

Rosicrucian Insights

The Nine Steps to Christian Mystic Initiation



As Identified as Max Heindel

By G. E. Carlin

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The Way of Initiation

As Max Heindel writes, “*Initiation is a cosmic process of enlightenment and evolution of power*” and it is not something we can accomplish in a single lifetime. And while there are times, we might image we are alone on this difficult path, we are always being watched and cared for by divine Hierarchies who are waiting for us to complete our spiritual journey so they can sing our praises. Yet, it will be a difficult path just as the *Via Dolorosa*, the *Path of Sorrows* or *Way of Suffering*, was a monumental effort for Christ to reach Golgotha for His crucifixion. Although the **Christian Mystic Initiation** and the **Rosicrucian Initiation** are entirely different, they both are working towards the same goal of opening our minds and hearts to an all-embracing love and deep sense of compassion for everything within the world, “*an unfoldment of the divine ‘God Being’ found within each man and women.*”

The **Rosicrucian Initiation** immediately utilizes knowledge as seen in the first stage of Initiation, *Study*, and then furthered during the second and third stages of Initiation (*Acquisition of Imaginative Knowledge* and *Reading of the Esoteric/Occult Script*) where we learn to develop our spiritual sight and hearing so that we may learn the knowledge of deeper mysteries so as to spiritually grow within the Higher Worlds. While those on the path of the **Christian Mystic Initiation** focus their work on opening their hearts to love and compassion as a devotional faith to move them forward on their journey and in the process, they then come to receive divine knowledge – which Heindel believes is far superior to knowledge acquired from any other Initiation method. Initially, as seen in the Old Testament, Christians had the *Tabernacle in the Wilderness* to train them in their soul growth and then later the Gospels of New Testament provided esoteric directions for Initiation, as a “*formulae of Initiation*”. In a broader sense, “*Initiation is really an introduction of something new to the multiple aspects of the personality*”, therefore at each stage of initiation it is our responsibility to understand the related power for each stage of Initiation and then develop them so when the appropriate time comes, they can be released.

While initiation can mark the start of our inner journey, it is not limited to this as each stage of the initiation process is its own individual initiation, *seven* for the **Rosicrucian Initiation** and *nine* for the **Christian Mystic Initiation** (*Baptism, Temptation, Transfiguration, Last Supper, Gethsemane, Stigmata, Crucifixion, Resurrection, and Ascension*). While Steiner on the other hand, identified seven stages of Christian Mystic Initiation (*Washing the Feet, The Scourging, The Crown of Thorns, The Crucifixion, Descent into Hell, Entombment, and Resurrection*). Each stage of any initiation can have its own ceremonies and rituals, but Heindel is adamant that “*Initiation may be accomplished by a ceremony, or not, but let it be particularly observed that while Initiation is the inevitable culmination of prolonged spiritual endeavor; whether conscious or unconscious upon the part of the candidate.*” At each stage we must build the specific latent powers that exist in each of us through our spiritual exercises and the Initiation is then the process by which we learn how to then use the latent powers. Ultimately, we come to learn that real truth is not external but is within us, it is a the “*peace which passes all understanding*. For the microcosm, our

body, is the temple of all stages of Initiation. Through our Initiation we are able to release ourselves from our perceptions of world that came strictly from our physical senses and tied us to our flesh and materialistic thinking. It is only when we can free our desires from our vital bodies that initiation is even possible.

The coming of Christ or the infusion of the *Christ Spirit* meant that all men could now work on their spiritual development with Christ as their sole teacher as it was no longer restricted to the select advanced few. And this also offered Initiation to all who were willing to make the sustained effort by use of exercises such as concentration, meditation, prayer, and retrospection. Rosicrucian organizations, such as *The Rosicrucian Fellowship*, are therefore here to “*guide spiritual aspirants into channels of attitude, understanding, and spiritual ability which ultimately will qualify them for Initiation*” and to provide a model for students to follow to ensure that once started they can accomplish their final Initiation. Yet, we need to remember that even though Christ gave His life to provide us with the opportunity for Initiation we still need to fully commit ourselves through our persistence and learn to be self-reliant in our efforts as “*Many are called but few are chosen*” (Matthew 22:14). Which means that not everyone will qualify or be “selected” for Initiation. As the word “chosen” in Greek refers to the “*select ones*”, the people whom the blood of Christ has saved by grace through their faith in the Son of God. Therefore, let us live lives that are pleasing to Christ and in service work to teach and heal our brothers so that our presence expresses the love and compassion as our humble imitation of Christ.

Quotes were taken from:

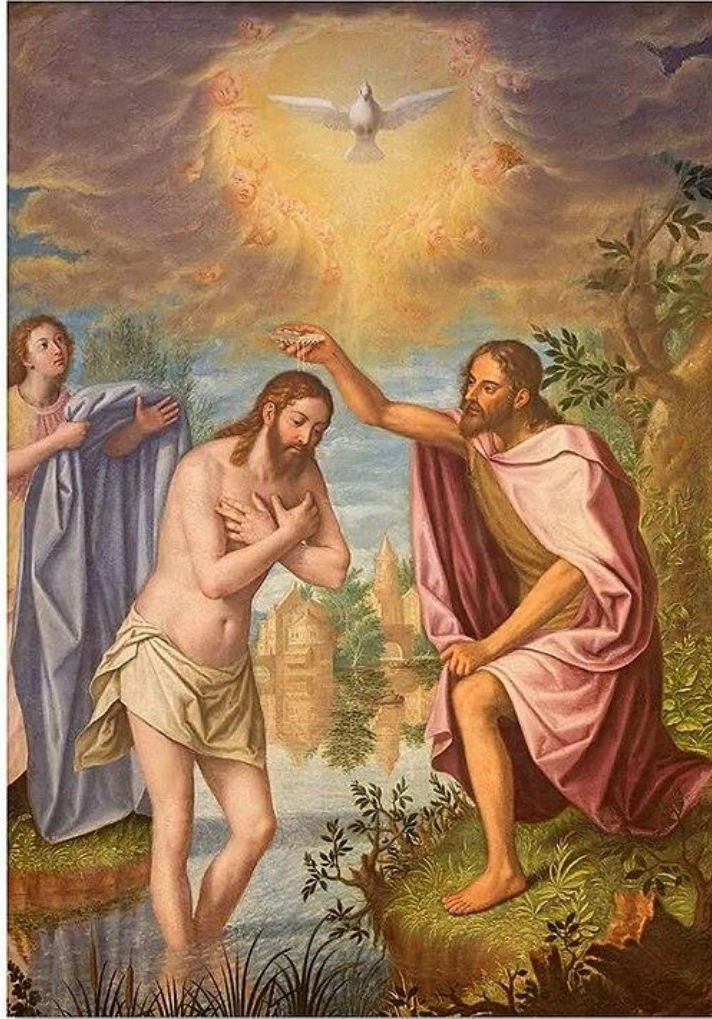
Mystic Light: ***Pathway to Initiation***, pp.154-157

N. D. Willoughby, *Rays for the Rays Cross*, April 1984

https://www.rosicrucianfellowship.org/rays_archives/1984/1984_04_Apr_Rays_from_the_Rose_Cross.pdf

Step One: *Baptism*

And Jesus, when he was baptized, went up straightway out of the water: and, lo, the heavens were opened unto him, and he saw the Spirit of God descending like a dove, and lighting upon him: And lo a voice from heaven, saying, This is my beloved Son, in whom I am well pleased. (Matthew 3:16-17 KJV)



The first step of the *Christian Mystic Initiation* is Baptism, as Heindel describes its inspiration initially came from the *Tabernacle in the Wilderness* in which the candidate had to wash themselves in the purifying water of the bronze Laver before he could proceed any further within the Tabernacle. As Heindel then connects this to Jesus being baptized in the river Jordan by John the Baptist so that he could then go forward in His work upon the Earth. Therefore, it seems reasonable that we also must be baptized so that we may also receive the Spirit and be followers of Christ and open ourselves to the *Christian Mystic Path of Initiation*. Some people are baptized as infants by sprinkling water on their heads or others later in life when the person feels ready and wants to now commit to God by a complete immersion into the water just as Jesus had done in the Jordan. And here Heindel asks where is the evidence that either method of Baptism had any significant effect upon most people, as he did *not* observe that the rite moved

most people any closer to God or lead them to any noticeable spiritual advancement or evolution of humanity. Which then compels Heindel to conclude that “*we must look for another explanation of what constitutes a true mystic rite of Baptism.*”

To understand the true mystic rite of Baptism we need to understand that we come into this world with sin and in order to make certain we will work towards a life that is pleasing to God there is suffering to remind us so we will strive to live a virtuous life. As God has asked us as his followers to help our fellow man, to love them so that through our service we can teach and heal them so they can live in “*everlasting light and peace*”. However, the problem is that in order to help others find peace we need to understand it ourselves and how sorrow prevents this in our lives. By understanding the cause of *sorrow* from our sins and wrong doings as well as the sorrow from death in the physical world we can help others by showing them how these difficult experiences actually are preparing and leading them to the path of spiritual advancement to move them closer to God. Thus, the rite of Baptism is not only about becoming part of the Christian community it more importantly is how we obtain a “*a true understanding of the cause of suffering*” from the Holy Spirit that now enters us so that we now have from our start as a Christian exactly what we will need to bring others into the Light.

In terms of explaining the use of water in the rite of Baptism, we need to understand that being submerged in water represents our *death* in which we are no longer responding to our physical senses so that in death our *Dense Body* can separate from its finer vehicles and our perception of time becomes nonexistent allowing the Spirit the full opportunity to provide our brains and minds with the all knowledge, examples, and experiences needed to come to a true understanding of suffering so that we are now able to “*seek and save those who are lost*”. Ultimately, as the rite of Baptism is a spiritual process, in which the water our Spirit is immersed in is the “*waters of Atlantis*” so that we experience the joy of “*brotherly love and kindness*” while we are surrounded by God the Father and all of His followers in a “*conscious return to this Ocean of Love*” so that we can step beyond the rule of our ego always ready to forgive our fellow man for any offense. For the Universal Spirit that has filled us in Baptism changes our perception of the world so that we now feel we are joined together with all of humanity in Oneness ready for all the trails that will be set before us. While in traditional sense of baptism, we are blessed in that the Holy Spirit has imparted its seven gifts of: *Wisdom, Understanding, Counsel, Fortitude, Knowledge, Piety, and Fear of the Lord* as well as the virtues of *faith, hope, and charity* to assist us in our worldly mission. Additionally, Paul teaches us that when we arise from the waters of Baptism, that is our resurrection and the symbol of the beginning of our new life.

Note: Both, Heindel and Steiner taught the *Rosicrucian Initiation*, as they indicated the *Christian Mystic Initiation* would take us away from the world we needed to live and it was the *Rosicrucian Initiation* that would allow us to learn from within so we could effectively serve others. Steiner even stated that the Christian Mystical form of Initiation was *no* longer open to modern man. However, there is still much that can be learned from this Initiation that we can include in our spiritual development.

My Prayer for the True Mystical Rite of Baptism

Mighty God, Deliverer from a Watery Death, place Your bronze Laver before me so that through its cleansing waters I may be cleansed and purified as I begin my journey of soul growth. I welcome my spiritual death in Atlantis beneath the salty waters of the Atlantic Ocean so that I may come to a true understanding of sorrow so that I am ready to be Your shepherd and find Your lost sheep who need to be brought within Your divine Light so they may be filled with peace. Immersed in Your holy water, allow my Dense Body to disengage from its finer vehicles so that in this higher dimension I may be released from time and space and the Holy Spirit may now enter my body and fill my mind with the knowledge and experiences needed to truly understand the suffering of my fellow so that I may serve them as You served man in Your time upon Earth. For the baptismal water in which I leaned back into as if I had perished, placed me before You and all those before me that had been given this sacred rite, lost in Your divine love and surrounded by goodness and everlasting mercy. There is such warmth and kindness from this Ocean of Love filling my soul that for a brief moment in my selfish thoughts I wish only to stay in this heavenly joy. How I wish I was with You on the banks of the Jordan River to watch as the heavens opened and the Spirit of God descended as a dove from heaven to signify the start of Your divine and sacrificial mission. Therefore, my Lord, descend upon me and let the Holy Spirit infuse into my body Your seven gifts of: Wisdom, Understanding, Counsel, Fortitude, Knowledge, Piety, and Fear of You my Lord as well as the holy virtues of faith, hope, and charity. Then with compassion and Your loving assurance lift me forward out of the water to my resurrection so that I might die to myself and be born anew in my baptism ready to commence with my new spiritual life. Then my God, Through the rite of the mystical Baptism may I hear that I too am Your son with whom You are also pleased. Amen.

Stage Two: *Temptation*

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

After being baptized Jesus was driven into the wilderness by the Spirit. After forty days of fasting, He is then tempted by the Satan who tries to persuade Him to turn stone into bread to feed His hunger. Yet Jesus responds by saying by quoting Deuteronomy 8:3, “*It is written, Man shall not live by bread alone, but by every word that proceedeth out of the mouth of God.*” The lesson we can take from this temptation of Jesus is that sometimes even though what we are being tempted to do might seem to be right as Jesus has not eaten for forty days, He would have been doing it because Satan told Him to do it, which is clearly for the wrong reason, in addition, God had not told him it was time to do so, also making it the wrong time. Therefore, Jesus did not respond to Satan by using His own power, He would wait and depend upon God to provide for His food and all His other needs at the correct time. For aspirants on the Christian Mystic Path of Initiation, temptation is being used to teach us the lesson of obedience as we need far more than physical food to survive, we require to a far greater extent the Word of God to fully provide us with life. Satan’s temptation was simply his attempt to make Jesus sin by ignoring the will of His Father and acting upon His own will. Yet, Jesus passed the test of the temptation because He was the Son of God and He knew His Father’s Word to be true.

God has made it clear that He will never tempt us and even if we should be tempted by other beings it will never exceed the limit we can endure. In His wisdom he will often use Satan to tempt us so that we learn that we must continue to become more reliant upon Him. Jesus spent forty days in the wilderness, while the Israelites spent forty years in the desert and during that time, each day he provided them with manna so they would learn to become dependent upon Him their daily provisions. Yet, the Israelites learned that the key to their survival was not simply the manna that they were provided with but it was the Words of God, obeying that which He commanded them to do without believing that we can be responsible to meet all the needs of our own provision. We need to learn to be patient as we wait for God to provide us with His provision unlike the Israelites when they first escaped Egypt and then wanted to return to Egypt because they doubted God’s promise to provide them with His provisions in the desert. In addition, we must always be thankful for the provisions God provides unlike the Israelites who tired of manna and complained about it. And even though God later sent quail, the people still found reason to complain which greatly angered God.

As we pursue our spiritual advancement, we will have times of tremendous exaltation but there will also be times of depression because we are still living through our emotions and life is not always constant as through the *Law of Alternation* life moves back and forth like the motion of a pendulum. Therefore, our reaction would appear to indicate that we should separate ourselves from our emotions, yet, that would then exclude us from experiencing joy and bliss when we receive His blessings, answers to our prayers, spiritual gifts, or He comes within our presence to encourage and lift us up. The person who pursues the Christian Mystic Path of Initiation learns that at first, he must always put forth his deepest emotions in life as his emotions are a tremendous source of energy to

awaken his soul so as to push him forward, while at the same time they will also become his shield to protect him as he moves into the Higher Worlds. However, it is when the candidate wrestles with depression that his temptation occurs. Being depressed, feeling sad and alone his natural reaction is to believe he is doing something right by partaking of his desires and passions by turning his stone into bread and then eating his bread. Ultimately, this would be for the wrong reasons and at the wrong time as we must believe and have faith that what we are experiencing is necessary and it is what God desires of us even if we do not understand. And if we can hold strong in our faith for just a little while longer, we will be more than rewarded by just “bread alone” we will receive the full provisions of God from His Word.

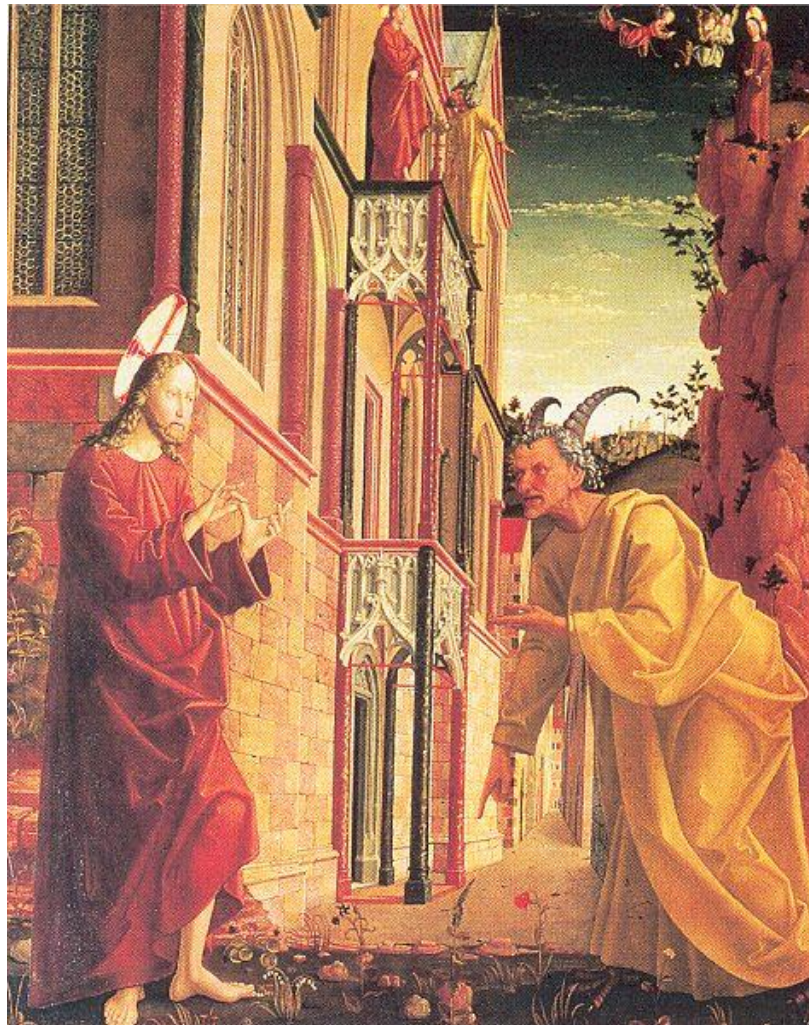
Then after time, through the power of the Spirit, the candidate will then be freed from his emotions so that he may now rise to God so as to experience “*peace that passeth understanding*.” Yet, this time only occurs after we have received the rite of Baptism and brought ourselves to Golgotha to experience our death to self. Now the Christian Mystic “*becomes thoroughly saturated with the tremendous fact of the unity of all life, and imbued with a fellow feeling for all creatures to such an extent that henceforth he can not only enunciate but practice the tenets of the Sermon on the Mount*.” The difficulty that those on the Christian Mystic Path of Initiation experience is that ecstasy that they experience from the revelations they receive is completely overpowering and difficult to hold within their minds and bodies that the candidate now feels he need to leave the physical world of his brothers and live in solitude. As now he experiences the thoughts and feelings of all man as he sees how all life is so closely connected as the different colors of thread in a tapestry. In essence, the candidate now is a the “*very Fountain of Life*” feeling everything within the world and at the point of ecstasy.

Yet, now the candidate is at the point of greatest danger, as he has reached ecstasy and his life will now swing back as the pendulum to his normal state and temptation now arises to want to feed his physical desires and passions. Fortunately, most of the people who chose the Christian Mystic Path of Initiation were people truly who sought to serve others before themselves as by their nature they were unselfish people and would not use their powers for their own benefit. Christian Mystics are said to be without reason when it comes to living a life of unselfish purpose and understanding that bread was not earthly bread but would come from God. They understood that the way to move beyond temptations was to focus our thoughts on God. “*The word of God is to them a ‘living bread.’ ... and the temptation instead of working his downfall has led him to greater heights.*”

My Prayer for Temptation to Lead us to Greater Heights

God of All Strength, Deliverer of the Chosen, I thank You for the divine provision that You have always put before me. Shield me from my temptations when my exaltation swings as a pendulum to my rational consciousness and I sink into the sadness and hopelessness of my depression. Let not my feelings of guilt or worthlessness bring me to a place where my inner voice is capable of convincing me that I need to partake of earthly pleasures and desires. For I hunger for more than earthly bread, I desire the Words from Your lips, the true divine provision of Your “living bread”. Make certain that I will always know when it is the right

reason and time to turn stone into bread so that I am not acting upon my own will foolishly believing that I am capable of providing for the needs of my life force. For I know my Lord that You will never be the source of my temptation and You are always there to make certain that whatever temptation should come my way I am fully capable of handling. For only in temptation do we learn what You want the most from us is our obedience in which we listen to Your Words trust and respect that Your way will be the best for us. Do not allow me to be so vain that I believe that my mind knows better than yours, my Lord. And if You should find it necessary to allow the Enemy to test me with temptation, I will understand it must be done so that in my humility I will learn that I must be even more reliant upon You, my Lord. Therefore, my Faithful Deliverer allow me to overflow with emotions to awaken my soul, wrap it in a protective covering, and provide the catalyst for its elevation into the Higher Worlds so I might stand by the Fountain of Life and feel the totality and Oneness of the collective consciousness in all its raw power. Trust me that I will not complain about Your manna nor will I ever forget the thankfulness that should always be in my heart for your daily provisions. In time, let me move beyond temptation so that I may direct the full focus of mind upon You so that my temptations become the divine ladder that will lift me beyond my bodily strength to greater heights to stand before You, confident to be judged by Your standard. Amen.



Stage Three: *Transfiguration*

And after six days Jesus taketh Peter, James, and John his brother, and bringeth them up into an high mountain apart, And was transfigured before them: and his face did shine as the sun, and his raiment was white as the light. (Matthew 17:1-2 KJV)

In a biblical sense Transfiguration represents a change in appearance and in the case of Jesus on Mount Tabor we are told that His face shone as the Sun and His clothes turned a luminous white color indicating His “*dependence upon the Father, the Universal Spirit.*” His transfiguration pointed to what the future held for Jesus as our King and confirmed once again that He was the Son of God. Heindel states, as spiritual aspirants we too must undergo a transfiguration but, in our case, it is an “*alchemical process*” in which we become a “*living stone*” or what was in earlier times was symbolically called the Philosopher’s Stone. As humanity continues to evolve there will come a time when the darkness of our dense body will be replaced by the brightness of our shining Spirit from within, “*the radiant Christ*”. In our spiritual work we seek to awaken our Christ-within and as we do so He emits a brilliant light that passes through our bodies as the “*Light of the World*”.

As Heindel explains, for those on the spiritual path, we start our journey by first purifying ourselves through living a life of higher aspirations, spiritual exercises, prayer, and loving service as this will start the process of regeneration within us. The regenerative process itself will occur in the spinal cord which contains the spinal Spirit-Fire, which at this point is an extremely weak force in most of humanity and positioned in the lower region of the spinal cord. For Christian Mystics the regenerative process occurs in the section of the spinal cord which is ruled by the Moon and controls the “*sympathetic nerves under the rulership of Jehovah.*” As the mystic can take in the power of God’s divine Light which is “*reflected through Jehovah, [and] the Holy Spirit*” so as to provide us with the needed activation energy for our regeneration to raise the Spinal Spirit upward as well as acquire the wisdom of the world that requires no study or intellectual effort upon our part.

The spiritual energy of the divine Light is used to slowly begin the process of our transfiguration into the Philosopher’s Stone in which the two streams of the energized Spirit-Fire now both rise upward in the spinal column to the pineal gland and pituitary gland in the brain as part of our spiritual awakening. For all spiritual aspirants, the preparation of the Philosopher’s Stone is the process by which we create our Soul Body or what is more commonly referred to as the Golden Wedding Garment as described in the Bible (Matthew 22:1-14). Yet, as Heindel further adds, as the Christian Mystic weaves his Golden Wedding Garment he must also “*must learn how to acquire knowledge by his own efforts without drawing upon the universal source of all wisdom*” just as the candidate in the Rosicrucian Initiation must also acquire devotional faith. Interestingly, the color of the Golden Wedding Garments will vary considerably for the different initiates but over time Heindel indicates that a uniform color will appear when all of humanity has obtained both knowledge and devotional faith. In the future, the “*color will correspond to the pink color seen by occultists as the Spiritual Sun, the*

vehicle of the Father. When this has been accomplished, the Transfiguration of humanity will be complete. We shall then be one with our Father, and His kingdom will have come.”



My Prayer for the Transfiguration of Humanity

Lord of All, Provider of Light, bless me with the glorious white Light of Your Supreme Being that carries the wisdom of the world and the energy to uplift my Spirit Fire to rise within my spinal column so my regeneration may begin. Let the alchemical process proceed so that my body becomes better adapted and more efficient in responding to Your spiritual impulses so that my body changes just as a stone is rounded and polished as it moves within a fast-moving river. Therefore, my Lord let the energy of Your spiritual impulses build my weak Spirit Fire so that it may play upon the three segments of my spinal cord just as the rulers of each segment, Mars, Mercury, and the Moon, would effectively channel the spiritual energy to ensure the growth and progress of my being into a living stone, the Philosopher's Stone. With a down pouring of the Spirit, open the way for both streams of my Spirit Fire to rise within the serpentine column by means of the spinal cord to my pituitary body, pineal gland, and ventricles of the brain to ignite my spiritual transformation of my Christ-within. Then in Your time with the full quality of growth and development of the Christ body residing within my heart and connected to my mind, send forth my light through my body just as the light of a lantern passes through its clear glass globe so it may illuminate Your way for myself and others as the Light of the World. Lord, through my transfiguration I have put on the Golden Wedding Garment and as I walk upon Path of Initiation, I am now learning how to acquire knowledge by study and through my spiritual senses as my Rosicrucian brothers have done in their Initiation. Then together in time our Golden Wedding Garments will display a uniform pink color of the Spiritual Sun which is the vehicle of Your almighty Father. Then we may rejoice as the transfiguration of humanity stands fulfilled and we shall experience the Oneness of creation in the kingdom we were promised would come to pass. Amen.

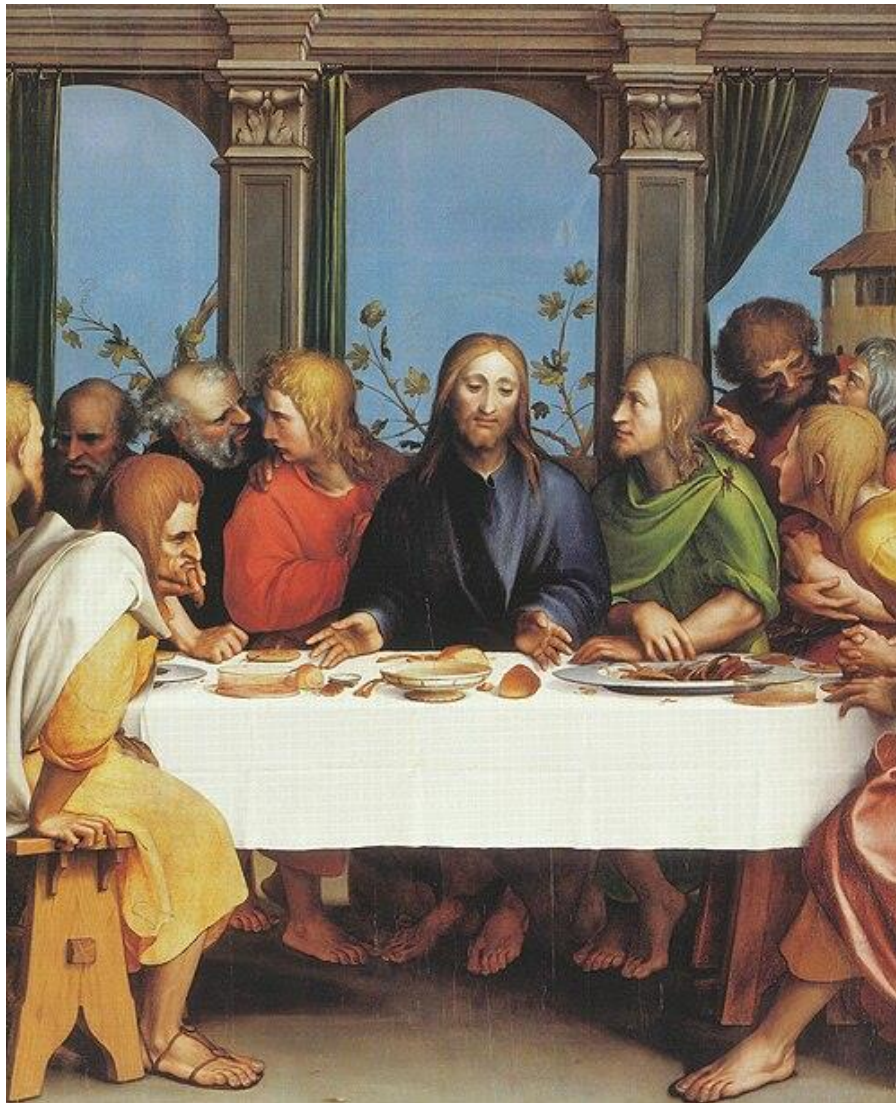
Stage Four: Last Supper

If I then, your Lord and Master, have washed your feet; ye also ought to wash one another's feet. For I have given you an example, that ye should do as I have done to you. (John 13: 14-15 KJV)

The Last Supper is the final meal for Jesus and His disciples and several significant things occurred at the meal; Jesus represents Himself as the Passover Lamb, He puts forth a new covenant that will be based upon His sacrificial blood which would become Communion or the Lord's Supper, the Washing of His Disciples Feet, the prophecy of His betrayal, the prophecy of Peter's denial, and His final teachings given to the Disciples with His promise of the Holy Spirit to come and be with them. Symbolically the Last Supper represents receiving the grace and forgiveness of Christ and shows us how we should continue our fellowship with Christ. Jesus in His teachings provided a new commandment that they should "*Love one another. As I have loved you, so you must love one another.*" Then by washing the feet of all His disciples he was teaching them that they should serve others in humility.

In terms of the *Christian Mystic Initiation* Heindel focuses on the relationship between the student and the teacher, which can be compared to food chains in nature in which each successive organism depends upon the previous one for its substance. While advancing our lives, "*we do so by trampling upon the bodies of our weaker brothers, consciously or unconsciously we crush them and being stepping-stones to attain our own ends.*" Yet, Heindel explains in the true teacher-student relationship, the teacher needs the students to increase his own knowledge, grow, and lift himself upward by giving of himself to his students and serving them. For this the teacher is indebted to his students and should acknowledge his gratitude and humility by washing their feet as an act of service.

However, as we grow spiritually and become more sensitive, we need to be aware that our lives can create poisons for others and that killing any other life form is in direct contrast to our God who works only to create and bring life forth. In addition, Heindel and Steiner stress the word "*trample*" in terms of trampling on the bodies of weaker brothers and even the Earth itself. As it is important to remember that Christ moved into the center of the Earth as the Earth Spirit and from his empowering energy all plants come forth as His harvest that when eaten allow us to join with Him. Therefore, by eating plants and their products (i.e., bread and wine) we are absorbing the Christ impulse into our bodies which removes our lower nature from our soul so that we can be restored to our original higher nature. While Steiner, also connects trampling to Judas who tramples on Jesus by attacking Him "*through his lower self*". In Steiner's view, Judas is a "symbol of the lower desires" or the "*heel*" which is then used to symbolize our need to overcome our sensual desires.



My Prayer of the Last Supper

Our Passover Lamb, Mediator of the New Covenant, let me sit at Your table with Your disciples so that I may partake of Your bread of spiritual substance and wine from the blood of Your grapes. For these sacred foods hold the spiritual power to eradicate the lower nature from my Soul so that I can uncover my Higher Self, my Christ-within, and I can remain firmly attached to Your life-giving vine and thereby produce only good fruit. As we are blessed by Your time within the core of the Earth during the long winter months, my Lord, in which You so kindly sent forth Your spiritual wave of vitality to renew the life of the Earth in which the seeds of our sustenance could now germinate, grow, and bear their fruit for our bountiful harvest. For these plants of the Earth, absorbed Your divine life waves just as they were able to take in water from the soil, so they might be prepared as bread and wine to convey Your body and blood into my Soul at each meal and when in fellowship of my brothers when we celebrate the Lord's Supper. In my heart I know I need no other living thing to give its life to satisfy my base passions. I am painfully aware and sorrowful beyond measure that I have unconsciously trampled upon the Earth but now by my spiritual sight I feel my sacred and moral duty to carefully watch as I place my feet without impressing my

heel into the Earth's etheric body. Therefore, my Lord, by raising my consciousness through Your sacrifice and enacting a new covenant, enliven the Holy Spirit within me so that my heart now has sufficient capacity and strength to honor Your commandment and love all my brothers as You have so faithfully loved me. Will You now take my feet and place them within the wash basin so that I may feel the cleansing water splash upon them as You teach me the true depths of gratitude and humility that I must have to rightly serve the world, always with the thought on how Your glorious act taught me as a teacher of Your Word that I also will need my own students to give of myself and humbly serve so I too can may acquire the spiritual knowledge to bring myself to Your throne and never forget the enormous debt of gratitude I will owe for this gift. Therefore, my Lord, I will do as You commanded at the Last Supper and keep Your memory alive in my fellow man by teaching them to always believe and have faith in You and through their faith know that they will be loved and cared for by the Creator of the Universe, God the Father because of His divine grace and forgiveness. Amen

Stage Five: *Gethsemane*

He is despised and rejected of men; a man of sorrows, and acquainted with grief: and we hid as it were our faces from him; he was despised, and we esteemed him not. (Isaiah 53:3 KJV)



For the Christian mystic, Gethsemane or *The Garden of Grief*, is a difficult and painful place for it is during this time we become completely absorbed in all the sorrows of the world and become like Jesus in His time at Gethsemane, a *Man of Sorrows*. If we look at the life of Jesus, we see that He has dedicated His entire life on Earth to teach us his doctrine of love and compassion. Everything He preached He became a “*living example*” of for others to learn and follow. His service to the people was so intense that He became “*saturated with the sorrows of the world ... and acquainted with grief as no one else can be.*”

Yet, for the development of a Christian Mystic this is the only path for spiritual advancement, in which we feel all of the pain and suffering of the world and place it within our own heart. It is the sympathy and compassion we have for others that keeps us grounded on our true spiritual path even when forces of temptation are at

their strongest - as our greatest drive will be to help and heal others. As Max Heindel states, the Christian Mystic *“must drink deeply of the cup of sorrow, he must drain it to the very dregs so that by the cumulative pain which threatens to burst his heart he may pour himself out unreservedly and unstintedly for the healing and helping of the world.”* For the Mystic, Gethsemane is a place he will know all too well because it is the home to the *“sorrows and suffering of humanity.”*

To get to Gethsemane, you must place God above all else in your life including your own family and all social obligations. All that will hold value to you will come from those that you have become bound with upon your spiritual journey. Yet, by the time you reach the Gethsemane even your closest spiritual brothers will in some way desert you causing tremendous sorrow, a breaking point, in which only God the Father can comfort you. In Gethsemane you will realize that you are completely alone. It is a time of darkness and even fear that you might give in or be destroyed by the forces of the enemy. Even Jesus as He came into the Garden of Gethsemane felt a great sorrow in His soul and Peter, James, and John failed to stay awake while Jesus went to pray, signifying that they had abandoned Him at this most challenging time. And in the end, it didn't matter how much good Jesus had done in the world for the people as his followers left him for their safety, He was denied by the same people who had once honored His arrival and by one of His closest followers, and in the final betrayal the people would call for his crucifixion.

Yet, for the Christian Mystic, being on the *“pinnacle of grief”* is what brings him to the grace of God. The unimaginable pain, suffering, grief, and sorrow are the forces that transform the Mystic so that he now is filled only with compassion. As Heindel explains, when the Mystic is alone, all of his earthly connections have been shed, and he can now entirely commit his life to God and he is no longer a prisoner to his grief but filled only with a deep compassion for his fellow man. So, now the Mystic overflowing with compassion has the *“only power in the world that can fortify a man about to mount the hill of Golgotha and give his life for humanity, not a sacrifice of death, but a living sacrifice, lifting himself by lifting others.”*

My Prayer for Gethsemane, The Garden of Grief

Power of God, Man of Sorrows, my spiritual journey is now leading me to the Mount of Olives to the Garden of Gethsemane at the base of the mountain so I can be within the place where Your soul felt sorrowful to point of death. Among the scattered olive trees there is a sense of isolation and whispers of grief as the slow hot winds set the leaves to a gently vibration that recall Your pain and sorrow. You have taught us to push forward, shedding the layers of that which do not serve us until we stand as a single hollow stem of a barley plant bathed only in the direct rays of the sun, moving closer and closer to the trenches of our grief. In the pitch-black floor of my earthly Gethsemane a single point of light appears and grows and then touches the inner chamber of my heart to awaken my dormant Spirit spark. The Christ-within me gently stirs and echoes throughout my body gradually draining my grief and sorrow and refilling my Soul with purest measure of compassion. The cell door has been opened so I might step out and now begin my journey upon the Via Dolorosa thinking only of my sacrifice for humanity and how I might lift others to the Father. Bless You my Lord for sharing Your Garden of Grief with me so that I also as a Man of Sorrows can transform as a mighty elephant whose size is only eclipsed by his levels of empathy and compassion for others. For You have now taken the empty cup of sorrows from my hand and replaced it with Your shepherd's staff so that I no longer fear a life of solitude as I must now search the for the lost and bring the home to You, my Lord. Amen

Stage Six: *Stigmata*



In our bodies, the physical body is firmly attached to our etheric vehicle, especially in “*the palms of the hands, the arches of the feet, and the head*”. The feet and hand wounds are from the nails used to secure Christ to the cross and the head wounds are a result of the crown of thorns placed upon his head. Therefore,

initiation focuses on the separation of these bodies at these strong points which when separated produce the stigmata or wounds, in some cases, visible to the eye while also for some invisible at the physical level. As once separated, Heindel tells us that we can then *“soar into the subtler spheres at will and return to the body at his pleasure.”* For the Christian Mystic the stigmata are a result of their extreme devotional faith in which the Mystic devotes his entire being to imitating Christ and engaging in continuous prayer and contemplation which results in the spontaneous manifestation of the stigmata which for the Christian Mystic is always a visible occurrence on their bodies.

The two best examples for the occurrence of the external stigmata of the Christian Mystic are St. Francis of Assisi and Catherine of Sienna. As Heindel states, *“whether the stigmata are visible or invisible the effect is the same. The spiritual currents in the vital body of such a person are so powerful that the body is scourged by them as it were, particularly in the region of the head where they produce a feeling akin to that of the crown of thorns. Thus, there finally dawns upon the person a full realization that the physical body is a cross which he is bearing, a prison and not the real man.”* The stigmata are the necessary precursor for the Christian Mystics’ *“mystical death and resurrection”*. The external wounds of the stigmata can also appear on the back from the scourging and carrying the cross to Golgotha and in the side of the chest from the spear or lance wound from the Roman soldier Longinus. Yet, it is the five wounds of the hands, feet, and head from the stigmata that produce the *five-pointed stigmatic star* of the crucifixion.

My Prayer for the Stigmata

O Lord, My Bright Morning Star, may my imitation of Your holy ways and my constant contemplation in which I behold the vision of our mystical union in Oneness always be pleasing to You. As I now ask that You help me to release the tightly bonded connections in my feet, hands, and head of my physical body from my etheric vehicle so that they may now separate without issue, thereby allowing me the freedom to learn Your divine knowledge and spiritually advance in the Higher Worlds. Trust me to feel and withstand the intense pain from the nails that held You to the cross and the crown of thorns that was placed upon Your head to mock your kingship. With my head hung low in shame, I am unable to look upon You as I hear the loud banging of the many hammers driving the nails through Your hands and feet, then as if in coincidence small trickles of my own blood escape from my head and hands and gently descend so they may meet You upon the surface of the Earth’s etheric body. Taste my blood and guide my gaze upward to fully experience Your grief and sorrow for those who do not know what they do. As You were scourged by Pilate, scourge me from within by letting me feel the cascading power and force of the spiritual currents from my vital body surge with intense waves of energy throughout my body. Let the visible sign of my stigmata about my body be the evidence of my readiness to move to the next stage of my Christian Initiation. Amen.

Stage Seven: *Crucifixion*

And when they were come to the place, which is called Calvary, there they crucified him, and the malefactors, one on the right hand, and the other on the left. (Luke 23:33)



According to Heindel, crucifixion was necessary as it was the only way to cleanly free the Christ Spirit from the impurities from the physical body of Jesus so that Christ Spirit could then enter the Earth as the Great Earth-Spirit so that man could now pursue the path of Initiation and thereby receive the empowering energy of the Christ Impulse to purify the Soul which is needed to lift oneself to their Higher Self. Yet, in terms of understanding the full meaning of the crucifixion we need to first understand the meaning of the sign that was placed on the cross above Jesus which contained the letters INRI which stands for “*Jesus Nazarenus Rex Judaeorum*” or “*Jesus of Nazareth the King of the Jews.*” In Heindel’s explanation, INRI is used to identify the “*composite man, the Thinker, at the point in his spiritual development where he is getting ready for liberation from the cross of his dense vehicle.*”

Its esoteric interpretation is best explained in which the letters, INRI, represent the first letter of each Hebrew name for the four elements: *Iam* (water), *Nour* (fire), *Ruach* (air), and *Iabeshah* (earth) as from these elements we as human beings are created and when they are spiritualized our lower vehicles separate from our

higher vehicles so that we can travel in the Higher Worlds in our Soul Bodies. *Iam* and *Iabeshah* represent a salt-water solution, our “*finer fluid vehicles*”, and the dense body. *Nour* are the “*combustible elements*” such as sulphur and phosphorus which are responsible for our warm blood and allow the Ego to function and our thoughts to be expressed. *Ruach* is our spirit or Azoth that function in a “*mercurial mind*”.

In alchemy, salt, sulphur, mercury, and azoth were used as the raw materials to make the *Philosopher's Stone* and the *Elixir of Life* (*elixir-vitae*). Once the Christian Mystic can reverse and send both streams of the creative force upward, the regenerative Spirit-Fire comes to life and travels through the “*tripartite spinal cord*” until it reaches the head and causes the pituitary body and pineal gland to vibrate producing our spiritual sight. The Spirit-Fire then moves into the frontal sinus above the eyes and produces an intense pain along the areas of the head corresponding to the *crown of thorns* which sends “*a throbbing, pulsating life sweeping onward to the other centers in the five-pointed stigmatic star* [in the hands and feet]. *They are also vitalized, and the whole vehicle becomes aglow with a golden glory.*” Then the desire body is freed and its released energy sends the five-pointed vehicle (strongly connected areas of the stigmata; hands, feet, and head that form a five-pointed star) through the skull. Then in the final act of crucifixion we speak the words, “*Consummatum est*”, *it has been accomplished* and we travel into the Higher Worlds so that we might locate and become One with Christ.

Prayer for Crucifixion

O Righteous One, Lamb Who Was Slain, guide me upon the narrow way so that I may focus my concentration upon my soul-force so as to transmute my lower forces into higher forces. Then when the shadows of my Spirit-cross and the Earth-cross meld together to briefly appear as one gently steer my consciousness to become centered as a single concentrated point that I may now funnel into the dual layered cross of the Sun. Then as I become one with the cross, I pray to be with You today upon Your left-hand side as the repenting malefactor, my Lord, who is now in Paradise of Your Higher Worlds. Help me as I work to direct my Spirit-Fire upward to vitalize my pituitary body and pineal gland, and let their vibration awaken my spiritual sight and send forth a pulsating life force to vitalize all the major centers in my “five-pointed stigmatic star” so as to shine in beauty and excellence so that my being will put forth a sense of harmony and unity with all. Let me feel the pain around my head from my Crown of Thorns and the nails in my feet and hands to help me prepare for my mystic death. Teach me to restrain my lower forces so they can become the higher spiritual forces of my crucifixion. By releasing my Desire Body from my physical body, I ask that You ignite my five-pointed vehicle to project its escape through the crown of my skull and set my body upon the hill of Golgotha upon the tau cross of my crucifixion of self by Your side so You may hear the truth of my final words that echo the words You also spoke for humanity, “it is finished” as I am now with You my Father and nothing separates us, we now exist in Oneness.

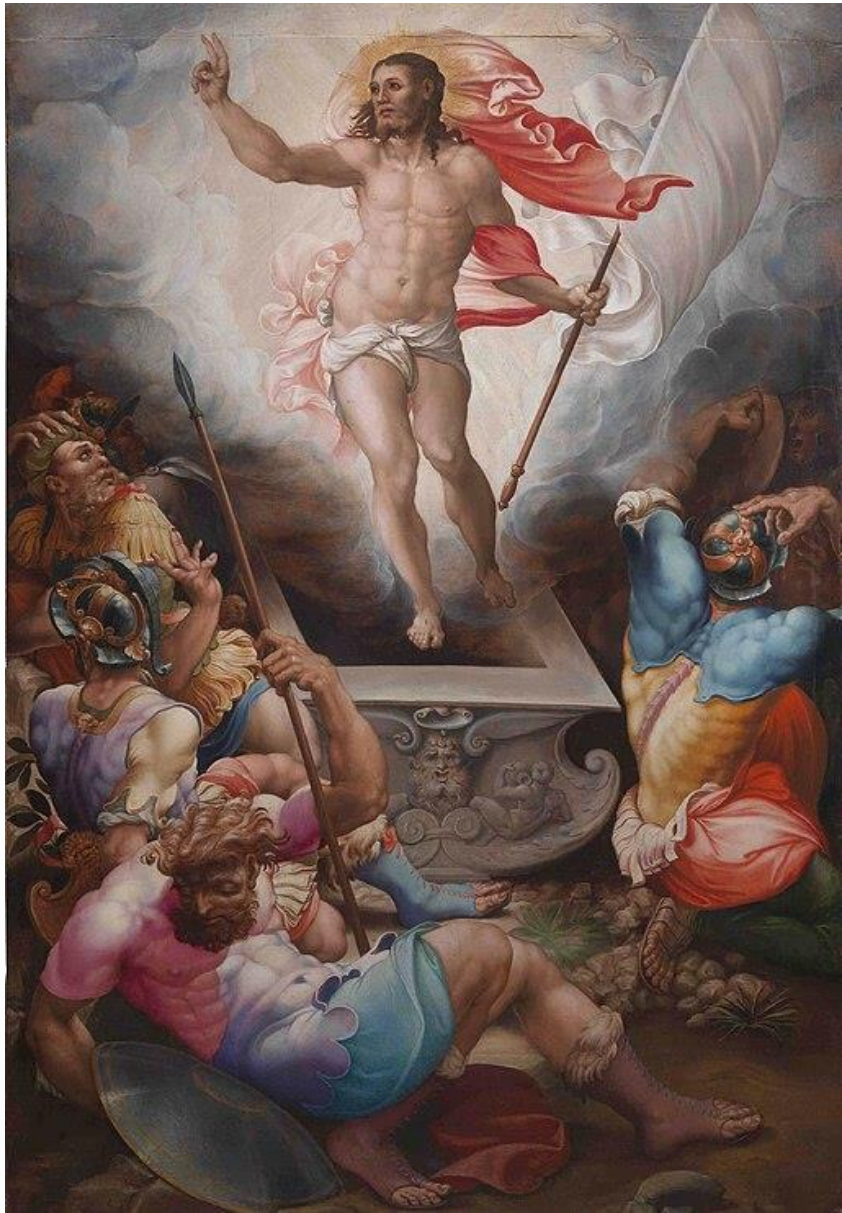
Stage Eight: *Resurrection*

He is not here, but is risen: remember how he spake unto you when he was yet in Galilee, Saying, The Son of man must be delivered into the hands of sinful men, and be crucified, and the third day rise again. (Luke 24:6-7 KJV)

Resurrection is the restoration of life from someone who was dead. In addition, to Jesus the Bible provides three other examples of resurrection; the daughter of Jairus, the son of the widow of Nain, and Lazarus. However, Jesus did not just resurrect, he claimed, *“I am the resurrection and the life”*. Therefore, Jesus assures us through the resurrection that we will be accepted by the Father, we will have a place in Heaven, we will be in a real relationship with Him, and we will have new heavenly bodies. Thanks to the resurrection of Jesus, we too as believers can be resurrected to a new life. Yet, if we consider the esoteric meaning of the resurrection, it involves the release of Christ as the *“indwelling Planetary Spirit of the Earth”* which had provided His impulse or as Paul writes in the Bible, the *“hope of glory”* for our Soul growth.

The release of Christ Spirit from the Earth aligns biblically with Easter or more precisely the Vernal (Spring) Equinox when the waves of energy that were released from the Christ impulse bring the Earth back to life and develops within us a higher cosmic consciousness. Then we will understand that when we are followers of Christ our physical bodies are only temporary and we will never experience death as our Spirit is eternal. However, you cannot consider the meaning of the resurrection without including the Entombment. In biblical times, the dead were placed in rock-cut tombs or sepulchers that were excavated from solid rock formations and sealed with large heavy stones. By entering a grave upon the Earth, our bodies just as the body of Christ enter into a *“conscious union with the Earth”* or an Entombment. Symbolically moving the stone that sealed the opening of the tomb represents the development of our *“self-mastery”* so that when we remove or roll the stone away, we are now able to enter the *“inner realms”* and we are able to overcome their lower nature by the resurrection of their *“divine spiritual powers”*. By connecting the macrocosm with our microcosm, we come to understand that there is no final death but *“only a transition to a finer sphere”*.

The resurrection of Christ is an annual ongoing process in which the impulse of Christ moves within the core of the Earth by the winter solstice releasing its waves of vital energy until His release or resurrection to the heavens by Easter or the vernal equinox. Therefore, for the spiritual aspirant, Easter or the resurrection and ascension of Christ brings us confidence and faith in our own spiritual aspirations for the story of Christ is our own story if we remain true and persist. *“To the enlightened ones Easter brings a keen realization of the fact that all humanity are pilgrims on the Earth, that the real home of the Spirit is in the heaven realm, and that to reach that realm all should endeavor to learn the lessons in life's school as quickly as possible so that they may be able to look for the dawn of a day that will permanently release them from the bondage of the Earth. Then like the liberated Christ they will come into a realization of that glorious immortality which is the reward of the perfected Spirit.”*

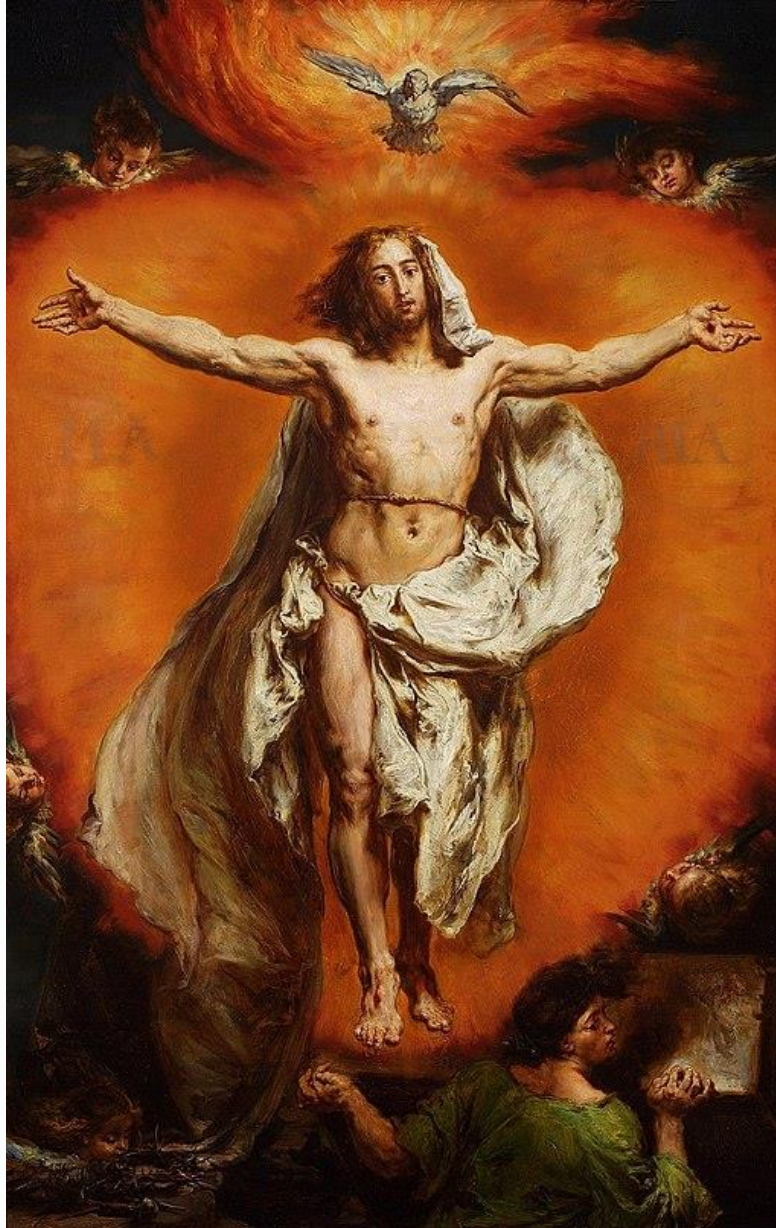


Prayer for the Resurrection

O Lord, My Bright Morning Star, help me to perfect my Spirit so that I might be released from my Entombment from the Earth so that I may join the Father in the realms of heaven for I know that my faith is not in vain. The rock placed across my sepulcher is heavy and well set but by the transmutation of my lower nature into my higher self, I have experienced the hope and glory, and my Soul has grown so that it is now within my power to roll the stone away so that I may step within the vastness of my inner realms and marvel as my new body is being crafted from Your divine spiritual powers for my eternal life with You. For my Entombment has been my undying hope for my resurrection so that my microcosm can confirm its alignment within Your macrocosm as it transitions beyond my physical body to a finer sphere of my Spirit. Let the words, "I am the resurrection" replay over and over again within my mind so that it acts as Your divine key to release my union from the Earth and I may then rise from my grave as You left Your earthly grave on Easter to join our Father. For I am Your seed, I hold Your Christ-within that also needs to be liberated so I can share in the resurrection and the promise of the glorious immortality. Therefore, my Lord, add my name to the list of those who willingly accepted Entombment so that they could then be restored in Your eternal life with my new garments of resurrection. Just as Lazarus stepped from his tomb when called into a new life, allow me also to be rise in Your glory so that my eyes may look upon the splendor of God the Father. For in my resurrection, I desire with all my heart to utter the words You speak during Your resurrections at Easter, "I have overcome the world." Amen

Stage Nine: *Ascension*

And he led them out as far as to Bethany, and he lifted up his hands, and blessed them. And it came to pass, while he blessed them, he was parted from them, and carried up into heaven. And they worshipped him, and returned to Jerusalem with great joy: And were continually in the temple, praising and blessing God. Amen. (Luke 24:50-53 KJV)



Following the Resurrection of Jesus, He ascended into heaven to mark the completion of His mission on Earth so he might return to His Father in Heaven once again in His kingly role and then send forth the Holy Spirit to continue His ministry. During the forty days between His Resurrection and Ascension He continued to meet with and teach His disciples and instructed them to spread His Word throughout the world, as he spoke to them on the Mount of Olives, “*Go ye therefore, and teach all nations, baptizing them in the name of the Father, and of*

the Son, and of the Holy Ghost” (Matthew 28:19 KJV). Yet, He also wanted to ensure His disciples that they would still have His love and support in their work so in His final words He told His disciples’ “But ye shall receive power, after that the Holy Ghost is come upon you: and ye shall be witnesses unto me both in Jerusalem, and in all Judaea, and in Samaria, and unto the uttermost part of the earth” (Acts 1:8 KJV).

For the *Christian Mystic Initiation*, this is the final step in which the Mystic will now attain the “*Christ-consciousness*” in which one is able to go beyond the limitations of time and space, as a God-man in which you are no longer bound by the physical restrictions of the Earth, and in your Oneness with the Father you acquire His “*divine powers and attributes*”. As Steiner describes it, the “*feeling cannot be expressed in words: he alone could describe it who was able to think without using the instrument of the human brain; and for this there is no language, because our language has expressions only for the physical plane. Therefore, one can only give indication at this level. It surpasses all which man can represent to himself. One calls it the ‘ascent into heaven,’ or ‘the complete absorption into the spiritual world.’*” So, while the ascension will bring us to Heaven, as spiritual aspirants we are not destined to stay as we must return to the Earth united with Christ to teach and serve our fellow man.

As Heindel explains, the Ascension is directly tied to the equinoxes from the time Christ first ascends to the Father in Heaven at Easter or the Vernal (Spring) Equinox to return to His side and is completed at the Summer Equinox when Christ begins His return to the Earth. For the apostles the loss of Jesus after His Ascension was a confusing time and they initially felt alone and saddened after having spent so much time with Him. While humanity, also feels that same loss when Christ begins His descent into the Earth at the Fall Equinox until He reaches the prison of the Earth’s Core by the Winter Equinox. Yet, even when Christ was within the Earth at its very core united with the Earth as the Earth-Spirit, He was still sending His divine life force waves to the surface to help humanity in their liberation. As he told his apostles, “*And lo, I am with you always, even to the end of the world,*” (Matthew 28:20). These words as Heindel states are the words that ultimately bring joy and assurance to the Mystic as they reach completion of the process, for then they will know that they can leave their “*physical vehicles consciously, step out from his cross of matter, and ascend into the higher spiritual realms in [their] soul body*” ready to now serve humanity even greater than Christ had done so.

My Prayer for the Ascension

O Lord, King of the Ages, I am blessed to hear the words that tell me that you will always be with me to the end of the world so that I know upon Your Ascension You will unify the Heaven and the Earth so we may ultimately acquire Your divine power and attributes. I pray that the Holy Spirit will continue Your teachings within me so that the enrichment of my cosmic consciousness can raise my soul body before the Father in Heaven to bask in silent adoration so that I may fully know His will for my new purpose through the Ascension Gift He will empower me with for my greater service to humanity upon my return to the Earth. For in my Ascension, I will stand beyond space and time in which I know that I am granted authority to the Earth and the Heavens so I may assist in the liberation of humanity. Let my soul continue to reach for Your higher truths and divine wisdom just as the gladioli sends their great stems upward to touch upon Your heavenly presence. As You have requested, I will baptize all those I make my disciples in Your name so they will be obedient in all of Your commandments. And with the downpouring of the Holy Spirit into my body I will be Your witness in all places I venture. Know that I may be saddened but I am now ready to endure the Autumn Equinox when you will begin to pass into the Earth to become its prisoner within its core as I now understand that You will be sending Your spiritual wave of vitality to perfect our Spirits for our immortality and provide us with our ultimate victory. By my Ascension into heaven there will be a complete absorption of myself into the spiritual world of alternating cycles in which my Soul works for its eventual liberation from my Dense Body. While my heart is continuously praying that You my Lord as the Earth Spirit may also be liberated for the last time as You will have fulfilled Your true mission to move all of humanity forward to enjoy the fruits of their perfected Spirits. Amen.