radically from the tone art, for music is so elusive that it must be recreated each time we wish to enjoy it, but in return it has a power to speak to all human beings in a manner that is entirely beyond the other two arts. It will add to our greatest joys and soothe our deepest sorrows; it can calm the passion of the savage breast and stir to bravery the greatest coward; it is the most potent influence in swaying humanity that is known to man, and yet, viewed solely from the material standpoint, it is superfluous, as shown by Darwin and Spencer.

It is only when we go behind the scenes of the visible and realize that man is a composite being— Spirit, soul and body—that we are enabled to understand why we are thus differently affected by the products of the three arts.

- *Mysteries of the Great Operas*, pp. 49-51

# Research on Your Own

Research the following:

**Describe the Auroratone Film Process**

**What are your Feelings on Watching YouTube: *1940s AURORATONE (Restored!) featuring Bing Crosby***

**How can Music Reduce Stress?**

**The Emotion Wheel**

# Chapter 11 Summary

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## Chapter 12 - *Initial Ideas*

<p><i>What is the Human Aura?</i></p>	<p><i>How would You Describe the Aurora Borealis?</i></p>
<p><i>What Thoughts and Emotions Often Color Your Aura?</i></p>	<p><i>How has God Ever spoken to You in Tone and Color?</i></p>

## Chapter 12: Color and the Regenerative Process

### *The Human Aura*

*“Let me, O let me bathe my soul in colours; let me swallow the sunset and drink the rainbow.” — Khalil Gibran*

1. How does God speak?
2. What is the human aura?
3. What does an individual’s three-fold color scheme consist of?
4. How can we describe the “wedding garment”?
5. How can we describe the aura of a person focused on the accumulation of worldly possessions?
6. What can the human aura be compared to and how can it change?
7. According to legend, what gems did the Earth bring forth?
8. How is the mystic gem described, and what is this gem?
9. Why was the mystic Gem of Sovereignty not in its original condition?
10. How did the Persian Master, Mani refer to Christ?
11. How has science established the presence of the vital body?

### **Max Heindel’s Thoughts**

Upon observing the auras of people, the trained clairvoyant notices the scarlet of anger, the gray and steel-blue of fear, the darkish blue of worry, the red cloud of hate, the black veil of despair, etc. A tinge of soft sky-blue indicates hope, optimism, and a dawning religious feeling. Blue shows the highest type of spirituality, but the blue color does not appear outside the dense body save in the very greatest of saints—only yellow is usually observable there.

In the lower races the ground color of the aura is a dull red like the color of a slow burning fire, indicating their passionate, emotional nature. When we examine people upon a somewhat higher rung of the ladder of evolution, the basic color or vibration radiated by them is seen to be of an orange hue, the yellow of intellect mixed with the red of passion. The natural golden color is the Christ ray finding its chemical expression in the oxygen, a solar element, and as we advance upon the path of evolution those who are not professedly religious acquire a tinge of gold in their auras due to the higher altruistic impulses common to the West.

*- Occult Principles of Health and Healing*

# Research on Your Own

Complete the table below:

Aura Color	Color Meaning
Red	
Orange	
Yellow	
Green	
Blue	
Indigo	
Violet	
Pink	
Gray	
Brown	
Black	
White	

# Chapter 12 Summary

<i>Essential Scientific/Medical/Anatomical Information to Understand Color Healing</i>	<i>Specific Findings, Tests, Observations to Support Color/Music Healing</i>
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<i>Specific Practices of Color Healing</i>	

## **Chapter 13 - *Initial Ideas***

<p><b><i>How do You Protect Yourself from Negative Influences?</i></b></p>	<p><b><i>What Color do You Think is Most Protective, Why?</i></b></p>
<p><b><i>Why do You Think You can Maintain Our Protective Aura ?</i></b></p>	<p><b><i>What are the Most Difficult Negative Influences that You Deal With?</i></b></p>

## **Chapter 13: The Protective Aura**

*“You select the colors of your thoughts; drab or bright, weak or strong, good or bad. You select the colors of your emotions; discordant or harmonious, harsh or quiet, weak or strong. You select the colors of your acts; cold or warm, fearful or daring, small or big.” - Wilferd Peterson*

1. Where is a person's aura seen?
2. How can a person protect himself from negative influences?
3. When does a person have a blue aura?
4. When does a person have a yellow aura?
5. What is special about a golden-orange aura?
6. What is special about a white aura?
7. What words can be used to build a protective aura?
8. What is the occult teaching about white light?

## **Max Heindel's Thoughts**

### ***The Protective Aura***

Rosicrucian teachers instruct their pupils in regard to creating and maintaining the "Protective Aura", which is a shelter of soul, mind, and body against evil influences directed toward them consciously or unconsciously. This Protective Aura affords a simple but very powerful and efficient means of protection against all adverse psychic influences, "malicious mental magnetism," black magic, etc., and is also an effective armor against psychic vampirism, or the draining of magnetic strength.

Forming the Protective Aura is very simple. It consists merely of the formation of a mental image (accompanied by a demand of the will) of yourself being surrounded by an aura of pure, clear, white LIGHT -- the symbol and indication of SPIRIT. A little practice will enable you actually to feel the presence and power of this Protective Aura. The White LIGHT is the radiation of SPIRIT, and SPIRIT is master of all things.

*A teacher has said, "The highest and deepest occult teaching is that the white LIGHT must never be used for attack or personal gain, but that it may properly be employed by anyone, at any time, to protect himself or herself against adverse psychic influences, no matter by whom exerted. It is the armor of the SPIRIT, and may well be employed in such a way whenever the need arises."*

**- Max Heindel, Rosicrucian Fellowship Pamphlet**



# Chapter 13 Summary

<i>Essential Aura Information</i>	<i>Aura Color Meanings</i>
<i>Aura Rule of Use</i>	<i>Spiritual/Astrological Connections</i>
<i>Specific Practices in Aura Protection</i>	

## **Chapter 14 - *Initial Ideas***

<p><b><i>How have You Witnessed in Color Changes Over Time?</i></b></p>	<p><b><i>What Colors have You Seen Color Connected with Specific Times or Events?</i></b></p>
<p><b><i>When Have You Observed a Color Change in a Physical Environment Make a Difference?</i></b></p>	<p><b><i>What Color would You Associate with Complete Spiritual Dedication, Why?</i></b></p>

## Chapter 14: Color Values in Character building

*“If virtue has a color, it’s the color of the life within us, dancing with every heartbeat. It’s the legacy of our ancestors, the gifts of our parents that we try to live up to” — Rajani LaRocca*

1. How do colors appear in the superphysical world?
2. In what color does an intellectual soul find harmony?
3. In what color does a person of a sympathetic nature respond to?
4. What do pure red rays express?
5. Who is motivated by red rays?
6. What do deep opaque red and clear red represent?
7. What is red the color of?
8. How did the colors change as the war progressed and its effect?
9. Why was 1944 the pastel year?
10. What was the Christmastide decorations for 1944, why?
11. What was the coloring for 1945, why?
12. What was the general trend in 1946 for the color mode of the day, why?
13. What else does the color red represent?
14. What color was red linked to, why?
15. Why does mankind need to transmute red into golden red?
16. In what colors is the artistic temperament?
17. What color tones did Richard Wagner choose to wear, why?
18. In what color does the soul dedicated to God wear?
19. What world is the realm of color?
20. What does the growing color consciousness indicate?
21. What color does the sacrificial one find peace and harmony in?
22. What color is the lover of mankind attuned to?
23. How should pupils be instructed in New Age Schools?

24. How was the Stelp School painted, and its effect?
25. What has color been found to be a factor in children and how should schools be made conducive to study?
26. How did Teachers College change its library?
27. How did Baltimore change its schools and its effect?
28. How did a modernistic architect design a New Age residence?
29. How can color solve human problems?
30. What are the key-words to New Age living?
31. What are the colors and changes in the environment in the Aquarian Age?
32. What analysis is found in The Color Prophet manual?
33. How did the newspaper change over time?
34. How are New York subway cars colored?
35. How can a soul always touch color vibrations?
36. What are the effects of bathing in the golden radiance of Christ?
37. What colors produce a positive psychological effect?
38. What colors produce a negative psychological effect?

## **Max Heindel's Thoughts**

### ***The Rosicrucian Emblem***

#### **Divine Symbolism**

*"Divine symbols which have been given to mankind from time to time speak to that forum of truth which is within our hearts, and awaken our consciousness to divine ideas entirely beyond words. Therefore, symbolism, which has played an all-important part in our past evolution, is still a prime necessity in our spiritual development; hence the advisability of studying it with our intellects and our hearts."*

--Max Heindel

## **Five-Pointed Star**

The Emblem of the Rose Cross is one of these divine symbols. The Western Mystery School (that of the Rosicrucian's) has as its Emblem the red roses (symbolic of the purification of the desire nature) on the cross (materiality), the golden five-pointed star (showing that the Christ is born within the disciple and radiates from the five points which represent the head and four limbs), and the blue background (symbolic of the Father). The colors represent God in manifestation: unity in trinity.

Viewed in its fullness, this wonderful symbol contains the key to man's past evolution, his present constitution, and his future development, together with the method of attainment. In the form where it is represented with a single rose in the center it symbolizes the indwelling Human Spirit radiating from itself the four vehicles: the dense, vital, and desire bodies, plus the mind.

## **The Cross**

But there was a time when that condition did not obtain, a time when the threefold Spirit hovered above its vehicles and was unable to enter. Then the cross stood alone without a rose, symbolizing the condition which prevailed in the early third of Atlantis. There was even a time when the upper limb of the cross was lacking and man's constitution was represented by the Tau (T). That was in the Lemurian Epoch when he had only the dense, vital, and desire bodies. Then the animal nature was paramount Man followed desire without reserve.

At a still earlier time, in the Hyperborean Epoch, he was also minus the desire body and possessed only the dense and vital bodies. Then man-in-the-making was like the plants, chaste and devoid of desire. At that time his condition could not have been represented by a cross. It was symbolized by a shaft, a pillar (I).

Viewing our Emblem as it is today, we note that the lower limb of the cross (symbolizing matter) indicates the plant with its root in the chemical, mineral soil. The Group Spirits of plants are at the center of the Earth in the Region of Concrete Thought. From these Group Spirits flow streams or currents in all directions to the periphery of the Earth, passing outward through the length of plant or tree.

The upper limb of the cross represents man; he is the inverted plant. The plant takes its food through the root; man takes his food through the head. The plant is sustained by the spiritual current of the Group Spirits in the center of the Earth, which enter into it by way of the root. The highest spiritual influence to man comes from the Sun, which sends its rays through man from the head downward. The plant inhales the poisonous carbon dioxide exhaled by man and exhales the life-giving oxygen used by him.

The animal, symbolized by the horizontal limb of the cross, is between plant and man. Its spine is in a horizontal position and through it play the currents of the animal Group Spirits which encircle the Earth.

The mineral kingdom is not represented because it possesses no individual vital body, and hence cannot be the vehicle for currents belonging to the higher realms.

### **The White Rose**

In time the present passionate mode of generation will again be superseded by a pure and more efficient method than the present, and that also is symbolized in the Rose Cross where the white rose is placed in the center between the four arms. The long limb represents the body, the two horizontals, the two arms, and the short upper limb, the head. The white rose is in place of the larynx.

The seven roses which garnish the Emblem and the five-pointed radiating star behind, are symbolical of the twelve Great Creative Hierarchies which have assisted the evolving human Spirit through the previous conditions, as mineral, plant, and animal, when it was devoid of consciousness and unable to care for itself in the slightest degree. Of these twelve hosts of Great Beings, three classes worked upon and with man of their own free will and without any obligation whatever. These are symbolized by the three points in the star upon the Emblem which point upward. Two more of the Great Hierarchies are upon the point of withdrawal, and they are pictured in the two points of the star which radiates downward from the center.

### **Seven Red Roses**

The seven red roses reveal the fact that there are still seven Great Creative Hierarchies active in the development of the beings upon Earth, and as all of these various classes are but parts of one Great Whole whom we call God, the whole Emblem is a symbol of God in manifestation.

The red color of the climbing roses, representative of the verdant evolving life climbing to greater and greater heights, indicates the activities of the Holy Spirit of God in Nature. The human analogy is the mystery of the cleansed blood. Blood is the vehicle of egoic control of the physical body. The Ego controls the body by means of the heat in the blood. In the process of right living the vibrations of the blood are harmoniously raised, the blood cleansed from animalism and changed into the type of Blood of Christ. That is one of the processes of the Christ in us. One of the evidences of this condition is that the body becomes a more sensitive and responsive instrument of the Spirit. The poison from the bite of a venomous serpent may be overcome and eliminated by the clean, high-vibrating fire in the blood, as stated in the Bible.

The seven red roses may also in a certain sense be correlated to the ductless glands, intimately connected with the occult development of humanity. Four of these are connected with the personality; the thymus gland, ruled by Venus; the spleen, ruled by the Sun; and the two adrenals, ruled by Jupiter. The pituitary body, ruled by Uranus, and the pineal gland, ruled by Neptune, are particularly correlated with the spiritual side of our nature, and the thyroid, ruled by Mercury, forms the link between.

**- Max Heindel, Rosicrucian Fellowship Pamphlet**

# Research on Your Own

Research Colors in the *Learning Environment and Health Care Facilities*:

Color	How and Where to Use	Effects
<b>Red</b>		
<b>Blue</b>		
<b>Yellow</b>		
<b>Purple</b>		
<b>Orange</b>		
<b>Green</b>		

# Chapter 14 Summary

<i>Essential Information to Understand Character Building</i>	<i>Specific Findings, Tests, Observations to Support Character Building</i>
<i>Color/Music Connection Examples</i>	<i>Spiritual/Astrological Connections</i>
<i>Specific Practices in Character Building</i>	

## **Chapter 15 - *Initial Ideas***

<p><b><i>What Color would You Associate with God's manifestation, Why?</i></b></p>	<p><b><i>What would You Associate the Color Green with, Why?</i></b></p>
<p><b><i>What is the Royal Color, Why?</i></b></p>	<p><b><i>What does Black Symbolize Spiritually, Why?</i></b></p>

## **Chapter 15: Supernatural Powers in Color**

*“Color! What a deep and mysterious language, the language of dreams.” - Paul Gauguin*

1. What is special about the color red?
2. Why is the golden color magical?
3. Why has man forfeited his rights to the blessing of gold?
4. Why is green the nature color?
5. How does the color blue free man?
6. What do indigo rays do?
7. What is the color purple associated with?
8. What is the symbolism of the color black?
9. How does the color white compare to the color black?
10. When is the Aeon Cycle complete?

## Max Heindel's (A Student) Thoughts

By means of etheric sight it is possible to see everything that exists in the Etheric Region of the physical world. When this vision first develops it reveals the lowest, or Chemical Ether, which varies from gray-blue, through blue, to violet, or a dark blue that is almost black. Max Heindel speaks of the Chemical Ether as “dark, almost black.” Because of the interplay or intermingling of the other ethers in the Chemical Ether, this ether may also seem to be reddish-blue, magenta, violet, or purple, according to the density of the ethers.

When anyone views an object with etheric sight, he sees *through* the object in a manner similar to the way an X-ray penetrates solid substance. It is therefore called X-ray vision, although this is by no means an accurate description. In viewing an object with etheric vision, the seer sees first the outer part, then the next adjacent part, and finally on through to the farther side of the object. One may have higher grades of sight (Desire World vision, mental, etc.) and yet not have etheric sight. By means of etheric sight one can see through books, papers, letters, wall, or anything else for a short distance. ...

As color is associated with sunlight in the common range of vision, so color is associated with the body magnetism to the etheric vision. The five colors specialized by the ethers, which stand between violet and red in a color circle, are not found in the solar spectrum as known to ordinary vision; they do not occur in the rainbow, which is refracted sunlight. These are the colors running from beyond-violet, through mid-purple, to magenta or peach-blossom color, to below-red. But though these colors are not found in the solar spectrum, they are true primary colors in the Desire World, and the peach-blossom color is the color of the Life Force as seen in the Life Ether in the human body. Max Heindel says that this color is not always described in identical terms by those who see it. He himself calls it “pink-blue” or “pinkish-purple.” It is the expression of the Universal Life Spirit, as noted before, and since it is a life ether it appears only in plants, animals, and man—not in the mineral kingdom. Ordinarily the color of the vital body is called a “rosy hue.”

The Chemical Ether is characterized by blue or indigo, deepening to mid-purple or near-black.

Other colors may also appear in these two lower ethers but those mentioned are basic.

***- Etheric Vision and What it Reveals***

# Research on Your Own

Research the Spiritual Meaning and Uses of the following Colors:

<b>Color</b>	<b>Spiritual Meaning</b>	<b>Uses</b>	<b>Associations/ Nature</b>
<b>Red</b>			
<b>Yellow</b>			
<b>Blue</b>			
<b>Green</b>			
<b>Orange</b>			
<b>Purple</b>			
<b>White</b>			
<b>Black</b>			

# Chapter 15 Summary

<p><i>Essential Information for Supernatural Powers</i></p>	<p><i>Specific Examples and Findings, to Support Supernatural Powers</i></p>
<p><i>Color/Music Connection Examples</i></p>	<p><i>Spiritual/Astrological Connections with Color Healing</i></p>
<p><i>Specific Practices of Supernatural Powers</i></p>	

## Chapter 16 - *Initial Ideas*

<p><i>What do You Feel is the Mos Sacred Season, Why?</i></p>	<p><i>What Color would You Associate with Summer Solstice, Why?</i></p>
<p><i>In what Season would You Place the Annunciation, Why?</i></p>	<p><i>During which seasons does Man focus on those things of the Subjective Life, Why?</i></p>

## Chapter 16: Color and the Sacred Seasons

*“Fall colors are funny. They’re so bright and intense and beautiful. It’s like nature is trying to fill you up with color; to saturate you so you can stockpile it before winter turns everything muted and dreary.” — Siobhan Vivian*

1. What is the color of the Autumn Equinox, and what does it symbolize?
2. What is the color of the Winter Solstice, and what does it symbolize?
3. What is the color of the Spring Equinox, and what does it symbolize?
4. What is the color of the Summer Solstice, and what does it symbolize?
5. How can we describe the first step the Birth Ritual?
6. What occurs at the holy time of the Autumn Equinox?
7. Why is everyday from the Autumn Equinox to the Winter Solstice a Holy Day?
8. When do the are the major and minor tones occur on the Earth?
9. What is the meaning of the word “shadow”?
10. What does man do during Spring/Summer and Fall/Winter?
11. What happens in the educational system in the Spring/Summer and Fall/Winter?
12. What happens spiritually to man in the Autumn Equinox?
13. What realization does disciple come into as a result of the Autumn Equinox?
14. How does the spiritual growth ultimately effect the disciple?

## Max Heindel’s Thoughts

**Spring Equinox:** We are again at the time of Easter. Once more we have reached the final act in the cosmic drama involving the descent of the solar Christ Ray into the matter of our Earth, the mystic Birth celebrated at Christmas, and the Mystic Death and Liberation. The life impulse from the Cosmic Christ which entered the Earth last fall came to mystic birth at Christmas, performed its wonderful magic of fecundation during the months between autumn and the present Easter time, and is now liberating itself from the cross of matter to rise again to the throne of the Father, leaving the Earth clothed in the verdant glory of spring ready for the physical activities of the summer season. The spiritual Ray sent out by the Cosmic Christ each fall to replenish the smoldering vitality of the Earth is about to ascend to the Father's Throne. At this time of the year a new life, an augmented energy

sweeps with an irresistible force through the veins and arteries of all living things, inspiring them, instilling new hope, new ambition, and new life, impelling them to new activities whereby they learn new lessons in the school of experience. Consciously or unconsciously to the beneficiaries, this outwelling energy invigorates everything that has life. Even the plant responds by an increased circulation of sap, which results in additional growth of the leaves, flowers, and fruits whereby this class of life is at present expressing itself and evolving to a higher state of consciousness.

At the **summer solstice** the physical activities of Nature are at their apex or zenith, therefore "Midsummer Night" is the great festival of the fairies who have wrought to build the material universe, nourished the cattle, nurtured the grain, and are hailing with joy and thanksgiving the crest wave of force which is their tool in shaping the flowers into the astonishing variety of delicate shapes called for by their archetypes and tinting them in unnumbered hues which are the artist's delight and despair.

On this greatest of all nights of the glad summer season, they flock from fen and forest, from glen and dale, to the Festival of the Fairies. They really bake and brew their etheric foods and afterwards dance in ecstasies of joy--the joy of having brought forth and served their important purpose in the economy of Nature.

We are now at the **fall equinox** where the Sun is leaving the northern hemisphere, after having provided us with the necessities of life for the coming year; and the spiritual tide which carries on its crest the life which will find physical expression in the coming year is now on its way toward our Earth. The half-year directly before us is the holy part of the year. From the feast of the Immaculate Conception to the Mystic Birth at Christmas (while this wave is descending into the Earth) and from that time to Easter (while it is traveling outward) a harmonious, rhythmic, vibratory song, not inaptly described in the legend of the Mystic Birth as a "hosanna" sung by an angel choir, fills the planetary atmosphere and acts upon all as an impulse to spiritual aspiration.

We are now at the **winter solstice**, the time when the light of the Sun has almost faded, when our Northern Hemisphere is cold and drear. But on the longest and darkest night the Sun turns on its upward path, the Christ Light is born on Earth again, and all the world rejoices. The wave of spiritual light and life which will be the basis of next year's growth and progress is now at its greatest height and power. The Earth is now nearest the Sun. The spiritual rays fall at right angles to the Earth's surface in the Northern Hemisphere, promoting spirituality, while physical activities are held in abeyance on account of the oblique angle at which the solar rays strike the surface of the Earth. It is of great importance to the esoteric student to know and understand the particularly favorable conditions which prevail at Yule-tide, so that he may bend all his energies at this time to spiritual endeavor and thus cover a much greater distance with less effort than at any other time.

**- Rosicrucian Pamphlet, *Rosicrucian Fellowship Services***

# Research on Your Own

Research the following:

**Annunciation and the Summer Solstice**

**Planetary Immaculate Conception**

**“Walk in the Light”**

**Frequency of Each Planet (Hz)**

# Chapter 16 Summary

<i>Essential Information on the Four Sacred Seasons</i>	
<i>Color/Music Connection Examples</i>	<i>Spiritual/Astrological Connections with Color Healing</i>
<i>Specific Outcomes for Each Season</i>	

## **Chapter 17 - *Initial Ideas***

<p><b><i>What Spiritual Message do You Associate with the Rainbow, Why?</i></b></p>	<p><b><i>What is transmutation?</i></b></p>
<p><b><i>What Color do You Associate with Christ, Why?</i></b></p>	<p><b><i>What Meaning is Found in Genesis 9:13?</i></b></p>

## Chapter 17: Spiritual Significance of the Spectrum

*“Nature always wears the colors of the spirit.” - Ralph Waldo Emerson*

1. What evidence is there that color-tones are evolving?
2. What did God’s first mantram do in terms of color?
3. What colors did the Atlantean civilization perceive?
4. What does the rainbow symbolize and reveal?
5. What occurs as the cosmic tones descend to Earth?
6. What does the color Red symbolize, represent, danger of, and treat?
7. What does the color Orange symbolize, represent, and use in healing?
8. What does the color Yellow symbolize, represent, and healing use?
9. What does the color Green symbolize, represent, associated with, and soothe?
10. What does the color Blue symbolize, represent, effects on the body, and heal?
11. What does the color Indigo symbolize, represent, its keynote, and its expression?
12. What does the color Violet symbolize, represent, associated with and its expression?
13. Which colors form a cross?
14. What is transmutation?

## Max Heindel’s Thoughts

There are seven colors in the spectrum: red, orange, yellow, green, blue, indigo and violet. But between the violet and the red there are still five other colors which are invisible to the physical eye but reveal themselves to the spiritual sight. In every Mystery Order there are also seven Brothers who at times go out into the world and there perform whatever work may be necessary to advance the people among whom they serve, but five are never seen outside the temple. They work with and teach those alone who have passed through certain stages of spiritual unfoldment and are able to visit the temple in their spiritual bodies, a feat taught in the first initiation which usually takes place outside the temple as it is not convenient for all to visit that place physically. - *The Rosicrucian Mysteries*, p. 6

# Research on Your Own

Complete the table below:

<b>Chakra Color</b>	<b>Chakra Name</b>	<b>Symbolism/Function</b>	<b>Health Effect</b>
<b>Red</b>			
<b>Orange</b>			
<b>Yellow</b>			
<b>Green</b>			
<b>Blue</b>			
<b>Indigo</b>			
<b>violet</b>			

## ***The Bow in the Cloud***

**A Rosicrucian Fellowship Pamphlet by Max Heindel**

I have a few preliminary explanations to make, a few reasons why the subject of "The Bow in the Cloud" is taken up. I recently dictated the manuscript for a book which I since have been editing. In the course of the dictation, certain points came up, one of them being the life force that enters the body through the etheric counterpart of the spleen.

Upon investigating, it was seen that this force manifests in different colors, and that in different kingdoms of life it works differently; therefore, much was to be looked up before making the information public. A friend, after reading some of the manuscript, sent to his library in Seattle for a book published about forty years ago called Babbitts' Principles of Light and Color. I referred to this book and found it most interesting, written by a man who was clairvoyant. After spending an hour studying the book, I turned to investigation myself, with the result that a great deal of new light was shed upon the subject. It is a deep and profound subject, for the very life of God seems to be embodied in these colors.

In tracing light and color back through the Memory of Nature, I came to a point where there was no light, as has been shown in The Rosicrucian Cosmo-Conception. Then I followed the different stages of planetary formation and continued on down to the point where the bow was seen in the cloud. The whole investigation made such a profound impression upon me as to fill me with devotion.

It is stated in the Bible that "God is Light," and nothing can reveal to us the nature of God in the same degree as that symbol. If a clairvoyant went back into the far, dim past and looked upon this planet as it was then formed, he would see at first, as it were, a dark cloud, without form, coming out of chaos. Then he would see this cloud of virgin substance turned by the Creative Fiat into light -- its first visible manifestation a luminous fire mist. Then he would see a time when moisture gathered around that fire mist, and later, the period spoken of as the Moon Period. Still later he would observe the darker and more dense stage called the Earth Period.

In the Lemurian Epoch of the Earth Period, crustation of the Earth began when the seething, boiling water was evaporated. We know that when we boil and reboil water, it incrusts the kettle; likewise, the boiling of the moisture on the outside of the fiery Earth ball formed the hard and crusty shell that constitutes the surface of the Earth.

The Bible says, relative to the next epoch, that it did not rain upon the Earth, but that a mist went forth from the Earth. From the damp Earth at that time issued a mist that completely surrounded it. Then it was impossible for us to see the sunlight as we do now; the Sun had the appearance of a street light of the present time on a dark night; it had an aura around it. In that misty atmosphere, we dwelt in the early period of Atlantis. Later the atmosphere cooled more and more, and the moisture was condensed into water, finally driving the Atlanteans from their land by a flood such as is recorded in the various religions

When that misty atmosphere enwrapped the Earth, the rainbow was an impossibility. This phenomenon usually occurs when there is a clear atmosphere in some places and a cloud in others. At last, humanity saw the rainbow for the first time. When I looked upon that scene in the Memory of Nature, it was most wonderful. There were refugees who were driven from Atlantis, which is now partly under the Atlantic Ocean and also included parts of what are now known as Europe and America. These refugees were driven eastward till they came at last to a place where the land was high and where the atmosphere had partially cleared. There they saw the clear sky above. Suddenly there came up a cloud, and from that cloud came lightning. They heard the roll of thunder, and they who had escaped peril by water and had fled under the guidance of a leader whom they revered as God, turned to him to ask: "What have we come to now? Shall we be destroyed at last?" He pointed to the rainbow which stood in the cloud and said: "No, for so long as that bow stands in the cloud, so long shall the seasons come one after another in unbroken succession;" and the people with great admiration and relief looked upon that bow of promise.

When we consider the bow as one of the manifestations of Deity, we may learn some wonderful lessons of devotion, for while we look upon the lightning with awe and hear the thunder with fear, the rainbow in the sky must always provoke in the human heart an admiration for the beauty of its sevenfold path of color. There is nothing to compare with that wonderful bow, and I wish to call your attention to a few physical facts concerning it.

In the first place, the rainbow never appears at noon; it always appears after the Sun has passed downward and has traversed more than half the distance from the meridian to the horizon. The closer the Sun is to the horizon, the larger, clearer, and more beautiful it is. The bow never appears in a clear sky. It usually has for its background the dark and dreary cloud, and it is always seen when we turn our face from the Sun. We cannot look toward the Sun and at the same time see a rainbow. When we look upon the bow from below, it appears as a half-circle above the Earth and us. But the higher we get, the more of the circle we see, and in the mountains, when we reach a sufficient height above the rainbow, we see it as a sevenfold circle --sevenfold like the Deity of whom it is a manifestation.

Now with these physical facts before us, let us go into the mystic interpretation of the subject. In ordinary life, when we are at the height of our physical activity, when prosperity is the greatest, when everything looks bright and clear to us, we do not need the manifestation of the divine light and life. We do not need that covenant, as it were, that God made with man upon his entry into the Aryan Epoch. We do not care about the higher life; our bark is sailing upon summer seas, and we care for nothing else; everything is so good to us here that there seems to be no reason why we should look beyond.

But suddenly there comes the tempest, a time in every life when sorrow and trouble come upon us. The storm of disaster tears away from us every physical foundation, and we stand, perhaps, alone, in the world in sorrow. Then when we look away from the Sun of physical prosperity, when we look to the higher life, we always shall see upon the dark cloud of disaster the bow that stands as a covenant between God and man, showing that we are always able to contact the higher life. It may not be best for us then to do so, for we all need a certain material evolution, which is best accomplished when we do not contact too

closely the higher life. But in order to evolve and progress and gradually seek a higher and higher state of spirituality, troubles and trials which will bring us into contact with the higher life must come to us in time. When we can look upon trials and tribulations as means to that end, sorrows become the greatest of our blessings. When we feel no hunger, what do we care about food? But when we feel the pangs of starvation and are seated before a meal, no matter how coarse the fare, we feel very thankful for it.

If we sleep every night of our lives and sleep well, we do not appreciate what a blessing it is. But when we have been kept awake night after night and have craved sleep, then when it comes, with its corresponding rest, we realize its great value. When we are in health and feel no pain or disease, we are prone to forget that there ever was such a thing as pain. But after recovering from an illness or after we have suffered much, we realize what a great blessing health is.

So, in the contrast between the rays of the Sun and the darkness of the cloud, we see in the latter the bow that beckons us on to a higher life. If we only will look up to that, we shall be much better off than if we continue in the paths of the lower life.

Many of us are prone to worry about little things. This reminds me of a story of a little boy who had climbed a ladder. He had been looking up as he was climbing, and had gone so far up that a fall would have meant death. Then he stopped and looked down, instantly becoming dizzy. But someone above called to him and said: "Look up, little boy. Climb up here. I will help you." He looked up, and at once the dizziness and fear left him, and he climbed up until taken in at a window.

Let us look up and endeavor to forget the little worries of life, for the bow of HOPE is always in the cloud. As we endeavor to live the higher life and climb the sublime heights toward GOD, the more we shall find the bow of peace becoming a circle and that there is peace here below as well as there above. It is our duty to accomplish the work we have to do in the world, and we should never shrink from that duty. Still, we also have a duty to the higher life.

We should remember that we each have within a latent spiritual power that is greater than any worldly power, and as it is unfolding, we are responsible for its use. To increase that power, we should endeavor to devote part of our leisure time to the cultivation of the higher life, so that when the cloud of disaster comes upon us, we shall by the aid of that power find the bow within the cloud. As the bow is seen at the end of the storm, so also, when we have gained the power to see the bright rainbow in our cloud of disaster, the end of that disaster has come, and the bright side begins to appear. The greater the disaster, the greater the needed lesson. When on the path of wrong doing we sooner or later are kindly but firmly whipped into line by the realities of life, we are forced to recognize that the path of truth is upward and not downward -- and that God rules the world.

**- Rosicrucian Pamphlet by Max Heindel**

*I do set my bow in the cloud, and it shall be for a token of a covenant between me and the earth. – Genesis 9:13*

# Chapter 17 Summary

<i>Essential Scientific/Medical/Anatomical Information to Understand Color Healing</i>	<i>Specific Findings, Tests, Observations to Support Color/Music Healing</i>
<i>Color/Music Connection Examples</i>	<i>Spiritual/Astrological Connections with Color Healing</i>
<i>Specific Practices of Color Healing</i>	

## **Chapter 18 - *Initial Ideas***

<p><i>What is Chaos in the Bible?</i></p>	<p><i>What does White Light Represent?</i></p>
<p><i>For a spiritually advanced Being What does Color Represent?</i></p>	<p><i>How are Black and White opposite from Each other?</i></p>

## Chapter 18: Black and White

*“Black and white are the colors of photography. To me they symbolize the alternatives of hope and despair to which mankind is forever subjected.”*

**- Robert Frank**

1. How are black and white opposites?
2. Why is black another designation for Chaos?
3. What happens when we visualize intense blackness?
4. When does man become divine?
5. How does Goethe describe color and blackness?
6. How do the Illuminati use light for protection?
7. How were people protected from the atomic bomb?
8. What is power of white light and how can it be described?
9. How can man become an heir to Christ?

## Max Heindel's Thoughts

The Bible also gives one the idea of infinite space preceding the activity of the Spirit.

In our present materialistic period, we have unfortunately lost the idea of all that lies behind that word Space. We are so accustomed to speaking of “empty” space, or the ‘great void’ of space, that we have entirely lost the grand and holy significance of the word, and are thus incapable of feeling the reverence that this idea of Space and Chaos should inspire in our breasts.

To the Rosicrucians, as to any occult school, there is no such thing as empty or void space. To them space is Spirit in its attenuated form; while matter is crystallized space or Spirit. Spirit in manifestation is dual, that which we see as Form is the negative manifestation of Spirit—crystallized and inert. The positive pole of Spirit manifests as Life, galvanizing the negative Form into action, but both Life and Form originated in Spirit, Space, Chaos!

When a living chick can come out of the inert fluid of an egg without the addition of any hardening substance from outside, is it a far-fetched idea to claim that the universe is crystallized Space or Spirit? .... The special object at present is to show that Spirit is active all the time—in one way during Manifestation, and in another during Chaos.

**- Rosicrucian Cosmo-Conception, p. 247-248**

# Research on Your Own

Complete the table below:

<b>1. How did God create the world from Chaos?</b>
<b>2. How does God bring man out of Chaos?</b>
<b>3. How is God a God of order?</b>
<b>4. How can we find peace in Chaos?</b>

# Chapter 18 Summary

*Essential Information for Black and White*

*B/W Connection Examples*

*Spiritual/Astrological Connections with  
Color Healing*

*Power of White Light*

## Chapter 19: Conclusion

*“To find your way into the light, gaze at every beauty that comes unannounced, tiptoeing gently, for it colors the soul of life with every shade, the grey and green and the thousand in- betweens.” — Jayita Bhattacharjee*

1. What is the meaning of, “*Life is a dome of many colored glass staining the white radiance of eternity*”?
2. What does “*God is Light*” mean?
3. What occurs as our color experiences become more intimate?
4. What occurs when color becomes audible and visible?
5. What is “*Communion with the soul of color*” and its effect?
6. What is the threefold principle found in the primary colors?
7. What spiritual secret does Goethe tell us about color?
8. What is the spiritual meaning of Goethe’s observations?

## Max Heindel’s Thoughts

In the Physical World red has the tendency to excite and energize, whereas green has a cooling and a soothing effect, but the opposite is true when we look at the matter from the viewpoint of the Desire World. There the complementary color is active and has the effect upon our desires and emotions which we ascribe to the physical color. We speak of jealousy, which is engendered by impure love, as the green-eyed monster. ...

In the higher Regions of the Desire World the confusion of tongues gives way to a universal mode of expression which absolutely prevents misunderstandings of our meaning. There each of our thoughts takes a definite form and color perceptible to all and this thought-symbol emits a certain tone, which is not a word, but it conveys our meaning to the one we address no matter what language we spoke on earth. P. 23

As the First Heaven is located in the Desire World (which is the realm of light and color), where matter is shaped most readily by thought, the little ones are given wonderful toys impossible of construction here. They are taught to play with colors, which work upon their moral character in exactly the manner each child requires. Anyone who is at all sensitive is affected by the color of his clothing and surroundings. Some colors have a depressing effect, while others inspire us with energy and others again soothe and comfort us. In the Desire World the effect of colors is much more intense; they are much more potent factors of good and evil there than here. – *The Rosicrucian Mysteries*, p. 46

# Research on Your Own

Complete the table below for Colors in the Bible:

<b>COLOR</b>	<b>Biblical Meaning</b>
<b>Red</b>	
<b>Blue</b>	
<b>Purple</b>	
<b>Green</b>	
<b>Gold</b>	
<b>Silver</b>	
<b>Black</b>	
<b>White</b>	
<b>Yellow</b>	
<b>Amber</b>	
<b>Orange</b>	
<b>Pink</b>	
<b>Scarlet</b>	
<b>Sapphire</b>	
<b>Turquoise</b>	
<b>Brown</b>	
<b>Emerald</b>	
<b>Bronze</b>	

# Final Summary

<i>Most Essential Information to Understand Color/Music Healing</i>	
<i>Important Color/Music Connection Examples for Color Healing</i>	<i>Important Spiritual/Astrological Connections with Color Healing</i>
<i>Most Critical Practices of Color Healing</i>	

# Final Reflection

<p><i>Most Interesting Things I learned about Color Healing and Regeneration?</i></p>	<p><i>Challenged my Understanding, Beliefs, and Scientific/Medical Understanding?</i></p>
<p><i>Want/Need to Explore Further in Coloring Healing?</i></p>	<p><i>My Thoughts and Feelings as to Volunteering in the Healing Center's Color Therapy Room at TRF?</i></p>
<p><i>What are Your 5 Key Takeaways from "Healing and Regeneration Through Color"?</i></p> <ol style="list-style-type: none"><li>1.</li><li>2.</li><li>3.</li><li>4.</li><li>5.</li></ol>	