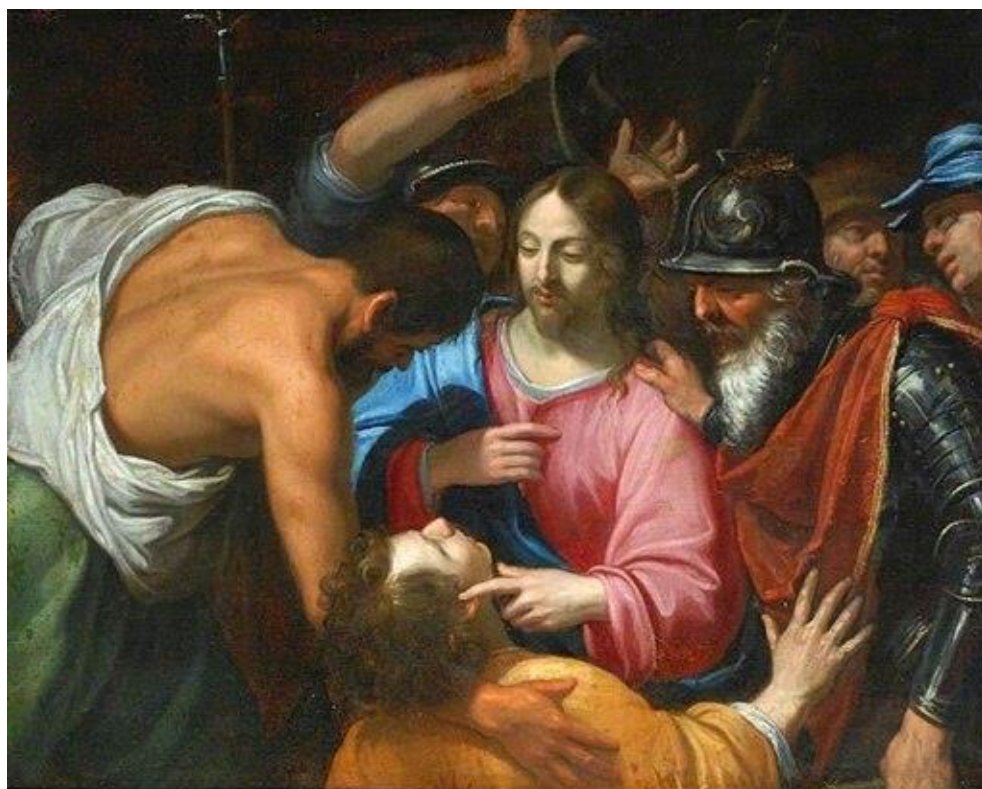


Occult Principles of Health and Healing

By Max Heindel



Self-Study Guide

For the

TRF School of Spiritual Healing

By G. E. Carlin

FOREWARD

Part of your training for The Rosicrucian Fellowship School of Spiritual Healing will require you to read *Occult Principles of Health and Healing* by Max Heindel. As described in the foreword of this book, it states:

*“This compilation of material concerning the health and healing of the human organism as **considered from the occult viewpoint** affords those interested in attaining and maintaining health a treasure chest of valuable information.”*

For in this book, Max Heindel wanted to describe and explain “*the real causes of physical and mental disorders as revealed in the realm of cause, the higher or superphysical planes*” and to provide the “*origin, functions, and proper care of the vehicles of man*”.

DISCLAIMER

The views and opinions expressed about the different forms of healing and the related scientific understandings in the *Occult Principles of Health and Healing* are those of the author, Max Heindel, and do not necessarily reflect the current views or positions of the science and medical professions.

The content on 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.

Historical Context and Concerns

In reading a book such as *Occult Principles of Health and Healing* it is important to understand the historical context of the time in which statements about race hierarchy and how it was observed in levels of spiritual evolution was somewhat common in esoteric writing of the early 20th century. However, that being said it certainly does *not* disregard the concerns these statements raise. Yet, if we consider the underlying message of the writings of Max Heindel we find a spiritual leader that actively promoted the cause for **Universal Brotherhood**.

As he states, “*The Fellowship disregards national and racial differences, endeavoring to join all together in a bond of love,*” While he also encouraged humanity to look beyond “*sharply differentiated forms which they behold blind them to the inalienable unity of each soul with all others*”. For Heindel then cautions us that we cannot become a Universal Brotherhood, “*As long as you are tied to the family, the nation, the tribe, you are siding with the old blood, the old ways, and cannot amalgamate into a universal brotherhood. That can only come when you marry internationally because when you have so many nations the way to unite them is through marriage.*”

INTRODUCTION

The *Self-Study Guide for The Rosicrucian Fellowship School for Spiritual Healing* was designed as a course of self-study in which you explore the concepts and ideas of health and healing as expressed by Max Heindel in his book, *Occult Principles of Health and Healing*. Please note that you may use any edition of the book in either hardcopy or downloaded as a .pdf file from the *Rosicrucian Fellowship* website. www.rosicrucian.com

The *Occult Principles of Health and Healing* consists of four parts:

1. *Man and his Vehicles*,
2. *Disease*,
3. *Healing*, and
4. *“There is no Death”*

There are a total of twenty-five chapters in the book. For each chapter in the Self-Study Guide there will be: Chapter Questions, Summary Questions, Reflection and Connections, and a page for Chapter Notes. Below are the instructions for part of the Self-Study Guide.

Instructions for Each Component of the Self-Study Guide

Chapter Questions:

As you read each chapter in the book you will be asked questions in which the answers come directly from the reading. Please note the questions are in sequential order with the reading to ensure that you will be able to locate the needed information to answer the question, ideas for your work in the Healing Center, and information you might share with patients when appropriate.

Summary Questions:

These are larger, overarching questions that cover the main ideas or concepts from the chapters. Information from your Chapter Questions will be helpful in answering these questions. Information to answer these questions can be in one section of the chapter or found throughout the chapter.

Reflection and Connections:

The reflection questions are asking you to identify what *you* consider to be the most important information from the chapter, ideas for your work in the Healing Center, and things you might share with patients when appropriate. Finally, the “*Connection*” will require you to explore something on your own that is related to the topic of the chapter.

Chapter Notes:

In the course of your reading, you want to record certain information or organize the information into a different format (i.e., Mind Map) therefore a large box (**NOTES**) is provided in the template for you to use as you see fit. In addition, as you read you may have:

- Questions you can record in the **QUESTIONS** box.
- Ideas or concepts you want to further look into (**INVESTIGATE**)
- Things you are not sure you understand (**CLARITY**)
- Or ideas, concepts, or practices you understand differently (**CHALLENGE**)

As these the things that can be discussed with *Probationers* at your group meetings and online forums for the School of Spiritual Healing.

In some cases, a chapter of the Self-Study Guide may also contain a “**Research on Your Own Topic**” in which you will need to use outside resources such as online materials or other textual sources of information (i.e., encyclopedia, science textbook, etc.)



Prayers for Your Work

Prayer Before Your Spiritual Reading

My Short Prayer to Open Your Mind to God's Words

Lord, Give me understanding, and I shall keep thy law; and I shall observe it with my whole heart. Open my mind that I might understand your divine words from these spiritual books and apply them always to my life so I might glorify your name. Amen

- (GEC) Based on Psalms 119:34 and Luke 24:45

Pause to Pray at Heartfelt Times

There will be times when you are reading a spiritual book that something special or insightful touches you or “penetrates the heart”. So, stop reading and offer a heartfelt prayer of thanksgiving to God. Do not be concerned if you have only read a brief amount in your spiritual book before you stop to offer a pray to God.

My Short Prayer to Thank God for Touching You with His Words

Lord, what you have just given me in this reading has grown the seeds within my mind to yield a fruitful harvest. Your wisdom and knowledge brightly shine around me and I now feel them richly dwelling in my heart. I thank you, My God, for the joy in my heart and praise your glorious name. Amen

**- (GEC) Based on Psalm 85:12, Colossians 3:16, and 1 Chronicles 29:13
Prayer**

Prayer After Your Spiritual Reading

My Short Prayer to Thank God for His Words

Lord, in this reading you have taught me your ways so I now might walk in your truth. Even though your thoughts are very deep I now begin to understand how great are your works through these blessed words. In our reading together you have satisfied my longing soul and filled it with good things. Amen

- (GEC) Based on Psalm 86:11, Psalm 92:5, and Psalm 107:9

Prayer Before Studies

“Almighty God, our Heavenly Father, without Whose help labor is useless, without Whose light search is vain: Invigorate my studies and direct my inquiries, that I may, by due diligence and right discernment, establish myself and others in Thy holy faith;” ... then I can use the knowledge you have allowed me to acquire to best serve you and my fellow man. Amen”

A Student's Prayer

By Thomas Aquinas

Come, Holy Spirit, Divine Creator, true source of light and fountain of wisdom! Pour forth your brilliance upon my dense intellect, dissipate the darkness which covers me, that of sin and of ignorance. Grant me a penetrating mind to understand, a retentive memory, method and ease in learning, the lucidity to comprehend, and abundant grace in expressing myself. Guide the beginning of my work, direct its progress, and bring it to successful completion. This I ask through Jesus Christ, true God and true man, living and reigning with You and the Father, forever and ever. Amen.

The Student's Prayer

The Rosicrucian Fellowship

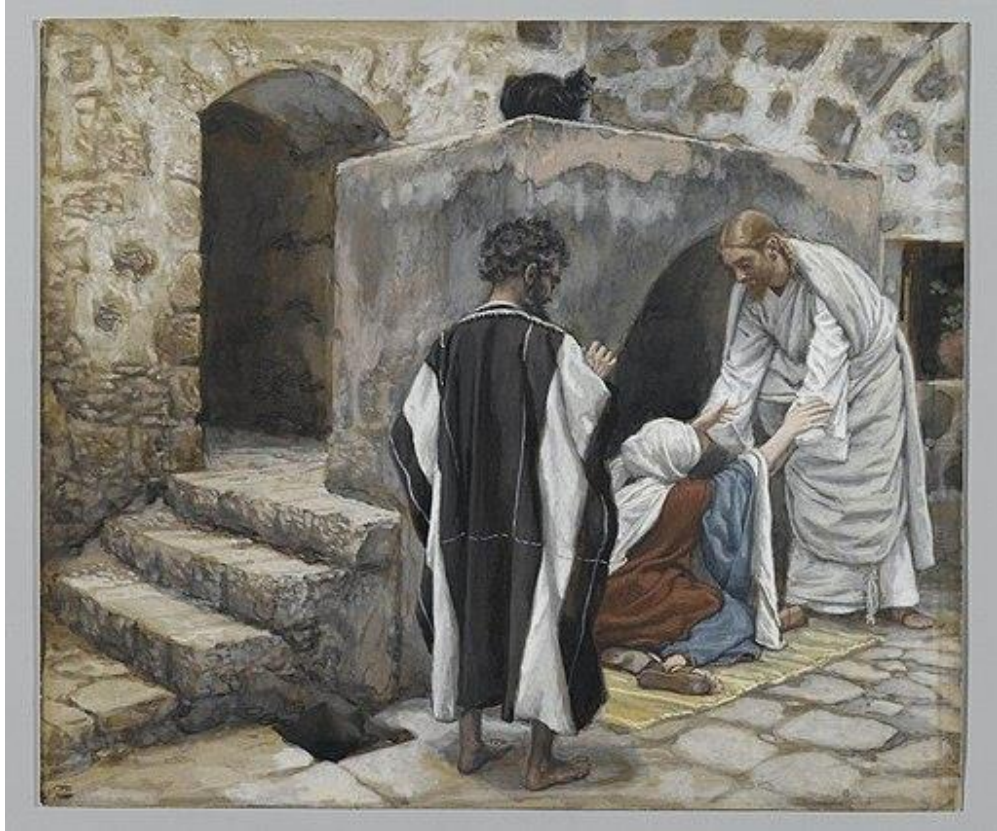
*Oh, God, increase my love for Thee
so that I may serve thee better from day to day.
Let the words of my mouth and the meditation of my heart
be acceptable in thy sight,
O LORD, my strength and my redeemer.*

- Max Heindel

Study to shew thyself approved unto God, a workman that needeth not to be ashamed, rightly dividing the word of truth.

- 2 Timothy 2:15

Occult Principles of Health and Healing



By Max Heindel

Self-Study Guide: Chapter 1

The Dense Body

Behold, I will bring it health and cure, and I will cure them, and will reveal unto them the abundance of peace and truth. - Jeremiah 33:6 KJV

Chapter 1 Questions

1. What is the Dense Body?

--

2. What is the Vital Body?

--

3. What is the Desire Body?

--

4. What is the Mind?

--

5. What is the Ego?

--

6. What is the most highly developed organ we have?

--

7. What did the germ of dense body unfold into?

--

8. In earlier times what was the Pineal Gland?

--

9. What was man's language first like?

--

10. What happened when man's eyes were first opened?

--

11. Where is the seat of the indwelling Spirit in man?

--

<i>12. What were the seven Atlantean Races?</i>
<i>13. What are highest expressions of the Desire Body?</i>
<i>14. What link does the brain provide?</i>
<i>15. Why did the Spirit and Angels build the brain?</i>
<i>16. Why was it important for the heart to become voluntary muscle?</i>
<i>17. What was the cost of “brain-knowledge”?</i>
<i>18. Why was the Moon Period necessary?</i>
<i>19. How was the nervous system first divide?</i>
<i>20. What did the higher part of the desire body build?</i>
<i>21. What controls the voluntary muscles?</i>

<i>22. Why is blood the direct vehicle of the Ego?</i>
<i>23 Why does the child not think of itself as “I” until fourteen?</i>
<i>24. What do assimilation and growth depend on?</i>
<i>25. Where is the force of sex stored?</i>
<i>26. What controls the body temperature?</i>
<i>27. What happens when we lose our head to passion?</i>
<i>28. When can the Ego work in the body?</i>
<i>29. What happens when we are in a state of fear?</i>
<i>30. At the present time, what does our blood contain?</i>
<i>31. What happens when there is a greater mixture of blood?</i>
<i>32. How does Mars aid in maintaining the heat un the blood?</i>

<i>33. When is the proper heat for the expression of the Ego present?</i>
<i>34. What is the effect of a nucleated blood cells in lower animals?</i>
<i>35. How has our blood developed over the past eons?</i>
<i>36. How is blood-gas replaced in the body?</i>
<i>37. What is the gateway of the vital body?</i>
<i>38. What interferes with the activities of the spleen?</i>
<i>39. What do white corpuscles represent?</i>
<i>40. When do we have the least amount of lost opportunities?</i>
<i>41. What happens when we allow ourselves to be negative?</i>
<i>42. What are the three distinct substances in the blood?</i>
<i>43. What occurs because a woman has a positive vital body?</i>

<i>44. What controls the varying rates of speed of the blood?</i>
<i>45. What is “white bleeding”?</i>
<i>46. What happens when someone is killed?</i>
<i>47. Why was the effect of the cleansed blood of Jesus?</i>
<i>48. What are the finer vehicles?</i>
<i>49. What are the two kinds of flesh?</i>
<i>50. As a whole, who rules the glands?</i>
<i>51. What is the function of the vital body?</i>
<i>52. Who are the seven ductless glands ruled by?</i>
<i>53. Which glands are connected to the personality, spiritual side of our nature, and forms the link between them?</i>

<i>54. Where do solar forces come into the body?</i>
<i>55. How can the adrenals be influenced by other planets?</i>
<i>56. Why were the kidneys placed under the leadership of Libra?</i>
<i>57. How is the thymus gland the link between the parent and the child?</i>
<i>58. Why can't a child manufacture its own red blood cells?</i>
<i>59. How does the child compensate for not producing its own red blood cells?</i>
<i>60. In what other than the olfactory tract are we attracted or repelled from food?</i>
<i>61. What occurs when the Uranian influence on the pituitary is eccentric?</i>

<i>62. What else is Uranus working through the pituitary body responsible for?</i>
<i>63. What diseases are the degeneration of thyroid gland responsible for?</i>
<i>64. What does contact and expression with the invisible worlds depend on?</i>
<i>65. What is the only way we can observe organs exercising their function?</i>
<i>66. Why do some people believe the pineal gland is connected to the mind?</i>
<i>67. How do the substances appear in the pineal gland?</i>
<i>68. What were the previous functions of the pineal gland?</i>
<i>69. Why have the pineal gland and the pituitary body become temporarily dormant?</i>
<i>70. What do the pituitary body and pineal gland produce under abnormal and normal activities?</i>
<i>71. How is our brain balanced?</i>

72. What is the future the ductless are destined to play?

73. What influence will the Sun have in the Aquarian Age?

74. How can we describe the lymphatic system?

75. What do we find with every one of the lymphatic vessels?

76. What happens when inflammation attacks the body?

77. What are the three actions of the lymphatic system?

Summary Question

1. How is the blood a vehicle of the Ego?

2. How are the “*seven roses*” involved in our spiritual growth?

3. How is the function of the lymphatic system?

Reflection & Connection

Four Most Important Things You Learned
1.
2.
3.
4.
Three Important Ideas for Your Work in a Healing Center
1.
2.
3.
Two Things You Can Share with Patients in a Healing Center
1.
2.
<i>What ductless glands currently make up the endocrine system?</i>

CHAPTER 1 NOTES

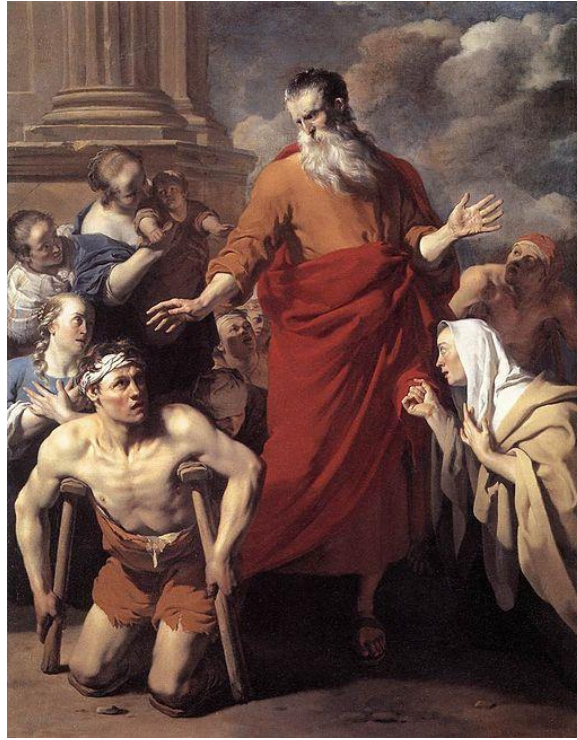
Questions

Investigate

Clarity

Challenge

Occult Principles of Health and Healing



By Max Heindel

Self-Study Guide: Chapter 2

The Vital Body

Heal me, O Lord, and I shall be healed; save me, and I shall be saved: for thou art my praise. - Jeremiah 17:14 KJV

Chapter 2 Questions

1. How has the vital body modified?

--

2. What happened to the vital body during the Sun Revolution of the Earth Period?

--

3. What is the chief expression of the vital body?

--

4. Where are the points of the vital body?

--

5. What are the four ethers?

--

6. What is the function of the chemical ether?

--

7. What is the function of the light ether?

--

8. How do the chemical and light ethers act as a matrix for the body?

--

9. Describe the arrangement of the atoms of the chemical and life ethers.

--

10. What color is the solar energy that comes by the way of the spleen?

--

11. How is our body made alive and capable of motion?

--

12. What do the light and reflecting ethers provide us with?

--

13. Why do scars and blemishes perpetuate themselves upon our bodies?

--

14. What are the light and reflecting ethers at this stage of our evolution?

--

15. How are light and reflecting ethers opposite in nature to the ether atoms?

--

16. When is the soul body seen?

--

17. What do the colors blue and gold represent?

--

18. Why does the quality of the seed atom alter from life to life?

--

19. How is the vital body a vehicle of habit?

--

20. What occurs as the Ego is on the way to rebirth?

--

21. What is the role of the Recording Angels in rebirth?

--

22. Why does the vital body protrude more in children?

--

23 As an adult, how far does the vital body protrude?

--

24. What is the soul body?

--

25. What does the work of the Spirit in the two higher ethers produce?

--

26. How do we increase the volume of our two higher ethers?

--

Summary Question

1. How has the *vital body* changed over time?

2. How are the *four ethers* active in our body?

3. How does our vital body depend on habit, repetition, and character?

Reflection & Connection

Four Most Important Things You Learned
1.
2.
3.
4.
Three Important Ideas for Your Work in a Healing Center
1.
2.
3.
Two Things You Can Share with Patients in a Healing Center
1.
2.
Explain: “ <i>all mystic development begins with the vital body.</i> ”

CHAPTER 2 NOTES

Questions

Investigate

Clarity

Challenge

Occult Principles of Health and Healing



By Max Heindel

Self-Study Guide: Chapter 3

The Desire Body and the Mind

Bless the Lord, O my soul, and forget not all his benefits: Who forgiveth all thine iniquities; who healeth all thy diseases; Who redeemeth thy life from destruction; who crowneth thee with lovingkindness and tender mercies; - Psalm 103:2-4

Chapter 3 Questions

1. How did the Lords of Individuality help the evolving man?

--

2. What is the “lower will”?

--

3. What is the appearance of the Desire Body during our life?

--

4. What is the matter of the Desire Body composed of?

--

5. What are the “centers of perception”?

--

6. Where is the Desire Body rooted?

--

7. How do the vortices appear in the involuntary and voluntary clairvoyant?

--

8. As the mind is not even a body, what is it?

--

9. How do we view the impressions made by the outer world?

--

10. What do we do with our mental images?

11. What happens when we project a thought through the mind?

12. What are the three directions that a thought can be projected?

13. When is the mind born and what age is our prime mentality?

14. How does the mind produce realities?

15. What happens because our minds are not focused?

16. What is the best we can do with our mind?

17. When will man be able to work with life?

18. What will happen to our minds in the Jupiter Period?

--

19. What will happen to our minds in the Venus Period?

--

20. What will happen to our minds in the Vulcan Period?

--

Summary Questions

1. What occurs within a *voluntary clairvoyant*?

--

2. What do we do with our *mental images*?

--

3. How will our minds grow the in the next *three Periods*?

--

Reflection & Connection

Four Most Important Things You Learned
1.
2.
3.
4.
Three Important Ideas for Your Work in a Healing Center
1.
2.
3.
Two Things You Can Share with Patients in a Healing Center
1.
2.
What questions do you still have?

CHAPTER 3 NOTES

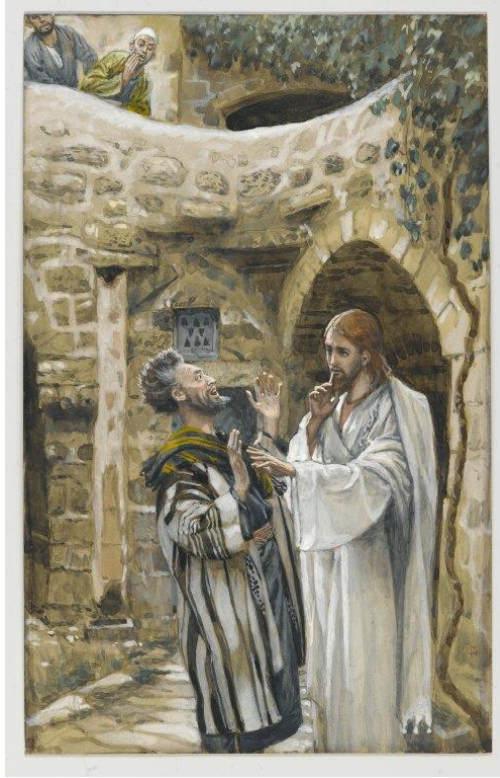
Questions

Investigate

Clarity

Challenge

Occult Principles of Health and Healing



By Max Heindel

Self-Study Guide: Chapter 4

General Causes of Disease

And the prayer of faith shall save the sick, and the Lord shall raise him up; and if he have committed sins, they shall be forgiven him. — James 5:15

Chapter 4 Questions

1. What is disease?

2. What do diseases do within the body?

3. What is another description of disease?

4. How is Christ involved in healing?

5. How did the Lucifer Spirits affect humanity?

6. How can we describe the Sun of Righteousness?

7. What happens when creative power is used for gratification?

8. How can true health come to the human race?

9. When don't men walk in the presence of angels anymore?

10. Why must we learn to live as plants?

11. How is the emblem of the Rose Cross an ideal?

12. What do we need to follow the laws of Nature?

13. Why is it necessary to preach the Gospel of Christ?

14. What is the prime cause of most disease?

15. What are the two classes of disabilities?

16. What is are the nerves and the brain made up of?

17. How does the Law of Consequences prevent the abuse of power?

18. How does passion affect our rebirth?

19. What is the effect of being born under a common sign?

--

20. Why may it be an impossibility for the Spirit to use the body?

--

21. What is the hardest lesson in life for the Spirit?

--

22. Where are congenital disabilities traced to?

--

23. What is the exception to the tracing of congenital disabilities?

--

24. How do great shocks or fright cause disabilities?

--

25. What is the rule for abnormalities and deformities?

--

26. How is a thought form strengthened so good will overcome evil?

--

27. What happens to a person who lives a clean life?

--

28. What happens to those in their past lives who have disregard for others?

29. Why can't anyone tell the reason for someone's disability?

30. Why is it impossible for us to build a thoroughly harmonious vehicle?

31. How does the Spirit's growing consciousness affect us?

***** Research On Your Own *****

What is the *Region of Concrete Thought*?

What is *Desire Force*?

Describe the structure and function of the *larynx*.

Summary Questions

1. What is *disease*?

2. What do the *Old and New Testament* tell us about disease?

3. What are the causes of *mental disabilities*?

4. What are the causes of *physical disabilities*?

Reflection & Connection

Four Most Important Things You Learned
1.
2.
3.
4.
Three Important Ideas for Your Work in a Healing Center
1.
2.
3.
Two Things You Can Share with Patients in a Healing Center
1.
2.
Are there any things you are unclear/unsure about?

CHAPTER 4 NOTES

Questions

Investigate

Clarity

Challenge

Occult Principles of Health and Healing



By Max Heindel

Self-Study Guide: Chapter 5

Specific Causes of Disease

Beloved, I wish above all things that thou mayest prosper and be in health, even as thy soul prospereth. – John 1:2

Chapter 5 Questions

1. What is insanity caused by?

2. What are the three types of unavoidable insanities and their causes?

3. Why is one type of avoidable insanity?

4. What is responsible for epilepsy?

5. How can the Ego be protected during the gestatory period?

6. How can hypnotism cause problems in a future life?

7. Why are breathing exercises not recommended?

8. Why is influence of the materializing medium always injurious?

9. What is obsession?

10. How can you tell if someone is really obsessed?

11. What is the best way to avoid becoming obsessed?

12. What occurs at the moment of death?

13. What other process is going on following the days after death?

14. What important consequences are connected with death?

15. Why was the body of Jesus not found in His tomb?

16. What occurs when one lives a “clean life”?

17. What happens to the vital body at death?

18. What is the danger of the interlocking grip of the vital and desire bodies?

19. Why was the interlocking conditions of the vital and desire bodies so prevalent?

20. What happens when one possesses a Sin Body instead of a soul body?

<i>21. What are demons or devils?</i>
<i>22. What two classes are similar to demons?</i>
<i>23 What are epilepsy, tuberculosis, and cancer the result of?</i>
<i>24. What is the effect of materialism?</i>
<i>25. What are vision problems the result of?</i>
<i>26.What is the effect of etheric vital rays?</i>
<i>27. What will be the affects of the Christ currents?</i>
<i>28. What will occur when our blind spots are sensitized?</i>
<i>29. How are the physical atoms made to spin?</i>
<i>30. What is Odic Fluid?</i>

31. What occurs when a falling body reaches a certain velocity?

32. How is a partial vacuum is formed and its result?

33. What occurs when a large projective passes through the air and its effect on man?

34. Why does hardening of the arteries occur?

35. What is death to the occultist?

36. Why is there value in prolonging life?

37. How can we prolong our lives?

38. What are the best two agents to clean our arteries

Summary Question

1. How can we *harm* to our own health?

2. How can we *protect* ourselves from disease?

3. What are examples of the *causes* for different diseases?

Reflection & Connection

Four Most Important Things You Learned
1.
2.
3.
4.
Three Important Ideas for Your Work in a Healing Center
1.
2.
3.
Two Things You Can Share with Patients in a Healing Center
1.
2.
<i>What is electrotherapy?</i>

CHAPTER 5 NOTES

Questions

Investigate

Clarity

Challenge

Occult Principles of Health and Healing



By Max Heindel

Self-Study Guide: Chapter 6

Heredity and Disease

Is any sick among you? let him call for the elders of the church; and let them pray over him, anointing him with oil in the name of the Lord: - James 5:14

Chapter 6 Questions

1. What are the two sides to man's nature?

--

2. Why are we drawn to certain people and even born in the same families?

--

3. What should we do instead of using the law of heredity as an excuse?

--

4. What are the things man takes and does not take from his parent's?

--

5. What is the only true in regards to heredity?

--

6. What is the Ego's work and its restrictions?

--

7. Where is the thymus gland in the fetus?

--

8. What happens to the thymus gland as a child grows older?

--

9. What is the theory as to the function of the thymus gland?

10. Why isn't a child fully responsible for their doings until fourteen?

11. Why happens to child at puberty?

12. Why are tendencies for disease carried over to their children?

13. Why aren't diseases always manifested?

***** Research On Your Own *****

What is the main concept of *Heredity* today?

Summary Questions

1. What does the laws of causation and association have to do with heredity and disease?

2. What is the role of the Ego in our physical qualities and disease?

3. What is the function of the thymus gland?

4. How is the blood related to our identity?

Reflection & Connection

Four Most Important Things You Learned
1.
2.
3.
4.
Three Important Ideas for Your Work in a Healing Center
1.
2.
3.
Two Things You Can Share with Patients in a Healing Center
1.
2.
How can you reduce your tendencies to manifest into disease?

CHAPTER 6 NOTES

Questions

Investigate

Clarity

Challenge

Occult Principles of Health and Healing



By Max Heindel

Self-Study Guide: Chapter 7

Effects of Alcohol and Tobacco

Have mercy upon me, O Lord; for I am weak: O Lord, heal me; for my bones are vexed. – Psalm 6:2

Chapter 7 Questions

1. What are effects of flesh and alcohol?

--

2. Who first brewed alcohol in the Bible?

--

3. What was Christ's first miracle?

--

4. How is the physical body kept alive?

--

5. What happens when we take too much alcohol?

--

6. How does imbibing alcohol affect our bodies?

--

7. What does the evolution of the soul depend on?

--

8. What issue may occur to some people even if we come back life after life to the same order they have been affiliated with in previous lives?

--

9. In the story of meeting the man in the Temple of the Rosicrucians, why didn't the man remember the experience at the physical meeting?

10. What did the story (case) teach us?

Summary Questions

1. Why are stimulants bad for us?

Reflection & Connection

Four Most Important Things You Learned
1.
2.
3.
4.
Three Important Ideas for Your Work in a Healing Center
1.
2.
3.
Two Things You Can Share with Patients in a Healing Center
1.
2.
How are you CLEAN in your habits?

CHAPTER 7 NOTES

Questions

Investigate

Clarity

Challenge

Occult Principles of Health and Healing



By Max Heindel

Self-Study Guide: Chapter 8

Origin and Development of Healing

Heal the sick, cleanse the lepers, raise the dead, cast out devils: freely ye have received, freely give. – Matthew 10:8

Chapter 8 Questions

1. Why are spiritual advisors closely associated with healing?

2. How have Catholic orders worked with people in times of sickness?

3. How was the power of the priest to uplift his patient increased?

4. Why do we still need further efforts in healing?

5. Why must man be thought of as composite being in our healing efforts?

6. What is the main distinction between a healing and a cure?

7. Why are some treatments in producing a cure only temporary?

8. What does healing require?

9. What was essential in expecting a healing from Jesus?

--

10. What are four examples from the Bible of people actively cooperating with their healing?

--

11. How did Elijah ask Naaman to demonstrate the spirit of submission?

--

12. In your own words state the law of Nature for healing.

--

13. What brings disease?

--

14. What happens when a person demonstrates obedience in their healing?

--

15. What are the three great factors in healing?

--

16. Where is the power of healing found?

--

17. What is the role of the healer in healing?

--

Summary Questions

1. Explain the difference between Curing and Healing.

2. Why did Jesus not do healings in Nazareth?

3. Explain the requirements for healing.

4. Describe the flow of the *power of the universe* in the *three great factors of healing*

Reflection

Four Most Important Things You Learned
1.
2.
3.
4.
Three Important Ideas for Your Work in a Healing Center
1.
2.
3.
Two Things You Can Share with Patients in a Healing Center
1.
2.
Most Essential Concept in the Chapter, Why?
1.

CHAPTER 8 NOTES

Questions

Investigate

Clarity

Challenge

Occult Principles of Health and Healing



By Max Heindel

Self-Study Guide: Chapter 9

The Rosicrucian Fellowship Method of Healing

He sent his word, and healed them, and delivered them from their destructions.
– Psalm 107:20

Chapter 9 Questions

1. What is the one great truth about Rosicrucians

2. What are the two reasons for the Rosicrucian healings?

3. How will death be overcome in the new dispensation

4. What will be required to live under the conditions of the new Heaven and new Earth?

5. What is the Rosicrucian motto?

6. What vow did the lay brothers take in terms of healing?

7. What were the two commands of Christ?

8. What is the cause of pain and sickness?

9. How do we teach the sick to attain health?

10. What are the different methods of healing?

11. Who are the Invisible Helpers?

--

12. How are the Probationers gathered together?

--

13. What system is used to form and organize bands of Invisible Helpers?

--

14. What does a group of healers consist of?

--

15. How are Probationers found for healing?

--

16. What is required of the patient for healing?

--

17. What happens to red blood cells when the Ego begins to work?

--

18. Why can parents give ether for their children until the time of puberty?

--

19. What is the greatest drawback to the Rosicrucian healing activity?

20. What happens to the Ego during certain protracted illnesses?

21. What effect does a Panacea have upon a patient?

22. How is the healing substance produced in the Temple of the Rosicrucians?

***** Research On Your Own *****

What are the characteristics of Mammals?

What is the structure and function of a Red Blood Cell?

Summary Questions

1. Explain the meaning of the Rosicrucian motto.

2. Describe how the Invisible Helpers work to heal others.

3. Describe how a patient can most effectively work with the Invisible Helpers.

4. Explain why Spiritual Panaceas are needed.

Reflection & Connection

Four Most Important Things You Learned
1.
2.
3.
4.
Three Important Ideas for Your Work in a Healing Center
1.
2.
3.
Two Things You Can Share with Patients in a Healing Center
1.
2.
What can you connect in this chapter to Chapter 2: <i>The Vital Body</i> ?

CHAPTER 9 NOTES

Questions

Investigate

Clarity

Challenge

Occult Principles of Health and Healing



By Max Heindel

Self-Study Guide: Chapter 10

The Science of Nutrition

But unto you that fear my name shall the Sun of righteousness arise with healing in his wings; and ye shall go forth, and grow up as calves of the stall.

– Malachi 4:2

Chapter 10 Questions

1. As we age what is each stage characterized by?

--

2. What is the cause of the gradual ossification of the body?

--

3. What is the only difference between an old and young body?

--

4. Where does the “deadly load” of the blood come from?

--

5. What are the saviors of man from the destructive matter?

--

6. What is always found in the urine of adults?

--

7. What is man’s worst enemy when taken internally?

--

8. How did Harvey define health?

--

9. Why is the bathtub a great aid for health?

--

10. What organ carries away the ash from the body?

--

11. What liquids contains no earthly matter?

--

12. Is sugar injurious to the general health?

--

<i>13. What is the ideal diet?</i>
<i>14. What is a wonderful solvent with many healthy effects?</i>
<i>15. What is the only way that someone can determine their “good health”?</i>
<i>16. What is water referred to as?</i>
<i>17. What is the function of protein?</i>
<i>18. What is the function of carbohydrates?</i>
<i>19. What is the function of fats?</i>
<i>20. What is the function and concern of ash?</i>
<i>21. What is a calorie?</i>
<i>22. What is the function of phosphorus?</i>
<i>23. What foods contain a considerable quantity of phosphorus?</i>
<i>24. How should milk be drunk?</i>
<i>25. Where is the stronghold of the desire body?</i>
<i>26. What is the highest development of the dense body?</i>

27. Why are vegetables better than meats in the diet?

--

28. What is the law of assimilation?

--

29. Why can't we eat mineral foods?

--

30. What explains the sustaining power of vegetables?

--

31. Why do meat diets require that we eat larger quantities?

--

32. What happens when we eat the flesh of carnivorous animals?

--

33. Why is much sickness due to eating the flesh of animal bodies?

--

34. What is one of the most serious menaces of health?

--

35. What are the advantages of eating fruits, cereals, and vegetables?

--

<i>36. What represents the twelve signs of the zodiac in the diet?</i>
<i>37. How should we renew the supply of any salt in our body?</i>
<i>38. What builds and cements together the cells that make up our body?</i>
<i>39. How do we feed the sacred fire?</i>
<i>40. Why is it unethical to eat meat?</i>
<i>41. What does the Bible say we should eat?</i>
<i>42. What is the full purpose of food?</i>
<i>43. How good a substitute are beans for meat?</i>
<i>44. What must we have if we only eat vegetables?</i>

45. Why was the temperance movement one of the most powerful factors to hasten the coming of Christ?

46. What is the best way to eat so we do not need to fast?

47. Why are citrus fruits medicines?

48. Why are cereals, especially rice, medicines?

49. What are the four ethers and their functions?

50. What do the Mystery Schools teach about the body?

51. What is “right living”?

52. Why do many people who adopt a vegetarian diet feel no better or in some cases even worse?

53. What is the health value of whole wheat flour?

54. Why is coarse bulk necessary in the diet?

55. What occurs when we eat every few hours?

56. How are we poisoned by excess food?

57. How can we prevent ourselves from producing “poison clouds”?

58. What should we do if we wish to maintain health?

Summary Question

1. Describe a healthy diet.

2. Explain why a vegetarian diet would support a healthy life.

3. Identify the issues we should be careful of in terms of a healthy diet.

Reflection & Connection

Four Most Important Things You Learned
1.
2.
3.
4.
Three Important Ideas for Your Work in a Healing Center
1.
2.
3.
Two Things You Can Share with Patients in a Healing Center
1.
2.
<i>What are the six fruit categories with examples?</i>

CHAPTER 10 NOTES

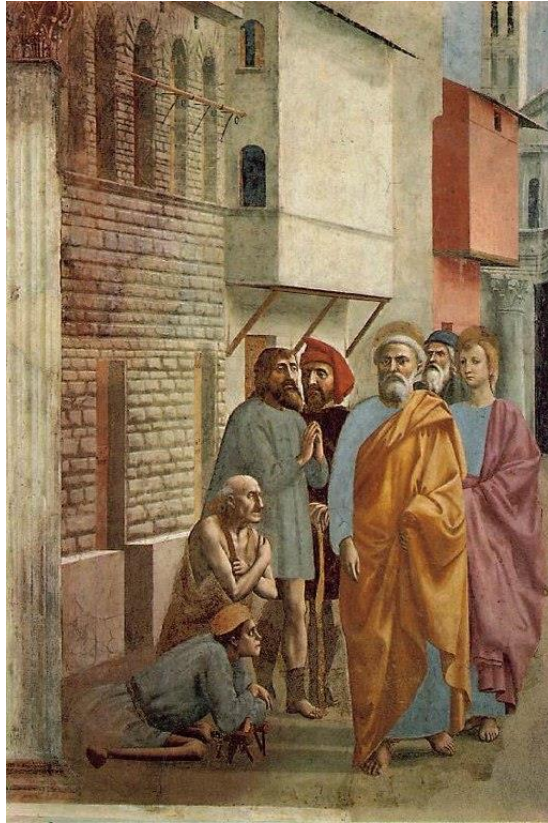
Questions

Investigate

Clarity

Challenge

Occult Principles of Health and Healing



By Max Heindel

Self-Study Guide: Chapter 11

Astrology as an Aid to Healing

*Bless the Lord, O my soul, and forget not all his benefits: 3 Who forgiveth all
thine iniquities; who healeth all thy diseases; - Psalm 10:2-3*

Chapter 11 Questions

1. What is our mental and physical conditioned influenced by?

--

2. What factors should not be overlooked by a thorough scientific healer?

--

3. How can we determine the peculiarities of the Spirit?

--

4. What uses should astrology be put to?

--

5. What is unique about the planets of our solar system?

--

6. What is special about the planet that is the “tonic in the music scale”?

--

7. What happens when a planet is a ruler of our life?

--

8. What aids in building of our archetype?

--

9. Where is the physical body later built?

--

10. What happens when a seed atom cannot respond to certain notes?

--

11. What does the song of spheres do?

--

12. Where does disease come from?

--

13. How can we make disease disappear?

--

14. Where does the information for our disease come from?

--

15. When can the laws of Nature be superseded?

--

16. What is an example of something that supersedes the law?

--

17. How did Christ identify and heal those who were sick?

--

18. What does the Rosicrucian System of healing depend upon?

--

19. What do diseased people look like with our spiritual vision?

--

20. What center most often becomes clogged when we become sick?

--

21. What happens when a center is clogged?

--

22. What happens if sufferer gets stuck and is unable to take advantage of improved conditions?

--

23. What restores the synthetic harmony of the body?

--

24. What are the two basic laws in the science of Astro-therapy?

--

25. What happens at the time of conception?

--

<i>26. What do etheric sound waves do?</i>
<i>27. What needs to occur with the etheric sound waves for health to prevail?</i>
<i>28. When does disease stop?</i>
<i>29. What happens when a healthy person gets into an accident?</i>
<i>30. What determines the pitch of the etheric vibration?</i>
<i>31. What makes some people capable of healing?</i>
<i>32. What is the first consideration in undertaking a healing case and apportioning patients among the Invisible Helpers?</i>
<i>33. Astrologically what are the four elements?</i>
<i>34. What does the success of the healer depend upon?</i>
<i>35. In terms of Saturn, when are people mutually incompatible?</i>

<i>36. What is the negative influence of Saturn compared to Mars and Uranus?</i>
<i>37. What does the Sun's influence in healing?</i>
<i>38. In terms of the Sun, when does one have great healing powers?</i>
<i>39. In terms of the Sun, what effect is being born under a cardinal sign?</i>
<i>39. In terms of the Sun, what effect is being born under a fixed sign?</i>
<i>40. In terms of the Sun, what effect is being born under a common sign?</i>
<i>41. In terms of the Sun, what effect is being born under a fiery sign?</i>
<i>32. What is the effect of being born in April with the Sun in Aries?</i>
<i>33. What is the effect of being born in August with the Sun in Leo?</i>
<i>34. What is the effect of being a nurse born with the Sun in Sagittarius?</i>
<i>35. Why is the influence of Moon the important to all the planets?</i>

<i>36. When is the force of the Moon a great aid in building up the body?</i>
<i>37. What period of the Moon has a decreasing effect as the light force becomes darker?</i>
<i>38. What are the two general classes of treatment?</i>
<i>39. When do the two class have their better effect?</i>
<i>40. What is the general rule for the classes of treatment?</i>
<i>41. What occurs when the Moon is increasing and approaching a conjunction to Mars and Mercury?</i>
<i>42. What occurs when the increasing Moon is in good aspect to Jupiter and Venus?</i>
<i>43. When are palpitations most effectively treated?</i>
<i>44. When should heart stimulants be applied with extreme care?</i>
<i>45. How can we quiet the heart action?</i>
<i>46. What is the only thing we can see in terms of forces?</i>

<i>47. What are the two types of magnetism?</i>
<i>48. What are all bodies of plants, animals, and men?</i>
<i>49. What is a “planetary baptism”?</i>
<i>50. Why should we consult a horoscope even if we have a feeling about the influence of another person?</i>
<i>51. When can two parties overrule the planet polarity?</i>
<i>52. What course of selection is advised for a healer and his patients?</i>
<i>53. Why is it a prime necessity that s healer should have a knowledge of astrology and the Law of Compatibility?</i>
<i>54. Why is the selection of a suitable nurse even more critical?</i>
<i>55. How is compatibility determined in the horoscope for the healer, nurse, and patient?</i>
<i>56. In terms of the healer, nurse, and patient what care must be taken with Saturn?</i>

Summary Questions

1. Why was *Paracelsus* always successful with his patients?

2. How does healing involve *stellar harmonies*?

3. In what ways did *Christ* heal?

4. How do we ensure *compatibility* of the patient, healer, and the nurse?

5. How is the influence of the *Sun* effected by the four elements?

6. What is the influence of the *Moon* in healing?

7. Why is *planetary polarity* important in determining compatibility?

8. How do the *song of the spheres* influence our health?

Reflection & Connection

Four Most Important Things You Learned
1.
2.
3.
4.
Three Important Ideas for Your Work in a Healing Center
1.
2.
3.
Two Things You Can Share with Patients in a Healing Center
1.
2.
What are the Fiery, Earthy, Airy, and Watery Signs?

CHAPTER 11 NOTES

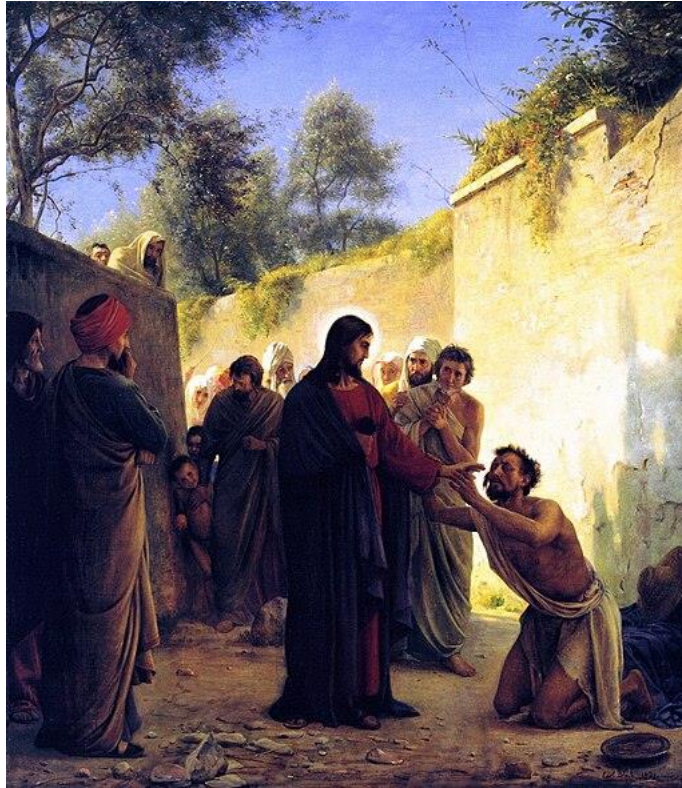
Questions

Investigate

Clarity

Challenge

Occult Principles of Health and Healing



By Max Heindel

Self-Study Guide: Chapter 12

The Therapeutic Basis of Light, Color, and Sound

*And heal the sick that are therein, and say unto them, The kingdom of God is
come nigh unto you. – Luke 10:9*

Chapter 12 Questions

1. How is God like white light?

--

2. What do the three primary colors represent?

--

3. What do the three primary colors produce?

--

4. Who are the seven light-bearers?

--

5. Why do the planets receive different measures of light from the Sun?

--

6. Where does divine Light and Life come from?

--

7. What is the effect of rays from the Sun and reflected rays from other planets?

--

8. What are the 12 colors an occultist sees?

--

9. What is special about the middle color of the five additional colors?

--

10. What happens when the three primary colors are interblended?

--

11. What are the colors of the planets?

--

12. What produces the effect of the physical colors?

--

13. How can you restrain someone who's Mars is too prominent?

--

14. How can you help someone who is moody and taciturn?

--

15. What is the effect of red and green in the Physical World?

--

16. What happens when colors are considered from the Desire World?

--

17. Why is jealousy called the "green-eyed monster"?

--

18. What do the different colors represent in someone's aura?

--

<i>19. What are the colors of the lower races, higher races, and Christ?</i>
<i>20. What is the connection between color and tone?</i>
<i>21. What is the harmony of the spheres?</i>
<i>22. What is the builder of all that is?</i>
<i>23. What is the occultists vision of the solar system?</i>
<i>24. What represents the semitones and tones of the chromatic scale?</i>
<i>25. What is the cosmic harp used to represent?</i>
<i>26. What occurs if the harmony of the cosmic harp fails?</i>
<i>27. What is a keynote?</i>
<i>28. How were the walls of Jericho destroyed?</i>

29. What is the keynote of a planet?

30. What happens to person if one or a chord is sounded on a musical instrument?

31. What are two the things that can happen if the note sounded is the keynote of a person?

***** Research On Your Own *****

What are the *Complimentary Colors*

What is a *Chromatic Scale*?

What is *Tone*?

Summary Questions

1. What does *God is Light* mean?

2. Describe how the solar system is one vast musical instrument.

3. How are colors used to produce desired effects?

4. How can sound be used in healing?

Reflection & Connection

Four Most Important Things You Learned
1.
2.
3.
4.
Three Important Ideas for Your Work in a Healing Center
1.
2.
3.
Two Things You Can Share with Patients in a Healing Center
1.
2.
What would you be interested in exploring about color/sound? Why.

CHAPTER 12 NOTES

Questions

Investigate

Clarity

Challenge

Occult Principles of Health and Healing



By Max Heindel

Self-Study Guide: Chapter 13

Sleep and Health

Trust in the Lord with all thine heart; and lean not unto thine own understanding. In all thy ways acknowledge him, and he shall direct thy paths. Be not wise in thine own eyes: fear the Lord, and depart from evil. It shall be health to thy navel, and marrow to thy bones. – Proverbs 3:5-8

Chapter 13 Questions

1. What does the vital body during the daytime?

2. What does the solar fluid do in the body?

3. How can we describe the vital body?

4. Where is the vital body from birth to death?

5. What happens when blood circulation stops and then restarts in a part of the body?

6. What happens to the vital body when you are dying compared to when you resuscitated from drowning?

7. What happens to the physical body as the day progresses?

8. What happens to the physical body in the evening?

9. When is the body considered asleep?

10. What does the Ego do during the night time?

11. Where is the Ego during natural sleep?

12. What is impossible to make a person do in natural sleep? Why?

13. What happens in hypnotic sleep? Results?

14. How do mothers use suggestion in treating refractory children?

15. How do occultists describe the negative effects of hypnosis?

16. Why are people victims in hypnotic healing?

17. How do we create a Golden Wedding Garment?

18. What is the function of the Golden Wedding Garment?

19. Why does our auric atmosphere change color?

20. Why can evil forces work on us?

21. What should we do to protect ourselves from evil?

22. How should we follow the advice of Paul?

Summary Questions

1. Why is sleep important in maintaining health?

2. How can we use suggestion to treat disease?

3. Why is hypnotism dangerous?

4. How can we protect ourselves from evil and its negative influences on our health?

Reflection & Connection

Four Most Important Things You Learned
1.
2.
3.
4.
Three Important Ideas for Your Work in a Healing Center
1.
2.
3.
Two Things You Can Share with Patients in a Healing Center
1.
2.
What suggestion would you use to instill hope and healing?

CHAPTER 13 NOTES

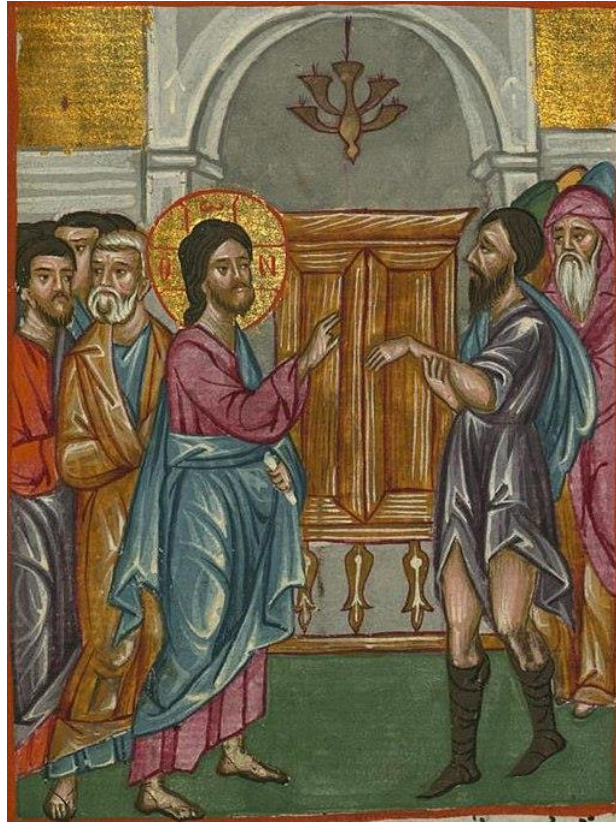
Questions

Investigate

Clarity

Challenge

Occult Principles of Health and Healing



By Max Heindel

Self-Study Guide: Chapter 14

The Mind and Healing

*And ye shall serve the Lord your God, and he shall bless thy bread, and thy water;
and I will take sickness away from the midst of thee. – Exodus 23:25*

Chapter 14 Questions

1. What is large percentage of sickness due to?

--

2. Why does man fear little things?

--

3. How has the microscope contributed to our fears?

--

4. What happens when we have an attitude of fear?

--

5. What is the effect of fear on the Dense Body?

--

6. What is radiant health?

--

7. Why can't germs effect someone with radiant health?

--

8. What happens when we allow thoughts of fear, worry, and anger?

9. When do the lines from the body become crumpled?

10. Where do all contagions come from and how do we stay protected?

11. How do people express their thoughts within themselves?

12. How can a body be an accurate reproduction of the mind?

13. Why do we need to consider man as a whole to deal with his disability?

14. Why can joy be more effective than medicine?

15. Why should we cultivate an attitude of optimism?

16. What is the law in terms of our health?

17. What should we do in place of affirmations?

18. How will we get what we expect?

***** Research On Your Own *****

Describe the structure and function of the *Spleen*.

Describe the structure and function of the *Kidney*.

Summary Questions

1. What is most of disease due to?

2. How is ether assimilated into our bodies?

3. How does fear and anger lead to disease?

4. How is what we think make us who we are?

Reflection & Connection

Four Most Important Things You Learned
1.
2.
3.
4.
Three Important Ideas for Your Work in a Healing Center
1.
2.
3.
Two Things You Can Share with Patients in a Healing Center
1.
2.
How can you teach yourself to believe heartily in health?

CHAPTER 14 NOTES

Questions

Investigate

Clarity

Challenge

Occult Principles of Health and Healing



By Max Heindel

Self-Study Guide: Chapter 15

Dangers of Excessive Bathing

But when Jesus heard it, he answered him, saying, Fear not: believe only, and she shall be made whole. - Luke 8:50

Chapter 15 Questions

1. How can water become a poison?

2. What does excessive water do to the skin?

3. What happens when water evaporates?

4. What happens when condensation of water occurs?

5. What does water have a great yearning for?

6. What are the three things that moisture does?

7. Why should we wash in running water?

8. What happens under normal circumstances when we bath in a tub?

9. What happens to vital body after a bath?

10. Under normal circumstances how do we recover the effects a bath?

11. What happens when a person who is not in good health who bathes multiple times a day?

12. What class of people are more apt to be in poor health and bath excessively?

13. Why do the class of people in the prior question bathe so excessively?

14. What is the first step for people in the prior question?

15. How is a dry bath given?

16. What are the effects of a dry bath?

17. If necessary, what may also be done to clean a patient?

Summary Questions

1. How can excessive bathing be *dangerous* to those not in good health?

2. How can we *safely* clean those people who are not in good health?

*** Research on Your Own***

Draw and label a picture of the layers of the SKIN

Reflection & Connection

Four Most Important Things You Learned
1.
2.
3.
4.
Three Important Ideas for Your Work in a Healing Center
1.
2.
3.
Two Things You Can Share with Patients in a Healing Center
1.
2.
What is the proper way to wash your hands?

CHAPTER 15 NOTES

Questions

Investigate

Clarity

Challenge

Occult Principles of Health and Healing



By Max Heindel

Self-Study Guide: Chapter 16

Transfusion of Blood

See now that I, even I, am he, and there is no god with me: I kill, and I make alive; I wound, and I heal: neither is there any that can deliver out of my hand.
- Deuteronomy 32:39

Chapter 16 Questions

1. What is haemolysis?

--

2. In olden days how did people seek to maintain certain qualities?

--

3. What happened when man was brought down unto material conditions?

--

4. How did the old Vikings determine if a person was acceptable for marriage?

--

5. Why was blood testing so important in earlier times?

--

6. What has science found in the blood of different people?

--

7. What greater difference will be found in the blood one day?

--

8. What does it mean that “Nature geometrizes”?

--

<i>9. Why are we starting to geometrize with our blood?</i>
<i>10. What happens as the blood moves through the body?</i>
<i>11. What will occur to mineral crystal in the Jupiter period?</i>
<i>12. What will occur to mineral crystal in the Venus period?</i>
<i>13. What will occur to mineral crystal in the Vulcan period?</i>
<i>14. Why are transfusions of blood currently possible?</i>
<i>15. What will happen to the transfusion of blood in the future?</i>
<i>16. How do children receive their supply of blood?</i>
<i>17. Why will happen to the Ego's function in the blood in the future?</i>

Summary Questions

1. How did *international marriages* free humanity?

2. How is our blood becoming *individualized*?

*** Research on Your Own***

What are the different blood types?

Reflection & Connection

Four Most Important Things You Learned
1.
2.
3.
4.
Three Important Ideas for Your Work in a Healing Center
1.
2.
3.
Two Things You Can Share with Patients in a Healing Center
1.
2.
Why is <i>O negative</i> blood so special?

CHAPTER 16 NOTES

Questions

Investigate

Clarity

Challenge

Occult Principles of Health and Healing



By Max Heindel

Self-Study Guide: Chapter 17

Effects of Removal of Physical Organ

The Lord openeth the eyes of the blind: the Lord raiseth them that are bowed down: the Lord loveth the righteous: - Psalm 146:8

Chapter 17 Questions

1. What happens when a limb or organ has been removed from the body?

2. When does the pain and suffering stop after losing a body part?

3. What is an exception to the rule of losing a body part?

4. How is removing the spleen different from amputating an arm?

5. What happens when disease manifests in the physical vehicle?

6. When health returns what occurs in the body?

7. What happens if the spleen is diseased?

8. What happens if the spleen is removed?

9. What happens when a person is injured and passes into the invisible realms?

10. What happened to soldiers that passed with wounds during a war?

11. How did the Elder Brothers help the soldiers in the previous question?

12. Why is the removal of tonsils discouraged?

13. What is the effect of the tonsils being ruled by Taurus if they are removed?

14. Why do the tonsils become enlarged?

15. In acute cases involving the throat what is recommended?

16. What addition measures for throat trouble can be done at night?

17. How long will the throat condition last when treated?

[illegible]

18. What sometimes is produced while a throat condition is being treated?

*** Research on Your Own ***

What are the health benefits of *Lemons*?

Summary Questions

1. How is the body affected by the amputation of a limb?

2. How is the body affected when the spleen is removed?

3. How is the body affected when a person dies due to injury?

4. How should complaints of throat trouble (i.e., the tonsils) be treated and Why?

Reflection & Connection

Four Most Important Things You Learned
1.
2.
3.
4.
Three Important Ideas for Your Work in a Healing Center
1.
2.
3.
Two Things You Can Share with Patients in a Healing Center
1.
2.
What are the medicinal properties of HONEY?

CHAPTER 17 NOTES

Questions

Investigate

Clarity

Challenge

Occult Principles of Health and Healing



By Max Heindel

Self-Study Guide: Chapter 18

Form of Healing to Use

And God shall wipe away all tears from their eyes; and there shall be no more death, neither sorrow, nor crying, neither shall there be any more pain: for the former things are passed away. – Revelation 21:4

Chapter 18 Questions

1. What does the form of healing depend upon?

2. When is it best to send a patient to a regular physician?

3. What does the good of any healing system depend upon?

4. Why must medicines be used circumspectly (with caution)?

5. What are the two distinct operations in the Laying on of Hands?

6. What two things are liable to happen during the Laying on of Hands?

7. What is the first way you can keep away from undesirable conditions during healing?

8. What is the second way you can keep away from undesirable conditions during healing

9. What is the two-fold effect of water in washing your hands during healing?

10. What occurs when your hands are moistened during healing?

11. What should you do during healing if water is not available?

12. What is the best policy in terms of throwing off miasma?

13. What happens when microorganisms invade the body?

<i>14. When a microorganisms invade the body, when does the patient recover and when does he succumb to the disease?</i>
<i>15. When does a person become immune to a disease?</i>
<i>16. What happens when a healthy person is inoculated with a small amount of a disease-causing microorganism (usually dead or weakened)?</i>
<i>17. What is done when a person is unable to manufacture a sufficient quantity of the serum (antibodies or antitoxins) for a microorganism?</i>
<i>18. From the occult viewpoint, why are vaccines deplored?*</i>
<i>19. What have we learned from the chemistry of our food?</i>
<i>20. How does solar energy help to protect us from disease?</i>
<i>21. How is the force of the vital fluid intelligent?</i>
<i>22. What happens to our vital fluid when we eat?</i>

23. <i>Why is gorging ourselves with food dangerous?</i>
24. <i>How can we enhance our immunity to disease without the need of vaccines? *</i>

*** Research on Your Own ***

VACCINES	
PROS	CONS

Summary Questions

1. How are the risks of Laying on of Hands?

2. How can water (moisture) be used to protect us in healing?

3. How do vaccines work in the body?

4. How can we protect our bodies naturally?

Reflection & Connection

Four Most Important Things You Learned
1.
2.
3.
4.
Three Important Ideas for Your Work in a Healing Center
1.
2.
3.
Two Things You Can Share with Patients in a Healing Center
1.
2.
Foods that Boost Your Immune System?

CHAPTER 18 NOTES

Questions

Investigate

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Occult Principles of Health and Healing



By Max Heindel

Self-Study Guide: Chapter 19

The Scope of Healing

And Jesus went forth, and saw a great multitude, and was moved with compassion toward them, and he healed their sick. – Matthew 14:14

Chapter 19 Questions

1. What is the Law of Destiny in terms of disease?

2. Why can't even God determine the exact time and amount of disease we will suffer?

3. How can we treat all physical manifestations?

4. How should we treat consumption?

5. Why is cancer difficult to work with?

6. What does a patient with a disease such as sclerosis need to learn in their treatment?

7. Once a spiritual cause of a disease is determined, what must the patient learn to do?

8. In healing, should we interfere with destiny?

9. What is the great majority of mankind ruled by?

10. How do we know when a certain debt of destiny is ripe for expression in our lives?

11. What information can we get from the Moon for healing?

12. What one thing is not shown in our horoscope?

13. When are affirmations not in vain?

14. When do our bodies become sensitive?

15. When is disease necessary?

16. Why does the study of higher philosophy better our health?
17. Why must we become “doers” of the word?
18. What should a person with a nervous temperament do each day?

***** Research on Your Own *****

Consumption (Tuberculosis): <i>Causes, Symptoms, and Treatment</i>
Cancer (#1 in world: Lung): <i>Causes, Symptoms, and Treatment</i>
Sclerosis: (i.e., Systemic Sclerosis) <i>Causes, Symptoms, and Treatment</i>

Summary Questions

1. Why is the *Law of Destiny* an important factor in producing disease?

2. Describe and explain how the *Clock of Destiny* rules mankind.

3. Explain how people wrongly use *affirmations* in healing.

4. Describe how to perform the exercises of *Retrospection* and *Concentration* for a person with a nervous temperament.

Reflection & Connection

Four Most Important Things You Learned
1.
2.
3.
4.
Three Important Ideas for Your Work in a Healing Center
1.
2.
3.
Two Things You Can Share with Patients in a Healing Center
1.
2.
What does the Moon represent in Astrology?

CHAPTER 19 NOTES

Questions

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Occult Principles of Health and Healing



By Max Heindel

Self-Study Guide: Chapter 20

On Conducting Healing Centers

Bless the Lord, O my soul, and forget not all his benefits: Who forgiveth all thine iniquities; who healeth all thy diseases; Who redeemeth thy life from destruction; who crowneth thee with lovingkindness and tender mercies; Who satisfieth thy mouth with good things; so that thy youth is renewed like the eagle's.

– Psalm 103:2-5

Chapter 20 Questions

1. What should we remember about what is done in a healing center?

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2. Why are devotional exercises needed to start classes?

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3. Where is Christ now and why?

--

4. What is disease?

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5. What do we gain from devotional exercises?

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6. What should we start with for our devotional exercises?

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7. What is another devotional book that we should use?

--

8. Why should we study the anatomy?

--

9. What other book treats the human body in a spiritual manner?

--

10. What should happen if a Probationer is ill and applies to the Center for a healing?

11. What are four warnings in the practice of Medical Astrology?

12. What is a grave mistake to tell a sick person? Why?

13. What should never be done in working with a well person? Why?

14. Why can “autosuggestion” be dangerous?

15. How do medical astrologers show caution?

16. Why must caution be used in treating Taureans?

17. Why must caution be used in treating Virgoans?

18. What information should we not seek from the horoscope?

19. How is healing primarily accomplished?

20. What limits the Elder Brothers work?

21. When is the healing service held?

22. What is the power of numbers in the spiritual realm?

23. How do students participate in the healing service in their home?

24. How can we describe the symbol of the Invisible Helper?

25. Why isn't it necessary to adjust the time of the healing service for your locality?

Summary Questions

1. Make a table of Do's and Do Not's for the Healing Center.	
DO's	DO NOT's
2. Describe how everyone can participate in the Healing Service.	

Reflection & Connection

Four Most Important Things You Learned
1.
2.
3.
4.
Three Important Ideas for Your Work in a Healing Center
1.
2.
3.
Two Things You Can Share with Patients in a Healing Center
1.
2.
Where in the Bible does Christ heal the sick?

CHAPTER 20 NOTES

Questions

Investigate

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Occult Principles of Health and Healing



By Max Heindel

Self-Study Guide: Chapter 21

The Real Nature of Death

*And the people, when they knew it, followed him: and he received them, and spake unto them of the kingdom of God, and healed them that had need of healing. –
Luke 9:11*

Chapter 21 Questions

1. What is birth?

2. What may birth and death be regarded as?

3. What happens when we pass out of the world in the full vigor of physical manhood or womanhood?

4. Why is it easier to die at an advanced age than in youth?

5. What is the unconsciousness at birth and death due to?

6. What occurs upon the completion of life?

7. What is the vital body composed of?

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8. What does the occult scientist see within the heart?

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9. How is the function of the seed atom?

--

10. What happens when we return to God?

--

11. What is the function of the silver cord?

--

12. What occurs when material life comes to an end?

--

13. After death, when is the silver cord broken?

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Summary Question

1. Why is there *unconsciousness* with death?

2. What is the function of the *seed atom*?

3. What is *physical death*?

Reflection & Connection

Four Most Important Things You Learned
1.
2.
3.
4.
Three Important Ideas for Your Work in a Healing Center
1.
2.
3.
Two Things You Can Share with Patients in a Healing Center
1.
2.
Explain: <i>it is in God we live, more, and have our being?</i>

CHAPTER 21 NOTES

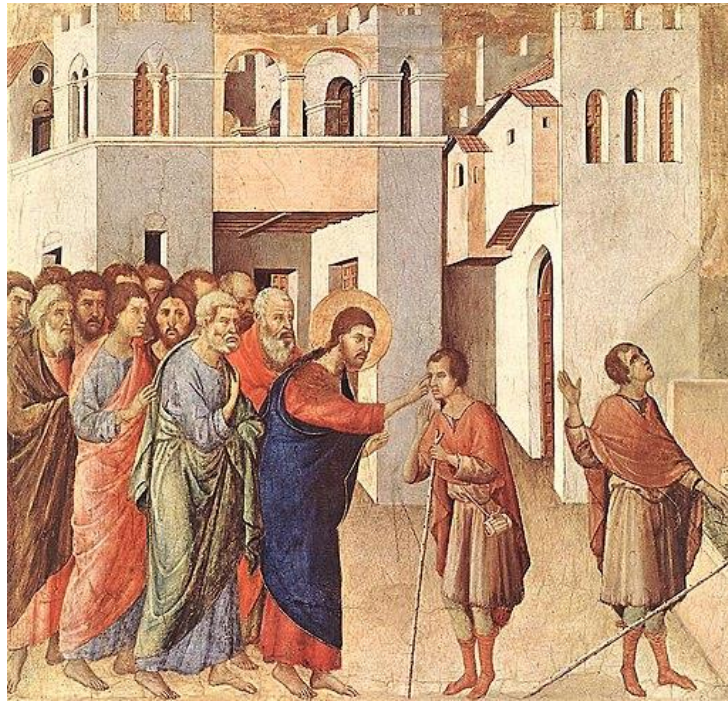
Questions

Investigate

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Occult Principles of Health and Healing



By Max Heindel

Self-Study Guide: Chapter 22

Effects of Suicide

Then they cry unto the Lord in their trouble, and he saveth them out of their distresses. He sent his word, and healed them, and delivered them from their destructions. – Psalm 107:19-20

Chapter 22 Questions

1. What happens when the Ego comes down for rebirth?

2. What are archetypes?

3. what occurs when our full life has been lived out?

4. How does someone feel in the case of suicide?

5. Why can't a person who committed suicide build a dense body?

6. How long do the "feelings" last as a result of suicide?

7. What does the Law of Cause and Effect teach those who committed suicide?

8. What occurs in the next life for someone who committed suicide?

9. What feelings and actions do those who committed suicide have in their next life?

Summary Questions

1. How do we prepare for rebirth so as to receive a new Physical Body (under normal conditions)?

2. How does Suicide effect our future lives?

Reflection & Connection

Four Most Important Things You Learned
1.
2.
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4.
Three Important Ideas for Your Work in a Healing Center
1.
2.
3.
Two Things You Can Share with Patients in a Healing Center
1.
2.
How can someone get help for thoughts of Suicide?

CHAPTER 22 NOTES

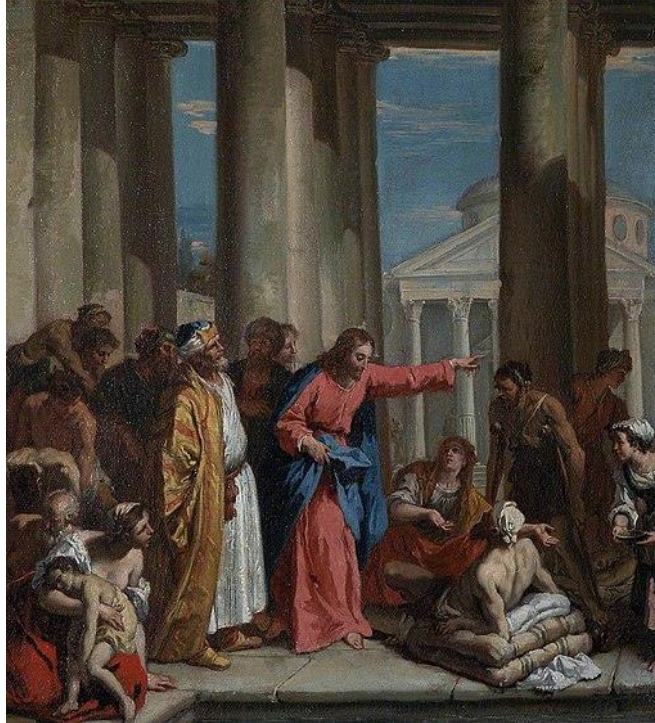
Questions

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Occult Principles of Health and Healing



By Max Heindel

Self-Study Guide: Chapter 23

Causes of Death During Infancy

I have seen his ways, and will heal him: I will lead him also, and restore comforts unto him and to his mourners. – Isaiah 57:18

Chapter 23 Questions

1. What happens when a man passes out a death?

2. What happens during the three and one-half days following death?

3. How will pain and the good one has done help them?

4. Why must there be peace and quiet for three and one-half days after death?

5. What is occurring to the developing child during gestation?

6. When are the vital body, the desire body, and the mind born?

7. What occurs when a child dies before the birth of the desire body?

8. How is one instructed for the next life if they passed by accident or from war?

9. How can we help those that have passed out of this life?

Summary Question

1. How is a young child reborn with the proper development of conscience so it may continue its evolution?

Reflection & Connection

Four Most Important Things You Learned
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2.
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4.
Three Important Ideas for Your Work in a Healing Center
1.
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3.
Two Things You Can Share with Patients in a Healing Center
1.
2.
What is Purgatory and the First Heaven?

CHAPTER 23 NOTES

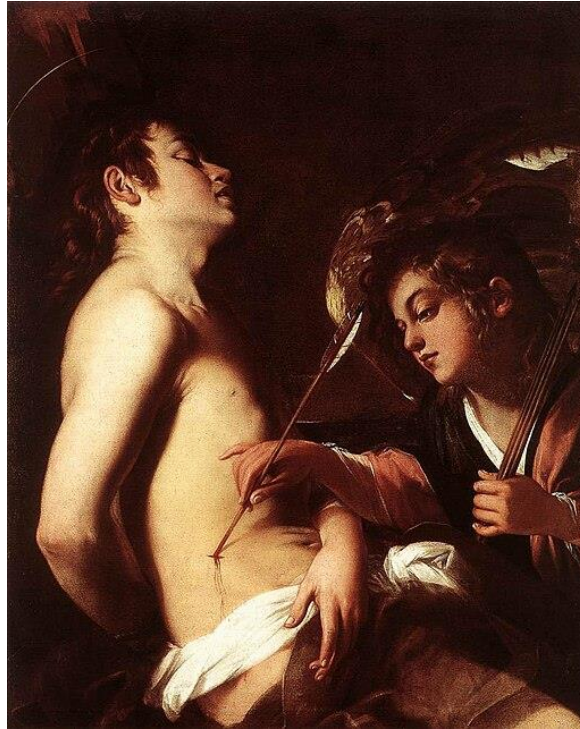
Questions

Investigate

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Occult Principles of Health and Healing



By Max Heindel

Self-Study Guide: Chapter 24

Proper Care of the Deceased

Bless the Lord, O my soul, and forget not all his benefits: Who forgiveth all thine iniquities; who healeth all thy diseases; - Psalm 103:2-3

Chapter 24 Questions

1. Why is there pain during embalming, when the body is opened for post-mortem examination, and when the body is cremated?

2. When does the body begin to decay?

3. What is of enormous benefit after the passing of the Spirit?

4. What causes more suffering in the treatment of a dying person?

5. What is another far-reaching sin against a passing Spirit?

6. What is function of the vital body?

7. What occurs when the Spirit passes out at death?

8. When does the man gain feeling about his life's panorama?

9. What determines the intensity of feelings captured on the panorama?

10. Why is the panorama passed backwards?

11. What happens when the body is buried?

12. What happens when cremation occurs?

13. What is the conscience?

14. What determines the length of the panorama?

15. What happens when the Ego leaves the vital body?

16. How should we deal with Spirit at the time of passing?

Summary Question

1. What occurs when we die?

2. What should/shouldn't be done when someone dies?

3. How is a *panorama* produced for our life?

Reflection & Connection

Four Most Important Things You Learned
1.
2.
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4.
Three Important Ideas for Your Work in a Healing Center
1.
2.
3.
Two Things You Can Share with Patients in a Healing Center
1.
2.
Explain: <i>The Feelings will remain as the “still small voice.”</i>

CHAPTER 24 NOTES

Questions

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Occult Principles of Health and Healing



By Max Heindel

Self-Study Guide: Chapter 25

How to Help Those Who Have Passed On

I said, Lord, be merciful unto me: heal my soul; for I have sinned against thee. —
Psalm 41:4

Chapter 25 Questions

1. In what two ways can we look at the Ego when it comes into the Physical World?

2. What are our duties to our dear ones who have passed away?

3. How can we hinder the spiritual progress of those who have passed?

4. What can hamper the transition of the passed to other worlds?

5. What is the attitude on those who have passed from the survivors who have learned the Rosicrucian Teachings?

6. What should be the thoughts of the survivors?

[illegible]

7. What do we pray for in terms of those who have passed?

8. What factors produce more favorable circumstances for those who have passed?

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9. When we open the proper sense what shall we see and learn?

--

10. In terms of “death” what connection(s) do you make with John McCreery’s poem?

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Summary Question

1. How should we teach our family members and friends to act as we have learned in the Rosicrucian Teachings in the time of one's death?

Reflection & Connection

Four Most Important Things You Learned
1.
2.
3.
4.
Three Important Ideas for Your Work in a Healing Center
1.
2.
3.
Two Things You Can Share with Patients in a Healing Center
1.
2.
How will you provide <i>encouragement</i> to those who have passed?

CHAPTER 25 NOTES

Questions

Investigate

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Psalm 30 KJV

I will extol thee, O Lord; for thou hast lifted me up, and hast not made my foes to rejoice over me.

O Lord my God, I cried unto thee, and thou hast healed me.

O Lord, thou hast brought up my soul from the grave: thou hast kept me alive, that I should not go down to the pit.

Sing unto the Lord, O ye saints of his, and give thanks at the remembrance of his holiness.

For his anger endureth but a moment; in his favour is life: weeping may endure for a night, but joy cometh in the morning.

And in my prosperity I said, I shall never be moved.

Lord, by thy favour thou hast made my mountain to stand strong: thou didst hide thy face, and I was troubled.

I cried to thee, O Lord; and unto the Lord I made supplication.

What profit is there in my blood, when I go down to the pit? Shall the dust praise thee? shall it declare thy truth?

*Hear, O Lord, and have mercy upon me: Lord, be thou my helper.
Thou hast turned for me my mourning into dancing: thou hast put off my sackcloth, and girded me with gladness;*

To the end that my glory may sing praise to thee, and not be silent. O Lord my God, I will give thanks unto thee for ever.