

A Rosicrucian Devotional



By G. E. Carlin

Acknowledgements

- Sam Robinson for his kindness and encouragement as well as providing much needed insights. As it was only through his work and writing, that I found a Rosicrucian home that spoke to my heart and I now have a desire to share with others which he generously allows me through his FB Group page.

- Larry Jellison for his mentorship and friendship as he truly is a wise soul that embodies compassion and service from the heart.

- Ramon Light for his thoughtful comments and feedback.

- R. K. for sharing his wealth of knowledge and experience and taking the time to respond with in depth comments and suggestions.

- C. W. for providing edits and feedback to writing samples and the wealth of information he provided in his many articles in the *Rays from the Rose Cross* magazine.

- *Rays from the Rose Cross* magazine for its wonderful selection of poems, hymns, and quotes, many of which I selected for inclusion in this devotional.

- Blanca Torres for her tireless work and assistance in computer technology.



“To educate yourself for the feeling of gratitude means to take nothing for granted, but to always seek out and value the kindness that stands behind the action. Nothing that is done for you is a matter of course. Everything originates in a will for the good, which is directed at you. Train yourself never to put off the word or action for the expression of gratitude.”

- **Albert Schweitzer**

Introduction

The Need of Prayer in Our Spiritual Work

In order to spiritually advance and awaken our true nature we need to commit ourselves to the higher ideals of life and incorporate practices and exercises into our lives to help us develop the new senses we will need to work within in the Higher Worlds. The key to our success is the development of our spiritual vehicles that will allow us to ascend to the throne of God. Therefore, we must all work upon our Spiritual Evolution which is the changing or transmutation of our bodies into “soul” and **prayer is the key to our soul growth**. For us to enter the kingdom of God it will have to be by our soul body or what is referred to as the *Golden Wedding Garment*. So, while the church encourages us to pray for our spiritual growth, in order for prayer to be effective and promote soul growth it must be *true scientific prayer*. Therefore, all Rosicrucian organizations work with their students to understand the process of scientific prayer so as to “*build their soul bodies and evolve the soul powers*” necessary to be admitted to the kingdom of God.

“Prayer, true scientific prayer, is one of the most powerful and efficacious methods of finding favor before the face of our Father, and receiving the immersion in spiritual light which alchemically transforms the sinner to the saint and places around him the golden wedding garment of Light, the luminous soul body”
- Max Heindel, *Web of Destiny*, p.122

Therefore, it is essential that we move beyond what we call common prayer or the basic definition of prayer as a communication with God. For Prayer must always be an essential part of our search for illumination or the *light of Christ*. It is how we have close and intimate communication with God, allowing His Divine Life and Light to flow within us so we will become more Christ-like over time. The light of God symbolizes the glory of God and the love He has for righteousness. It is how we know we have fellowship with God as we are in the light and not the darkness. By showing faith in Jesus Christ our hearts are filled with His light and power. Through our attempts at a devout life, accumulation of knowledge, service to others, and the practices of different Rosicrucian exercises we glorify God and come to walk in God’s light and reflect His perfection in truth and holiness.

“If anyone would tell you the shortest, surest way to all happiness and all perfection, he must tell you to make a rule to yourself to thank and praise God for everything that happens to you.”

- William Law

A Teaching Devotional

Therefore, as we conduct our spiritual work it would not be hard to imagine that a *Rosicrucian Devotional* for specific activities, exercises, holidays and events that reflects the Rosicrucian Traditions and Initiation would be helpful to most candidates on their path of development. Max Heindel goes as far to state, “*I have often thought that there was one lack in the literature of the Rosicrucian Fellowship, namely, a devotional book, and thousands of our students have probably felt the same.*” And while he does recommend *The Imitation of Christ* by Thomas a Kempis in which we can find helpful passages (i.e., *prayers and meditations*) for every “*case in life*”, it would also be helpful to have Devotional that contains prayers directly related to one’s spiritual life and work as a candidate pursuing their *Rosicrucian Initiation* and wanting to ensure their soul growth by using prayers that explicitly guide them in beneficial activities (i.e., *healing*) and exercises (i.e., *concentration and retrospection*). While also providing prayers to align their bodies and minds to celestial events such as the equinoxes and lunar phases and Christian holidays such as Easter and Pentecost.

Each textual prayer in the Devotional represents either a method and its outcomes or a connection to important holidays and yearly events that help shape our lives so we can harvest their empowering energy. In some cases, the prayers are single independent prayers while at other times they occur as a set to be used over the course of a single event (i.e., a *Group Healing Service*) or over the course of multiple days (i.e., *Healing Ourselves*). As a *Teaching Devotional*, the goal of this text is to provide explanations of the different Rosicrucian activities, exercises, holidays, and events and then to provide sample prayers that could be used in your communication with God. At first you might find yourself just speaking the words of the prayer and that is to be expected and *does* hold value. However, as you spiritually grow so will your prayer practice will grow to meet the needs of your growing soul.

These are the prayer-centered gifts by which we are helped to open the door to God's love in our lives. We should think carefully, then, on how best to use them. Remember that the words are nothing in themselves. Words can be recited with our minds far away. It is the meaning that matters and calls for our attention. Yet even the meaning is not enough for the fullness of prayer. It is possible to take the meaning of a prayer or text of scripture and think about it, analyze it, criticize it without ever letting it penetrate our heart and spiritual consciousness. But that penetration is what we need; it is the true purpose of prayer.

- St. Benedict’s Prayer Book

Note: All prayers entitled “*My Prayer ...*” were written by G. E. Carlin

Prayer

By Ella Wheeler Wilcox

*I do not undertake to say
That literal answers come from Heaven,
But I know this - that when I pray
A comfort, a support is given
That helps me rise o'er earthly things
As larks soar up on airy wings.*

*In vain the wise philosopher
Points out to me my fabric's flaws,
In vain the scientists aver
That "all things are controlled by laws."
My life has taught me day by day
That it availeth much to pray.*

*I do not stop to reason out
The why and how. I do not care,
Since I know this, that when I doubt,
Life seems a blackness of despair,
The world a tomb; and when I trust,
Sweet blossoms spring up in the dust.*

*Since I know in the darkest hour,
If I lift up my soul in prayer,
Some sympathetic, loving Power
Sends hope and comfort to me there.
Since balm is sent to ease my pain,
What need to argue or explain?*

*Prayer has a sweet, refining grace,
It educates the soul and heart.
It lends a lustre to the face,
And by its elevating art
It gives the mind an inner sight
That brings it near the Infinite.*

*From our gross selves it helps us rise
To something which we yet may be.
And so I ask not to be wise,
If thus my faith is lost to me.
Faith, that with angel's voice and touch
Says, "Pray, for prayer availeth much."*

Prayer from Art

This Devotional provides many pictures and images as prayers are *not* only words, they can also be the images themselves. Therefore, each of the prayer topics contained in this document is connected to scripture from the Bible, explained in terms of its meaning and application, and two prayers are provided for your use. The first prayer is a painting or drawing that represents the given topic, as these artist renditions can be thought of as “*visual prayers*” through which we can prayer through our eyes. The process is called *Visio Divina* or “*Divine Seeing*” and a sample method of the process is fully explained in the next section. The second type of prayer consists of textual prayers which are either a prayer of supplication in which we are asking God for something such as to assist us in a specific step for spiritual healing or it is a prayer of thanksgiving in which you are expressing gratitude for what has been already provided or is available to you in terms of dealing with the given situation or event.

When we pray it is essential that we pray *earnestly*, which means we must raise the feelings of deep respect and reverence within ourselves as well as filling the words we pray with sincere and profound emotions that challenge us to stay in control of ourselves as we spend our time with God. Fortunately, many great works of art do just this such as the “*message of forgiveness*” in Rembrandt’s *Return of the Prodigal Son*. By studying such works of art, they fill you with their “*essence*” and strongly raise the higher feelings within you (i.e., *love, compassion, courage, awe, wonder*, etc.). The most powerful pictures are those of those taken from the stories about Jesus Christ in the Gospels.

The Return of the Prodigal Son



Rembrandt, Public domain, via Wikimedia Commons

In using these pictures as a starting point to elevate our feelings we first need to start by study these pictures of Christ actions from the Gospels until we can clearly bring them to mind. And as we become proficient in this, we shouldn't stop there but allow ourselves to alter the pictures so they become more exciting and dramatic, express greater emotions and bodily actions of the characters, and lose some of their formalness or rigidity so they become freer in their expression. In this way you become the "*new master*" who creates an even more inspiring masterpiece from your soul. Then you will come to realize that as great as the old masters captured Christ in His life, it is impossible to ever create a picture that is truly worthy of The Son of God. Yet, using this technique with the old masters works of art you can create mental images that produce even greater results in raising your soul and moving closer to God.

There are some stories within the bible that are highly detailed and beautifully describe each part of the story such as *Jesus Washing the Feet of His Disciples*. While other stories such as *The Good Samaritan* leave the reader to fill in many of the needed details to get a full visual and bring the story to life. For many, creating visuals from descriptions that lack exact details is not something that comes easy to them. So, the images that they do create are incomplete, don't often have a coherency that puts everything together, or don't fully capture the true meaning, feeling, or significance of what the story is trying to express so the images never become "*living for them*" and they will have nothing to offer us in terms of our soul growth.

Luckily, throughout time there have been many talented artists that have been able to capture the true feelings and spirit of these Gospel stories so we can use their images as our source of prayer in *Visio divina* as well as *Contemplative Prayer*. Take for instance the story of "*Doubting Thomas*" as seen in Caravaggio's *The Incredulity of Saint Thomas* in which Thomas is placing his finger into the stab wound in Christ's chest (note his facial expression!) while two other apostles look on so they can all be certain that it is the resurrected Christ.

The Incredulity of Saint Thomas, Caravaggio



Caravaggio, Public domain, via Wikimedia Commons

Visio Divina, Divine Seeing, or Praying with our Eyes

“Art can show that the symbols which religions would have us believe literally true are actually figurative. Art can idealize those symbols, and so reveal the profound truths they contain.” – Richard Wagner

In ancient times, bibles were not commonly available to read scriptures from and many people were illiterate so another practice of meditation was adapted from *Lectio Divina* using various pieces of religious art (i.e., icons, paintings, statues, drawings, cross/crucifix, etc.) to meditate on in a practice called *Visio Divina* or “divine seeing”. Yet, recently this practice of praying with our eyes has gained favor again as a way to experience God and construct meaning that can open our hearts, guide us, brings us peace, or even heal us.

God communicates with us through visions or images. Such as Abraham’s vision of God telling him not to fear as He would be his shield and great reward (Genesis 15:1) or Peter’s vision on the roof top of God telling him to eat animals that he had not previously eaten due to Mosaic law (Acts 10:9-17).

Images are a part of our prayers; in the images we send forth in our prayers to God or the images that God delivers to us to help us understand His will. Therefore, it is only natural that we could use images as a method of praying, a way of opening a communication with God through our eyes.

The Catholic priest and writer, *Henri Nouwen*, felt icons offered man a “*glimpse of heaven*” and routinely used icons in his prayer life and firmly believed that icons were “*created for the sole purpose of offering access, through the gate of the visible, to the mystery of the invisible. ... to lead us into the room of prayer and bring us close to the heart of God,*”

“The postmodern practice of visio divina, combined with the ancient practice of lectio divina, provides an integrative, sensory, spiritual approach to connecting with divine creativity and presence in sacred word and image.” - Henri Nouwen

The Process of Visio Divina, Divine Seeing, or Praying with our Eyes

Preparing Yourself

In *Visio Divina* the first step is to select an image such as an icon (i.e., a painting), a fine art print, a photograph, a computer image, a statue, a drawing, or even a scene from nature. For example, you could use the painting of *The Return of the Prodigal Son* by Rembrandt.

Read a Verse from the Bible or Another Inspirational Text

Find and read a verse from the bible or any other inspirational text that reflects in some way a characteristic, trait, attribute, patronage or activity that you wish to pursue that is related to the icon image. In the example of *The Return of the*

Prodigal Son by Rembrandt you could read the Parable of Prodigal Son: Luke (**Luke 15:11-32**).

Finding a Detail in the Image

Gently look over the entire image and stop when something catches your eye. It might be the face of a character, a piece of clothing, a facial expression, apparent movement of the air, water, or a person, a plant or an animal, a specific item, a shadow or a shading, a color, a line, a pattern or even a texture.

Seeing the Entire Image

Then change your focus back to the entire image and consider how it makes you feel and what emotions the image elicits from you. Take time to consider the thoughts that have come into your mind, are these thoughts activating any memories or bringing any questions to mind. In some cases, it may bring a new image to mind, or you may even hear a word or a sound, a voice, or a color may become more vibrant or begin to have a glow.

Offering a Prayer

Now it's time to pray to God on what has come to you through the image. Perhaps, the image gave you a feeling of loss or a void in your life that you need to fill within yourself. Your prayer will be your two-way communication with God so you can learn and understand His will for you and develop a deeper and more meaningful relationship with God.

Reflection

Then you need to relax and find calmness so you can reflect on what God is trying to tell you in the image and what you need to address or change in your life to align you again to God's will. Perhaps, the loss or void you were feeling is connected to someone you have separated from in your life and God is reminding you of the forgiveness that you need to have for others so you can bring this person back into your life to fill this void.

“Visio Divina facilitates a relationship with an image or subject, patiently being with it, receptive in mind and heart, perhaps even in dialogue with it. In stillness, we allow the image to reach beyond the intellect and into the unconscious level of our being, a place that can't be accessed directly. In wonder, we are invited to look at every aspect of an image and ponder it as an encounter with God. It is a way of seeing an aspect of ourselves in God at the non-verbal, heart level. The canvas then becomes alive with personal meaning meant just for us. This is the same movement of the Spirit we can experience with Lectio Divina and Scripture.” - Gail Fitzpatrick-Hopler

The Search for the Meaning of Life

The words of the Preacher, the son of David, king in Jerusalem. *“Vanity of vanities, saith the Preacher, vanity of vanities; all is vanity. What profit hath a man of all his labour which he taketh under the sun? ... There is no remembrance of former things; neither shall there be any remembrance of things that are to come with those that shall come after.” (Ecclesiastes 1:1-3, 11 KJV)*

For some Ecclesiastes and the poems of Christina Rossetti may have a dark tone in which we feel we are left to try to search for an understanding of life without God or search for the meaning of life in which its fulfillment is found in our death. So, while it is true there is no life apart from God, the emptiness of life only comes from our unwillingness to let go of earthly things and fully accept the “*One Certainty*”, Christ. Once released from the vanities of earthly pleasures we can begin to perfect our higher love. We learn that we must lose ourselves in order to find ourselves and ultimately, we discover that we must die to ourselves in order to move to our higher life and be one with God. Then we truly believe all in life is not always at it seems!

The One Certainty

By Christina Rossetti
Sonnet

*Vanity of vanities, the Preacher saith,
All things are vanity. The eye and ear
Cannot be filled with what they see and hear.
Like early dew, or like the sudden breath
Of wind, or like the grass that withereth,
Is man, tossed to and fro by hope and fear:
So little joy hath he, so little cheer,
Till all things end in the long dust of death.
To-day is still the same as yesterday,
To-morrow also even as one of them;
And there is nothing new under the sun:
Until the ancient race of Time be run,
The old thorns shall grow out of the old stem,
And morning shall be cold and twilight grey.*

Let us meditate on how we can move beyond “*all things are vanity*” and our fears so that we can live for the One Certainty!



In humility imitate Jesus and Socrates – Benjamin Franklin

The Lord's Prayer

*Our Father, who art in heaven,
hallowed be thy name,
thy kingdom come,
thy will be done
on earth as it is in heaven.
Give us this day our daily bread;
and forgive us our trespasses,
as we forgive those
who trespass against us;
and lead us not into temptation,
but deliver us from evil.*

This short prayer is often inserted into the *Lord's Prayer* in this manner:

*Deliver us, Lord, from every evil,
and grant us peace in our day.
In your mercy keep us free from sin
and protect us from all anxiety
as we wait in joyful hope
for the coming of our Savior,
Jesus Christ our Lord.
For thine is the kingdom
and the power and the glory
forever and ever. Amen.*



Prayers for Spiritual Development

Prayer of St. Augustine

*Almighty God,
in whom we live and move and have our being,
you have made us for yourself,
so that our hearts are restless until they rest in you.*

*Grant us purity of heart and strength of purpose,
so that no selfish passion may hinder us from knowing your will,
no weakness from doing it.*

*Grant that in your light we may see light clearly,
and in your service find our perfect freedom.*

*We ask this through Christ, our Lord.
Amen.*

Note: All prayers entitled “My Prayer ...” were written by G. E. Carlin

The Rose Cross

*Stretched on the cross of the body,
Crowned by the thorns of fate,
Scourged by the whips of circumstance,
And stung by the goads of hate,
The true soul yields to the Father's will,
And strives for the dear son's part,
And prays that the mystic roses
May blossom around his heart.
But only through pain and sorrow,
Through shame and the sweat of blood,
Only as joys are yielded up,
And the things which the world calls good,
Shall these mystical blooms of the Spirit
Spread softly their petals apart,
And the soul be aware that the roses fair
Are growing around his heart.
And lo! in the depths of being,
From the centers of life and love,
Fanned by the breath of the Spirit,
Like warmth and light from above,
The first faint shudder of rapture
Thrills to each wounded part,
And the soul is sure that the roses pure
Are budding around his heart.
Then the square swells out to the circle,
As the cross becomes the crown,
And the jewels of its power
Are the nails which the flesh held down,
And the seven strengths of the Spirit
Are the sins which the soul had bound
Till they have become like roses in bloom
That circle the heart around.
And one by one the seven
Shall live and bud and blow,
As one by one the tasks are done
And the toils are left below.
And when the radiant garland
Is blooming in every part—
When each dear rose right softly blows
And is perfect in every part—
The son shall fulfill the Father's will,
With the glory around his heart.*

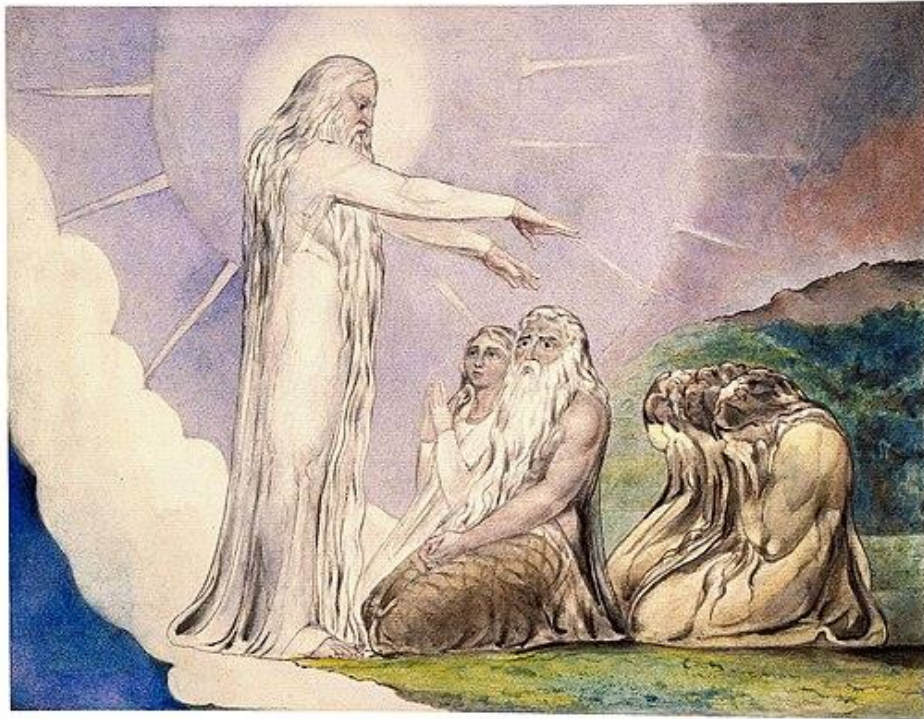
—Author Unknown



PRAYERS FOR SPIRITUAL DEVELOPMENT

Prayers of Observation and Discrimination

Max Heindel comments in the Rosicrucian Cosmo-Conception that *“One of the most important aids to the aspirant in his efforts is observation. Most people go through life blind- folded. Of them it is literally true that they “have eyes, and see not; . . . have ears, and hear not.” Upon the part of the majority of humanity there is a deplorable lack of observation.”* It is only through keenly developed senses that allow us to observe even the minutest detail of an object, idea, or experience that we can then adequately take it into our minds to be concentrated upon. Then we have avenue by which we can now bring our object of concentration into our meditation or prayers.



By observing everyone and everything, we can then put our observations together so as to form inferences and conclusions about the Physical World and develop the *“faculty of logical reasoning”*. However, even in difficult and unpleasant things and experiences we must remember to fully discriminate so as to determine what is truly important to our spiritual growth and to find the good that is always hidden in all things and experiences. Then using reflection and constructive criticism, we can further our work upon ourselves and others – as this is the *“basis for progress”*. Here are my sample prayers for Observation and Discrimination.

My Prayer for Experience Through Observation

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

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

THE ROSICRUCIAN

*The brilliance burning at the core
Of life is manifest to me.
The Rose of Heaven I adore
In solemn trance of Ecstasy.
I am a man, like other men without—
For none may pierce the Veil
Save he who is born of Fire and Spirit.
Such prevail.
The air I breathe is pure delight,
My food is heaven's celestial bread.
I know the secret of the Light
That shone before the World was made.
Time is a stranger of my Lord
And space a thin dissolving dream.
Round me lies the Eternal Whole
Whence emanates the Cosmic Stream.*

- Author Unknown



Christ's Divine Love in the Natural World

Christ is present all around us and His great love can be seen in all aspects of our natural world. By being present in all aspects He is always close to us which provides us with a source of comfort and reassurance. It also speaks to the sacrifice that Christ made for us. Joseph Mary Plunket's mystical poem, *I See His Blood Upon the Rose*, invokes all of our senses by using natural elements to represent the words of God. Plunket expresses his great faith in all lines within his poem and therefore each individual line provides an excellent source for our meditation.

For the invisible things of him from the creation of the world are clearly seen, being understood by the things that are made, even his eternal power and Godhead; so that they are without excuse: (Romans 1:20 KJV)

I See His Blood Upon the Rose

By Joseph Mary Plunket

*I see his blood upon the rose
And in the stars the glory of his eyes,
His body gleams amid eternal snows,
His tears fall from the skies.*

*I see his face in every flower;
The thunder and the singing of the birds
Are but his voice—and carved by his power
Rocks are his written words.*

*All pathways by his feet are worn,
His strong heart stirs the ever-beating sea,
His crown of thorns is twined with every thorn,
His cross is every tree.*



*We beseech thee, Master, to be our helper and protector.
Save the afflicted among us; have mercy on the lowly;
raise up the fallen; appear to the needy; heal the ungodly;
restore the wanderers of thy people;
feed the hungry; ransom our prisoners;
raise up the sick; comfort the faint-hearted.*

- Clement of Rome, 1st Century

Discrimination

Discrimination is an essential part of the “*The Way of Initiation*” as our path as Rosicrucians is an intellectual one in which we use *Observation* and *Discrimination* to obtain truth. By the faculty of discrimination, we are able to “*distinguish that which is unimportant and unessential, separating the real from illusion, and the lasting from the evanescent.*” Then we come to understand that the body is temporary place in which we exist as *Spirits*. For it is by discrimination we produce the *Intellectual Soul* and we can then commence in our spiritual advancement in the Higher Worlds. Our goal is to then use the important, essential, real, and lasting knowledge in our efforts to separate our two lower ethers from our two higher ethers so we may then have perception and memory in the spiritual realms.

My Prayer for Discrimination

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

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



The Immortal Human Soul

Emerson clearly captures that idea that we must focus on the spiritual world and not the physical world, as the physical world is based on our illusions. We have an immortal soul and a God that is all powerful and present everywhere in everything to provide the path to our spiritual enlightenment for us.

In this poem, Emerson expresses several important concepts; nothing dies in the creative spirit of the universe, there is a connection between opposites in which one is real or they are the same, and creative energy is all around us, and we must seek the eternal spirit we have come from and one day we will return to.

Although only two words in the last line, "Find me", has called out to me and touched me deeply. We need only start by seeking Him but at some point, we will have to give over our control to Him and not fear as we join Him and become One. And this He will see and hear in our prayers, our service of Him and others, how we conduct our life, and our faith.

And ye shall seek me, and find me, when ye shall search for me with all your heart. (Jeremiah 29:13 KJV)

Brahma

*If the red slayer think he slays,
Or if the slain think he is slain,
They know not well the subtle ways
I keep, and pass, and turn again.*

*Far or forgot to me is near;
Shadow and sunlight are the same;
The vanished gods to me appear;
And one to me are shame and fame.*

*They reckon ill who leave me out;
When me they fly, I am the wings;
I am the doubter and the doubt,
And I the hymn the Brahmin sings.*

*The strong gods pine for my abode,
And pine in vain the sacred Seven;
But thou, meek lover of the good!
Find me, and turn thy back on heaven.*

-Ralph Waldo Emerson



Purifying Our Vital Body

In the *Rosicrucian Cosmo-Conception*, Max Heindel describes how when Christ gave His life for humanity His sacrifice purified our desire bodies and loosened the connection between our dense and vital bodies. And now by living a proper life and training our bodies in specific exercises we can learn to separate our lower vehicles from our upper vehicles so our higher life or *Initiation* can begin.

Essential to this process is the act of forgiveness. Jesus' first prayer from the cross, "*Father forgive them; for they know not what they do*", is referred to as "The Word of Forgiveness". This prayer exemplifies the mercy of God's heart and His willingness to forgive the unimaginable if there is repentance and now trust and belief in God. For Jesus, these words were a clear reflection of His life of love and compassion and His ability to offer forgiveness for any offense because he understood the transformation that would occur in the lives of those who repented with all their hearts.

In The *Rosicrucian Organizations* the forgiveness that Christ constantly offered us in His life is taught as essential to purify and build our vital bodies which is clearly made known to us from its specific prayer in the *Lord's Prayer* that leads to its spiritualization, "*Forgive us our trespasses, as we forgive those who trespass against us.*"

Yet, on our part it requires our continual prayers for us to attain forgiveness so we can *purify our vital bodies*. The question we can then ask ourselves is have we purified our vital body sufficiently to be Christ-like enough to offer forgiveness to those who have brought us the greatest pain and suffering as Christ did on the cross?

My Prayer for Building and Purifying the Vital Body

Lord Jesus Christ, I know that you are aware of all of my needs but you still call upon my heart to speak with you continuously. Please forgive me for any of my thoughts that are not pure and lofty as they should be and if any part of my daily spiritual exercises displeases you help me to build and purify my vital body each day through repetition of my spiritual practices and thereby create the necessary memory so that one day I can loosen the connection between the vital and dense bodies so that my vital body can escape the grasp of my dense vehicle during my waking hours and I may then view and learn in the higher worlds. Guide me in right prayers so that I can lift myself up to you and you can make it so. Amen

- (GEC) Based on *Rosicrucian Cosmo-Conception*, p. 434

Max Heindel tell us that if we do not gain control of our *desire body* it will negate the building and purification of the vital body. Therefore, any work upon the vital body also requires that we work on those things that will lead to a life that honors what Christ has asked of us.

My Prayer for Control of Our Desire Body

Christ, Shepherd of humanity, guide me in harnessing my desire body so it will make my mind and body do all the necessary and dignified things that will assist in my soul growth. For my part I shall not hate my brothers in my heart, but I shall reason frankly with my neighbor, lest I incur sin because of him. I shall not take vengeance or bear a grudge against the sons of my own people, but I shall love my neighbor as myself: for You are my Lord and my God. Amen

- (GEC) Based on Leviticus 19:17-18

Additional prayers helpful to gaining control of our desire body:

My Prayer to Put Our Lives in Harmony Through Self-Control

Lord, I know that you have not given us the spirit of fear; but the power of love, and a sound mind. We know that we have no control over our past but we are in full control of our future unless we must account for adverse previous actions. It is our responsibility to learn that our sorrow or joy is a direct result of our thoughts and actions. Therefore, we need your guidance to be more responsible and demonstrate constant self-control in order to put our lives in harmony with the laws of God. Our freedom from the chains of the physical world are only broken when self-control is gained through our temperate, righteous, and sober lives that are filled with love and patience. Amen

- (GEC) Based on 2 Timothy 1:7

My Prayer for a New Temperament

Christ, my Light and Deliverer, let all bitterness and wrath and anger and clamor and slander be put away from me, along with all my malice. Help me to be kind to my fellow man, tenderhearted, and forgiving to my worst trespassers, as God in Christ forgave me. Using your love and compassion as my rule, I will forgive all those who have wronged me and eliminate all ill feelings and thoughts of revenge I have towards them so my vital body may claim victory over my desire body so You may smile upon my new temperament. Amen.

- (GEC) Based on Ephesians 4:31-32

My Prayer to Not to Quarrel

Lord my Master, stand by me and grant me the wisdom of Solomon so mind understands and accepts that “a soft answer turneth away wrath,” Keep me away from foolish and ignorant arguments; as You know that they will end up in quarrels. As Your faithful servant, I know I must not quarrel. I will be kind towards all, a good and patient teacher, who is gentle as I correct my opponents, for it may be that You, my God, will give them the opportunity to repent and come to know the truth. Amen

- (GEC) Based on 2 Timothy 2:23-25



My Prayer of the Earth Spirit

O Great Redeemer of the World, awaken within my consciousness the great truth that within the Earth below its crust is the living reality of the Earth Spirit. Upon our initiation allow us to see as you see deep beneath the Earth's nine layers, so we might stand face to face with the Spirit of the Earth. Then we will know and understand that the Earth Spirit is diligently laboring for humanity so that our souls are liberated from our dense bodies and we might manifest ourselves as Son's of God. And with its job completed, may the Earth Spirit also be liberated from its body of death and uplifted with us to your kingdom. O God, above the heavens; let thy glory be above all the earth. Amen.

- (GEC) My Prayer based on *Mysteries of the Great Operas*, p. 25 & Psalm 57

My Prayer to Fulfill our Most High Elder Brother's Second Advent

O, Lord Jesus Christ who patiently resides within the core of our earth continue to provide us with your divine love, mercy, and guidance. For each day we work to live in our vital bodies so that we may increase the number of brothers who have sufficient soul power to hold the Earth in its place within the heavens, heal those who are afflicted, and mentor our new aspirants. It will only be through this dedicated work that we can bring forth the Second Advent of You, our most high Elder Brother, Jesus Christ, and witness your return to the Sun. Blessed be you, our Lord, as you will one day also lift us up forever. Amen

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

PEACE

Blessed are the peacemakers: for they shall be called the children of God.
(Matthew 5:9 KJV)

Prayers for Creating Peace Within Ourselves

On each day of the month when the Moon enters a Water Sign (*Cancer, Pisces and Scorpio*) the Rosicrucian Fellowship have a *World Peace Meditation* in which individuals unite their thought-forces for the purpose of creating World Peace. In order to create this thought force, students pray the following prayer:

"Our heavenly Father, according to Thy will, may the Love-Wisdom Principle of Divine Power eradicate discord and establish harmony and universal peace in the hearts and affairs of men."



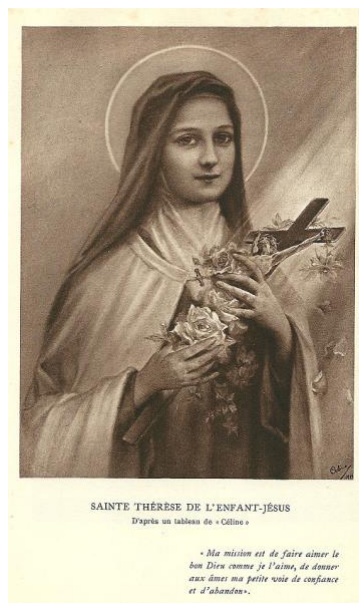
If preferred, the *Rosicrucian Fellowship Prayer* may be used in response from or in place of a silent concentration, or an oral repetition of the Prayer may be given to break the silence if this meditation is used by a group.

The Rosicrucian Fellowship Prayer

*Not more of Light we ask, O God,
But eyes to see what is;
Not sweeter songs, but ears to hear
The present melodies;
Not greater strength, but how to use
The power that we possess;
Not more of love, but skill to turn
A frown to a caress;
Not more of joy, but how to feel
It kindling presence near,
To give to others all we have
Of courage and of cheer.
No other gift, dear God, we ask,
But only sense to see
How best the precious gifts to use
We have received from Thee.
Give us all fears to dominate,
All holy joys to know,
To be the friends we wish to be,
To speak the truth we know;
To love the pure, to seek the good,
To lift with all our might,
All souls to dwell in harmony
In Freedom's perfect light.*

First published as *An Ideal Prayer* by Florence May Holbrook

If you prefer another excellent prayer by St. Therese of Lisieux may be used in response from or in place of a silent concentration.



St. Therese's Prayer for Peace

St. Therese of Lisieux

May today there be peace within.

May you trust God that you are exactly where you are meant to be.

May you not forget the infinite possibilities that are born of faith.

*May you use those gifts that you have received,
and pass on the love that has been given to you.*

May you be content knowing you are a child of God.

*Let this presence settle into your bones, and allow your soul the freedom to sing,
dance, praise and love. It is there for each and every one of us.*

Or if you prefer another excellent prayer for peace is the *Prayer for Peace* attributed to (but not written by) St. Francis of Assisi may be used in response from or in place of a silent concentration.

Prayer of St. Francis of Assisi (Prayer for Peace)

Lord, make me an instrument of your peace:

where there is hatred, let me sow love;

where there is injury, pardon;

where there is doubt, faith;

where there is despair, hope;

where there is darkness, light;

where there is sadness, joy.

O divine Master, grant that I may not so much seek

to be consoled as to console,

to be understood as to understand,

to be loved as to love.

For it is in giving that we receive,

it is in pardoning that we are pardoned,

and it is in dying that we are born to eternal life.



Preparing for the World Peace Meditation

In order to produce thoughts of peace we must first have peace within ourselves, as Max Heindel tell us, there must be peace between our lower and high natures and we should be self-reliant so that we can stand on our own in difficult and trying times. Then and only then can we truly “*walk the path to peace*”. Here is my sample prayer so that you may walk the path to peace:

My Prayer for Walking the Path to Peace

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

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

My Prayer Prior to Meditation

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

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

My Prayer After Meditation

O God, the sovereign God of my soul, through my meditation today I came into Your presence so I could listen and think about what you wanted to show and tell me which then allowed me to come to a closer understanding of your divine character and an understanding of the spiritual truths of the higher worlds. I am sensing that my mediation has begun to produce a transformation in my thoughts and beliefs so that your divine nature now has room to reside within me. I feel your thoughts and nature slowly

merging with mine so that my mind can now go beyond itself and tap into “new fields of knowledge and gain new understandings” and connect with forces that exist in higher and purer spheres. Your daily presence in my meditation has started to open my heart and I feel myself becoming as You were to the world; loving, compassionate, and merciful, completely filled with goodness, joy, and unimaginable peace. Therefore, I will praise thee, O LORD, with my whole heart; I will shew forth all thy marvelous works. I will be glad and rejoice in thee and I will sing your praise.

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



Incline, O Lord, Thy merciful ears, and illuminate the darkness of our hearts by the light of Thy visitation; through Jesus Christ our Lord. Amen.

- Gelasian Sacramentary

MEMORY

Repetition to Spiritualize the Vital Body

In order for us to spiritually advance there must be a *spiritualization of our vital bodies*, which for most comes from art and religion. The key to spiritualization of the vital body from art and religion is *repetition that produces memory*. For humans, that repetition comes forth from our rituals in experiencing or creating works of art and religion. However, what is important are the words embedded in our rituals that we use to name things in art and religion, such as *God the Almighty*. As each name or word that is spoken is heard as its own unique sound just like tuning forks that when struck vibrate at a specific frequency.

As an example of a ritual that used specific words with given vibrations, Max Heindel points to the Catholic Church that once used the Latin language in their church ritual. Each Latin word used in the mass represented a name for something that was expressed as a sound. And if “*properly uttered, no matter by whom, it has a compelling influence over the intelligence it represents, and the word given in each degree of Initiation gives man access to a particular sphere of vibration, peopled by certain classes of Spirits*”. Unfortunately, when the use of Latin was ceased in the Catholic mass, we lost the sounds that were meant to produce specific effects within ourselves and our invisible bodies as the changing of the words to a different language now changed their sounds (i.e., *Deum* to *God*).

In other words, specific names or sounds are keys that will open our “*consciousness to that all-pervading presence*” of a given Spirit such as the *Earth Spirit* who labors to help humanity to spiritually evolve. However, the spiritualization of the vital body is not limited to sound but also occurs when we purify our bodies, follow high ideals, seek forgiveness, and continuously pray. So, while in time we will eventually evolve to the point that we will one day we will meet other classes of helpful Spirits, let us pray that in our present time “we shall meet the Earth Spirit and realize the power of His name, properly uttered.”

My Prayer to Manifest Knowledge from Memory

Christ, My Wonderful Counselor, I am striving to spiritualize my vital body by honoring You with a pure and holy life so my conscious and subconscious memory can capture those positive experiences so that they can then become etched upon the reflecting ether of my vital body. As these are the memories I wish to view in the panorama of my life as I account for my earthly actions upon my physical passing. While the times I did not follow your ideal, help me through my ongoing retrospection to eradicate those impure impressions from my vital body. In your kindness, gently remind me that the ether that surrounds each person also captures the state of their aura from every detail from their environment even if they are not aware of it. This includes all of my thoughts, feelings, and emotions even if I do not express them, as I must remember that I am still responsible for their creation. For in Your grand design, everything we think or feel will be sent out as thought-forms and return into our lungs carrying a record of their impact as snapshots in time which then diffuse into our blood stream and are carried to every cell of our body so their “pictures” can be

impressed onto the negative ions of our vital body. You have made it clear that we need to spend many lifetimes perfecting our Higher Selves, however by your grace You have allowed us to carry all the memories and what we have learned from them latent within our superconscious memory of our life spirit. Therefore, I beseech you to fully manifest all the knowledge I have acquired over my previous times through my conscience and character so that You may best counsel me on when I should resist or move forward in my actions so that I may effectively advance in my spiritual development always serving You in Your glory. Amen.

- (GEC) Based on the Rosicrucian Cosmo-Conception



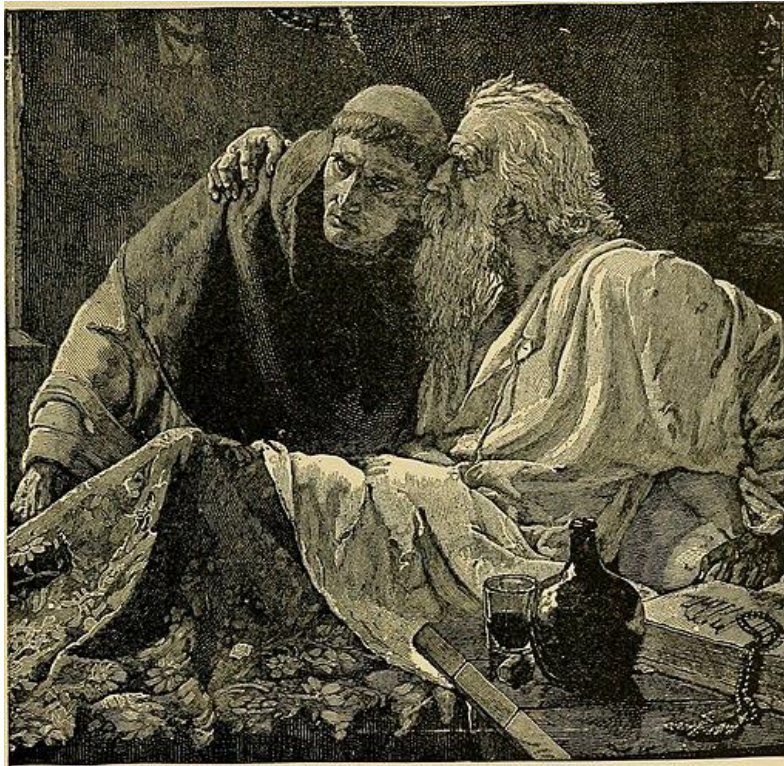
Find an experience fully God-centered, asking of God no gift more urgently than His presence, the gift of Himself, joyous to the highest degree, and unmistakably real.

- C.S. Lewis, *Reflections on the Psalms*

PERSISTENCE

Persistence: *Waiting for the Lord*

But they that wait upon the Lord shall renew their strength; they shall mount up with wings as eagles; they shall run, and not be weary; and they shall walk, and not faint. (Isaiah 40:31 KJV)



Max Heindel instructs us that in the “*Path of Preparation*” our vital body is sensitized by the development of *persistence*, *devotion*, *observation*, and *discrimination*. For today, let us discuss the “*persistence*” that is required to purify ourselves that comes from our studies, training, and prayers. As Rosicrucians we must pray and most of us do, however, is there a persistence in our prayers? For if we wish to have prayers spiritualize our vital body it requires us to form habits and habits require dedication and commitment to be programmed into our vital bodies through willed repetition to create memory.

In essence, the habits we acquire produce reflexes or automatic responses or actions that are essential to our spiritual growth. For example, we can program the vital body to pray every morning and every evening at a given time. However, it is also important that we also program the vital body to put our intense feelings, emotions, and love into our prayers so they are always intensely earnest with necessary power to bring us before our Father.

By which also ye are saved, if ye keep in memory what I preached unto you, unless ye have believed in vain. (1 Corinthians 15:2 KJV)

Yet, our persistence needs to not only be a part of our prayer life, it needs to be reflected in all parts of lives in which we show our love to God, fellow man, and the planet we live on through our ongoing and persistent acts of loving service. However, it is important to remember that when we have taken the time to consistently do our exercises, build our positive habits, reflected upon our relationship with God and developed a prayer life that ultimately leads to adoration that is the “time” that we are *waiting upon the Lord*. Or perhaps, better said as He is waiting upon us to prepare ourselves with His promise to renew our strength for our efforts and bring us to even greater heights in our spiritual life.

My Prayer for Persistence

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

- (GEC) Based on Rosicrucian Cosmo-Conception



“A beginner must look on himself as one setting out to make a garden for his Lord's pleasure, on most unfruitful soil which abounds in weeds. His majesty roots up the weeds and will put in good plants instead. Let us reckon that this is already done when the soul decides to practice prayer and has begun to do so.”

- Saint Teresa of Avila

EQUIPOISE

Finding Our Inner Balance in Difficult Times

How we respond to the trials and difficulties of the world and the people who treat us badly and hurt us must be our first concern before we can have any expectation of advancing into the Higher Worlds. Regardless of how strongly someone may attack your reputation or treat you unfairly we must be able to stand as firmly as Paul and reflect in our character the words he spoke, “*None of these things move me.*” We need to remember that whatever people may say about us has no power to hurt us, as it is our choice how we react to their words. Therefore, we need to develop sufficient equipoise or balance within ourselves so that we can face the world with calm confidence.



My Prayer for Equipoise

My God of Peace, My Voice of Calmness, You understand the havoc and difficulties of the physical world and how we might fall victim to our fears and worries without the equipoise to command ourselves to face it without any concern. Help me to produce within myself the same equipoise that Paul had when he was vehemently slandered and persecuted by those who knew not and let me feel within myself his sacred words, “None of these things will move me”. For then I will have the mental attitude that is always guided by the sunshine of true optimism in which I am fully in control of my thoughts, feelings, and emotions so I can be a temple of You my Lord, my living God. For without the needed equipoise

my dense body will become uncontrolled or solid and fixed so that my actions will only lead to the saturnine influences of fear, worry, sorrow, gloom, and highly damaging feelings of anger. In Your love, allow the thought-forms that I project upon my desire body to only produce the feelings that will lead me to productive actions in my spiritual advancement. I ask in humility that you steady my mind so that even when I am under the direst of circumstances, I can reconcile my desire body to the equipoise that is most needed to become my higher self. Therefore, help me to see that I no longer need to respond to the negative saturnine vibrations I have indoctrinated myself with but I should look to cultivate within myself the beneficial vibrations of the Sun so I might continue in the goodness and love of You my Father and I will forever more hear within myself the divine music of the planets from the mystical lyre of Apollo. Amen.

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



Max Heindel states that “as the individual begins to feel the needs of the higher life, [he has to] cultivate a serene disposition” so that “there is less disturbance caused in the vehicles during waking hours; consequently, less time is required to repair the damage during sleep. ... and the person of serene and jovial disposition will live longer, enjoy better health, and be more active” Here is my prayer that includes the use of three different proverbs from the Bible:

My Prayer for a Serene Disposition

Lord of Mercy and Forgiveness, I feel within myself your pull to the higher life that requires my cultivation of a serene disposition so that I may always control my temper so as to not to overheat my blood and keep my Ego within my vehicles. With proper discretion may I be slow to wrath always deferring my anger as You in your kindness and mercy see the glory of my passing over our fellow man's transgressions. As there is no advantage when we give vent to our rage, as Your divine words tell us it is the wise that bring the calm in the end. Amen.

- (GEC) from Proverbs 19:11, 14:29, 29:11

In addition, Max Heindel writes that it “*can be seen the necessity for improving the desire body by controlling the temper, thus sparing the dense body the suffering resulting from the ungoverned action of the desire body.*” Here is my sample prayer to control the temper:

My Prayer to Control My Temper

O Lord. Prince of Peace, I understand that I must control my temper so I can spare my dense body from the destructive actions of my desire body. Then while I sleep at night my desire and vital bodies will have more time while I sleep to function in the inner Worlds in my higher vehicles. Just as You my Lord have said “the meek shall inherit the earth”, teach me to keep my temper in meekness so that I have complete control of my desire body. Hear my prayers and witness the forgiveness I have received from those I have injured as I strive towards Universal Brotherhood. Amen

- (GEC) Based on *The Desire Body*, p. 53, 58-60, 66, 75

My Prayer to Watch My Words

O Heavenly Protector, I know that the words I speak are holy and have power over my world. Help me to make certain that my words communicate their true meaning with full understanding of their intent without being exaggerated or misleading. Set a watch, O Lord, before my mouth; keep the door of my lips closed. Incline not my heart to any evil thing, to practice wicked works with men that work iniquity; and let me not eat of their dainties. My words will always aim to be the highest direct expression of my Spirit so my soul may contact sacred things in the outside world. Amen

- (GEC) Based on Psalm 141

INTUITION

My Prayer of Intuition

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

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



Messages from the Conscience

As discussed previously, our Inner Power provides us with messages in the form of *intuitions, inspirations, and original ideas* that help us to know and understand the path our Higher Self wants us to follow. Yet, as Max Heindel states there is also our *conscience* that is providing us with another source of inner guidance in messages that should always be heeded if we are to expect success in transforming our lives.



My Prayer for Inner Guidance from the Conscience

God my Father, Lord of my conscience, You have inscribed Your Laws upon my heart as a compass to guide my way in the ways of righteousness. Therefore, always let my heart know right from wrong and accuse me when I am guilty and defend me in my innocence. Let my conscience stand as a witness to testify to the truth of my right and wrong and judge me accordingly by my motives and actions. Lord, help me to train my conscience to Your standards and cleanse my conscience when I have seared it by not listening or my shameful indifference towards others as seen in my repeated failures to follow and enact the words of Your divine messages. Accept my efforts through my meditation and contemplation so that I can come before you to better understand Your will so that I may place new Laws upon my heart for my conscience and remove those that I had previously placed there wrongly believing that they would help me best reflect the morality of Your divine image. I pledge my efforts to listen to the messages from my spirit so that I always hear the voice of God coming from my both my conscience and intuition to best guide me upon Your Path. Amen.

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

INNER POWER

My Prayer to Our Inner Power

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

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



But there is the true mystic prayer, the prayer where we meet God face to face, as Elijah met Him.

- Max Heindel

Making Progress in Our Spiritual Development

In order to grow spiritually we must be open to all new experiences and opportunities that come into our lives. We must approach life as a child with their natural curiosity and yet as seeker understand that as we grow spiritually, we will need to change and trust that the light that comes into to us will be the vehicle to our progress.

Progress

By Ella Wheel Wilcox

*Let there be many windows to your soul,
That all the glory of the universe
May beautify it. Not the narrow pane
Of one poor creed can catch the radiant rays
That shine from countless sources. Tear away
The blinds of superstition; let the light
Pour through fair windows broad as Truth itself
And high as God.*

*Why should the spirit peer
Through some priest-curtained orifice, and grope
Along dim corridors of doubt, when all
The splendor from unfathomed seas of space
Might bathe it with the golden waves of Love?
Sweep up the debris of decaying faiths;
Sweep down the cobwebs of worn-out beliefs,
And throw your soul wide open to the light
Of Reason and of Knowledge. Tune your ear
To all the wordless music of the stars
And to the voice of Nature, and your heart
Shall turn to truth and goodness as the plant
Turns to the sun. A thousand unseen hands
Reach down to help you to their peace-crowned heights.
And all the forces of the firmament
Shall fortify your strength. Be not afraid
To thrust aside half-truths and grasp the whole.*

“To seek first the Kingdom of Heaven, and all other things shall be added ... with much greater intensity, does the true mystic look to the God within and pour himself or herself out in voiceless adoration. In this way we may pray without ceasing inwardly, while we work as zealous servants in the world without.”

- Max Heindel

ADVERSITY

Dealing with Adversity

In the course of our lives Max Heindel acknowledges that we will have to deal with people that will do us harm in our personal and professional lives. However, it is important for us to remember that *“Hate Ceases Not by Hate, But by Love and Service”*. It is far better to reconcile with those who are unkind or treat us poorly as they can do us more harm or the negative thoughts and feelings, we develop towards them will then come back upon ourselves and will *“pierce and obstruct the inflow of good thoughts constantly radiated by the Elder Brothers and attracted by all good men.”*

While Max Heindel reminds us it does us well to remember that the things other people do and their *“experiences and karma are not for you to decide”*. Yet, in some cases it will be in our best interests to avoid those intent upon harming us. In the end, we must learn to constantly strive for higher ideals and demonstrate discipline and self-control regardless of how we are treated by others if we wish to advance spiritually. Ultimately, God has a plan for all of us and in some cases, we may require some adversity to help us grow and learn humility.



My Prayer to Deal with Difficult People and Situations

Give me, O Comforter of my soul, the strength and discipline to trust in Your divine plan when I have been harmed by the wrong doings of others. Help me to let go of my Ego and any harsh words or feelings of resentment that stir anger up within me and cloud my mind. Let me softly answer those that gossip and direct their negative arrow-like thought forms towards myself or those I love. Through your love I will work to compassionately embrace humility and learn to do good regardless of how others may treat me knowing that hidden good exists in all of

our experiences. My heart understands that we are all Your creations and the challenges that others present us with are simply the opportunities that you have provided us for our spiritual advancement. As I walk my path, I need to learn to accept that the actions of others towards myself are not for me to judge or criticize as I shall only reap what I sow. Therefore, when I feel slighted by my fellow man, I will first look within myself to understand why it is difficult for me to deal with the offending person. My Merciful Lord, hear my prayers for my transgressor and bless me your wisdom to reveal what I should do next and how I can treat the situation in a loving fashion. Then using your divine counsel guide my actions so I can walk in love with a clear mind and meekness in fulfilling your plan with love and service. And in your loving kindness allow me to live in harmony with all my brothers in the beauty of Your natural world so that I recognize the sacred “interconnectedness of all things” at all times. Amen

- (GEC) My Prayer based on the Rosicrucian Christianity Lectures, p. 180-1

Prayer of Jonah

I cried by reason of mine affliction unto the LORD, and he heard me; out of the belly of hell cried I, and thou heardest my voice. For thou hadst cast me into the deep, in the midst of the seas; and the floods compassed me about: all thy billows and thy waves passed over me. Then I said, I am cast out of thy sight; yet I will look again toward thy holy temple. The waters compassed me about, even to the soul: the depth closed me round about, the weeds were wrapped about my head. I went down to the bottoms of the mountains; the earth with her bars was about me forever: yet hast thou brought up my life from corruption, O LORD my God. When my soul fainted within me, I remembered the LORD: and my prayer came in unto thee, into thine holy temple. They that observe lying vanities forsake their own mercy. But I will sacrifice unto thee with the voice of thanksgiving; I will pay that that I have vowed. Salvation is of the LORD (Jonah 2:2-0 KJV)



God's Love is There Even in Our Tragedies and Loss

George Matheson at nineteen was already going blind and the woman he met and fell in love with during his university studies told him that she didn't want to marry a blind man. Then on the evening of his sister's marriage in his anguish and suffering completely flooding his mind, a voice within dictated a hymn to him that he finished in five minutes (as he said, "*this came like a dayspring from on high*"). His hymn, *Love That Wilt No Let Me Go*, reminds us that we must put all of our "*trust and hope in the love of God in Jesus Christ as his Saviour*". So, even though we may experience tremendous tragedy and loss in our lives "*underneath them are the everlasting arms of a loving God and Saviour*".

Love That Wilt No Let Me Go

by George Matheson

*O love that wilt not let me go
The story behind the hymn
O Love that wilt not let me go,
I rest my weary soul in thee;
I give thee back the life I owe,
That in thine ocean depths its flow
May richer, fuller be.*

*O light that followest all my way,
I yield my flickering torch to thee;
My heart restores its borrowed ray,
That in thy sunshine's blaze its day
May brighter, fairer be.*

*O Joy that seekest me through pain,
I cannot close my heart to thee;
I trace the rainbow through the rain,
And feel the promise is not vain,
That morn shall tearless be.*

*O Cross that liftest up my head,
I dare not ask to fly from thee;
I lay in dust life's glory dead,
And from the ground there blossoms red
Life that shall endless be.*

"TO OBTAIN RESULTS WE MUST LIVE IN SUCH A MANNER THAT OUR WHOLE LIFE BECOMES PRAYER,"

- Max Heindel

Prayer for a Happy Life: St. Augustine

St. Augustine wants everyone to pray for a happy life and in case we were not sure where happiness is to be found he directs us to Psalm 27. When we love God with all of our heart then our greatest pleasure comes when we are pleasing to our Father and then it becomes clear what will make us happy and how we should ask for it. Perhaps, no other prayer in the Bible helps us to understand the underlying principle of what it means to be happy than Psalm 27:4 – try it every day for a week and see how you feel!

One thing have I desired of the Lord, that will I seek after; that I may dwell in the house of the Lord all the days of my life, to behold the beauty of the Lord, and to enquire in his temple. (Psalm 27:4 KJV)



“It is not the words we speak in moments of prayer that count, but IT IS THE LIFE THAT LEADS UP TO THE PRAYER.” – Max Heindel

Divine Love is Always Present

In our darkest hours, we just need to hear to God loves us unconditionally. So, while many of the great poets have told us so in beautifully complex language, we sometimes need someone who speaks the same language that we do, down to earth and readily heard by all. Interestingly, that person came to us six hundred years ago, *Julian of Norwich*, an anchoress who lived her life in seclusion yet understood our need for love or more specifically - divine love that can always be trusted and never fails.

Infinite Love

*Because of the great,
infinite love which God has for all humankind,
he makes no distinction in love between the blessed soul of Christ
and the lowliest of the souls that are to be saved
We should highly rejoice that God dwells in our soul
and still more highly should we rejoice that our soul dwells in
God.
Our soul is made to be God's dwelling place,
and the dwelling place of our soul
is God who was never made.*

— Julian of Norwich



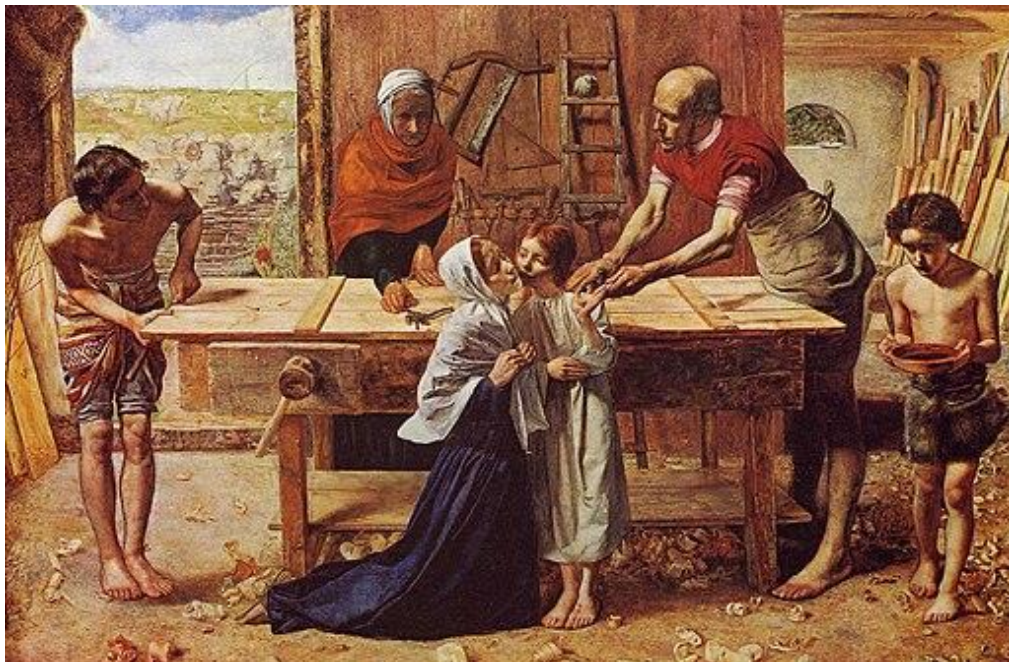
CALVARY AND EASTER

*A song of sunshine through the rain,
Of spring across the snow;
A balm to heal the hurts of pain,
A peace surpassing woe.
Lift up your heads, ye sorrowing ones,
And be ye glad of heart,
For Calvary and Easter Day
Were just three days apart!
With shudder of despair and loss
The world's deep heart is wrung,
As, lifted high upon His cross,
The Lord of Glory hung—
When rocks were rent, and ghostly forms
Stole forth in street and mart;
But Calvary and Easter Day,
Earth's blackest day, and whitest day,
Were just three days apart.*

—Author Unknown

The Quest for Universal Brotherhood

The Rosicrucian Fellowship is “generally spreading the Teachings of Esoteric Christianity—the pioneer spiritual Teachings which will prepare all humanity for the New Age of Aquarius, when all nations will join in Universal Brotherhood. ... Christ came to prepare the way for the emancipation of humanity from the guidance of differentiating Race- and Family-spirit, and to unite the whole human family in One Universal Brotherhood. ... [Ultimately,] all persons earnestly desiring the higher knowledge may rest assured that if they will but seek, they will find the way open for them. Christ Himself prepared the way for “‘whosoever will.’” He will help and welcome all real seekers who are willing to work for Universal Brotherhood.”



My Prayer for Universal Brotherhood

Christ, Our Kind and Merciful Teacher, it was through Your divine love and all-giving sacrifice that you prepared humanity of all people of all nations to walk the only path, Universal Brotherhood, that will lead to our freedom. You have shown us that we must replace our control of our fellow man by our reasoning mind with the love of our hearts as love is always unselfish and ready to serve. As You patiently wait for humanity to conform to Your Laws, help us to overcome our selfishness so upon Your return, a day that we do not know, we will stand as one Universal Brotherhood answering to the crown of Your returned Presence. For now, is the time to put aside the indiscretions of the past and our present injustices to our fellow man as well our enslavement to material possessions and wealth so that our races and nations can progress into an age of Universal Brotherhood. You have challenged us to not “return good for evil” in hostility or revenge but to always offer as you have taught us, love and mercy. Help us to

hear and follow the impulses or the first impressions or thoughts of our heart's so that the time for Universal Brotherhood is not in the distant future but with us here and now. Let our minds understand that the spiritual work we perform in prayer and the purification of our vital bodies through forgiveness, repentance, and restitution is done so that our vital body can take control of the desire body and will help in our progression to the First Heaven, as it is also the same path by which we come to Universal Brotherhood. Yet, as everything on the Earth, living and nonliving, is a manifestation of Your divine hand and through it Your life-giving energy flows, it will all have a home within Your Universal Brotherhood, together as One Universal Life. Therefore, we will always be devoted to each other in love as well as honor and respect the home you have given us as faithful and wise stewards ready in Universal Brotherhood for You second coming. Amen

- (GEC) Based on the Rosicrucian Cosmo-Conception



Little Lamb

By William Blake

*Little Lamb who made thee
Dost thou know who made thee
Gave thee life & bid thee feed.
By the stream & o'er the mead;
Gave thee clothing of delight,
Softest clothing wooly bright;
Gave thee such a tender voice,
Making all the vales rejoice!
Little Lamb who made thee
Dost thou know who made thee*

*Little Lamb I'll tell thee,
Little Lamb I'll tell thee!
He is called by thy name,
For he calls himself a Lamb:
He is meek & he is mild,
He became a little child:
I a child & thou a lamb,
We are called by his name.
Little Lamb God bless thee.
Little Lamb God bless thee.*



CONTEMPLATION

Max Heindel describes Contemplation as “*simply the holding of the object before our mental vision and letting the soul of it speak to us*” from which “*the Form of the object seems to vanish and we see only the Life at work.*” In contemplation, objects and thoughts become less distinct and separate and we begin to fully see the interconnectedness that leads us back to the “*Universal Life of God*”. Everything in our world has come from God and He permeates and flows throughout all of His creations.

“Contemplation is when the mind is in some sort lifted to God and held above itself, so that it tastes the joys of everlasting sweetness.”

- The Ladder of Monks, Guigo II, the Angelic, a Carthusian monk



Therefore, when we contemplate on a flower, the flower will slowly disappear until we see the *group spirit* of every living thing associated with the flower (i.e., *bees, worms, bacteria, fungi, etc.*) which will also disappear as we move into the higher realms and the group spirit disappears leaving us to only see the One Life, God. Ultimately, Heindel states that contemplation is “*beholding God in the Life that permeates all things*”. Here is my sample prayer for contemplation to behold God:

My Prayer of Contemplation to Behold God

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

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

For Rudolf Steiner, contemplation was connected to self-observation so as to form a type of “*reflective contemplation*” he simply referred to as “*meditation*”. He was using his own experiences from which his reactions to objects and thoughts as well as his thought processes would be the subjects of his contemplation. As Steiner believed that when one contemplated on their lower self it would produce an opening for our “*spiritual self*” to grow and bloom. And by contemplating on those things that are not in your best interest, they will then lose their power of control upon you so you are free to now grow spiritually.

In Steiner’s teachings, Christian Rosenkreutz selected individuals he deemed worthy of initiation so that their souls could consciously communicate with the spiritual world and awaken the ability to perceive the “*inner light-forms*”. In the process of initiation, one’s soul slowly begins the process to “*align consciously with the Christ impulse*.” For it is through our imitation that divine love and wisdom transform us to our Higher Selves. It is process that involves adherence to higher ideals, sacrifice, prayer, concentration, and “*deep contemplation of the spiritual world*.” Here is another of my sample prayer of contemplation for initiation:

My Prayer of Contemplation for Initiation

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

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

- (GEC) Based on Various Writings on Rudolf Steiner



“He gave us that wonderful prayer, which in its seven stanzas touches the keynote of each of the seven human vehicles and blends them into that master chord of perfection which we call the Lord's Prayer.” – Max Heindel

Contemplative Prayers of Our Mind

In contemplative or imaginative prayer, God uses our imagination to provide our minds with “*living prayers*” – vivid images like watching a movie within your head so that we can enter and interact with Him and grow closer in our relationship and experience His unconditional love to transfigure our lives. St. Ignatius of Loyola in his book, *Spiritual Exercises*, provided a month-long program to help one learn the will of God and become fully committed to Christ.

“Contemplative prayer can be described as an imagining of God’s Son, Jesus, a letting him enter fully into our consciousness so that he becomes the icon always present in the inner room of our hearts. By gazing at Jesus, walking on the earth, we give him loving attention and we “see” with our minds and hearts how he is the way to the Father. Jesus’ life and work is an uninterrupted union with and contemplation of his Father. We, as followers of Jesus, try to enter into the same disposition. We welcome the discipline of contemplation, taking time regularly to enter into the life of Jesus to contemplate the incredible bond between Jesus and the Father. And we trust that in, through, and with Jesus, we, too, may live and bask in God’s unconditional love.” – **Henri J. M. Nouwen**



"The whole reason why we pray is to be united into the vision and contemplation of God to whom we pray."

- Julian of Norwich

My Prayer to Envision Jesus in Contemplation

Lord of Glory, my Invisible God, in my quiet stillness allow me to hold You in my vision so that I may also deeply listen to Your truth. In my contemplation allow me to be fully present in my body, heart, and my mind. Silence my unnecessary words and thoughts so I may hear quiet words that elude me in my daily life so that I can touch upon the grace you have showered on me. As I now enter in the present moment, receptive to your knowing and open to your love, watch as I step into my inner room for our prayer together. With Your blessing, transport me gently into a scene of Your life from the Gospels that will most benefit my revelation of Your infinite wisdom and understanding of teachings most needed to transform my soul. In our time together, I only wish to grow closer to you through our intimate sharing interspersed with silent love. I am aware that while I am in this state of imaginative contemplation, it is You, that is filling my mind with the imaginative experience for our prayer. Just as You spent Your nights in the beauty of contemplative prayer with the Father, I am certain that you will provide all my senses with the full scale of observations needed to create a sacred vision in which I can recognize your presence, the scene in which you wish me to become part of, and perceive the opportunities for me to express myself and take your counsel. I pray as you have done with saints such as St. Teresa of Avila, that you will honor me in conversation with your thoughts and words. By this gracious gift I will then have the ability to learn how to work out the difficult and painful experiences that I have left unresolved and move onto more transformative experiences needed for my spiritual advancement. Amen

- (GEC)



ADORATION

Adoration is the feeling of a deep love and reverence for God. The act of adoration, or worship, is coming into the presence of Christ through prayer and meditation so we may develop a sincere and meaningful relationship with God. In adoration, we expand the depths of divine relationship when God pours His spirit upon us so that we fully appreciate His love and sacrifice so that He may work in and through us in fulfilling His divine plan.

Adoration: Lifting Our Spirit to God to be One

“The aspirant to the higher life accomplishes the union of the higher and the lower natures by means of Meditation on lofty subjects. This union is further cemented by Contemplation, and both these states are transcended by Adoration, which lifts the spirit to the very Throne.

When ...the aspirant has realized that he is in truth beholding God in the Life that permeates all things, there remains still to be taken the highest step, Adoration, whereby he unites himself with the Source of all things, reaching by that act the highest goal possible of attainment by man until the time when the permanent union takes place at the end of the great Day of Manifestation”.

– Rosicrucian Cosmo-Conception, p. 465, 495



“To worship God in truth is further to admit that we are entirely contrary to Him, and that He is willing to make us like Himself if we desire it. Who will be so imprudent as to turn himself away, even for a moment, from the reverence, love, service and continual adoration which we most justly owe Him?”

- Brother Lawrence

Adoration: *Lifting Your Spirit to God to become One*

Adoration goes well beyond praising God and is considered the ultimate form of worship. One of the more common examples of adoration is when the three Magi visited the newborn Christ in Bethlehem. In the Nativity story it is clear that adoration involves a deep love and reverence towards God. Yet, for Rosicrucians adoration requires that we make an ongoing commitment to purify our vehicles by improving oneself so they begin to “shine in the Inner Worlds”.

In terms of adoration, Max Heindel states “*[When] the aspirant has realized that he is in truth beholding God in the Life that permeates all things, there remains still to be taken the highest step, **Adoration**, whereby he unites himself with the Source of all things, reaching by that act the highest goal possible of attainment by man until the time when the permanent union takes place at the end of the great Day of Manifestation.*”

Below are two of my sample prayers for adoration:

My Prayer of Adoration #1

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

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



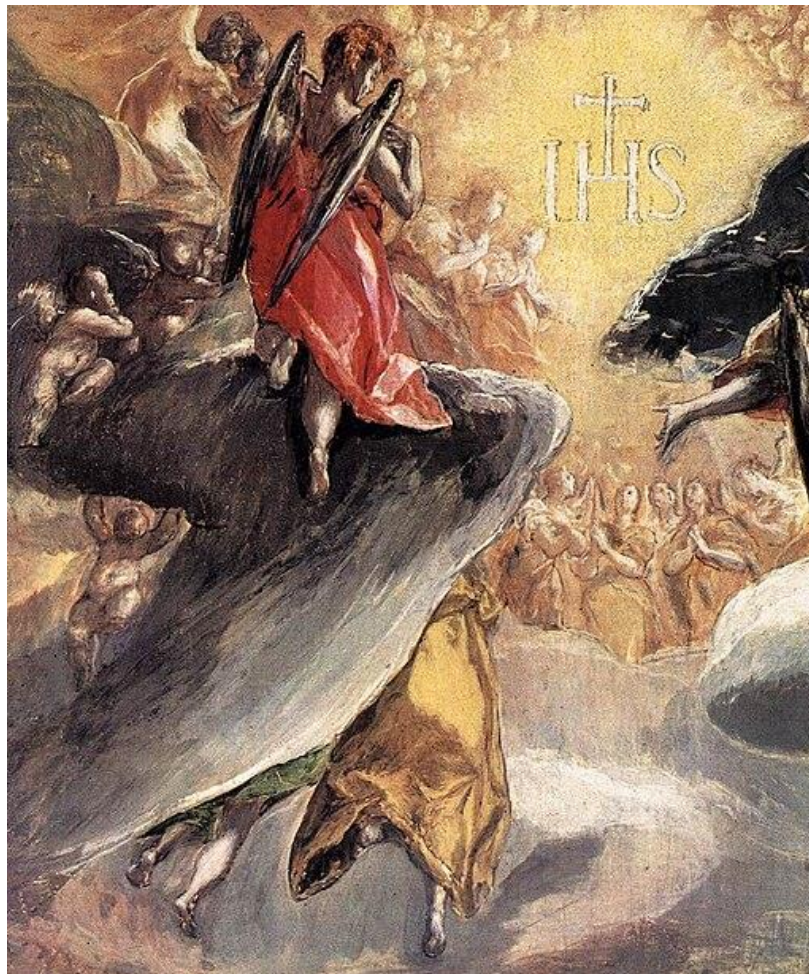
“God speaks in the silence of the heart. Listening is the beginning of prayer.”

- **Mother Teresa**

My Prayer of Adoration #2

Eternal God of Light and Truth, my deepest love for you is two-fold with my mind and my heart so that I can fully adore You in spirit and truth. I submit myself to you completely, my Beloved, and acknowledge my undivided and utter dependence upon You. I have stepped beyond my mortal senses while my prayers have crossed the threshold to worship so that I might move beyond the bounds of my imagination and apart from nature. You have told me that the Father looks for those with the proper attitude of the heart, opened and filled by the love of the Holy Spirit so they may truly adore You. Look within my heart to see Your Divine Word and my insatiable desire to not only accept Christ my Lord but to imitate Him in all ways. I beseech You to let my knowledge of You and Your omniscience grow so that my adoration can fully blossom and I may in turn always serve You in selfless devotion. By allowing me to experience adoration within myself it assures an outward expression will always be seen in all aspects of my life. I come to you in my holy attire, my golden wedding garment, so that I can properly worship You. Blessed be the Scriptures, you have provided us with to guide and foster our highest-level of worship, our adoration in which we become One. Amen.

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



Max Heindel discusses his opinion that “*neither the heights of Contemplation, nor the final step of Adoration can be attained without the aid of a teacher.*” One potential teacher or Invisible Helper who can help us “*work from the inner Worlds*” is our Guardian Angel who is constant contact with God and has been appointed by God to among other things help us in our spiritual life so we can grow closer over time. Here is my prayer for your Guardian Angel to assist you in adoring God.



My Prayer to Your Guardian Angel to Assist in Adoring God

O Holy Guardian Angel of God, who watches over me and protects me from both physical dangers and temptations that might separate me from God. You have shown the most tender and kind care of my body and soul and comforted and encouraged me during my greatest trials and tribulations from the pain and suffering I have brought upon myself. As my Invisible Helper who has stood before God and has had the highest privilege of viewing His face and consulting His will, I beseech you to assist me in the ways of working with the Holy Spirit within myself so that I might lift my heart and mind to God for His adoration. As I have learned, no one on their own can adore God solely by their own will. Therefore, when you feel I am ready for this final step in the development of my worship, request that the Father may provide the grace that I need to join with Him in union with Christ so as to experience all of who He is and has represented to humanity he so loved. Amen - (GEC)

The Power of Silent Adoration

As Max Heindel assures us, if we are persistent in our prayer, there will come a time that our prayer in words will transition to silent prayer and adoration. For when we are in silent adoration we move inward to our heart where our inner Christ resides so we can join with Him and rest in His love. Then it is our Christ-within that will pray the prayers of silent adoration to the Father so that we can be held within that indescribable field of divine love and Universal Brotherhood.

"We pray in words that we may one day be free of words, and adore, praise, and love in silent that "Beauty which closeth the lips."



Silence is an extremely powerful way to enter into the presence of God. St. Mother Teresa was fond of saying “*God is a friend of silence*”. Ultimately, silence is considered one of the most beautiful forms of praise and adoration and is the “*last effort of the soul as it overflows and can say no more.*” Here is my sample of a prayer for Silent Adoration:

My Prayer for Silent Adoration

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

- (GEC) Based on *Rosicrucian Cosmo-Conception* p. 481



According to Max Heindel, this *Final Climax* occurs when our *silent* worship of adoration puts us directly in the presence of our God within so our “*soul rests in God*” and we become One with God. The Final Climax results in an extreme state of joy and bliss in which words cannot describe the divine love of God we experience. Here is my prayer of adoration so that your soul can rest in God:

My Prayer of Adoration for Our Soul to Rest in God

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

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



In addition, there will be times when we must honor and respect both God and our fellow man with a heartfelt sense of silence and stillness that also allows us to quietly reflect in our prayers. Perhaps, there is no better example of this than *Holy Saturday* of the Triduum in which we are still lamenting the pain of suffering of Christ on the cross followed by His death. Therefore, times such as *Holy Saturday* are days of mourning, a time to silently contemplate the significance of His passion and death so we can then be reborn in His resurrection.



My Prayer for a Sense of Silence and Stillness

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

- (GEC) Based on the Rosicrucian Cosmo-Conception

Commentary on The Rule of St. Benedict

by the Right Rev. Dom Paul Delatte

"We pray in words that we may one day be free of words, and adore, praise, and love in silent that "Beauty which closeth the lips."

Prayer of Adoration

O Thou Good Omnipotent, Who so carest for every one of us, as if Thou caredst for him alone; and so for all, as if all were but one! Blessed is the man who loveth Thee, and his friend in Thee, and his enemy for Thee. For he only loses none dear to him, to whom all are dear in Him who cannot be lost. And who is that but our God, the God that made heaven and earth, and filleth them, even by filling them creating them. And Thy law is truth, and truth is Thyself. I behold how some things pass away that others may replace them, but Thou dost never depart, O God, my Father supremely good, Beauty of all things beautiful. To Thee will I intrust whatsoever I have received from Thee, so shall I lose nothing. Thou madest me for Thyself, and my heart is restless until it repose in Thee. Amen.

– St. Augustine

Developing Our Meaning of God's Grace

Grace is God's "*favor*" to man or perhaps more correctly stated, it is an "*undeserved favor*" as it is not something we ever earn or is it based on our efforts or even our quantity of good deeds. If we need a perfect example of grace, we need only look at the life of Jesus Christ. Yet, it can be a difficult concept to understanding especially when considering the different Bible verses in regards to grace. As sometimes we find grace to be a character trait of God in which He treats some way better than they deserve while it can also address our actions or way of life that produce outcomes that speak to the changes that occur within us so we become true followers who are willing to be obedient and at times even suffer while we strive to imitate the life of Christ (i.e., *Paul the Apostle of Grace*, who references "grace" almost 100 times in his epistles). Something that appeals to many of us is that we are encouraged to "*come to the throne grace*" so we may receive mercy and find help in our time of need (Hebrews 4:16) While we can also look beyond the Bible to our hymns such as *He Giveth More Grace* (song title from James 4:6) and even to writers such as the mystic *Omraam Michael Aivanhov* to help us develop an understanding of the meaning of grace that makes sense to how we want to live our lives.

"So grace is more than justice, but it obeys justice."

- **Omraam Michael Aivanhov**

He Giveth More Grace

By Annie J. Flint

*He giveth more grace when the burdens grow greater,
He sendeth more strength when the labors increase;
To added afflictions He addeth His mercy,
To multiplied trials, His multiplied peace.
When we have exhausted our store of endurance,
When our strength has failed ere the day is half done,
When we reach the end of our hoarded resources,
Our Father's full giving is only begun.
Fear not that thy need shall exceed His provision,
Our God ever yearns His resources to share;
Lean hard on the arm everlasting, availing;
The Father both thee and thy load will upbear.
His love has no limits, His grace has no measure,
His power no boundary known unto men;
For out of His infinite riches in Jesus
He giveth, and giveth, and giveth again.*



Morning Exercise: *Concentration*

The Importance of Concentration

In The Rosicrucian Fellowship book, *Letters to Students*, Letter No. 52 *Concentration in the Rosicrucian Work*, Max Heindel suggests that “a lack of concentration” is our “greatest general hindrance to our progress in the spiritual work”. Therefore, in order to effectively grow spiritually we need to develop our faculty of concentration using the highest form of holiness available to us, God’s Word. Hence, Max Heindel encourages us to **memorize** the first three verse of *Psalm 1* so we can concentration on them and “reap the greatest harvest that we possible can from our spiritual as well as from our material efforts”.

“The power of concentration is the only key to the treasure-house of knowledge.”

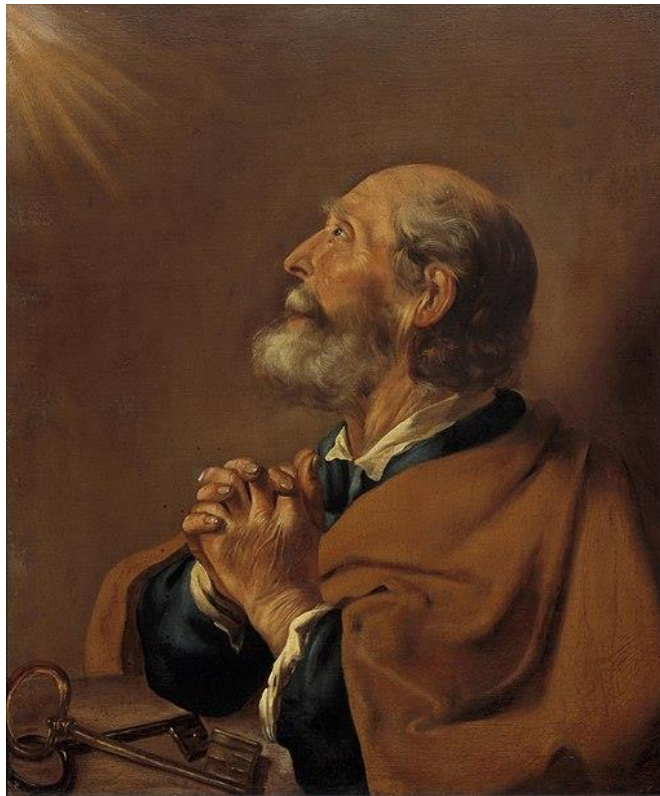
- Swami Vivekananda

Essential to concentration is the ability to fix and hold your thought upon a given ideal and not to let your mind become distracted by other thoughts. As Heindel state, “it must be accomplished before it is possible to make any further progress” and this can only be done by consistent practice. For Heindel, the choice of the subject that we use to practice concentration is not important as long as it is “pure and uplifting”, i.e., a pencil, a flower, or even Christ. The key will be to bring the object to life within our minds. In addition, the object or person should not simply be a “photograph” but a “living ideal” that captures the entirety of its existence. For instance, if you choose to concentrate on Christ you need to envision how he conveys his expressions through His words, body language, eyes, etc. as he speaks to His disciples, large masses of people listening to His sermons, or even His Father. Then you can experience His life as experience events such as the period of time from His arrest to His crucifixion (the Passion of Christ). While for a flower, it can be imagined from its start as a simple seed planted in the soil to its growth to a mature flowering plant with colored flowers that capture your attention with their pleasing scent.

“Take up one idea. Make that one idea your life - think of it, dream of it, live on that idea. Let the brain, muscles, nerves, every part of your body, be full of that idea, and just leave every other idea alone. This is the way to success.”

- Swami Vivekananda

These are samples prayers based on the Fellowship's principles and beliefs. The *Prayer for Concentration* concerns learning the practice of concentration, *The Prayer before the Morning Exercise* speaks to our daily practice of concentration while our spirit has just returned from the desire world that we wish to return to, and the *Prayer for Meditation* addresses the initial need for concentration to transition into meditation.



My Prayer Before the Morning Exercise of Concentration

Show me, Thy ways, O Lord, continue to teach me how to draw my thoughts and focus them to a center point so that their strength can be increased and I will be able to attain what I am seeking or solve a problem I am dealing with. During the morning exercise help me to silence my senses so I can give my whole attention to the higher worlds and envision the spiritual side of an object or idea illuminated by spiritual light so that I may come to know the inner nature of things. Then I will feel the effort needed to rotate the sense centers of my desire body decrease and become a natural part of my waking life. Overtime as I continue to purify myself, my aura will send forth a light as a beacon to attract a teacher who will bring me to the next step in my spiritual advancement so I can better serve your will. Amen

- (GEC) Based on *The Rosicrucian Cosmo-Conception*, p. 703-706

My Prayer for Concentration

Lord, aid, direct, and control me so that I can still my senses and fix and hold my thoughts upon an ideal without being distracted. Just as You were able to pray all night in the mountains, let me learn to become absorbed at will in the subject of my concentration so that the sense centers of my desire body will begin to rotate. Should I become discouraged in my practice, gently remind me that the key to success is persistent concentration on the desired end. When I bring the subject of

my concentration within my mind help me to imagine it in clear and complete outlines and as true to life even to the smallest of details. And when my mind drifts and lets go of the subject of my concentration or it becomes shadowy or faint help me to gently return it to my ideal. I know that concentration is our principal power and all our spiritual progress depends upon our ability to develop the practice of concentration. What happens during concentration is only ever between myself and You, Lord, and is a sacred process and my highest privilege for which I am always grateful and filled with love for You. Amen

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



The Fragrance of Christ

We are called upon to love God with all of our heart, soul, mind, and strength (Mark 12:30). One of the ways we can do this is through our prayers. However, as Max Heindel states, our “*Prayer will draw down power proportionate to the intensity and focus with which it is generated*”.

Therefore, our prayers must be intensely earnest and “*dictated by emotion*” so that “*It opens the mystic channels through which will generously flow the always-extant gifts and blessings of our Father in Heaven.*” So, while our emotions can increase the intensity and focus of our prayers so can fully involving our five senses “*so that we might become the glory of God, more fully alive and aware as we make all our life an expression of prayer.*”

For example, God wants us to be aware that Christ has a fragrance and when we become believers, we will then take on His spiritual aroma (2 Corinthians 2:14-16). Then we too will give off this spiritual aroma that will now touch and influence all the people we have contact with so that they will desire to follow the life of Christ. Therefore, let us come before God in prayer with the fragrance of Christ.

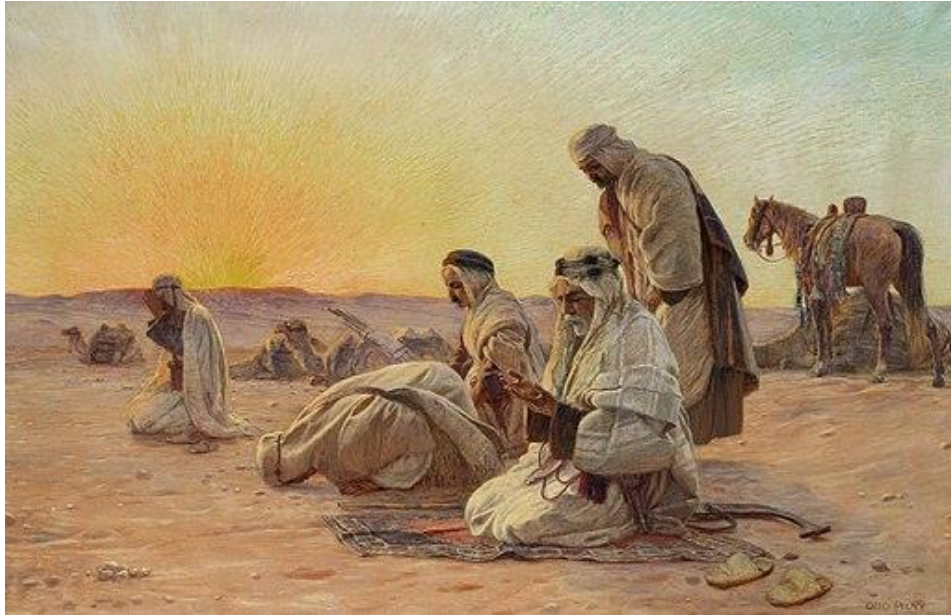
Help me to spread your fragrance everywhere I go - let me preach you without preaching, not by words but by my example - by the catching force, the sympathetic influence of what I do, the evident fullness of the love my heart bears to you.

- John Henry Newman



Morning Prayer

Each morning after your concentration exercise you should start your day with a short prayer to let God know that you will start the day with Him upon your mind and carry thoughts of Him throughout your day. The Psalms provide some excellent prayers and can easily be memorized.



My voice shalt thou hear in the morning, O Lord; in the morning will I direct my prayer unto thee, and will look up. (Psalm 5:3 KJV)

O satisfy us early with thy mercy; that we may rejoice and be glad all our days. (Psalm 90:14 KJV)

It is a good thing to give thanks unto the Lord, and to sing praises unto thy name, O Most High: To shew forth thy lovingkindness in the morning, and thy faithfulness every night, (Psalm 92:1-2 KJV)

This is the day which the Lord hath made; we will rejoice and be glad in it. (Psalm 118:24 KJV)

Cause me to hear thy lovingkindness in the morning; for in thee do I trust: cause me to know the way wherein I should walk; for I lift up my soul unto thee. (Psalm 143:8 KJV)

Setting Our Daily Intentions

It is in our service that we show our love to God and our fellow man. Doing service means that we need to step outside of ourselves and be observant of not only our actions but the opportunities that unfold for us to show our love to God by our actions. Ella Wheeler Wilcox words in her Morning Prayer provide an excellent way to set our intentions for the day. By putting these words within our mind each morning, we are certain to create the thought forms that will create our reality. Therefore, let us raise each morning and take these words into our heart and change the world with our deeds of kindness and compassion.

Morning Pray

By Ella Wheeler Wilcox

*Let me to-day do something that shall take
A little sadness from the world's vast store,
And may I be so favoured as to make
Of joy's too scanty sum a little more.*

*Let me not hurt, by any selfish deed
Or thoughtless word, the heart of foe or friend;
Nor would I pass, unseeing, worthy need,
Or sin by silence when I should defend.*

*However meagre be my worldly wealth,
Let me give something that shall aid my kind,
A word of courage, or a thought of health,
Dropped as I pass for troubled hearts to find.*

*Let me to-night look back across the span
'Twixt dawn and dark, and to my conscience say,
Because of some good act to beast or man,
"The world is better that I lived to-day."*



If the heart wanders or is distracted, bring it back to the point quite gently and replace it tenderly in its Master's presence. And even if you did nothing during the whole of your hour but bring your heart back and place it again in our Lord's presence, though it went away every time you brought it back, your hour will be very well employed.

- St. Francis de Sales

Developing Concentration

In TRF book, *Letters to Students*, Letter No. 52 *Concentration in the Rosicrucian Work*, Max Heindel suggests that “a lack of concentration” is our “greatest general hindrance to our progress in the spiritual work”. Therefore, in order to effectively grow spiritually we need to develop our faculty of concentration using the highest form of holiness available to us, God’s Word. Hence, Max Heindel encourages us to **memorize** the first three verse of *Psalm 1* so we can concentration on them and “reap the greatest harvest that we possible can from our spiritual as well as from our material efforts”.

Psalm 1:1-3 KJV

Blessed is the man that walketh not in the counsel of the ungodly, nor standeth in the way of sinners, nor sitteth in the seat of the scornful. But his delight is in the law of the Lord; and in his law doth he meditate day and night. And he shall be like a tree planted by the rivers of water, that bringeth forth his fruit in his season; his leaf also shall not wither; and whatsoever he doeth shall prosper.

In the *Rosicrucian Cosmo-Conception* Max Heindel states the we can use any pure and uplifting thought, object, image, or concept for our practice of concentration. However, he takes it one step forward by suggesting we consider something that is not a part of our daily life, something that goes “*beyond time and space*” so we step outside of our conventional view of the world. His recommendation for this is to explore the concept of *cosmogenesis* (the origin and evolution of the universe) in the first five verses of the Gospel of John in which our concentration upon this will put us in contact with cosmic vibrations.

Cosmogenesis and Cosmic Vibrations

In the beginning was the Word, and the Word was with God, and the Word was God. The same was in the beginning with God. All things were made by him; and without him was not any thing made that was made. In him was life; and the life was the light of men. And the light shineth in darkness; and the darkness comprehended it not.

- John 1: 1-5 KJV

“All of creation is a song of praise to God.”

- Hildegard of Bingen

Evening Exercise: Retrospection

Retrospection Prayers

“The evening exercise, Retrospection, is of greater value than any other method in advancing the aspirant upon the path of attainment. It has such a far-reaching effect that it enables one to learn now, not only the lessons of this life, but lessons ordinarily reserved for future lives.”

- Rosicrucian Cosmo-Conception, Max Heindel

My Prayer for Retrospection #1

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

My Prayer for Retrospection #2

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

My Prayer for Retrospection #3

Each night I faithfully perform the exercise of Retrospection so that I can purify myself and develop my spiritual sight. Through my work in the restoration of harmony, I am not only living my purgatory and first heaven each night so I may learn to experience the conscious life without the dense body but I will shorten my

purgatorial existence upon my death. May I be sincere and humble in my repentance and reform in my wrongful actions and know when it is necessary to make restitution for my wrong and be sincere in regret when it is not possible. I know that if I make the effort to eliminate the habits that cause others pain and suffering and atone for my wrong doings then I can eliminate the subconscious memory of my negative actions so they no longer exist to be used in my judgement after death. And even if I have done good, I still stand determined that I will not do so for acknowledgement and I vow to do better each day. Amen. - (GEC)

Spiritual Laws by Ralph Waldo Emerson

*The living Heaven thy prayers respect,
House at once and architect,
Quarrying man's rejected hours,
Builds therewith eternal towers;
Sole and self-commanded works,
Fears not undermining days,
Grows by decays,
And, by the famous might that lurks
In reaction and recoil,
Makes flame to freeze and ice to boil;
Forging, through swart arms of Offence,
The silver seat of Innocence.*

Prayer for the Night

Prayer of St. Macarius the Great to God the Father

O Eternal God and King of all creation, Who hast granted me to arrive at this hour, forgive me the sins that I have committed today in thought, word and deed, and cleanse, O Lord, my humble soul from all defilement of flesh and spirit. And grant me, O Lord, to pass the sleep of this night in peace, that when I rise from my bed I may please Thy most holy Name all the days of my life and conquer my flesh and the fleshless foes that war with me. And deliver me, O Lord, from vain and frivolous thoughts, and from evil desires which defile me. For Thine is the kingdom, the power and the glory of the Father, Son and Holy Spirit, now and ever, and to the ages of ages. Amen.

Creating Our Own *Invisible Church*

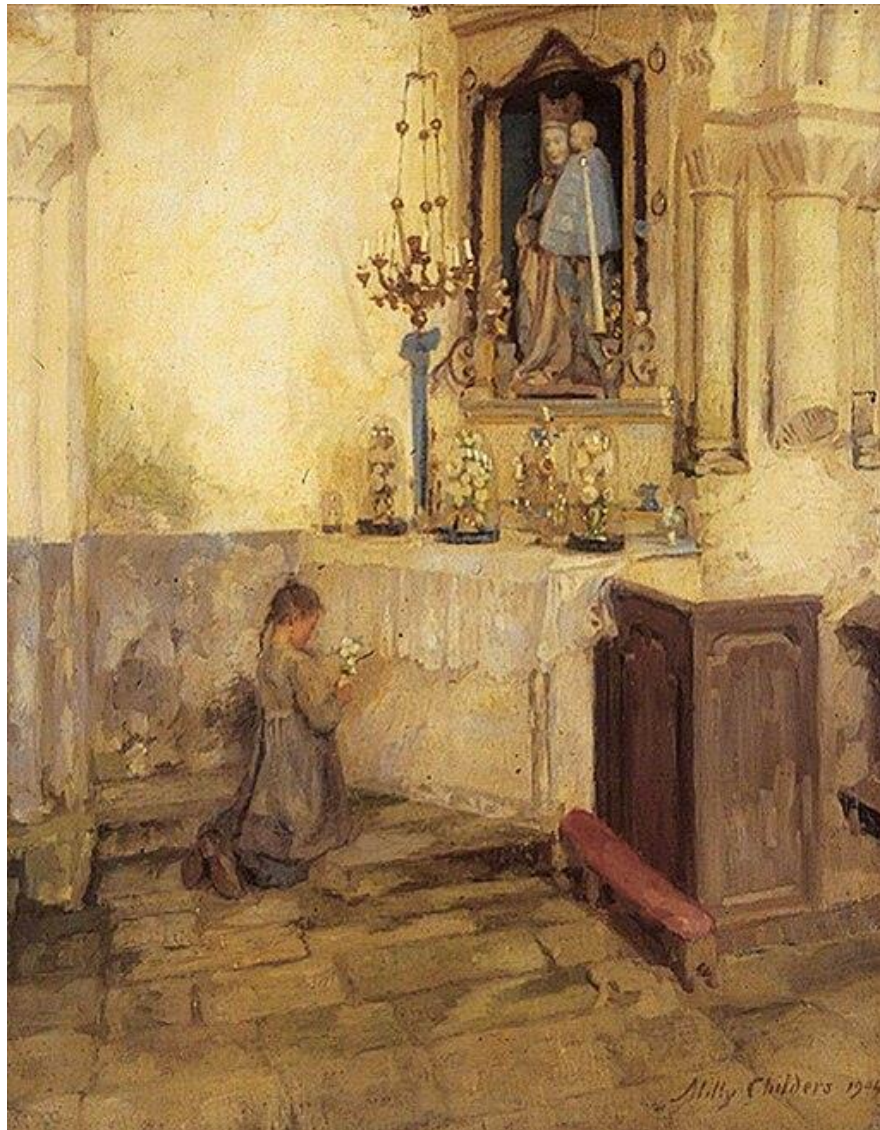
As aspirants of any Rosicrucian Order, it is essential that we have a walk with God in which we have accepted Christ, are grateful and positive about everything we are and have in our lives, and we treat others with justice, kindness, and humility. Then as Max Heindel describes, through the continued efforts of all of our prayers, meditations, hymns sung to God, and the loving thoughts of God that we experience in our daily life we will slowly over time build our own *invisible church*.



The first step is to use meditation to silence our minds, then we can bring a picture into our mind of the living temple that we wish to create. Slowly over time the picture in our mind will become saturated with our being and in return we will become saturated with the substance from the picture in our mind. When we have truly quieted our mind and can fully concentrate on our mental picture the more, we become saturated by the picture or take it in within ourselves as if “*penetrated with being, like an angel*”.

Then our picture begins to come to life with us and as we become further sanctified for the glory of God by our prayers (talk with God), reading of the scriptures (listening to God), and songs of praise our meditation which will bring down the spirit of God upon our bodies and the area around us which over time will become our own “*invisible church*” which will make our most beautiful houses of worship pale in comparison.

Ultimately, Max Heindel states that our invisible church is an “*invisible force field of spiritual light that comes from the Spirit within and makes miracles possible*.” And as John Calvin, who first wrote about the Invisible Church, so eloquently stated: “*We must make the invisible kingdom visible in our midst*.”



My Prayer to Build a Living Church Within Ourselves

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

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

MEDITATION

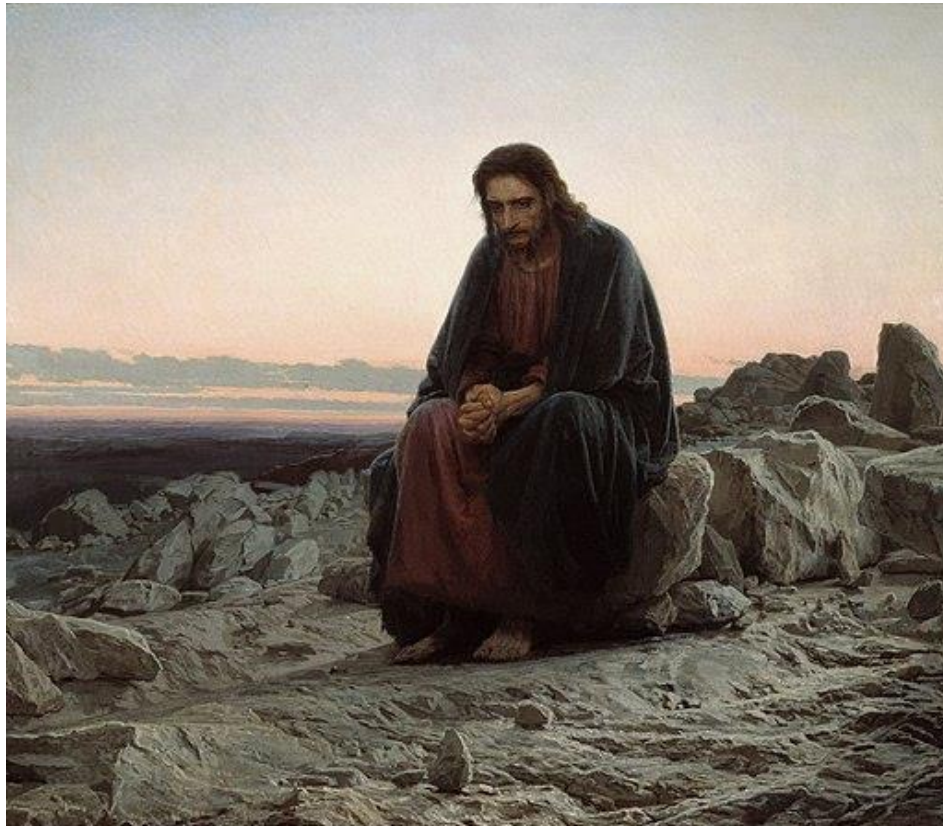
“Meditation brings wisdom; lack of meditation leaves ignorance. Know well what leads you forward and what holds you back, and choose the path that leads to wisdom.”

- Gautama Buddha

My Prayer for Meditation

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

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



Meditation: *What is Your Relationship with God?*

As Rosicrucians it is important that we spend time considering our sense of identity. We cannot argue that we belong to God, yet does God not belong to us also, is it possible that we can hope for a “*mutual possession*”? Even though we as humans strive for independence, we ultimately are completely dependent upon God. In order to grow, we must submit to God and His authority. In George Herbert’s poem, *Clasping of Hands*, notice the use of the words *mine* and *thine* as a way to distinguish between Divine and human and how it represents an “*invocation of the power of Christ's love to minimize that distance [between self and Lord]*”. So, while clasping hands can represent friendship, the bond of handshake, it can also represent prayer. While in a greater depth of symbolism it “*represent a betrothal handfast between the Divine Lover and the speaker's feminine soul.*” For it is only in our relationship with God that we can find our true identity.

Therefore, let us take some time to meditate on words of George Herbert:

Clasping of Hands

by George Herbert

Lord, thou art mine, and I am thine,
If mine I am: and thine much more,
Then I or ought, or can be mine.
Yet to be thine, doth me restore;
So that again I now am mine,
And with advantage mine the more:
Since this being mine, brings with it thine,
And thou with me dost thee restore.
 If I without thee would be mine,
 I neither should be mine nor thine.

Lord, I am thine, and thou art mine:
So mine thou art, that something more
I may presume thee mine, then thine.
For thou didst suffer to restore
Not thee, but me, and to be mine:
And with advantage mine the more,
Since thou in death wast none of thine,
Yet then as mine didst me restore.
 O be mine still! still make me thine!
 Or rather make no Thine and Mine!

My Prayer After Meditation

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

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

Meditation: *The Call* by George Herbert

A poem written by George Herbert, an Anglican priest who was considered to be within the group of “*metaphysical poets*”. It is a poem that in which we are being called by the “*Spirit of Life*” so that we can find truth, strength, love, and joy that God will provide us with. All that is asked of us is that we come!

Consider meditating on what it means to “*come unto the Father*”

Jesus saith unto him, I am the way, the truth, and the life: no man cometh unto the Father, but by me. (John 14:6 KJV).

*Come, my way, my truth, my life:
such a way as gives us breath,
such a truth as ends all strife,
such a life as killeth death.*

*Come, my light, my feast, my strength:
such a light as shows a feast,
such a feast as mends in length,
such a strength as makes a guest.*

*Come, my joy, my love, my heart:
such a joy as none can move,
such a love as none can part,
such a heart as joys in love.*

The Chambered Nautilus

By Oliver Wendell Holmes

*This is the ship of pearl, which, poets feign,
Sails the unshadowed main, —
The venturous bark that flings
On the sweet summer wind its purpled wings
In gulfs enchanted, where the Siren sings,
And coral reefs lie bare,
Where the cold sea-maids rise to sun their streaming hair.*

*Its webs of living gauze no more unfurl;
Wrecked is the ship of pearl!
And every chambered cell,
Where its dim dreaming life was wont to dwell,
As the frail tenant shaped his growing shell,
Before thee lies revealed, —
Its irised ceiling rent, its sunless crypt unsealed!*

*Year after year beheld the silent toil
That spread his lustrous coil;
Still, as the spiral grew,
He left the past year's dwelling for the new,
Stole with soft step its shining archway through,
Built up its idle door,
Stretched in his last-found home, and knew the old no more.*

*Thanks for the heavenly message brought by thee,
Child of the wandering sea,
Cast from her lap, forlorn!
From thy dead lips a clearer note is born
Than ever Triton blew from wreathèd horn!
While on mine ear it rings,
Through the deep caves of thought I hear a voice that sings: —*

*Build thee more stately mansions, O my soul,
As the swift seasons roll!
Leave thy low-vaulted past!
Let each new temple, nobler than the last,
Shut thee from heaven with a dome more vast,
Till thou at length art free,
Leaving thine outgrown shell by life's unresting sea!*

Choose a section of the poem to meditate on the idea that we are constantly progressing in our spiritual lives by building and improving the vehicles of our being just as the Nautilus gradually builds it “*spiral shell in chambered sections.*”

Real Prayer Petitions

When we petition God in pray, we should *not* simply ask God to give us things or answer our questions. He expects us to make an effort and try to resolve things on our own. Then we can come to Him and he will help us by providing hints to help us get “*unstuck*” and continue to work forward on our own initiative. Therefore, our petitions for prayer should always be prayers for direction.

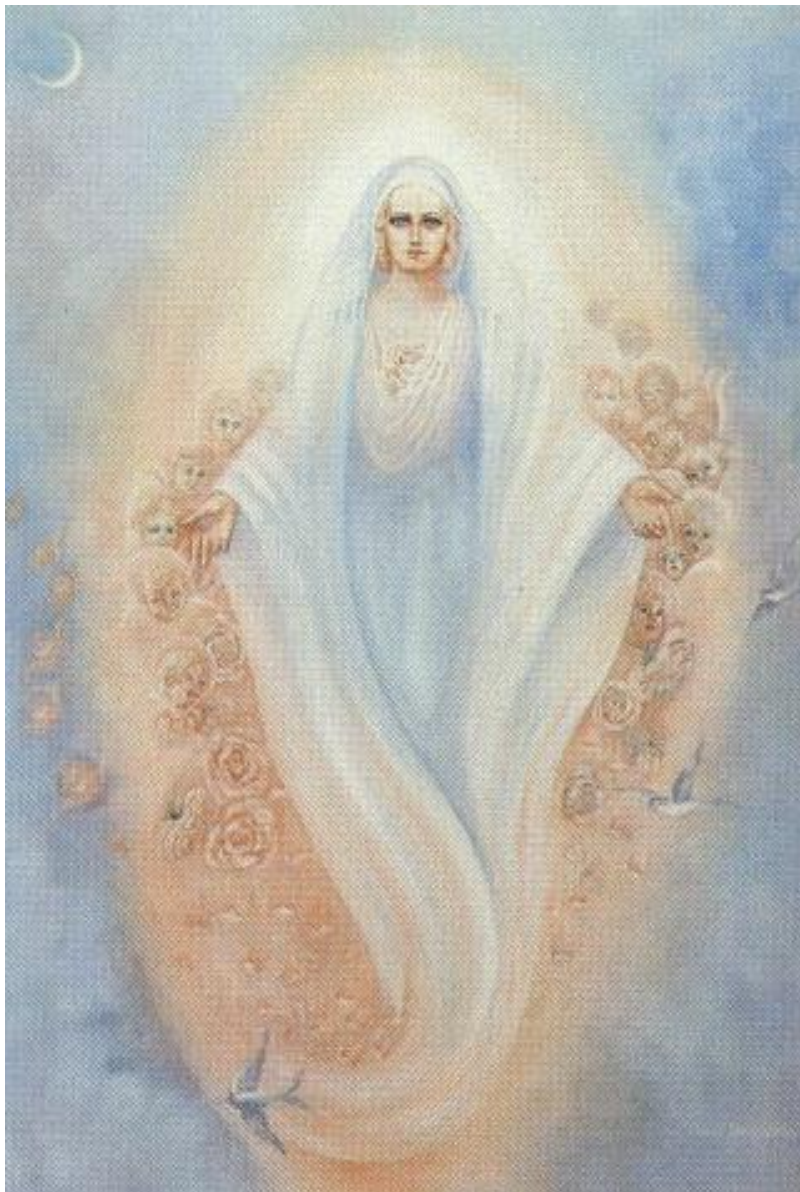


My Pray for Directions

Elder Brother of Wisdom and teacher of my inner self help me in my search for truth and guide my way so that I am always searching in the right direction. As the teacher of my soul, I never expect You to teach me Your divine truths directly nor will I ask You any questions regarding my quest for inner knowledge. Previously I came to you in prayer to simply solve my problems for me, however from this point forward my petitions will only be for hints regarding the directions I need to solve my problems by using my own faculties. For You have helped me to understand that the truth we discover by ourselves from within will have the greatest value to our spiritual advancement and will us move us closer together so You can finish building Your kingdom within me. Amen. - (GEC)



Healing, Purification, and Protection Prayers



The Invisible Helper by Mary Hanscom 1937

Note: All prayers entitled “*My Prayer ...*” were written by *G. E. Carlin*

The Invisible Helpers

By Ella Wheeler Wilcox

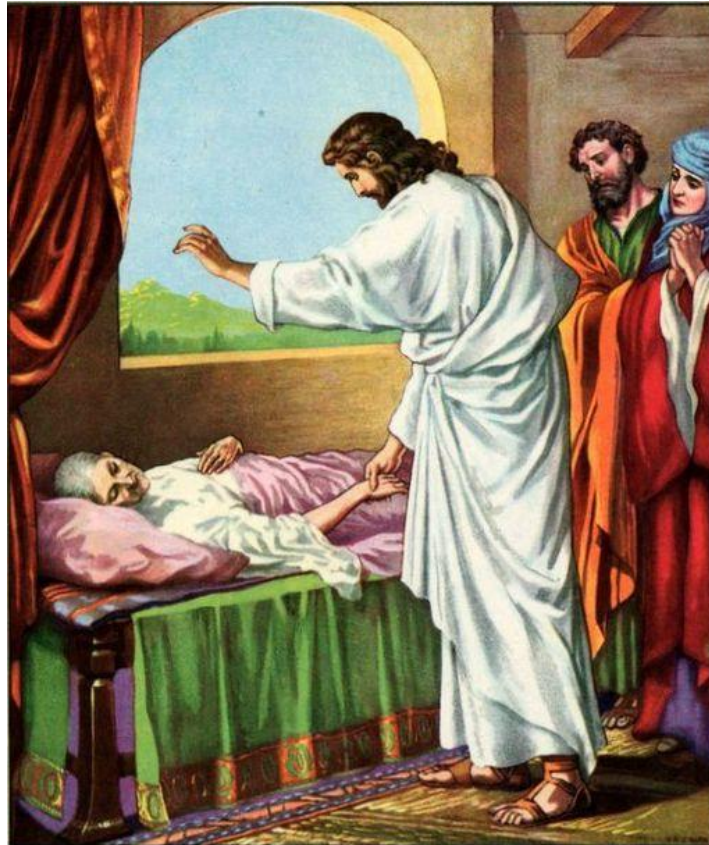
*There are, there are
Invisible Great Helpers of the race.
Across unatlased continents of space,
From star to star.
In answer to some soul's imperious need,
They speed, they speed.*

*When the earth-loving young are forced to stand
Upon the border of the Unknown Land,
They come, they come - those angels who have trod
The altitudes of God,
And to the trembling heart
Their strength impart.
Have you not seen the delicate young maid,
Filled with the joy of life in her fair dawn,
Look in the face of death, all unafraid,
And smilingly pass on?*

*This is not human strength; not even faith
Has such large confidence in such an hour.
It is a power
Supplied by beings who have conquered death.
Floating from sphere to sphere
They hover near
The souls that need the courage they can give.*

*This is no vision of a dreamer's mind.
Though we are blind
They live, they live,
Filling all space -
Invisible Great Helpers of the race.*

Preparing Yourself to be a Healer



Max Heindel writes that there are three factors in the consideration of healing, the power of God, who acts through the healer, and the patient with an obedient mind. Let us start with the factor that we have the greatest control over, ourselves as a *healer*.

As a healer we are like a wire in a simple circuit where God is the battery (power source) and we as the healer are the wire that will carry the current (God's power) to the one who is ill and when the power of God travels through the wire (healer) it reaches the light bulb (patient) which will now illuminate signaling its cure. In this simple analogy, the healer as Max Heindel states is "*the vehicle through which the power is infused into the patient's body*", so it essential as healers we are *not* just carriers of God's power but we work to **direct** and **focus** it. However, before anyone can act as healer, they first must be a "**proper instrument**" that has worked to purify itself so in now is "*in tune with the infinite*".

Purification will be a lifelong process for us as spiritually developing humans. However, we do *not* need to reach a specific level of purity before we can work towards the healing of others. We just need to be making a sincere effort with ourselves and God sorts out the rest. So, let us start with a prayer we can use for our purification.



My Prayer for Purification

My Merciful Savior, in my effort to receive your help I am earnestly and persistently working to improve myself by purifying my vehicles from my binding desires. Through the purification of my emotions and worldly desires of temporal things I am working to form a blessed union with You, my Lord. With proper prayer that does not cease, I am working on developing control of my vital body so that in a state of purification I may lift myself up to meet you face to face as Elijah met you with my entire soul pouring itself out through my eyes in complete adoration of You. Then you shall see my blood cleansed from passion and the purity of my heart and larynx so that I will always speak Your Creative Word. As it is only through Your cleansed blood that we are able to collect purer desire-stuff so our desire bodies may grow, become brighter, and activate their sense centers so that we may spiritually advance and become helpers that are able to work from the inner Worlds and comfort and assist our fellow man. Amen.

-(GEC) Based on the Rosicrucian Cosmo-Conception

Before we can heal anyone else, we must first start by healing ourselves. By healing ourselves we are further purifying ourselves. If we are a faulty wire ourselves then how can we expect to fully carry, direct, and focus God's infinite power to those in need? Hence, the proverb:

*And he said unto them, Ye will surely say unto me this proverb, **Physician, heal thyself:** (Luke 4:23 KJV)*

Thus, a short prayer to ask for your healing:

My Prayer for Self-Healing

Jesus, Great Physician of the World, ignite your invisible fire within me so as to purify my body from the conditions I have brought upon myself by breaking the laws of Nature. All diseases within my body are the effects of your invisible fire which strives to break up the crystalized conditions that have developed in my body and require your purification. My disease is a result of my sin of ignorance and I require your divine knowledge and wisdom to attain my health. As your humble servant, I ask that you fill me with high ideals so I can best learn to conform to your laws which govern the entire universe and allow us to attain permanent health now as well in future lives. Amen

- (GEC) Based on *Occult Principles of Health and Healing*, p. 55

It is through our work on ourselves, our purification and prayers, that we may become “suitable instruments” for God’s healing work. God’s healing force is latent all around us and we need to make certain that we are sufficiently cleansed so that we are deemed worthy to be filled with it and capable of sending it out. Here is a Prayer to Make Your Body a Suitable Instrument.

My Prayer to Make Your Body a Suitable Instrument

O Holy and Healing Father, I wish to answer your call that we heal others by liberating your divine healing forces and focus them in one direction so they might be used to aid the Elder Brothers in their mission to alleviate the pain and suffering of those who are sick and diseased. I am aware that in order to support the work of the Elder Brothers I must start by purifying my body and mind through clean living so I am capable of sending out a pure and strong healing force through my concentration and prayer. Help me to cleanse my vessel so that I may join the others in fellowship so I too can add my beneficial thoughts of help and healing in the service of humanity. Amen.

- (GEC) Based on *The Healing Service*, Max Heindel



Prayer on Entering a Church St. Francis Of Assisi

“We adore You, most holy Lord Jesus Christ, here, and in all Your churches throughout the world, and we bless You, because by Your holy Cross, You have redeemed the world. Amen.”

Hyssop: *Bridging the Old Self to the New Self*

Purge me with hyssop, and I shall be clean: wash me, and I shall be whiter than snow. (Psalm 51:7 KJV)

The common herb, hyssop is a significant symbol in the Bible as it beautifully connects the Old Testament to the New Testament. As we find it was used to physically and spiritually purify and cleanse our bodies homes. In early times, people took ritual baths with hyssop to cleanse them of their sins, those affected with diseases such of leprosy were required to be cleansed with hyssop before being allowed to rejoin their people, sacrificial animals and their blood were purified with hyssop, and even King David requested to be purged with hyssop so he could be made clean again from his sins before God.

Then perhaps in the most symbolic gesture, God specifically asked His people to use the hyssop plant to paint their door frames with lambs' blood so as not to occur His judgement meant only for the Egyptians. The painting of the lambs' blood with the hyssop sets God's people apart from the Egyptians, signifying the truth of their sacredness, cleanliness, and purity and the compassion He provides to save and make His people whole. For this makes hyssop one of the Bible's most powerful but often overlooked symbols of hope and the grace of God.



While in the New Testament, Christ's words of "*I thirst*" from the cross are referring to His mission to provide salvation for humanity. And in response the Roman soldiers placed a sponge soaked in sour wine (vinegar) on the end of the hyssop plant branch and then place it upon the lips of Jesus for Him to drink. Note as Emanuel Swedenborg explains, it is vinegar and not wine (blood of Christ), as the vinegar or spoiled wine signifies "*mixed understandings*" or a "*truth mingled with falsities*" that would come from those who would try to preach His message and even the future church.

Yet, the hyssop branches that held the vinegar-soaked sponge would offer purification of the mixed understandings moving it to the divine truth. Ultimately, this act of providing vinegar on a hyssop branch to Jesus fulfils his desire for us to spread the Gospel even if we don't have a perfect understanding of the Bible's teachings on salvation through Christ as our words become purified as we are speaking these words from a heart that seeks to offer our loving service to God.

Therefore, as Rosicrucians, hyssop not only represents a bridge between the Old Testament and the New Testament it represents the bridge between our Old Self and our New Self. And the only way for us to cross this bridge into our new Higher Self is through purification in which devote ourselves to the cultivation of higher ideals, listening to our conscience and intuition, the practices of concentration and retrospection, continuous prayer, and providing loving service at every opportunity. Therefore, use the symbol of hyssop in your daily meditations to purify yourself, set yourself apart, and move closer to Christ!

My Prayer for Ritual Purification

O Christ, my Source of Eternal Salvation, cleanse and purify my heart and mind by sprinkling hyssop water upon me so that I will have a new heart of Your flesh with a new steadfast spirit. Forgive me for the wrongs I have committed and the lapses in my daily efforts to purify my body and soul and have the mercy to acknowledge my repentance and my sincere willingness to now serve faithfully in your name. With the hyssop in Your hands brush over me with Your blood so that my mind holds no idols or impure thoughts as You are my only God and I wish you to deeply cleanse me so that I can be restored and renewed. Let me always remember Your blood covenants from the first Passover to Your crucifixion and how they opened our eyes to the essence of our vital spiritual purification through Your reoccurring symbol of the hyssop plant. For in Your wisdom, you have given us this common herb to aid us on the Path of Preparation as a connecting bridge required to refine and sanctify our souls by extracting our impurities so we may be One in Your divinity. Therefore, fully enlighten my mind with the spiritual value of Your floral purifier, the holy herb hyssop, in bringing about atonement and salvation so we can do Your work in our Higher Body. Amen.

-(GEC) Based on Exodus 12:22, Leviticus 14:4-6, Numbers 19:18, and Psalm 51:7

Next Step in Becoming a Healer

Max Heindel explains that we all exist in a physical environment that is surrounded by the latent force of God's healing energy that *everyone* has access to. However, to make an analogy let us consider the electricity in our homes, we have electrical outlets all throughout our homes yet in order for anyone to access this electricity we need a plug to insert into the outlet. In a simple sense, we need to be able to plug into our surrounding environment so we can now take in God's healing force. Here is an example of my prayer to in which we ask God to grant us this access:



My Prayer for Healing Force

God, the Great Physician of the Universe, through my concentration and prayers I am humbly requesting that you show me the way by which to absorb and collect your divine healing force that is graciously present in all parts of the earth. Allow me within myself to transform your latent healing force into an active state so that I can focus and direct your healing force in the service of others. Grant me your blessing to be a simple vehicle that aids in the transmission of your healing force which is ultimately manifested through the Master, Jesus Christ so it may be used by the Invisible Helpers to raise the vibration rate of those who are sick so that they may eliminate the poison of the disease within their systems and rebuild every affected cell, tissue, and organ so that the whole body is made new. Amen

- (GEC) Based *How the Rosicrucians Heal the Sick*, Max Heindel

Then as discussed previously, it's not only about receiving the healing power of God as a healer you must also be able to "*focus*" and "*direct*" it in order for it be used in a healing effort. So, in another analogy you are like a rechargeable battery that God provides the energy for you to be fully charged with healing power. But as a fully, charged battery you are of no use unless you are specifically put into the device you want to make use of (in this case, healing). Therefore, as Max Heindel states you must become a "*Channel of the Healing Force*" and here is my sample prayer for that end.

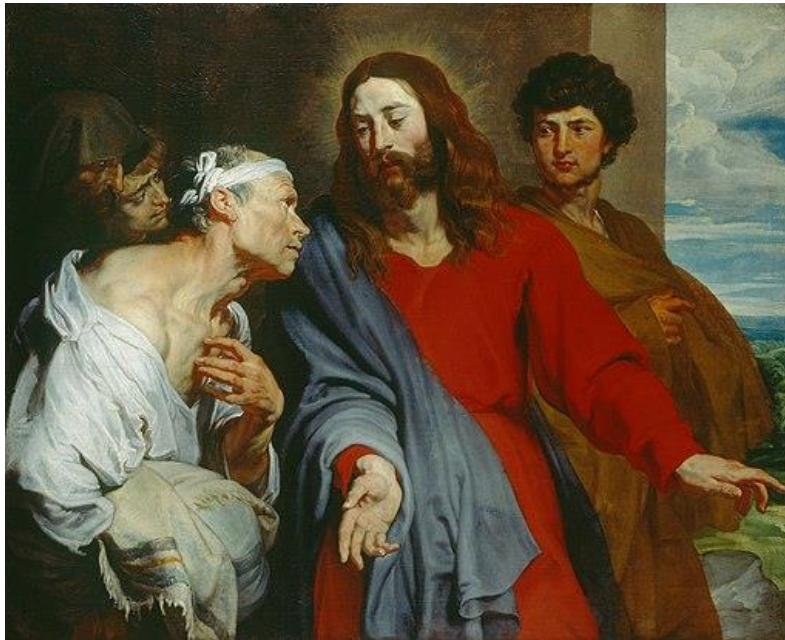


My Prayer to be a Channel of the Healing Force

In the midst of my Beloved, Christ the King, I offer myself to be a channel to receive and release the healing force that was provided by the Father. Through proper concentration and my earnestness of prayers may my aura form a channel as a vortex, that reaches into the heavens so that it may allow me to be attuned to the Christ vibration of the interplanetary world of Spirit. And through my intense feelings of my prayer, allow me to draw down the divine power of you my God, the angels, and all the saints in heaven so it will travel down through the vortex into myself and ensoul my thought forms of healing so the healing forces within me may be liberated and become available to the Elder Brothers in their nightly healing crusades. Remembering always "Not my will but Thine be done." Amen

- (GEC) Based on *The Healing Service*, Max Heindel

Then as healer you need to help the ones you will heal to understand what disease is, why it occurs, and their responsibility to conform to the *Laws of Nature*. Max Heindel makes it extremely clear that healing is not a passive activity, the ones you heal must have an active role in the process and they must continue in their responsibilities or the healing will not be permanent. While he further states that it is important to remember that we are only the vehicle in this process – all healing comes from God and God only and *"Not my will but Thine be done."*



My Prayer for My Fellow Man's Healing

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

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

Requesting a *Spiritual Panacea* in Healing

As Max Heindel teaches, there are also times, especially in long term and disabling diseases, when the patient refuses to cooperate with us as their healer. They claim they wished to be healed but they will not let go of their suffering or the beliefs that they can and should be healed. They have become their illness and have locked themselves into their own thoughts of being a “*sick person*”. Their minds are frozen and trapped in fear and guilt and the longer their minds remain there the stronger the impasse becomes. Therefore, we must call upon Christ to provide His divine impulse, a spiritual panacea, so that the Ego will release its grip on these beliefs and their bodies can then begin to heal themselves. Here is my sample prayer for Christ’s Spiritual Panacea:



My Prayer for Christ’s Spiritual Panacea

O Mighty and Compassionate Christ, we beseech you to bring your spiritual panacea to those who have suffered with prolonged disease and debilitating disease in which their Ego refuses to let go of the suffering and prevents the recovery of their body’s cells and tissues. In this state of mental inaction their bodies require a special impulse, your spiritual panacea, to activate the cell’s life functions once again. Just as You released all fears on the hill of Golgotha so humanity could move forward on the path of peace and good will, your healing panacea has the ability to infuse each cell with a rhythm that awakens the imprisoned Ego and gives one back their life and health. By the mercy of your spiritual panacea, those who suffer to the greatest extent can return to harmony and become whole again in your divine love. Amen

- (GEC) Based on *Occult Principles of Health and Healing*, p. 109-110

Once a person with a long-term or disabling disease begins to receive some relief from the spiritual panacea their attitude towards their need for suffering usually changes. They are now ready to understand the cause of their disease and how they must change so their healing can become permanent. Here is my sample prayer they can use to ensure their lasting health.

My Prayer for Lasting Health

O kind and compassionate Master Healer, Christ Jesus, I know that my disease is a result of my actions in this lifetime or a previous lifetime that violated the Laws of Nature. I know that even if I am ignorant of my past or present actions, I am still accountable. Therefore, I beseech you to help me understand the principles of Nature's Laws and how I can establish and maintain the daily habits that will conform with these laws so that I may regain and retain my health and the gracious healing you have provided me with may be permanent. I am here to be your obedient servant and I will renounce all the wrong habits that cause disease. Amen

- (GEC) Based on *How the Rosicrucians Heal the Sick*, Max Heindel



Mt. Ecclesia Chapel Afternoon Prayer

Tonight, while my body is peacefully resting in sleep, may I be found faithfully working in the vineyard of Christ.

- OR -

Tonight, while our physical bodies are peacefully resting in sleep, may we as Invisible Helpers be found faithfully working in the vineyards of Christ.

Preparation for Healing Service or Day of Intercessory Prayer

Each week when the Moon is in a Cardinal sign (*Aries, Cancer, Libra and Capricorn*) students of the Rosicrucian Fellowship participate in a *Healing Service*. The healing of others is something that we as Rosicrucians believe Christ has commanded us to do. Therefore, we must make ourselves ready to this work. Max Heindel writes about the constant battle between our dense and vital bodies and the major factor that contributes to removing the destructive toxins that are produced from our daily activities so our vital bodies can repair the damage and restore the rhythm of the body is the “*recuperative power of sleep*”. As healer, it will be especially important that the *night before* a Healing Service or a dedicated day of intercessory prayer for the health of others that our own bodies are at their optimum level of health so at the designated time we can best “*generate thoughts of purity, strength, and helpfulness and trust in God in spite of all discouragements*” and then concentrate on *Health and Divine Love*. Here is my example of a prayer that you might use for the Recuperative Power of Sleep:



My Prayer for the Recuperative Power of Sleep

Dear Lord, I know that all my thoughts and movements throughout the day break down and destroy my dense vehicle. It is only because you allow my vital body to build back up what has been torn down that harmony can be restored within me each day. By your grace my body is able to eliminate the poisons from the tissue that was destroyed as a result of my daily physical activities, impulses, and thoughts so that my vital body can then use the chemical ether as a medium to repair and rebuild my dense body in my sleep. In your perfect design, our lower vehicles enter into a state of sleep, to allow the Ego to take the mind and desire body into the harmonious vibrations of the Desire World in order to be restored while strengthening the higher vehicles. This divine plan renews the vital body sufficiently so it can then rebuild our dense body and suspend any additional waste production. It is only by the power of the recuperative sleep you bring to us that we restore the rhythm of my body can and thereby preserve our health so we might best serve your will. Amen

– (GEC) Based on *Rosicrucian Cosmo-Conception*, p. 92-94

In order to heal others, it is essential that we suspend all *doubt* and *disbelief* that healing will occur for others. Therefore, prior to concentrating on healing and divine love we should confirm that we are completely confident in the Lord and His abilities. *Psalm 139:23-24* provides us with just such a prayer. Notice it is only 31 words. These 31 words represent the condensation of millions of thoughts, feelings, emotions, words of petition so as to produce a short, highly charged prayer. It is so highly charged that you should think of it as the battery of a race car being placed into a small toy car. And you are going to place this super charged prayer into your mind and the only reason your mind can handle such extreme power is your faith and that you have worked diligently to purify and spiritually build yourself.

Prayer to Relieve Disbelief

*Search me, O God, and know my heart: try me, and know my thoughts:
And see if there be any wicked way in me, and lead me in the way everlasting.*

(Psalm 139:23-24 KJV)

Next, in order to heal others, you will need to be able to quickly *center* yourself so you can then *concentrate* on Health and Divine Love. In terms of centering yourself quickly or becoming silent, Annie Rix Militz recommends using the opening from *Psalm 103*. However, it is not simply the words “*but through*

realizing their meaning” you will find your center. Praising God is the act of centering yourself which provides the “*poise, peace, and power*” to put you into the right frame of concentration. These 16 words of praise also put forth a condensed, supercharged payer that once taken into your mind will touch all that is within you including your “soul consciousness”.

Prayer to Center Yourself Quickly

“Bless the Lord, O my soul; and all that is within me, bless his holy name.”
(Psalm 103:1 KJV)

Now with complete confidence and having centered yourself you should now acknowledge the work you will doing to God, the creator and giver of all healing forces.

My Prayer Before Concentration of Divine Love & Healing

O Great and Wonderful Creator of the Universe, as your humble servant you have charged me with the task of healing others in your name. Therefore, I now stand ready to honor those words and further glorify your name. I have no fear as all doubt and disbelief has been suspended from my mind and I firmly believe that there is nothing outside of your divine power. I know I am but a single coal but at the given time I will concentrate my thoughts on Divine Love and Healing so that they then may be focused and directed to the Elder brothers of the Rosicrucian Order to aid in their healing work for humanity. (if prior to a Healing Service you can add: Then with the combined efforts of all my brothers, may our burning coals be kindled together into a greater source of heat and light to receive and liberate your healing force for our fellow man in their times of need.) Amen

- (GEC) Based on *The Healing Service*, Max Heindel



First Step on Our Path to Spiritual Healing

Frieda Mader in her article, *Nine Steps to Spiritual Healing* (*Rays of the Rose Cross*, Sept/Oct 1995) identifies (1) Purity, (2) Cooperation, (3) Fidelity, (4) Forgiveness, (5) Harmony, (6) Living Artistically, (8) Fulfilling Conditions, and (9) Gratitude as the Nine Steps required on our path to healing.

In the Rosicrucian view of illness, it is our sins or separating ourselves from God that leads to illness. Sometimes it is our pride, criticism or judgement of others, selfishness or other transgressions that lead to sickness and disease. Ultimately, we have disobeyed the *Laws of Nature* and we suffer until we have learned to be obedient and live a life in which we follow the *Laws of Nature* without sin so that our health will be restored.

In spiritual healing, the primary focus is to raise the vibrations of the vehicles so that all the crystallization within the bodies that was produced by disease and sickness can be broken up. As this in turn, will free each of the vehicles to now properly perform their functions so the person may be brought back into harmony and wholeness. In order to raise the vibration of our bodies we may do so by (1) ourselves through our intense concentration and prayers in which we bring down the divine power from the interplanetary world of Life Spirit which within us provides a tremendous healing force, or (2) we may be assisted by the *Invisible Helpers* who utilize a source of concentrated healing forces to remove the disease and its poison from us and stimulate our bodies to entirely rebuild themselves over time, or (3) we ourselves may act as spiritual healers for others so that we may provide a channel for Christ's healing forces to those in need.

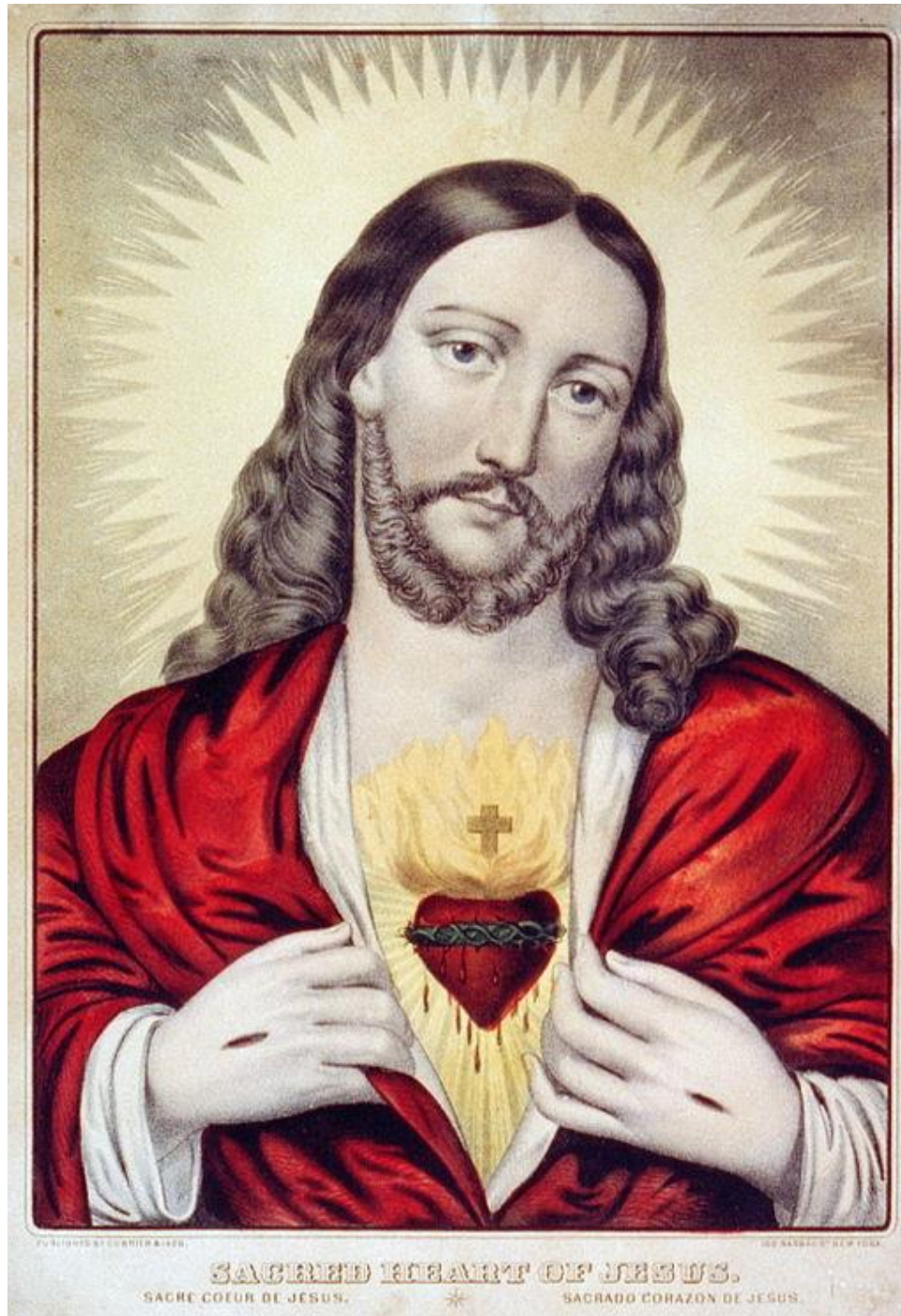
First Step on Our Path to Spiritual Healing

Purity of the Heart

If you want to be spiritually healed you must start by reflecting upon how you are living your life so you can make the needed changes so that you are now conforming to the natural laws of purity. Therefore, at the most *basic* level you will need to consider the purity of your air, food, thinking, and way of life, obtaining adequate rest, and establishing a connection with nature. In some cases, we have allowed many negative health factors such as eating processed foods or excessive sugar, lustful thoughts, gossiping, lying, etc. to become habits in our lives that we need to eliminate if we wish to purify ourselves. By eliminating negative habits and replacing them with new positive habits that we build into our daily life we can not only be spiritually healed but we will also retain our health overtime and not revert back to our illness due to not observing the Laws of Nature of purity. It is important to understand that only a purified or chaste vehicle will be able to withstand the increased vibratory energy that a healing force delivers.

Yet, in spiritual purification we often work on purifying our behaviors without having a *pure heart*. The only way to really have a pure life is to have a pure heart and that only comes with God's help – something we need to ask for! Being pure in heart means that we are focused entirely on one thing and that is complete

devotion to Christ. Every action and thought demonstrates our single-minded devotion to Christ. Therefore, the purity of our heart is a result of our devotion to a *life of love* for God and our fellow man.



Psalm 51: *Prayer for a Pure Heart*

Create in me a clean heart, O God; and renew a right spirit within me. Cast me not away from thy presence; and take not thy holy spirit from me. Restore unto me the joy of thy salvation; and uphold me with thy free spirit. (Psalm 51:10-12 KJV)

My Prayer for the Purification of the Heart

Faithful and Everlasting Father, Source of Our Purification, help me to guard my heart so that it is only directed to my devotion upon You, my Lord. I seek only to attune my inner being with Your divine will and experience Your goodness. By clearing out any grievances, feelings of self-righteousness, judgmental attitudes, selfishness or any other impurities from within the chambers of my heart I am able to free greater space for Your love to be collected and distributed throughout my body. Therefore, fill me with the courage I require to accept the complete transformation of my life that comes from allowing the divine love from within myself to banish my fears and worries, and create new habits that promote kindness, compassion, and empathy so that I can always be ready to offer forgiveness. Set my moral compass on a blameless path so that it shows me how to live a life of integrity even when it is the more difficult path. For then I can see the innocence and beauty in all of Your creations as well open myself to trusting in their divine essence so that I can connect to all through mutual respect and love. Lord, touch my heart so I may be obedient to Your truth and so that I might understand the power of my purified heart to heal and make myself and others whole again so that we might live again in harmony. I understand that I am here to develop the fruits of the Spirit and offer my selfless service so that I can help to uplift others as well as form the connection between my heart, mind, and soul so that my intuition and conscious can direct me in my highest purpose to bring as much as possible love into the world. Therefore, my Lord, purify my heart so I can now bring to light those things in myself and others who are suffering that have been hidden or denied and rebel against Your will so that they may be addressed and we may start the process of healing. Amen.

- (GEC) Based on Psalm 51, 1 Peter 1:22-23, and Galatians 5:22-23



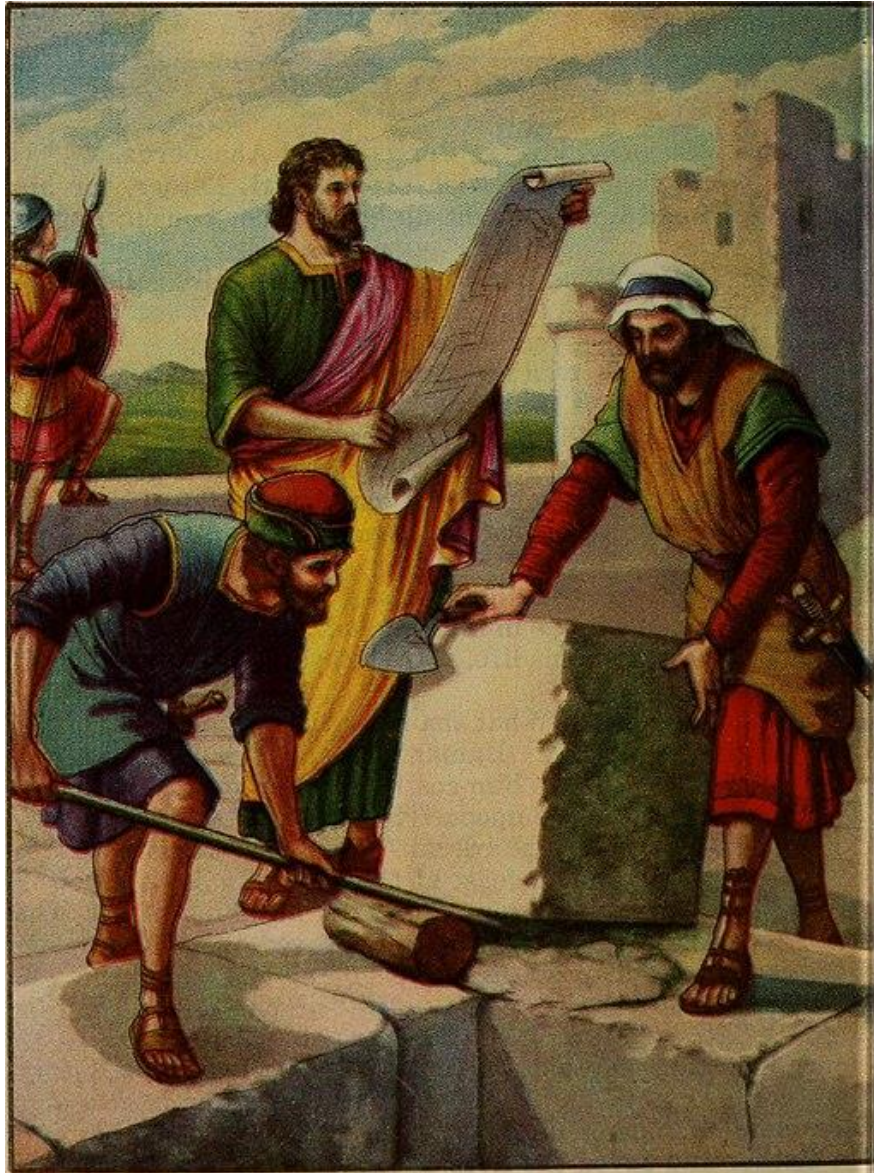
“Whether we know it or not, whenever we turn in prayer to those sides of life where we seek God, the feelings, thoughts, and impressions accompanying us are permeated by a sense of eternity. It dwells consciously or unconsciously in every true prayer like some divine sweetness and aroma.”

- Rudolf Steiner, *Prayer* GA 59

Second Step on Our Path to Spiritual Healing

Cooperation

Two are better than one; because they have a good reward for their labour. For if they fall, the one will lift up his fellow: but woe to him that is alone when he falleth; for he hath not another to help him up. Again, if two lie together, then they have heat: but how can one be warm alone? And if one prevail against him, two shall withstand him; and a threefold cord is not quickly broken.
(Ecclesiastes 4:9-12 KJV)



The healing process is not simply asking to be healed and it will be automatically done, it also requires our participation otherwise it would be a selfish one-sided affair. In order to be healed we must cooperate with the healing force which means there are things we should do to derive the greatest benefit from the healing force as there are also things, we should not do which would negate the

healing force. Ideally, we need to live a life that best imitates Christ in which we keep our actions, thoughts, and emotions elevated and our heart pure. To do this we need to control our anger, hatred, greed, and feelings of revenge and pride and stop acting deceitful, intolerant, critical, and ungrateful. In addition, we will be asked to perform certain activities as part of the healing process and these things must be done or the healing will not occur. For example, in order to be healed Naaman was told to jump into the River Jordan seven times and his skin disease would be healed.

When we speak of cooperation with God it is important to remember that God does not need our cooperation, He only wants it and he will reveal to us what he desires from us in terms of our cooperation from our service. For example, we see in the Old Testament that God wanted Moses' cooperation in building a Tabernacle and He gave him exact specifications of what He wanted built. The same is true for all of God's followers in their cooperation, He has given us everything we need for all service and our only responsibility is to work with and develop what he has given to us. For instance, the healing force that is used in the healing of ourselves and others all comes from God and already exists in a latent form all around us. Therefore, our work is to collect and use this healing force in our healing practices as God desires for us to be healthy and whole and to then act as a channel to direct the healing force to others in need.

My Prayer for Cooperation in Healing

Almighty God, Initiator of My Cooperation, help me to work in harmony and unity so that I can act in accordance to Your divine plan. I only desire to sow the seeds You have given us so I can cooperate with what You have already accomplished. I know that I must work towards a state of purity and cooperate with Your healing force to keep my finer vehicles from becoming obstructed so that I can always live in a state of health. Whatever You ask of me in my healing I will not question You, nor should I if I accept the healing efforts of the Invisible Helpers or other spiritual healers acting in Your name. You have blessed us with everything we need to heal ourselves and become whole by placing Your latent healing force all about us. In addition, You have given us the gift of the Holy Spirit so that through cooperation we can work towards our ability to effectively utilize Your healing force. Therefore, I need You to show me Your will so I can cooperatively work for You so that the natural and supernatural can unite and by faith I can liberate and direct Your healing energies to myself and others who are suffering. Come within my God and speak to me as the Initiator and command me so I know in what ways I can cooperate and carry out Your plans and faithfully serve as one of Your healing vessels. Amen. - (GEC)

“If the only prayer you ever say in your entire life is thank you, it will be enough.”

- Meister Eckhart

Third Step on Our Path to Spiritual Healing

Fidelity

Know therefore that the Lord thy God, he is God, the faithful God, which keepeth covenant and mercy with them that love him and keep his commandments to a thousand generations; (Deuteronomy 7:9 KJV)

Fidelity is best understood in the nature of God, who has faithfully kept his covenant throughout the ages, maintains a steadfast love for humanity that will last forever, and is willing to patiently wait for us to do as we have been called to do and spiritually grow so we are ready for what is to come. Fidelity is translated in different versions of the Bible as “*faithful, good faith, loyal, trustworthy, and fully trusted.*”

Many sources even equate fidelity as a synonym for faithful. Yet, fidelity speaks to how we live in God and our willingness to prove our faith by our actions regardless of what may be asked of us. Abraham is one of the best examples of fidelity because he not only had an unshakeable belief in God, he also knew in his heart that nothing would be impossible with God and that whatever God asks of us will never be too much. In addition, fidelity is bound to truthfulness that is carried out in our promises, commitments, duties, and vows, our “*truth in action*”. In our fidelity to God, we are always obedient, devoted, loyal, and steadfast.

As we become more faithful to God the deeds and actions that demonstrate our faith grow and we think less of ourselves and look for ways to help and serve our fellow man. And it is through our intercessory prayers we find that “*the prayer of faith shall save the sick*” that includes both ourselves and others.



My Prayer of Fidelity

Faithful and True Father, You are Our Rock, we look to Your nature that speaks of Your compassion and steadfast love. You have always been faithful to humanity with Your mercy and loving-kindness to guide us and help us to grow in Your image. So that I might reflect Your character allow me to prove my faith through my words and actions. Just as Abraham believed fully in You, I too stand in good faith and I see that nothing is outside of Your powers and whatever You might ask me to do, You know it is within my abilities. Yet, if I struggle with temptation or weakness, I ask that my intuition receive the still small voice of Your message to remind me of Your promise so I can take strength in knowing that You will always help believers stay true to their faith. Help me as I work to implement fidelity into in all aspects of my life even to the slightest degree of my daily activities and routines. Then through the influence of the Holy Spirit that dwells within me, teach me to be loyal and trustworthy to the commitment You have blessed me with so that through my continued obedience I can always be a faithful steward of Your creation by wisely using the gifts that You have bestowed upon me. Hear the intercessory prayers of healing that I sincerely offer for my afflicted brothers and sisters and by Your grace return them to wholeness so they may best serve You. When you feel I am deserving by the works of my fidelity, place Your golden crown of life upon my head so I may enjoy your eternal reward. I do this as Your faithful servant so that in my final perseverance I will hear the praise of Your words, "Well done, good and faithful servant; thou hast been faithful ... enter thou into the joy of thy lord." Amen. - (GEC)



As a Man Soweth

By Johann Wolfgang von Goethe

*We must not gather hope to be mowers,
And to gather the ripe old ears,
Unless we have first been sowers
And watered the furrows with tears."
"It is not just as we take it,
This mystical world of ours,
Life's field will yield as we make it
A harvest of thorns or of flowers.*

Fourth Step on Our Path to Spiritual Healing

Forgiveness

And when ye stand praying, forgive, if ye have ought against any: that your Father also which is in heaven may forgive you your trespasses. (Mark 11:24 KJV)



At perhaps the heart of spiritual healing is forgiveness as it allows us to let go of the hurt and pain of the past so we may restart our lives and begin to heal. Holding on to resentment and the grievances that we have with others keep us trapped and unable to come to a state of well-being and good health. The *Lord's Prayer* makes it quite clear that God has called upon us to forgive in all cases regardless of the situation, "*Forgive us our trespasses, as we forgive those who trespass against us.*"

Forgiveness is the doorway to our new beginnings, a life in which we are renewed and can now establish healthy relationships with all inhabitants of the world that have their foundation in love and wisdom. While feelings of revenge and the need

to punish others only comes back to harm ourselves such as when healing forces are blocked which allows illness or disease to occur within us. Yet, it is equally important that we remember that we must also forgive ourselves once we have recognized our wrongdoings, asked for forgiveness, and made repentance with those we have offended. Then with forgiveness we have the ability to start the process of our needed change and create harmony and balance in ourselves so that we can not only have good health but have good health that is permanent. Here is my prayer for forgiveness:

My Prayer for Forgiveness

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



“A true prayer can give everyone something. Even the simplest person, who knows nothing more than the mere prayer, can still feel its effect, which calls forth the power to raise him ever higher. But whatever height we may have achieved, we are never finished with a prayer. Our souls can always be raised higher. The Lord's Prayer can be simply repeated, yet it can also call forth a mystical frame of mind and even be the subject of meditation and concentration. This is also true of other prayers”

- Rudolf Steiner, *Prayer* GA59

Fifth Step on Our Path to Spiritual Healing

Harmony

Behold, how good and how pleasant it is for brethren to dwell together in unity!
(Psalm 133:1 KJV)

When our bodies are healthy all of our vehicles are in harmony, so if we are ill our vehicles become out-of-synch and they begin to work against each other leading to the loss of our spiritual purpose which causes the guiding light from our Spirit to dim so that we are no longer sure of our way upon the spiritual path. Yet, harmony also extends beyond ourselves and includes God and His Natural Laws and how we fit within His divine plan and our ability to work with Higher Powers to ensure the outcome of God's will in helping humanity evolve to their etheric forms.

Harmony when spoken of as *internal balance* is evident when we speak of the energy contained within our being and how it is directed and used. If our energies are focused primarily upon aspects of our lower self then we negate our Christ-within, our Higher Self, and we lose our equilibrium and our bodies become highly susceptible to illness and disease.

Generally, when we enjoy our best health, we are living a life that pleases God as we are following the commandments and the teachings, He has given us in which wholeheartedly love one another, extend kindness and compassion, and we are filled with goodness and humility so we may always offer sympathy and forgiveness in our selfless-service of others while always glorifying God. Therefore, when we seek harmony, we are seeking our good health.



My Prayer for Harmony

My True God, and Source of Harmony Within Each Man, You are the only One who has ever walked the face of the Earth in perfect harmony and unity. As your devoted followers help us to mirror the calmness, peace, and humility You brought to the world so that we will be renewed in our hearts. You came not be served but to humbly serve us in Your meekness without every calling attention to Your power and greatness. You worried not about the opinions of others or their contrasting beliefs and viewpoints because You came to do the will of Your Father. In Your humility You spread Your quiet confidence and brought forth clarity from those eager to drink from Your cup of wisdom. For then we came to understand that the harmony we need in order to be whole comes from our willingness to conform to the Laws of Nature and by accepting the responsibility of Your divine precepts. Therefore, we ask that the Holy Spirit within us to guide us in developing the empathy and compassion we so desperately need so that our actions lead us to our own inner peace and harmony that reflects Your standard of truth. As it is only when we are in universal harmony that we have agreement so that we might develop the same attitude of love and compassion for each other and live in lasting peace. And it is only when we are in harmony with Your Spirit that the energy of our vehicles can freely flow and clear out any crystalized obstructions so that we experience the blessings of good health and thereby prevent the self-destructive effects from the darkness of any discord. Only then can our homes and Your kingdom stand undivided and in balance in a state of immortal harmony. For knowing that harmony is the reality You wish us to have My Lord, allow me to tether myself to Your Spirit so that in our connection my intuition will bring forth the Words of Your wisdom so that I can experience the goodness of this eternal reality. As now I surrender my Spirit so that You may wash over me. I ask that You keep me united in Your Spirit so that I may heal myself and others and may always rejoice in Your gift of good health. Amen.

- (GEC)



*Truth is within ourselves; it takes no rise
From outward things, whate'er you may believe.
There is an inmost center in us all,
Where truth abides in fullness; and around,
Wall upon wall, the gross flesh hems it in,
This perfect, clear perception—which is truth.
A baffling and perverting carnal mesh
Binds it, and makes all error: and, to know,
Rather consists in opening out a way
Whence the imprisoned splendor may escape,
Than in effecting entry for a light
Supposed to be without.*

—Robert Browning from Paracelsus

Sixth Step on Our Path to Spiritual Healing

Living Artistically



In *Exodus 35:35* we learn that God, the ultimate creative force, gave people special artistic skills as wood workers, engravers, embroiderers, metal workers, etc. so that they might create and adorn things for His glory. Ultimately, as we are created in His image, He also desires that we create and express our creativity as this is another form of worship. Yet, it is important to note that creativity is not only in the arts but is something we must learn to express in all parts of our lives as all forms of creativity help to bring us closer to God *“by viewing the world not through the world’s lens but through the lens of the Divine Creator.”* The creativity we possess provides us with a unique opportunity to *“glimpse life as God intends it”* and God has always intended for us to be healthy and whole.

All forms of living artistically allow us to tell our stories as well as all stories throughout history about how we have connected with God and express how we interpret His creation of the world we live in and our experience with Him. Ultimately, this requires a level of consciousness that go beyond our desires and needs of ourselves so we can experience the full depth of the relationship between art or creative expressions and man. Living artistically comes when we develop our consciousness of our Christ-within and through our intuition and conscience we hear His messages that help guide and shape our lives so with humility we serve our fellow man with an *“artistic finesse”* or delicacy that brings out their beauty and wholeness. By coming into beauty and wholeness, one grows spiritually and begins to unfold their life so they may also come to God, blossom

and then produce their own spiritual fruits. Therefore, God states “*Beloved, I wish above all things that thou mayest prosper and be in health, even as thy soul prospereth.*” (3 John 2)

My Prayer for Artistic Living

O Mighty God, Creator of Heaven and Earth, Your hands have created the beauty of our world and it is through Your creation that all life continues to flow. Being made in Your image we are called to follow Your example of creation so we may, experience higher levels of consciousness, draw ourselves closer to others as well as You, yourself my Lord, and restore our health and wholeness when we are no longer in harmony. You have placed all the needed raw materials around us so that we may create from that which already exists and through Your grace always live in good health. And then by living artistically through our own creations we can share our stories of faith about how we have connected to Your Divine Presence in both good and difficult times and how we view Your beauty and envision the cosmic patterns that express Your reality. Therefore, I ask that You awaken within myself and my fellow man the creative potential within us so that we can share our spiritual insights, comfort each other in times of need, and build and nurture our collective Spirit so Your gift of creativity may abound within each of us. For when we share our creativity and live artistically it inspires others to look deeper, warming their hearts and minds with peace and love while providing the vehicle by which to bring themselves to their inner most sanctuary where the Christ-within resides so that He may intercede in their lives with mercy and justice to restore their harmony. Therefore, my Lord by being Your creative servant know that whatever form of art that emerges from my artistic living is only the response of my heart from Your infinite creation. For my creative expression in art or my way of life is my glorification of You, each piece and thought of creativity is a prayer to You so that through Your flow of life I am purified and made whole so we come together in Oneness. Amen. - (GEC)



Prayer before the Crucifix

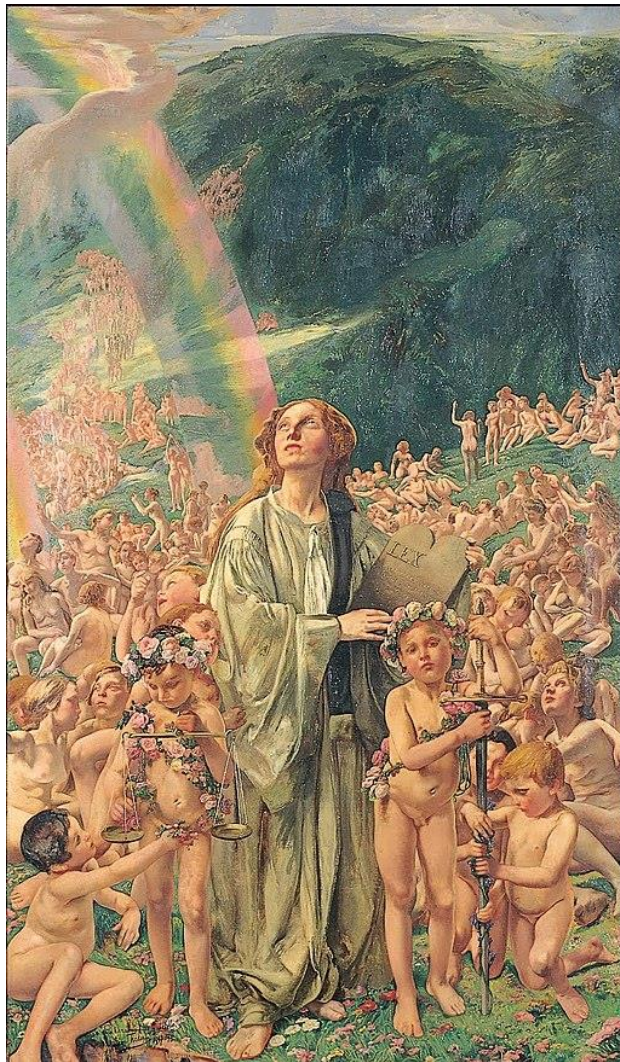
St. Francis of Assisi

Most High, glorious God, enlighten the darkness of my heart and give me true faith, certain hope, and perfect charity, sense and knowledge, Lord, that I may carry out Your holy and true command. Amen.

Seventh Step on Our Path to Spiritual Healing

Fulfilling Conditions

Spiritual healing requires that we fulfill the conditions that Christ has asked of us. In *Matthew 6:33* Jesus is telling us that we should live a life in which we put God's kingdom first, repent from our sin, and devote ourselves to a life of righteousness in which we satisfy His will and the purpose He has for us. When asked what the most important commandment was, he said to "*love the Lord thy God with all thy heart, and with all thy soul, and with all thy mind.*" And next to "*love thy neighbor as thyself.*"



If we expect to be spiritually healed then we must be prepared to fulfill the conditions that Christ has asked of us in His commandments. *Micah 6:8* clearly identifies the three things that God expects from us: *Justice, Kindness, and Humility*. Justice requires that we always treat others fairly, show them proper respect, and our actions towards them should always be for their good. Kindness effects our ability to show compassion and mercy to others especially to our enemies and to help the poor and needy. Humility involves modesty and not being

prideful, thinking of other people before yourself, and a willingness to sacrifice for others while understanding your weaknesses and limitations.

Therefore, fulfilling conditions means that Christ must always come first in your life and trusting He will supply all your needs. You need to put your complete faith and belief in Jesus and believe through His sacrifice You will be saved. In our dealings with others, we should not judge or condemn them and when they hurt or offend us, we must be prepared to forgive them. And as we live our life, we should always be positive looking for the good in all things and always show our gratitude. In addition to taking care of our neighbors we must also look out for others, especially widows and orphans.

My Prayer for Fulfilling Conditions

Lord of Glory, My Word of Life, I rejoice at all times firmly entrenched in my belief in You knowing that I am saved and I need not worry as You will care for all my needs. Should I complain or fail to recognize the good that You have laid before me then divert my path to be among those who are thankful in extreme hardship yet are always finding ways to express their sincere gratitude. In seeking Your kingdom, the only distance I need to travel to fulfill Your conditions is to look inward to my heart so that I may make additional room for the love I require to adequately shower You and my fellow man with the tenderness of my charity. For You have shown me that in fulfilling my conditions, my love must embody patience, meekness, and humility that delights in the beauty of Your truth so that it will always persevere and find its intention. Therefore, pull my heart from its selfish desires so it may never fail in fulfilling Your conditions that ask us to protect and care for the vulnerable and neglected, especially the widows, orphans, prisoners, homeless and the mentally ill. For then I can work to free myself of eyes that are only filled with pride, a tongue that knows only lies, feet that quickly walk me towards evil, a heart that creates immoral plans and goals, and hands that harm and kill others. O Lord, let me find the strength and courage to not judge or condemn but to forgive my fellow man and turn over to You what I struggle to handle so that I may learn from Your wisdom. My greatest desire will be that all people know me not for riches or fame but that I am a follower of Christ, a disciple who is humbly illuminated in the divine lights of the saintly virtues of justice, kindness, and mercy. Therefore, as I walk in Your glory I will care for my neighbors, always active and never a bystander so that I may fulfill Your conditions and light their way with a reflection of love from my heart that has learned the way to Your kingdom. Amen. - (GEC)



“God does nothing but by prayer, and everything with it.” – John Wesley

Eighth Step on Our Path to Spiritual Healing

Silence

Silence is a powerful method by which we connect to our inner self and Spirit. It allows us to reflect upon our spiritual experiences and growth and it can also serve as a source of our creativity, a precursor to our prayer and meditation, and open our hearts to receiving wisdom and peace. Silence creates the energetic space needed for one to connect to their inner-Christ so He can speak to us, deepen our emotional clarity and restore our health.



“Prayer is not asking. It is a longing of the soul.” - Mahatma Gandhi

In our silence we can analyze our thoughts and feelings and plan and organize our lives so that we can imitate Christ by living a quiet life so that we can find our way to God the Father. It is only when we are silent that we can effectively listen to the wisdom of God and reflect upon our faith and grow in our humility. Ultimately, silence offers us an opportunity for greater self-discovery, elevating our consciousness, and deepening our communication and drawing us closer to those we serve.

In addition, silence offers us the divine gift of healing as it helps you to identify what things in your life you need to deal with to advance yourself spiritually. In some cases, you may not even be aware what issues are holding you back until you quiet Your mind and let it come to your intuition. When we are silent, we can enter our inner sanctuary where God always hears us and is ready to give us everything, we ask for including the restoration and maintenance of our health.

My Prayer for Silence

Invisible God, Man of Blessed Silence, may I always intentionally pause and listen so that I may hear the words of Your wisdom from the gentle whisper of the still small voice of my inner-Christ. In stillness You alone bring to light the path that leads to the center of my heart, the holy temple where You reside, so we can commune with each other without the need of words. For in the worship of my silence, I bathe in delight in an expanded knowledge that You are my God. For in the silence of my inner awareness You dispatch my enemies and mute the false words of belief for my fears, doubts, and worries. Within the calm of our unity, there emerges a sacred space, so that You my Lord can now appear before my eyes and reach out to take my hand so that together we can make our way to the Father. You are my way, a mighty river of silence, carrying Your sanctifying grace, a holy medicine for my Spirit, that heals by bringing to light all that is within me that I must address so that I Come to a true everlasting peace. Therefore, my Lord quiet all the noise of my disharmony so that I might attune to Your wisdom, explore my creative thoughts, enter into meditation and prayers of silent adoration, and reflect upon Your Words and willingness to fight for me if I can only remain still. How can I not cry with tears of joy in knowing that Your silence is your gift of healing to bring renewal to my soul so that I am invited into a life of abundance always within Your loving and sacred embrace. Amen
- (GEC)



Prayer of Jabez

“Oh that thou wouldest bless me indeed, and enlarge my coast, and that thine hand might be with me, and that thou wouldest keep me from evil, that it may not grieve me!” – 1 Chronicles 4:10

Ninth Step on Our Path to Spiritual Healing

Gratitude

In terms of our spiritual healing, gratitude is most essential to how we must live our lives so that we may always be healed and maintain a state of good health. When we are grateful, especially recognizing the small things to be grateful for, we are telling God that we acknowledge His presence in our lives and we recognize and fully appreciate all the blessings, love, and support that we have received from Him. Ultimately, it is living a life of thankfulness in everything we experience in our life.

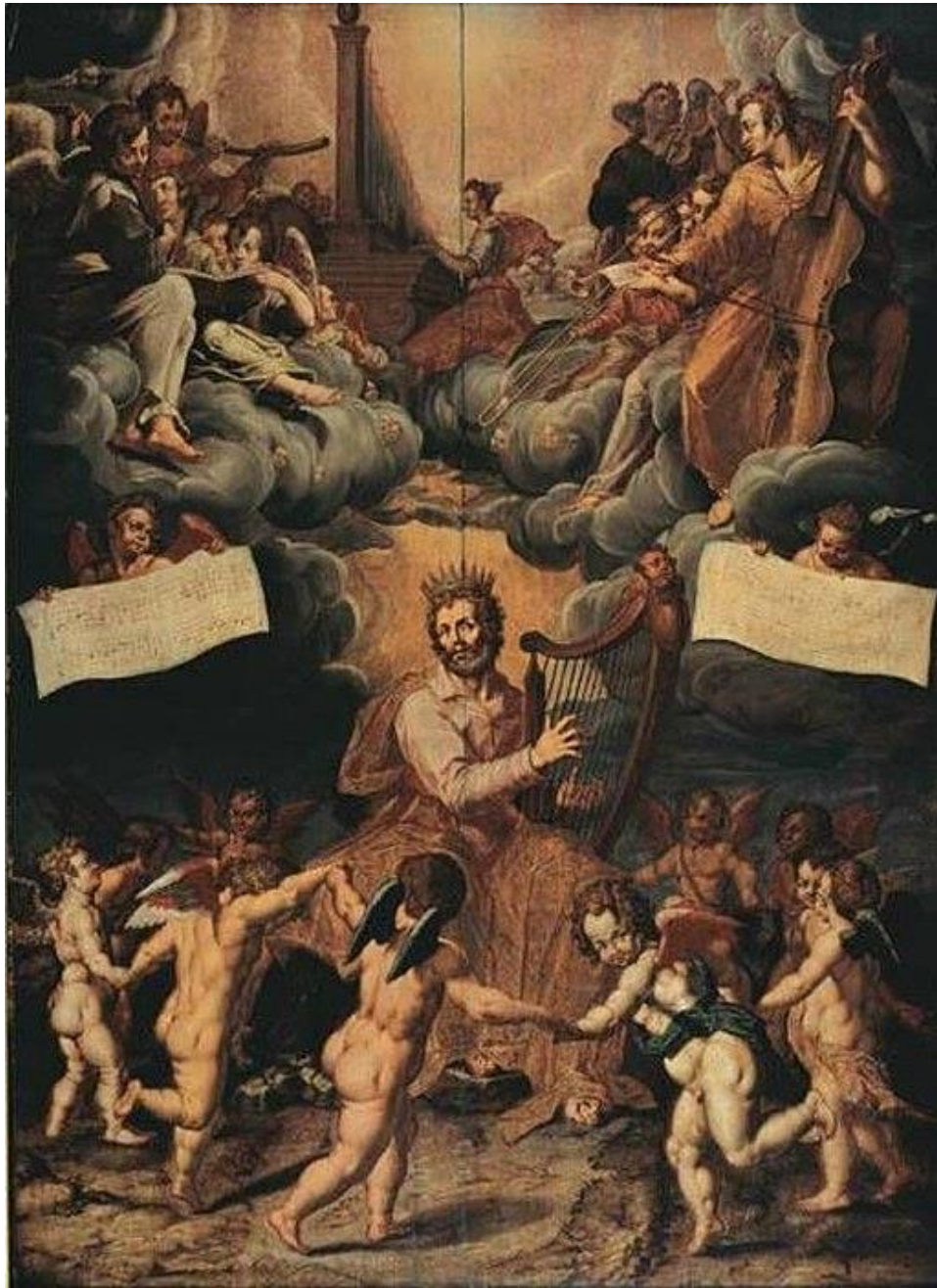
While it is also important to remember that our gratitude is not just for the good things in life but it also applies to the difficult and trying times we also experience. Jesus modelled gratitude to us through His words, attitude, and His prayers. Therefore, in our case, our gratitude represents our testimony to God that we have received the virtue of gratitude as His gift to us and that we should make every effort to use it in our lives.

In a life of gratitude, we never question what we must deal with or why and we learn that in our lives we must completely surrender to Christ, accepting all in gratitude. As it is only by being grateful to God that we experience joy and peace so we can be more kind, patient, and giving to others which has an even greater effect upon ourselves by developing the fruits of the Spirit within ourselves as well providing us with our needed healing so that we might be whole. By living a life of gratitude, God puts more in our lives to be grateful for.

My Prayer of Gratitude

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

generous to my fellow throughout my days. Hear my prayers and accept my offerings as a sign of my thanksgiving so that I may draw even closer to You to live in your love, light, and wholeness. Amen - (GEC)



“You will not be good teachers if you focus only on what you do and not upon who you are.”

— **Rudolf Steiner**

Anointing Oil in Healing

Olive oil is preferred oil for anointing oil for several reasons: it has an extremely high vibrational energy that aids in the purification and strengthening of your aura, it facilitates the opening of your heart chakra so you experience greater depths of love, compassion, and forgiveness, it brings forth abundance in your life so you express thankfulness and gratitude. Symbolically, the olive oil represents the Holy Spirit that brings us “comfort, power, healing, and fills us so that we never hunger or thirst again”.



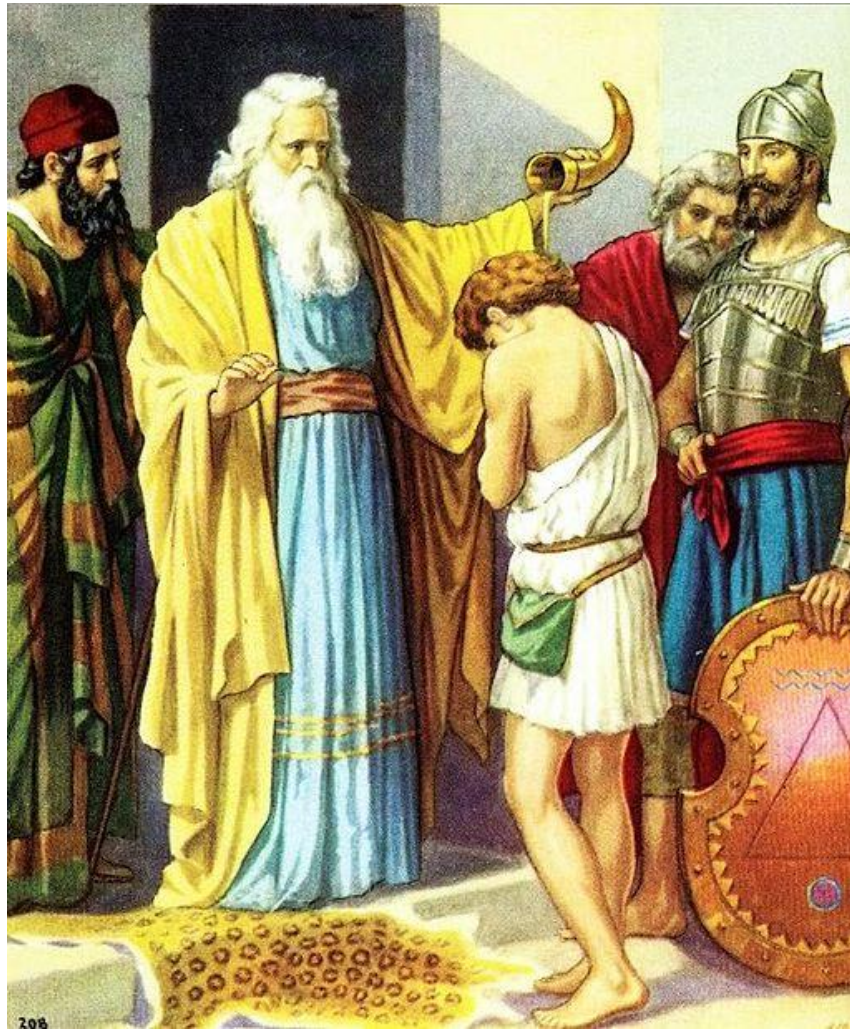
Thou preparest a table before me in the presence of mine enemies: thou anointest my head with oil; my cup runneth over. (Psalm 23:5 KJV)

It also increases the power of your prayers and meditations due to its ability raise your attention and concentration so you can establish a deeper connection with God. The anointing oil holds a key to our transformation just as Jacob was changed forever in his encounter with God.

And Jacob rose up early in the morning, and took the stone that he had put for his pillows, and set it up for a pillar, and poured oil upon the top of it. (Genesis 28:18 KJV)

In addition to its use in physical healing, anointing oil also is believed to have spiritual benefits in which it *cleanses* and *purifies* the spirit, provides emotional healing, and merges your inner divine energy with your thoughts and prayers to greatly empower them. Therefore, people commonly use anointing oils during prayers and meditation as they find they bring a sense of peace, well-being, and clarity that greatly improves their ability to *focus and concentrate* so they can fully experience the power of their intuition, the wisdom and guidance offered from God and the outer worlds, and more easily connect and communicate with God and the worlds beyond themselves.

And thou shalt anoint them, as thou didst anoint their father, that they may minister unto me in the priest's office: for their anointing shall surely be an everlasting priesthood throughout their generations. (Exodus 40:15 KJV)



Anointing Yourself and Others

In order to anoint yourself, put one-two drops of anointing oil on your right thumb and then use your thumb to make the sign of the cross on your forehead as you pray, *“In the name of the Father, and of the Son, and of the Holy Spirit. Amen.”* In addition, you can cross yourself directly upon an area of your body that has been ill or is injured. Then you can continue praying to praise God, ask forgiveness for your sins, or ask for His divine healing powers to make you whole again. You can also anoint other people so that God will provide them with His blessing using the same technique. However, your prayer should now start with person’s name and then indicate you or anointing them in the name of the blessed trinity. For example, *“John, my brother in Christ, I am anointing you now with this holy oil in the name of the Father, and of the Son, and of the Holy Spirit.”* Then you can offer your prayers of intercession for this person and ask specifically for what this

person needs to become whole again, i.e., physical healing, spiritual support for problems or troubles, a blessing for protection or benefit that can be shared with others, etc.

In terms of the anointing oil, you can by a commercially prepared oil or you can prayer over and consecrate your own anointing oil from extra virgin olive oil. As *Hebrews 8:1* tells us, we are now longer bound to the old systems of priestly controls and regulations as Christ's sacrifice on the cross brought forth a new covenant in which He functions as our high priest and is at the right-hand of God. Therefore, as "*born again believers*" in Christ we ourselves can pray to God and ask that He bless our own virgin olive oil so that we may use it to anoint ourselves and the sick.

My Sample Prayer of Consecration for Anointing Oil

*Dear Heavenly Father,
I come to you today with this oil that I am setting apart asking that
you will bless and consecrate it in the name of Jesus Christ,
The glorious work of your Son, Jesus, was always with and
through the power of the Holy Spirit that now dwells in all
believers and pours out our spiritual gifts as the oil I will use to
anoint will pour out your love and compassion to those who need
divine healing,
Let this oil help bring wholeness to those who are in darkness and
need repentance to be brought to health. As it anoints those in
need let it be your grace and mercy in their restoration. I ask this
this as a loyal servant in your glorious name. Therefore, I
proclaim this oil to now be consecrated and it so. Amen. - (GEC)*



*O Lord, who hast mercy upon all, take away from me my sins,
and mercifully kindle in me the fire of thy Holy Spirit.
Take away from me the heart of stone,
and give me a heart of flesh,
a heart to love and adore thee,
a heart to delight in thee,
to follow and to enjoy thee,
for Christ's sake.*

- Ambrose of Milan, c 339-397

Intercession of the Fourteen Holy Helpers for Healing



The work of the Rosicrucian Fellowship is to spread the Gospel and heal the sick. In this effort we are assisted by the Invisible Helpers. The Holy Helpers are a group of fourteen saints that are invoked for the healing of illness and disease. Originally, the practice was begun in the Middle Ages as a treatment practice for the deadly plague. However, it resurfaced many times, as seen recently in the wake of the COVID-19 pandemic.

Some people maintain that the intercession, praying with (*not to*) saints, is strictly a Catholic or Orthodox practice. However, in the eyes the Rosicrucians this is of little difference as these saints are simply Invisible Helpers here to provide healing.

Prayers to the Fourteen Holy Helpers

Fourteen Holy Helpers, who served God in humility and confidence on earth and are now in the enjoyment of His presence in Heaven, because you persevered until death you gained the crown of eternal life. Remember the dangers that surround us in this valley of tears, and intercede for us in all our needs and adversities. Amen.

Fourteen Holy Helpers, select friends of God, I honor you as mighty intercessors, and come with filial confidence to you in my needs, for the relief of which I have undertaken to make this novena. Help me by your intercession to placate God's wrath, which I have provoked by my sins, and aid me in amending my life and doing penance. Obtain for me the grace to serve God with a willing heart, to be resigned to His Holy Will, to be patient in adversity and to persevere unto the end so that, having finished my earthly course, I may join all of you in Heaven, to praise God for ever there, Who is wonderful in His Saints. Amen

Prayer to the Fourteen Helpers

*Great princes of Heaven, Holy Helpers,
who sacrificed to God all your earthly possessions,
wealth, preferment and even life
and who now are crowned in Heaven
in the secure enjoyment of eternal bliss and glory;
have compassion on me,
a poor sinner in this vale of tears
and obtain for me from God,
for Whom you gave up all things
and Who loves you as His servants,
the strength to bear patiently all the trials of this life,
to overcome all temptations
and to persevere in God's service to the end,
that one day I too may be received into your company,
to praise and glorify Him, the supreme Lord,
Whose Beatific Vision you enjoy
and Whom you praise and glorify forever.
Amen*



*Alone with none but thee, my God,
I journey on my way.
What need I fear, when thou art near O king of night and day?
More safe am I within thy hand
Than if a host did round me stand.*

Columba, c.521 - 597

Your Protective Aura

To form a protective aura, you need only visualize yourself surrounded by white light as if you were a bubble and demand your will to make it so. White Light or Divine White Light is the light that is produced by our inner Christ Consciousness.

But let all who take refuge in you rejoice; let them ever sing for joy, and spread your protection over them, that those who love your name may exult in you. For you bless the righteous, O Lord; you cover him with favor as with a shield.
(Psalm 5:11-12 KJV)



Therefore, Rosicrucians describe the pure clear white light as the “*Radiation of the Spirit*”. As the Spirit is of God, then “*Spirit is master of all things.*” Divine White Light is the strongest armor known and is also referred to as the “*Armor of the Spirit*”. It is accessible by everyone and effective against all negative influences. To some degree, other colors can also be protective: black, silver, blue, gold (divine protection), orange (epidemics), etc.

The night is far spent, the day is at hand: let us therefore cast off the works of darkness, and let us put on the armour of light. Let us walk honestly, as in the day; not in rioting and drunkenness, not in chambering and wantonness, not in strife and envying. But put ye on the Lord Jesus Christ, and make not provision for the flesh, to fulfil the lusts thereof. (Romans 13:12-14 KJV)

The *Armor of Light* referred to in Romans is the same as the *Armor of God* that is described in Ephesians, as God is Light. Both names are speaking to the new man or Jesus Christ or more specifically the “*Christ in you, the hope of glory*”

(Colossians 1:27). So essentially to put on the armor of God is to surround yourself with Jesus Christ in which His presence completely envelopes you within light and love and ultimately deepens your relationship. The Armor of God that protects your heart is the Breastplate of Righteousness, it is through our righteousness that we obey and honor God so that we transform from within and become more Christ-like overtime as we extend our compassion, kindness, mercy, and love to others.

Put on the whole armour of God, that ye may be able to stand against the wiles of the devil. For we wrestle not against flesh and blood, but against principalities, against powers, against the rulers of the darkness of this world, against spiritual wickedness in high places. Wherefore take unto you the whole armour of God, that ye may be able to withstand in the evil day, and having done all, to stand. Stand therefore, having your loins girt about with truth, and having on the breastplate of righteousness; And your feet shod with the preparation of the gospel of peace; Above all, taking the shield of faith, wherewith ye shall be able to quench all the fiery darts of the wicked. And take the helmet of salvation, and the sword of the Spirit, which is the word of God: Praying always with all prayer and supplication in the Spirit, and watching thereunto with all perseverance and supplication for all saints; (Ephesians 6:11-18 KJV)

As we interact with people during the course of our lives, we also absorb some of their energy, both positive and negative. People who project negative thoughts and energy can contaminate our aura. Therefore, it is essential that all Rosicrucians learn to create, maintain, and keep their protective aura as strong as possible. This constant and prolonged exposed to adverse influences, lower energies, and psychic influences can damage and weaken our fragile auras. Once damaged, our aura opens us to receive negative energies, emotions, entities and even illness and disease. In addition, our fears, worries, and stress can further erode the energy shield of our aura.

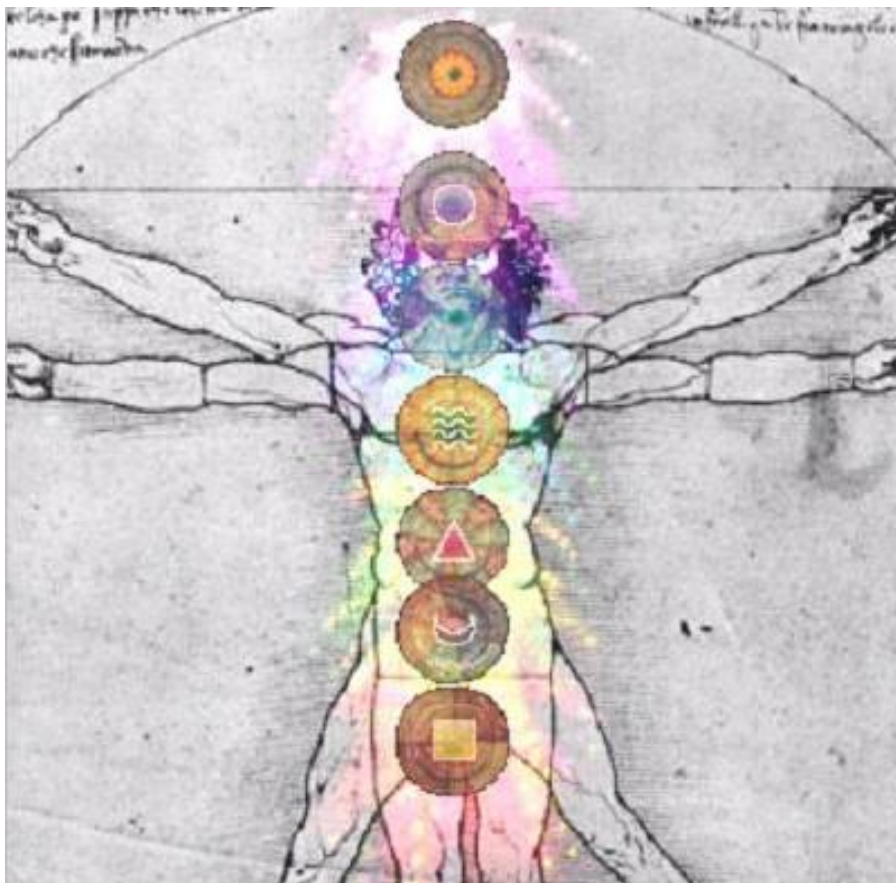
Gratitude which is comparable to love when practiced in your life strongly attracts positive energy into your aura. A strong positive aura is what keeps your body healthy and protects you from all forms of negative energy. It is only when our aura is strong and clear that we can live a life with a definite sense of purpose in peace in which we continuously express love and compassion for yourself and others.

My Prayer for a Protective Aura

God of all grace, protector of my soul, support me in my efforts to form a protective aura around myself by utilizing the Divine White Light that emanates from my inner-Christ consciousness. May the clear white light that envelopes me as the Radiation of the Spirit shield me from all negative influences. Help me to keep my aura as strong as possible so as to stop the contamination of my aura from all negative thoughts, emotions, entities, and energy. And if my aura should be damaged by any adverse influences or illness and disease and even my fears, worries, and stress help me to rebuild my aura with strong positive energy. For I will seek to acknowledge gratitude in all aspects of my life, as it is with love, gratitude will fiercely attract the needed positive energy to create and maintain my Armor of Light. As my protective aura will be shelter for my soul, mind, and

physical body it will also be my connection to the interplanetary world of Life Spirit so as to draw down the divine power into my soul to be used in healing. Therefore, my Lord and God, let my aura, my Armor of Spirit, effectively surround me and intensely shine with Your spiritual gold as a sign of your divine love, protection, and as needed call forth those that may further assist me in my spiritual journey. Amen. - (GEC)

- Based on *The Protective Aura* by Max Heindel



*Lord, be with us this day,
Within us to purify us;
Above us to draw us up;
Beneath us to sustain us;
Before us to lead us;
Behind us to restrain us;
Around us to protect us.*

Patrick c.389-461

Prayer to Saint Christopher for Protection



*Grant me, O Lord, a steady hand and watchful eye.
That no one shall be hurt as I pass by. You gave life, I
pray no act of mine may take away or mar that gift of
thine. Shelter those, dear Lord, who bear my company,
from the evils of fire and all calamity. Teach me, to use my
car for others need; Nor miss through love of undue speed
The beauty of the world; that thus I may with joy and
courtesy go on my way. St. Christopher, holy patron of
travelers, protect me and lead me safely to my destiny.
Amen.*

Invocation of St. Christopher

*Great St. Christophorus, seeking the strongest and
mightiest master thou didst find him in Jesus Christ, the
almighty God of heaven and earth, and didst faithfully
serve Him with all thy power to the end of thy life, gaining
for Him countless souls and finally shedding thy blood for
Him; obtain for me the grace to bear Christ always in my
heart, as thou didst once bear Him on thy shoulder, so that
I thereby may be strengthened to overcome victoriously all
temptations and resist all enticements of the world, the
devil, and the flesh, and that the powers of darkness may
not prevail against me. Amen.*

INTERCESSORY PRAYERS

Rosicrucian Song of the Light

By Margaret Grant

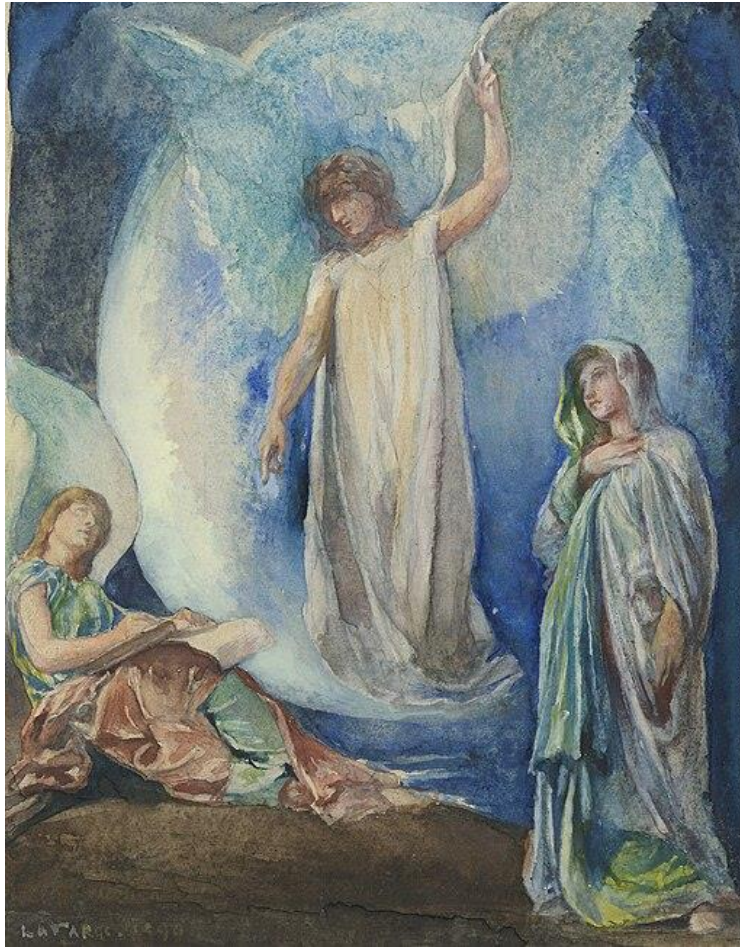
*O threefold radiance of the sun,
O robe of life divine,
Through whom, o'er all the universe,
Our triune God doth shine;
O stars and planets and soft moon,
Who traverse heavenly ways,
And with a wide diversity
Reflect the solar rays;
From all the kingdoms of the earth,
From man and beast and bird,
From tree and plant, from soil and stone
Acclaiming praise be heard.
Jehovah's rays of red create
All forms that serve and die;
The whirling atoms take new shape,
Drawn by His energy.
Christ's golden rays in matter forge
New vistas for the light;
Evolving roses come to birth,
Unfolded through His might.
The Father's rays of blue, in form
The seed of life bestow,
That, through in-dwelling, spirit may
In conscious wisdom grow.
Accept our worship, God of light,
From spirit, body, soul;
May all Thy children rise and be
One praising, shining whole.*

Rays from the Rose Cross, Nov 1942

Note: All prayers entitled "My Prayer ..." were written by G. E. Carlin

INTERCESSORY PRAYERS

Praying *with* the Recording Angels



According to Max Heindel the Recording Angels assist us in choosing the environment into which we will be born so that we can pay our debts of service from our previous lives as well as take advantage of the good from our past lives. Their choice of our time and place of birth is selected to provide us with the needed “*astrological energy patterns*” that will provide the opportunities and experiences for us to grow spiritually.

In addition, they continue to work with us throughout our lives to also provide opportunities to interact with people who will be beneficial in helping us reflect upon ourselves and make changes to bring forth our higher self and to help in the repaying our karmic debt. As we become more committed to our spiritual work, the Recording Angels will bring us even greater difficulties or “*vinegar*” to work through. And in some cases, this even means bringing illness to us so we may learn “*some spiritual quality such as patience, sympathy for those who suffer, humility, will power, seeking for spiritual understanding, etc.*” so we may learn our needed lessons and develop the spiritual powers that will help us advance in our journey.

However, Steiner more than Heindel promoted developing a closer more personal relationship to our angels. As angels are always around us, Steiner encouraged ongoing conversations with them. One of his techniques involved using quiet pauses (7 min.) to let the angels recognize us and enter into our lives. The angels would be helpful in planning our upcoming day which keeps them interested in the actual outcome and providing necessary insights at key moments. In order to prepare for this, Steiner utilized self-control exercises for thinking to prepare us to “*receive insights from the angels*”. And if we needed their help, he was clear that we had to request their assistance before they would help us. However, any help that would be provided would only come from a “shared relationship”.

Steiner encouraged followers to pray to Angels using a prayer such as *Prayer to the Angel* by Ernst Karl Plachner. Yet, this is a practice that not all religious groups such as the Protestants perform. In the Catholic and Eastern Orthodox tradition, it is acceptable to pray *with* (but *not to*) angels through *intercessory prayer*. As, we are asking the angles to pray with us so they can then bring our prayers to God. Here my sample for praying with the Recording Angels for spiritual development:



My Prayer to the Recording Angels for Spiritual Development

O Lords of Destiny, servants of our Creator, I beseech thee to hear my prayers so you my pray with me and lift my prayers for my spiritual development up to our Heavenly Father. Through the knowledge you have gained of myself you know what experiences I require so I might learn when my actions are wise or thoughtless so I can develop my spiritual strength. Then in your role as Recording Angels you can help to make sure I receive the spiritual exercise I require based upon my retrospections and the debts of service I have I accumulated in my interactions with others. By your guidance from above you can direct the needed chance encounters with those people who can help me to work out my life plan. If I should require an illness which you will inflict me with to help me to develop a spiritual quality or understanding I will work my best to learn the needed lessons so you can lift the illness from me as soon as possible. I pray that you will continue to arrange for opportunities for me to pay my debts of service and hear my prayers of commitment so you will send me anyone in need of the service I can best provide. Amen.

- (GEC) Based on *Promoting Spiritual Development*, Rays from the Rose Cross Magazine, March/April 2003



We can also pray with the Recording Angels help others who are in need or suffering in difficult situations or problems. Here is my sample of an intercessory prayer to the Recording Angels:

My Prayer to Recording Angels for Intercession of Others

Gabriel and the host of other Angels that record every utterance, prayer, event, and action of all humans bound to earth in your book of remembrances please halt your writing for the moment and listen carefully to my prayer of petition. There are many now in these difficult times that are facing unsurmountable challenges and problems in their lives and they would greatly benefit from hearing the voice of encouragement from the Father above. Please join me in praying to our most kind and compassionate Lord for my fellow man to assure them that God is always by their side and always loves them even in their darkest moments. And that He will also awaken my sight so I can also provide assistance to those who need to be taught something so they can learn to do for themselves, provide helpful resources and information so they can move forward in their lives, even encouraging those that have temporarily lost hope or their faith, and in some cases when some have gone far astray to let them know I will stand with them and not abandon them regardless of what others may say or do. And if my brothers are suffering from any illness so that they can learn the needed lessons of life or correct their wrong way of life, pray with me to our Father that they will quickly learn those lessons so they can inch closer to God in this lifetime. Together, let us ask God to inspire my fellow man to remember that they too can still offer thoughts of love and encouragement to others in their times of great trouble. As this would be a shining entry in your book of remembrances. Amen.

- (GEC) Based on *Promoting Spiritual Development*, Rays from the Rose Cross Magazine, March/April 2003



“Never suffer sleep to close thy eyelids after thy going to bed, till thou hast examined by reason all thy actions of the day. Wherein have I done amiss? What have I done? What have I omitted that I ought to have done? If in this examination thou findest that thou hast done amiss, reprimand thyself severely for it, and I thou hast done any good, - rejoice!”

- Pythagoras

Guardian Angels

Take heed that ye despise not one of these little ones; for I say unto you, That in heaven their angels do always behold the face of my Father which is in heaven.
(Matthew 18:10 KJV)



Many of our saints (Invisible Helpers) have spoken of the presence of Guardian Angels to protect and guide us in our lives. St. Jerome, a Doctor of the Church writes that *“The worth of souls is so great that from birth each one has an angel assigned to him for his protection.”* While St. Bernard of Clairvaux advises us that *“Whenever you encounter some great urge to temptation, or a furious tribulation threatening you, call on your guardian, your guide, your helper and consolation in tribulation and in opportunity.”* St. Padre Pio provides spiritual advice on how to interact with your Guardian Angel:

“Oh! For goodness’ sake, don’t forget this invisible companion, ever present, ever disposed to listen to us and even more ready to console us. Oh, wonderful intimacy! Oh, blessed companionship! If only we could understand it! Keep him always before your mind’s eye. Remember this angel’s presence often, thank him, pray to him, always keep up a good relationship. Open yourself up to him and

confide your suffering to him. Be always afraid of offending the purity of his gaze. Know this, and keep it well present in your mind. He is easily offended, very sensitive. Turn to him in moments of supreme anguish and you will experience his beneficent help.”

Even the Bible in *Matthew 18:10* and the *Psalms* speaks of our Guardian Angels, “*Who knoweth the power of thine anger? even according to thy fear, so is thy wrath.*” (Psalm 90:11 KJV) and “*For he shall give his angels charge over thee, to keep thee in all thy ways. They shall bear thee up in their hands, lest thou dash thy foot against a stone*” (Psalms 91:11-12 KJV).

Max Heindel describes the Angels as the “*humanity of the Moon*” and more spiritually evolved than man. In earlier times in Atlantis, man could see the angels and they lived as brothers, however over time we lost our spiritual sight except for saints such as St. Cecilia and St. Padre Pio. Invisible now they are the helpers to individuals and families, more specifically to our vital functions which includes “*assimilation, growth and propagation.*” Yet, in Heindel’s view Guardian Angels are “*not exactly an entity from a higher evolution, but [are] rather the personified embodiment of our good deeds in all our past lives, which, though unseen by us, [they are] still with us always, impelling us toward right action and the doing of more good.*”

While for Steiner, it was important to develop the relationship with one’s Guardian Angel. In addition to praying to our Guardian Angels, he suggested that every night after retrospection one use the following verse to put one in the presence of their Guardian Angel:

“I go to sleep. Till I awaken my soul will be in the spiritual world and will there meet the higher Being who guides me through this earthly life – who is ever in the spiritual world, who hovers about my head. My soul will meet him, even the guiding Genius of my life. And when I awaken again, this meeting will have been. I shall have felt the wafting of his wings. The wings of my Genius will have touched my soul.”

While in his later work in Anthroposophy, angels provided the proper medium for us to properly pray for others in a process by which our angel could communicate with the angel of the person we wanted to pray for so that any “*earthly error*” could be eliminated and responses could be given.

Prayer for Invoking the Intercession of our Guardian Angels

O God, who in your unfathomable providence are pleased to send your holy angels to guard us, hear our supplication as we cry to you, that we may always be defended by their protection and rejoice eternally in their company. Through our lord Jesus Christ, your son, who lives and reigns with you in the unity of the holy spirit, God, for ever and ever. Amen.



Guardian Angel Prayer

O most holy angel of God, appointed by God to be my guardian, I give you thanks for all the benefits which you have ever bestowed on me in body and in soul. I praise and glorify you that you condescended to assist me with such patient fidelity, and to defend me against all the assaults of my enemies. Blessed be the hour in which you were assigned me for my guardian, my defender and my patron. In acknowledgement and return for all your loving ministries to me, I offer you the infinitely precious and noble heart of Jesus, and firmly purpose to obey you henceforward, and most faithfully to serve my God. Amen

- Saint Gertrude

Guardian Angel Prayer

O my guardian, glorious angel who from among the heavenly hierarchy has been appointed by God as my guardian from the very moment of my birth from the womb: I beseech thee humbly and devotedly that thou thus illuminate, protect and defend me, entrusted to thee, driving far away the enemy who wishes me ill; not only restrain me from evil acts, but mayest thou also urge and induce me toward

the good by thy virtue; and by the protection of thy actions mayest thou make me at last a dweller with thee and with those on high. Through Christ our Lord, thy Son, who liveth and reigneth with thee in the unity of the Holy Ghost, O God, world without end. Amen

- French Book of Hours

My Prayer to Your Guardian Angel

My Higher Guide from the Moon who now resides in this earthly life, appointed to me at birth by the Almighty, and always present so that I do not dash my foot upon a stone that might hinder the salvation of my soul. Make your holy presence known, as my Guardian Angel, by the soft brushing touch of your wing tips upon my cheek so as to draw my attention to your constant loving presence. And when I need your warning or reassurance let your sweet-smelling fragrance and waves of peace wash over body as a warm comforting summer breeze from a flowering meadow. Then as only you can, help me to pray from my heart with praise and adoration as you have connected yourself to my thoughts and feelings while you constantly behold the face of the Father in heaven. As my blessed invisible companion, I pledge to confide to you all of my pain and anguish and remember to thank you for your diligent work upon my behalf. As you are my intercessor and mediator acting on behalf of God, I thank and praise you for using His divine power to provide me with His grace and empower me with His wisdom and truth. I know that you are always eager to help me and communicate my urgent messages to others for you represent all the good deeds from my previous lives, always influencing me towards righteousness so that I may offer greater acts of love and service to my fellow man. Therefore, I beseech you as my Guardian Angel to unite with me in God. Amen

- (GEC) Based on Matthew 18:10, Writings of Max Heindel, Rudolf Steiner, St. Thomas Aquinas and St. Padre Pio



Praying to Star Angels

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

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

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

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

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

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

TABLE OF PLANETARY HOURS

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

Hour 1 starts at sunrise

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

Hour 1 starts at sunset

Praying to Star Angels: *Michael*



St. Michael the Archangel and the Sun

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

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

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

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

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

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

Elimination of: Fear, Impurities, Suffering

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

My Prayer to Archangel Michael for Protection and to Eliminate Fear

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

My Prayer to Archangel Michael for Truth and Light

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

My Prayer to Archangel Michael for Healing

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

Praying to Star Angels: *Gabriel*



St. Gabriel the Angel and the Moon

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

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

Paradise Lost

John Milton (1667)

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

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

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

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

Desirous of: strength and power of God

Elimination of: fear

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

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

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

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

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

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

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

Praying to Star Angels: *Camael*



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

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

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

Elimination of: fear, doubt, hesitation, cowardice

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

St. Camael the Archangel and Mars

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

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

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

My Prayer to Archangel Camael for Spiritual Strength and Resilience

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

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

My Prayer to Archangel Camael for Justice and Protection

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

My Prayer to Archangel Camael for Love Peaceful Relationships

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

Praying to Star Angels: *Raphael*



St. Raphael the Archangel and Mercury

At. Raphael one of the seven Archangel is not found in the canonical Bible but is discussed in the *apocryphal* Book of Tobit. Although he is not named in the Bible, because of his strong association to healing he is believed to be the angel who stirred the waters at *Pool of Bethesda* (John 5:39). While in the Book of Tobit he is called *Azariah son of the great Ananias*, where he protected Tobit's young son when he was sent to pick up his father's money from a family in another town. And then, cast the demon Asmodeus out of Sarah so she would be able to marry Tobit. In times like this and when he acted as a physician and even when dispelling demons from people, he disguised himself as a human often carrying a staff. He used his healing powers to produce "*curative elixirs*" which he used to heal people such as Tobit of his blindness and his wife Sarah of her possession. In the Book of *1 Enoch*, he treated and cured many children of their diseases and afflictions. While he states he is "to his mission to *heal the earth which the [fallen] angels have defiled.*" Thus, his name is translated as "*God has healed*". In the Babylonian Talmud he was appeared before Abraham at the Oak

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

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

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

Aspects of Life: Physical and Spiritual Healing

Desirous of: Protection, finding love, safe travel

Elimination of: Bad dreams and nightmares

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

My Prayer to Archangel Raphael for Physical Healing

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

My Prayer to Archangel Raphael for Spiritual Healing

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

My Prayer to Archangel Raphael for Eyesight

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



Praying to Star Angels: *Zadkiel*



St. Zadkiel the Archangel and Jupiter

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

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

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

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

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

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

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

My Prayer to St. Zadkiel the Archangel for Mercy and Compassion

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

My Prayer to St. Zadkiel the Archangel for Abundance and Prosperity

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

My Prayer to St. Zadkiel the Archangel for Forgiveness

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

Praying to Star Angels: *Hanael*



St. Hanael Archangel and Venus

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

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

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

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

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

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

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

Elimination of: bareness

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

My Prayer to St. Hanael Archangel for Joy and Pleasure

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

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

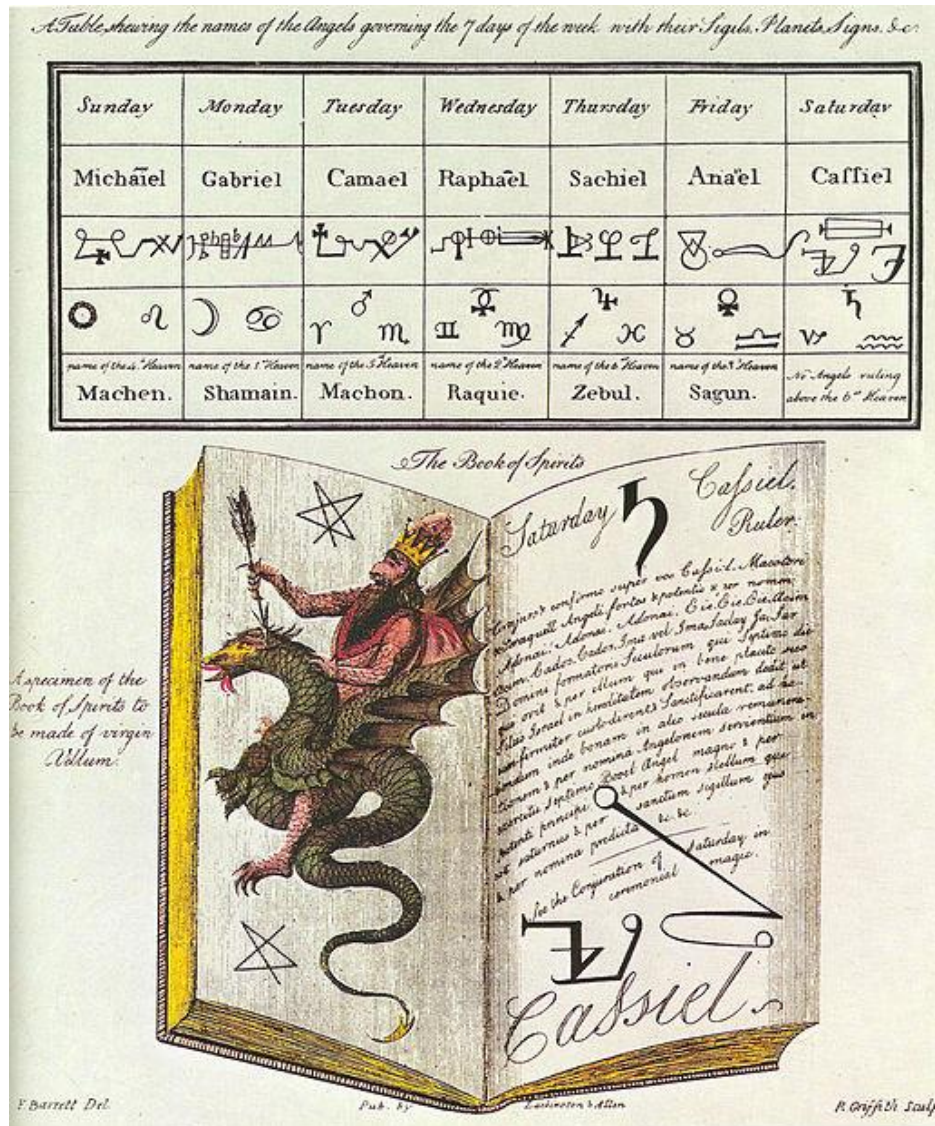
My Prayer to St. Hanael Archangel for Spiritual Victory

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

My Prayer to St. Hanael Archangel for Love and Beauty

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

Praying to Star Angels: Cassiel



St. Cassiel Archangel and Saturn

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

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

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

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

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

Aspects of Life: time, temperance,

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

Elimination of: sorrow and suffering (tears)

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

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

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

My Prayer to St. Cassiel the Archangel for Introspection

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

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

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



A PRAYER TO ST. MICHAEL, GABRIEL AND RAPHAEL, THE ARCHANGELS

*Heavenly King, You have given us archangels
to assist us during our pilgrimage on earth.*

*Saint Michael is our protector;
I ask him to come to my aid,
fight for all my loved ones,
and protect us from danger.*

*Saint Gabriel is a messenger of the Good News;
I ask him to help me
clearly hear Your voice
and to teach me the truth.*

*Saint Raphael is the healing angel;
I ask him to take my need for healing
and that of everyone I know,
lift it up to Your throne of grace
and deliver back to us the gift of recovery.*

*Help us, O Lord,
to realize more fully the reality of the archangels
and their desire to serve us.
Holy angels,
pray for us.
Amen.*

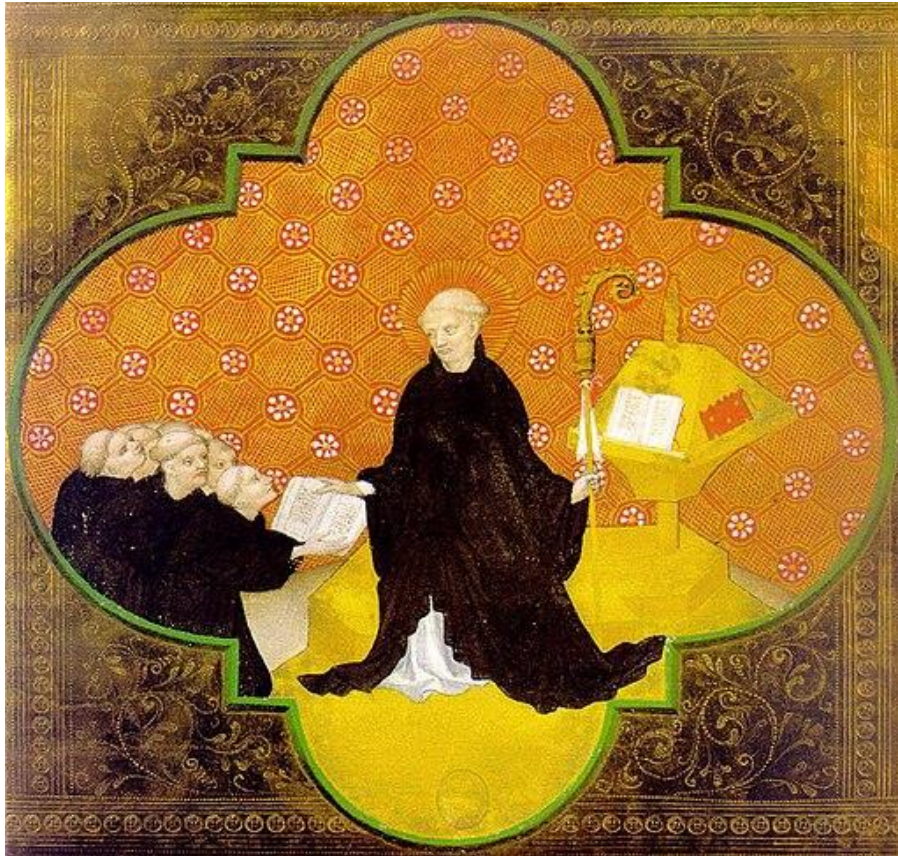
Prayer to St. Jude

Most Holy Apostle St. Jude Thaddeus, faithful servant and friend of Jesus, the name of the traitor who delivered your beloved Master into the hands of the enemies has caused you to be forgotten by many, but the Church honors and invokes you universally as the patron of hopeless cases and of things despaired of. Pray for me who am so needy; make use, I implore you of that particular privilege accorded to you to bring visible and speedy help where help is almost despaired. Come to my assistance in this great need that I may receive the consolations and succor of heaven in all my necessities, tribulations, and sufferings particularly (here mention your petition) and that I may bless God with you and all the elect throughout eternity. I promise you, O blessed Jude to be ever mindful of this great favor, and I will never cease to honor you as my special and powerful patron and to do all in my power to encourage devotion to you. Amen.



“The soul possesses the urge, and fundamentally it attains the attitude of prayer when it raises itself even only a little above the immediate present. The attitude of prayer, we might say, is the upward gaze of the soul from the transitory present into the eternal that embraces past, present and future. Because to live looking upward from the present is so essential...”

- Rudolf Steiner, Prayer GA 59



Prayer of St. Benedict

*Gracious and holy Father,
grant us the intellect to understand you,
reason to discern you, diligence to seek you,
wisdom to find you, a spirit to know you,
a heart to meditate upon you.
May our ears hear you, may our eyes behold you,
and may our tongues proclaim you.
Give us grace that our way of life may be pleasing to you,
that we may have the patience to wait for you
and the perseverance to look for you.
Grant us a perfect end--your holy presence,
a blessed resurrection and life everlasting.
We ask this through Jesus Christ our Lord.*

“Prayer may be said to be an opening up of a channel along which the divine Life and Light may flow into the spirit, in the same way that the turning of a switch opens the way for the electric current to flow from the power- house into our house. Faith in prayer is like the energy which turns the switch.”

- Max Heindel

Prayers for the Stages or Steps of Initiation

Your Secret Word

“There is a saying of the wise man, “When all things lay in the midst of silence, then there descended down into me from on high, from the royal throne, a secret word.” This sermon is about that Word.”’

“In the middle of the night when all things were in a quiet silence, there was spoken to me a hidden word. It came like a thief, by stealth.” So I’m going along in the day by day, and then there’s this word. It comes like a thief by stealth. I didn’t see it coming, the ground. It’s the sense of the ground. Why does he call it a word when it is hidden? The nature of the word is to reveal what is hidden. It revealed itself to me and shone forth before me, declaring something to me and making God known to me. Therefore, it’s called a word. Yet, what it was remained hidden from me. This was a stealthy coming, in a whispering stillness to reveal itself. See, just because it is hidden, one must and should and always pursue it. It shone forth, and yet it was hidden. We are meant to yearn and sigh for it.”

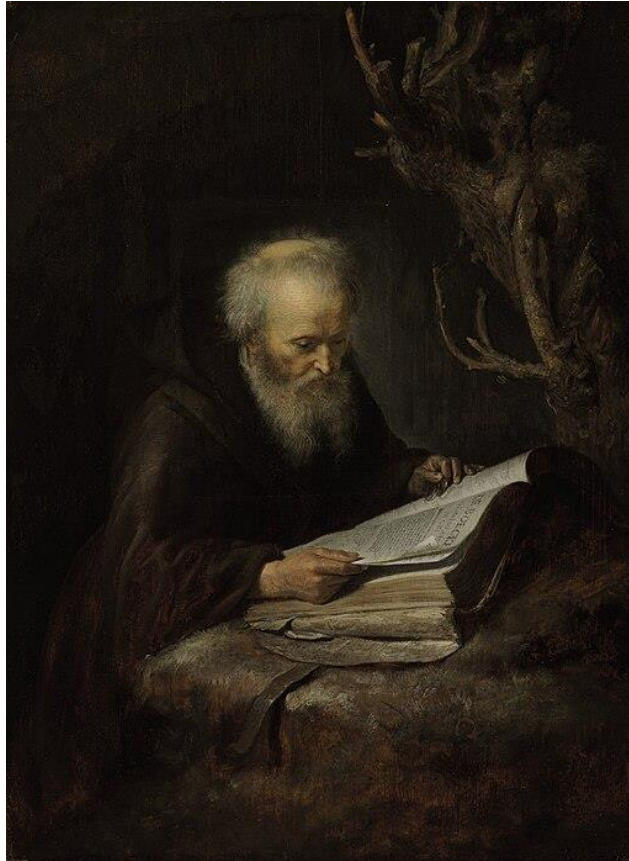
- Meister Eckhart, “Sermon One”

Note: All prayers entitled “My Prayer ...” were written by G. E. Carlin

The Seven Rosicrucian Stages of Higher Knowledge

Stage 1: *Study*

The Rosicrucian path of esoteric training leads to the acquisition of higher consciousness, divine wisdom and spiritual enlightenment. We study to develop inner strength, confidence, and certainty as we prepare ourselves for our progression into the higher planes. In the Rosicrucian belief, the stages of Higher Knowledge consist of seven stages in which only the first must be first be accomplished before advancing to any of the other stages, as the order of stages depends upon the character, personality, experiences, and abilities of each person.



The seven stages consist of: 1. Study, 2. Imaginative knowledge, 3. Inspired knowledge, or reading the Occult Script, 4. Preparation of the Philosopher's Stone, 5. Correspondence between Macrocosm and Microcosm, 6. Living into the Macrocosm, and 7. Divine Bliss.

The first stage of obtaining higher knowledge is *Study*, however, this is not simply study to learn about the concept and principles of our physical world but to explore the higher worlds. Rosicrucian study looks deeply into understanding the cosmic principles, Natural Laws, the invisible worlds; the method of evolution for humanity and our planets; initiation and the needed study and work for the progression of spiritual development; esoteric Christianity, mysticism, occultism, and Hermeticism; and methods and practices of acquiring divine wisdom and self-realization. In our studies there will be times when we work with teachers but we

must also learn to develop our thinking skills and self-awareness to the point that a teacher is not needed.

In studying Rosicrucianism, the attitude of mind of how we study is just as important as the content. As Max Heindel points out we need to abandon our efforts to evaluate new information based upon how well it supports our own ideas and beliefs and always being skeptical of anything new so that instead we can approach new ideas with an “*attitude of trust*” or a “*child-like faith*”. In Rosicrucian study we need to keep ourselves open without any prejudice so that we can experience the truth of the “*teaching from within*”. When we are genuinely studying new things, our minds have to remain in a “*fluid state of adaptability*”. Then we can accept that all things in life are possible and we need to look beyond the “*established facts*” to open ourselves to new perspectives and possibilities. Therefore, a critical key to our study will be to learn how to take in the energy of natural forces so that we can transform our environment. Yet, anything we study we also need to judge and evaluate once its study has been completed.

In Rosicrucian study, our study is based upon information that comes from beyond our senses, *pure thought*. It is an impersonal study in which facts stand on their own without trying to bring emotions or feelings out but allowing them to come out on their own. To be effective study must be an active process, it is an *action* that always produces a *reaction* when acted upon by the mind. In addition, Rosicrucian study also requires us to train our thinking and create habits in which we think intellectually with consistency and our thoughts create new thoughts that flow in a logical progression. Ultimately, in our higher studies the goal is to place new things within our minds so they can transform us and make us ready for the next step in our spiritual advancement. Then as we continue to analyze Rosicrucian and other spiritual texts, we can discern the knowledge and truth needed for our initiation and to help us to understand God’s will and how we fit into His divine plan. To further our growth in studying it also involves a meditation element so that what we can take what we learn and internalize it and make it personal.

Study for Higher Knowledge is an outcome of intellectual curiosity in which the aspirant conducts extensive enquiry so that they begin to understand spiritual truths and wisdom that conform to the universal laws and the way of life necessary to come to self-realization and a Oneness with God. Therefore, study is not just of books and of highly developed people, it also requires a careful attention and focus on the mind and its thoughts. Ultimately, our thoughts become our reality therefore we have to be extremely selective as to what we pay attention to, as the mind will do two things: move us in the direction of our thoughts and as a result will cause us to change. The mind is always working to take the spiritual knowledge we have obtained and move it into our hearts so it becomes a way of life for us and we can get past our fears and doubts as well as not get caught in any unnecessary drama from others. Yet, it is also important to understand that some of the knowledge and wisdom we derive from study is for a later time in our lives, seeds that one day will germinate to provide what is needed at that time and that we must always approach our studies with the proper expectations.

My Prayer for Rosicrucian Study

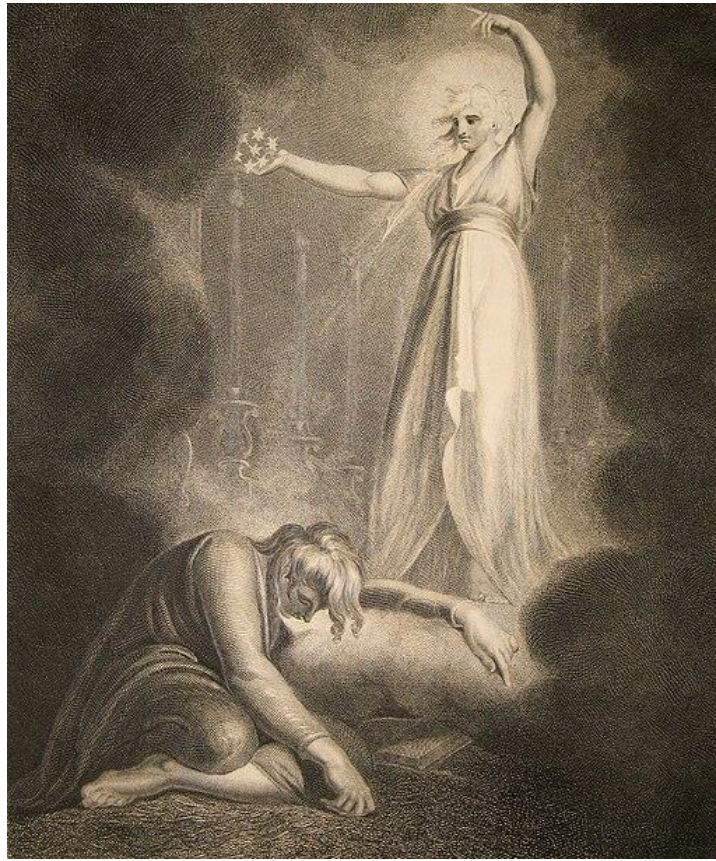
O True Light, Lord of Divine Wisdom, as I come to study to derive higher knowledge help me to always discern the truth and develop the capacity to train my thought patterns so that they may be objective, consistent, and logical. Allow my spiritual studies to deepen my inner strength, confidence, and my self-awareness so that my mind is renewed and my whole being is transformed by new spiritually nourishing habits. For then I can study pure thoughts beyond my physical senses and delve into the application of sacred patterns and symbols to communicate with higher Spiritual beings who are able to assist me in my spiritual advancement. As I am fully aware it is only through my devoted and persistent studies that the knowledge, I acquire can travel from my mind to my heart so that it may be reflected in the way I now chose to live my life. Therefore, my Lord keep my focus on what is true, noble, and praiseworthy so it always allows my mind to touch and feel the truth of it and I can align with the universal conscience that helps to keep us blameless in our character and intentions. Through humility I keep myself open to the possibility that new ideas that are beyond the established facts and conform to the truth of the teaching from within can flow in me and trigger a precession of new thoughts that fill my heart with bliss. As this will provide the way to connect to the energy of the natural forces that we can use to transform our environment and regulate the thoughts and ideas we bring into our consciousness as this will ultimately become our reality, our opening to enter the mind of God, to see how one thought connects to another, building the energy of the natural forces to purify and mold the astral body so that we might develop its organs of perception for the Higher Worlds. Therefore, My lord, I ask that you pour Your wisdom within me so that I can merge a meditative element into my studies so that from knowledge comes wisdom and understanding in which my thoughts continue to grow and further awaken within my consciousness that which is needed to continue its transformation so that I might develop my true connection to the Christ-within so that my mind may now have access to study all of the spiritual information from the cosmos so that I can work as You worked in fulfillment of Your plan for humanity. Amen. - (GEC)



“Each hour of the day we should note and weigh our actions and in the evening we should do what we can to free ourselves of the burden of them by means of repentance ...”

- St Hesychios the Priest, *Philokalia*

Stage Two: *Imaginative Knowledge*



The second stage of Rosicrucian Higher Knowledge is Imaginative Knowledge or what may be referred to as our key to the Higher Worlds. At this stage we look beyond the physical appearance of objects and begin to recognize that everything contains something spiritual within it regardless of whether it is living or nonliving. We now move past our physical senses and develop the ability to explore the higher worlds with clairvoyant senses so that we perceive images within ourselves from the spiritual world that help us to gain the knowledge we need to develop meaning in our lives. Some of us may see images within our minds like watching a movie on a screen while others may see only select images or symbols. Ultimately, imaginative knowledge has its effects on the etheric body and then is passed on to the blood so that it may develop us spiritually and provide any needed healing.

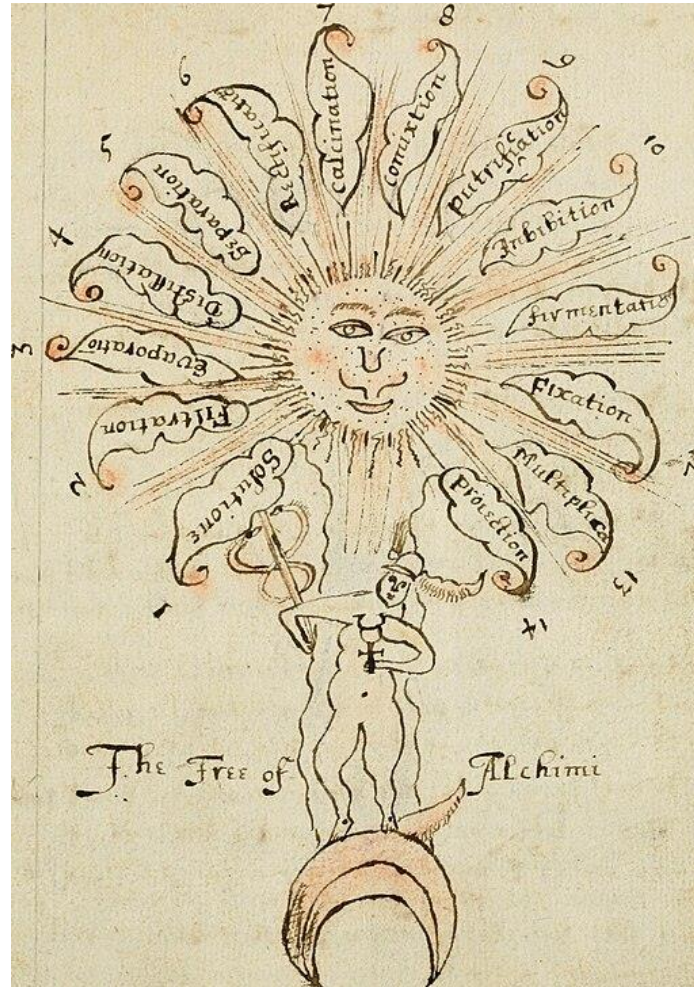
Rosicrucians learn to study nature because they understand that “*everything that takes place in nature is an expression of soul and spirit*” and once they learn the codes of nature, they can now speak its language and now are free to explore its mysteries. Everything in nature becomes symbolic in meaning and produces thoughts within us, metaphors for what they stand for or the character of their inner being. For example, certain flowers may be tears and speak to the pain and suffering of the Earth Spirit deep within the core of the Earth who is saddened by the lack of growth in humanity.

Rosicrucians utilize exercises such as concentration to release our astral senses from our physical senses and then develop the astral senses so that we may receive imaginative knowledge and insights. The training of our astral sense is often accomplished through meditation practices in which the thoughts that are awakened in us from nature and the symbols they produce germinate within our hearts and grows the needed spiritual knowledge. However, even scripture from the Bible or texts from other spiritual writings trigger images within our minds that can be used as a source of imaginative knowledge. Then we can change our thinking into “*an organ of touch for the soul*” so we can feel our way around in the spiritual world and enter into a mutual relationship in which imaginative knowledge is our “best teacher”.

My Prayer for Imaginative Knowledge

O Beautiful God, Door to my Imagination, help me as I gaze upon nature so that I may see your symbols and pictures that contain Your truth so that they may be brought to life in my soul and then stir my intuition to its fruition. You have placed a spiritual presence within every object and by their external presence You have also embedded a metaphor that if we are attuned can stimulate our thoughts and feelings to Your reveal Your Word. The landscape we traverse in honor of Your glory is awash in a sea of parables that hold the inner meaning to Your mysteries and our needed self-knowledge. Therefore, my Lord allow me to venture beyond the physical and perceive the world with my spiritual sight, so I that may see through the outer expressions of objects and people and now see them in my soul as key elements of cosmic and spiritual knowledge. Let my imaginative knowledge settle upon my etheric body and find its way into the blood so it may bathe my body with the power and guidance to shift my thinking into an active process so that it now becomes a tool of feeling for the soul, an organ of touch, to experience and learn within the Higher Worlds, well beyond the laws of nature and even into the future and ultimately into the true being of ourselves and the world. I am certain that the process of acquiring our imaginative knowledge is the only portal to creating memories within our souls where the concepts of our spiritual understanding can be organized, assembled, and interconnected to reveal their true meaning. Therefore, my Lord, open my soul to new thoughts and ideas from my mediation and guide me as my invisible teacher in producing the needed forces within my soul so that through my spiritual exercises I may learn to transform my passive thinking into active thinking that will be the source of my Initiation-knowledge. For then I can in my contact with the spiritual world establish a relationship in which I can make sense of the altered visions of this new world and the Higher beings that are attempting to communicate to me through this new reality. In Your greatness, Trust me and allow Your images to work upon my soul and bring forth Your truth so Your divine communication can now commence through my intuition and provide the direct knowledge need for spiritual advancement in the Higher Worlds through my development of imaginative knowledge. Amen. - (GEC)

Third Stage: Acquisition of the Esoteric/Occult Script



Through our work with our spiritual exercises, we are able to enter the spiritual worlds and within these higher worlds we are surrounded by higher beings, many of which are there to help us however, there are also some that serve only themselves. As we venture in the astral world, we have to be able to recognize and understand the various symbols and combination of symbols so that we may understand in a sense where this would place us in the physical and higher worlds, our life, or even a time period and what we should then understand or learn so as to spiritually advance. This is what is referred to as "*reading the esoteric script*" and it is essential to our functioning in the astral world. In essence, the "*script*" is a key to all the symbols and their representation or meanings and how they might apply to our lives. It is important that we learn in reading scripts to see groups of images or pictures and create an internal system by which we then can determine their relationship so that we can then derive our understanding (somewhat similar to interpreting the relationship between planets, signs, and houses in astrology).

The Second Stage of Higher Knowledge: *Imaginative Knowledge* may be thought of as "spiritual sight" while the Third Stage of Higher Knowledge: *Acquisition of the Esoteric/Occult Script* is our "spiritual hearing". As we learn, each image in the astral world has lines of force that project outward and connect to other images, forming specific shapes or figures that then acquire specific colors by the

powers of our imagination. In addition, these shapes or figures produce “spiritual tones” and just as each planet in our solar system or “heavenly orb” produces specific tones and the combination of all planet tones produces a glorious celestial symphony as the images of our esoteric script will do the same.

As Heindel would say, we acquire esoteric knowledge because of our abilities to see and hear within the higher worlds which we then put together using logic and reason to produce our understandings. Ultimately, this is the method by which we conduct our investigations and obtain our spiritual truths and “[t]hrough spiritual hearing, one grasps the intrinsic spiritual quality of beings and environments.” Or put simply, we learn to read images such as individual letters and sounds as individual tones that we “read” by putting the letters or tones together to form words/sentences and chords/celestial music. The ultimate purpose of this “*hidden script*” that we are reading in the Higher Worlds is so that Higher Beings can work with the spiritual seekers to find Oneness in God and drive them upward in the evolution of humanity.

My Prayer for Acquisition of the Esoteric/Occult Script

Our Lord Most High, Composer of the Celestial Symphony, assist me by activating my spiritual hearing as I work with my spiritual exercises to enable myself to learn the mysteries of the Higher Worlds. Allow me to take in the signs and symbols of the astral world so that I may move them around in my mind until I see how they fit together, the relationships they represent at all levels of consciousness, and the story they ultimately tell so as to provide insights in my search for truth. During the process allow the astral world to become alive in my mind so that I may see the letters that are used to form words and hear the sounds that merge together to produce the harmonies of the celestial music so that together they produce the esoteric script that I now have the ability to read. In the beauty of the esoteric script, grant me the power to envision the lines of force shooting out in all directions to form new images, connecting to other images to form wonderfully complex shapes and figures that take on different colors and emit different spiritual tones so I can enter into life’s sacred stream so the hidden script can reveal its true meaning. Help me to change my perspective to focus on the letters and tones of the astral realm as that will be the source of the Higher Beings who will come to me as I allow the words and harmonies to build and join forces in operative statements that open the pathway from my mind to my heart so that I will resonate with their intended communication. Therefore, my Lord be patient with me as I learn to read the esoteric script for the present and for what You will place in my future, reminding me to always pay attention to the Spiritual Beings about me to acquire the knowledge and wisdom of the esoteric script that is essential to my spiritual advancement so that I may then be counted as part of the humanity that has sufficiently evolved to help serve others in their upward journey. Amen. - (GEC)

“More things are wrought by prayer than this world dreams of.”

- Alfred Lord Tennyson

Fourth Stage: *Preparing the Philosopher's Stone*

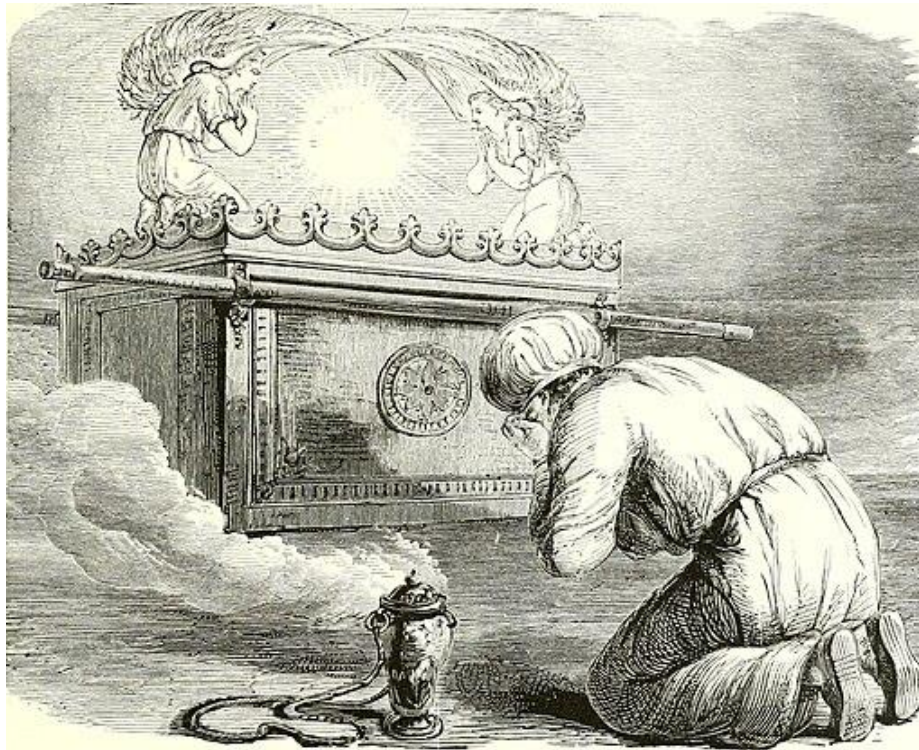
The Fourth Stage of Higher Knowledge is also referred to as “*Bringing Rhythm into Life*” or “*Living in the Spiritual Element*” however, Preparing the Philosopher's Stone might best capture the full meaning of this stage. If we start by considering rhythms, it is clear that all of the natural world conforms to rhythms. These rhythms help to ensure the survival of the individual as well as the species. For example, the seeds of plants will germinate at specific times once certain environmental conditions have been met while the estrus cycle of mammals ensures that new offspring will be produced and at the optimum times of the year to ensure their survival. Yet, man is not bound by natural rhythms, however, we will need to develop certain rhythms in our spiritual practice such as the blooming of Aaron's Rod if we wish to develop the philosopher's stone.

In terms of *Living into the Spiritual Environment*, this is when we have the ability to work with Higher Spiritual Beings during our spiritual practices. It goes beyond what we envision in our minds and speaks to a “*connection*” that is developed within us so that the higher spiritual beings can begin to message us through our intuition to provide us with needed knowledge at the right times. Yet, as we work to develop the Philosopher's Stone we will be working with Higher Beings and their ability to transmit knowledge to us until we can learn to become independent and create on our own so as to best teach and serve others. For spiritual aspirants, preparing the Philosopher's Stone is the process by which we create our Soul Body (I Corinthians 15:44, the “*soma psuchicon*”) or what is more commonly referred to as the Golden Wedding Garment (Matthew 22:1-14). As Heindel states, “*You must learn to turn your whole creative energy upward to be used under the direction of your intelligence entirely.*”

For Steiner, there is an emphasis on special breathing techniques to help us prepare the Philosopher's Stone and the development of an organ that will allow us to process our carbon dioxide waste back into oxygen much in the same way plant respiration uses carbon dioxide and releases oxygen. This will then provide a carbon source for the building of our bodies, once again following the ways of the plants so humanity becomes more plant-like especially when we can then follow suit in a pure, chaste form of reproduction. By this secret process of preparing the Philosopher's Stone one moves to a higher consciousness that thrusts humanity into the higher worlds.

However, for Heindel there are no breathing techniques and his process requires that we learn to regenerate ourselves so we once again “*become a Hermaphrodite spiritually*” because when humanity existed previously as physical hermaphrodites, we had the power to create. Yet, in many ways the original hermaphroditic man was plant-like with all their creative powers turned upward so as to give them the ability to create in the physical world but without knowledge, a conscious, and a free-will to pursue things as he would like. By evolving into unisexual beings in which half of our creative energy was used to develop and maintain a brain and larynx, we gained our intellect but lost the ability to create from ourselves because half of our creative force now had to be directed downward so as to fulfill our “*desire and sense-gratification*” placed within us by the Lucifer Spirits. When we develop the ability to again raise both halves of our creative forces to the brain and larynx, then this dual creative force

will now have the power to transfigure our bodies into a new celestial body, the philosopher's stone so that we can create again (for altruistic purposes) in both, the physical and spiritual worlds. Ultimately, we are preparing ourselves become the Philosopher's Stone.



My Prayer for the Preparation of the Philosopher's Stone

My Father, Great Architect of the Universe, I pray that You will help me to learn how to turn all of my creative energy upwards so that it is completely under the control of the intellect of my mind and I will now wear the Golden Wedding Garment. Allow me in this preparation to understand that I must now spiritually become a hermaphrodite as humanity was in the past so that I can create from myself. Teach me to turn the second half of my creative force that is currently being directed downward to gratify my senses and fulfill my desires so it now reverses its course and moves upward within my spinal canal as a spinal spirit-fire. Let this dual creative force, the serpent of wisdom, continue to rise to my larynx and then to my brain so that my pituitary body and pineal gland will begin to vibrate creating a key to open the spiritual worlds so that I may share my thoughts, feelings, and emotions with all the Higher Beings. In this preparation of the Philosopher's Stone which is guided by Your love and mercy, I ask that You provide the living water for the blooming of Aaron's Rod to set forth so my brain and spinal cord can now be sustained as the tricolored serpentine spinal fire awakens the two Cherubim from Ark of the Covenant, my pituitary body and pineal gland. How I am lost in wonder as the stream of blue, yellow, and red lights ascends through my spine cord branching at the pons of my brain into two separate streams. The yellow light of the Son now blends with the blue light of the Father and enters my pineal gland while the red of the light of the Holy Spirit also blends with yellow light to enter my pituitary body. With my two glands awakened

and now sending their message of love, the two streams of color merge to form a new color that cannot be described, the Holy Shekinah Glory and I am blessed to feel its light now growing in my body and extending outward into my auric field completing my preparation to become the Philosopher's Stone. Therefore, my Lord, having purified myself accept my initiation as I have put aside my passions and desires that were implanted within me by the Lucifer Spirits so that I may demonstrate only my love and faith so I may fulfill Your will. Know that I am seeking You with constant prayer in my heart, hear me as I knock upon Your temple door, and allow me to now become an "independent creative intelligence", with a new celestial body so that I might create for others, be a teacher in service to my fellow man. Amen. - (GEC)

Note: S.R. Parchment, a prominent student of Max Heindel, who later founded the *Rosicrucian Anthroposophical League* provided a more depth description for the Preparation of the Philosopher's Stone in his book, *Steps to Self-Mastery*.



*The quality of mercy is not strained;
It droppeth as the gentle rain from heaven
Upon the place beneath; it is twice blest;
It blesseth him that gives and him that takes.
'Tis mightiest in the mightiest: it becomes
The throned monarch better than his crown;
His scepter shows the force of temporal power,
The attribute to awe and majesty,
Wherein doth sit the dread and fear of kings.
But mercy is above this sceptred sway;
It is enthroned in the hearts of kings,
It is an attribute to God himself;
And earthly power doth then show likest God's
When mercy seasons justice.*

- The Merchant of Venice, William Shakespeare



"Prayer is not overcoming God's reluctance, but laying hold of His willingness."

- Martin Luther

Fifth Stage: *Knowledge of the Microcosm*



In the microcosmic theory, man is seen as microcosm in which we exist as a “*little world*” in which all parts and compositions of our body have analogous structures in the universe. Everything within us is linked to something outside of us. Plato asserted that both man and the universe have a body and soul, the universe is an “intelligent organism”, and there are parallels between the body and soul of man and the universe. While later philosophers referred to man in terms of being a microcosm as a “*miniature heaven*”. Paracelsus believed everything in the universe had an equivalent within the body of man. He reasoned that man also contained stars within himself and the constellation of these stars produces man’s spirit and his soul came from the planets. Therefore, there is the Hermetic axiom, “*As above, so below*” for if we know what happens to an object outside of our bodies that corresponds to something within us, then we can expect the same to happen to our corresponding body part or composition. Therefore, if we understand our own bodies then we understand the world outside of ourselves.

In the heliocentric model of the solar system planets revolve around the sun just as we move around God in developing our relationship with Him. Therefore, happenings in the universe and cosmic symbols become extremely important in understanding what we will have to go through in our own lives. The world is like an encyclopedia and can tell us whatever we want to know. If we consider Christ as a cosmic symbol then it follows our lives will have to go through everything He did while He was on earth in order for us to spiritual advance.

Heindel uses the example of the spinal cord as an example of how our bodies are “*microcosms of cosmic forces*”. Our spinal column is governed by three celestial influences, the Moon, Mars, and Mercury in which the spiritual forces have

specific effects required for our spiritual growth, i.e., the Moon encouraging intuition and Mars and Mercury controlling desire and intellect. Heindel then uses the concept that the body is as a microcosm to explain how “*the spine bridges the material and spiritual realms, facilitating the ascent of the “Spinal Spirit Fire”*” so that humanity can then use their dual creative force to create for altruistic purposes.

My Prayer for Knowledge of the Microcosm

My Heavenly Lord, Creator of the Universe, You have created our earthly bodies as a mirror to reflect the workings of Your universe. Our body parts and their composition correspond to that which is outside of our bodies and therefore what occurs in the heavens will also materialize within us in our analogous anatomical structures and surface within our physical, mental, and spiritual realities. Therefore, my Lord help me to fully understand the meaning of the words “As above, so below” so that I can comprehend all of Your mysteries and prepare myself for what I must participate in order to experience the life You lived. Being only a little world revolving around You the Ultimate Creator my Lord, help me to see the physical and spiritual worlds as only one so that I may understand how the forces of the universe are interacting with each other and how this translates to my body and its effect upon my life. Awaken my mind to the celestial symbols that are found throughout the microcosm of my body that are attuned to the cosmic forces of the universe. For as I look upon the magnificence and beauty of the universe You created allow me to see Your signature in every heavenly object, let me feel Your presence in each of Your expressions, and as I seek let me find myself within the same objects, so that I may discover they represent our Oneness. What a marvelous gift it is to be a microcosm of You my Lord, so that we are capable of having a loving and compassionate relationship with all of humanity as we gaze upon all the shining stars of the evening sky and then glance upon the Moon to understand the deepest and most sincere needs of our fellow man. For every part of each of my vehicles is a patchwork of Your creations from all parts of the universe from all different time periods. Therefore, my Lord, allow me to discover the unknown places of wisdom, forces, and power that reside in my microcosm so that I might use them in expressing Your divine love. Amen.

- (GEC)



“The sun with loving light makes bright for me each day, the soul with spirit power gives strength unto my limbs. In sunlight shining clear I revere, Oh God, the strength of humankind, which thou has planted in my soul, that I may with all my might, may love to work and learn. From thee stream light and strength to thee rise love and thanks.”

— **Rudolf Steiner**

Stage Six: Union with the Macrocosm



The macrocosm is our universe and at this stage we are working to become one with the universe and its cosmic energies. Everything that is within our bodies, our microcosm, has come from the macrocosm. If we want to connect with the universe we have to know and adhere to the spiritual laws such as the Law of Analogies, “*As above, so below*”. Then we can merge with the universe and spiritually advance ourselves so that we can experience all the joy and harmony it has to offer. It is our responsibility to put all of our efforts into establishing union with the macrocosm which ultimately requires that we “*Know thyself*” because the only true knowledge of the macrocosm comes from within and learning about our own microcosm.

Yet, this is not an easy path as it requires that we get beyond our own world and immerse ourselves in the macrocosm and accept that it is part of who we are and we need to do whatever it takes to become One with it. We need to take advantage of the opportunity each night when in our deep sleep when our desire body leaves our microcosm to explore and learn in the macrocosm where we can enter into all beings so that we may connect as one in unity with the macrocosm so that we can then feel the “*expression of the divine Spirit of the Earth.*” Ultimately, God the “*Great Light-giver*” is the ruler of the macrocosm and when Christ was first found by the wise men, they “*followed a star that led them to this great spiritual Light.*”

In our union with the macrocosm, we also want to move out of darkness and find the light as it will “*strengthen and invigorate human soul-forces.*” This will be needed so we will have the faith and courage to withstand what Jesus willingly endured for humanity. When we understand the symbolism of the macrocosm even as we look to our past then we shall fully understand how it applies to our microcosm. As eventually, if we progress with our understanding then we will ultimately become the macrocosm ourselves.

My Prayer for the Union with the Macrocosm

O Lord, the Source of All Creation, help me as I seek to connect with the Universe through You the Great Light-giver so that I may be One with the Macrocosm. Open my heart so that I may learn to Know Myself so that I may tap into the divine knowledge of the macrocosm that lies within my own microcosm. Then each night guide me as my desire body leaves my dense body to penetrate into the higher spiritual worlds so that I might have unity with You my Lord, the ruler of the macrocosm. As the three Wise men followed the light from the Star of Bethlehem, put forth Your spiritual Light in the macrocosm so that I may feel its energy touch upon my corresponding organs and structures of my microcosm so that my spirit now extends into the universe so that it may meld with Your Light so that it now becomes a new Light that can shine in places that never knew Light before. From the power of the macrocosm strengthen my soul-force so that I may imitate the way of Your Son, endure the same suffering and pain He experienced on Earth, and die to myself so that I also may also be reborn from the cross. Therefore, my Lord, refresh me so that I can join with my fellow man and accept that they are all a part of me as I am a part of You. Show me how You used the vital components of the macrocosm to create myself as a little world of Yourself. For in my union with macrocosm I open myself to Your sacred knowledge and cosmic energies so that our union fills me with joy and harmony. As it is only when You allow my microcosm to envelop all that is within the macrocosm, to come to a Oneness in our union, that I can become as You, a Great-giver of light in macrocosm so as to love and serve humanity. Amen. - (GEC)



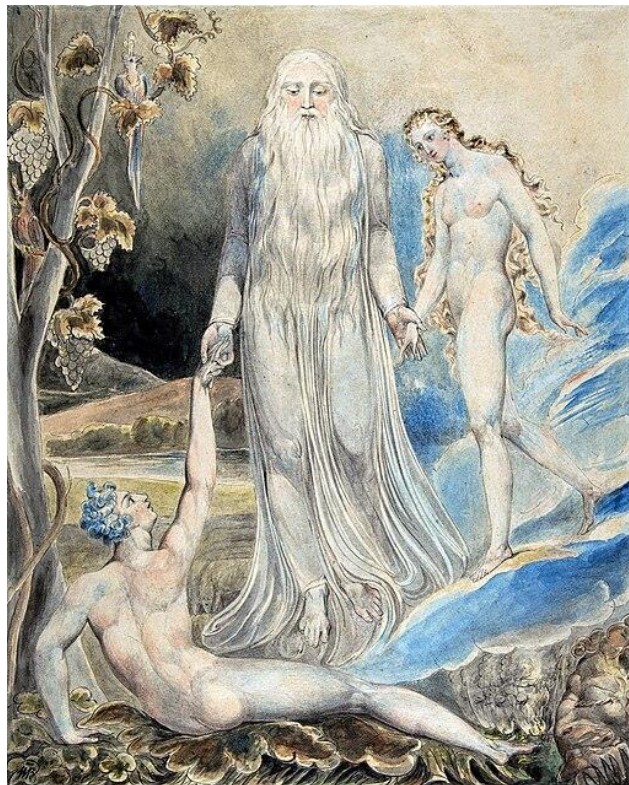
“Sometimes I considered myself before Him as a poor criminal at the feet of his judge. At other times I beheld Him in my heart as my Father, as my God. I worshipped Him the oftenest I could, keeping my mind in His holy presence and recalling it as often as I found it wandered from Him. I made this my business, not only at the appointed times of prayer but all the time; every hour, every minute, even in the height of my work, I drove from my mind everything that interrupted my thoughts of God.”

- Brother Lawrence, *The Practice of The Presence of God*

Seventh Stage: *Attaining Bliss in God*

When we attain bliss then we are living a life this is unified with God the Father. As Heindel reminds us, *“our first parents sinned and were exiled from their previous state of celestial bliss, placed under the law, made subject to death, and became incapable of escaping by their own efforts.”* Therefore, our view of life must now change and we now have to see ourselves as being in service to humanity and seeking beyond all else to work for the *“perfection of love”*. As Steiner writes, we *“voluntarily perform[s] all his deeds in accordance with the will of the whole cosmos.”* Now we should focus on the spiritual aspects of life and on *“attaining beatitude”* in which we experience the ultimate happiness and joy in life because we have chosen to accept Jesus and carry on a life that honors Him even when it means it will be difficult and at time involve pain and suffering, but we will never doubt because we have true faith and hope. Bliss involves undergoing a transformation in which we now can place ourselves into any object or being and come to understand their thoughts, feelings, and experiences and then unite in compassion with all physical and spiritual beings during times when we feel powerless or sense the impermanence of our current physical bodies as well as in times of thanksgiving and praise.

Bliss is not only an inner peace or happiness it is God gifting himself to us as He wants to share His life of goodness and awaken our true inner joy when we accept our His salvation. Bliss like God is all around us and God desires us to have it, we simply have to see it within ourselves and it is so, and trust in our resurrection. Everything in life is ultimately part of a form of *“Conscious Bliss”* in which a universal attraction brings every piece together to form an *“Eternal Conscious Bliss”* so that we may reside in the presence of God.



Bliss does not come from obtaining something or being rewarded it comes when we serve a higher purpose and have a new perspective on life in which we can do anything because God has provided us with all the knowledge, skills, and materials we need to accomplish any task. In addition, Heindel states that we must “aspire to tread the path of peace to the serene bliss of the gods.” Bliss comes with our self-realization of our Higher Self and by showing it through a life of gratitude. It requires us to overcome our lower self and rise within our higher self. Our higher purpose must always be focused on connecting with God, our source, for then bliss becomes eternal, an unchanging reality that is the basis for understanding and living within and as the macrocosm itself always feeling the truth of God. Yet, it is important to remember that “only what the human being feels of his own accord can fill him with bliss.”

My Prayer for Attaining Bliss in God

Lord of All, Source of Happiness and Bliss, allow me to always be within Your presence so that my awareness rests only upon inner peace and the profound joy that You have so graciously bestowed upon me. By following Your ways, I have experienced my death and resurrection so that You could enlighten my mind to a new perspective of expressing unconditional goodness within the world and always working to live a life of a higher purpose in service to humanity. Together in unity, I no longer stand burdened as Your Light grows within me so that my life freely flows in the present never returning to taste the bitterness of sorrow because I am overwhelmed with a deep sense of gratitude in everything You set before me to experience my Lord, and that fills every space and organ within my microcosm with an eternal conscious bliss. Lord, You are my Source, help me to overcome my lower self so that my Higher Self seeks only to serve the will of the macrocosm through the perfection of love. You earnestly taught us the beatitudes so that humanity would understand how to live according to Your will so as to deepen our relationship and establish our unity so that we could then live in a new heaven and a new earth that offers eternal life with You my Lord in Your kingdom of love and mercy where we will always fear not. Therefore, my Lord allow the Holy Spirit to blossom and set forth the fruit of the Spirit, unleash the feelings and passion of love, peace, and joy and by Your right hand allow me to know the pleasure of living as a child of Your kingdom. For I only wish to live a righteous, merciful, and peaceful life in which each of my acts and deeds expresses a true sympathy to all beings and fulfills Your will as the Ruler of the Macrocosm. Lord, Through Your divine love and mercy place within my heart Your eternal bliss and its unchanging reality that will allow me to always savor the divine bliss of universe by living in Your source and experiencing the totality of creation and the blessedness of our unification to fulfill the mission of man's evolution. What a wonderful gift You have blessed with me with. Amen. - (GEC)

The Nine Steps to Christian Mystic Initiation

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 imagine 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 woman.*”

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

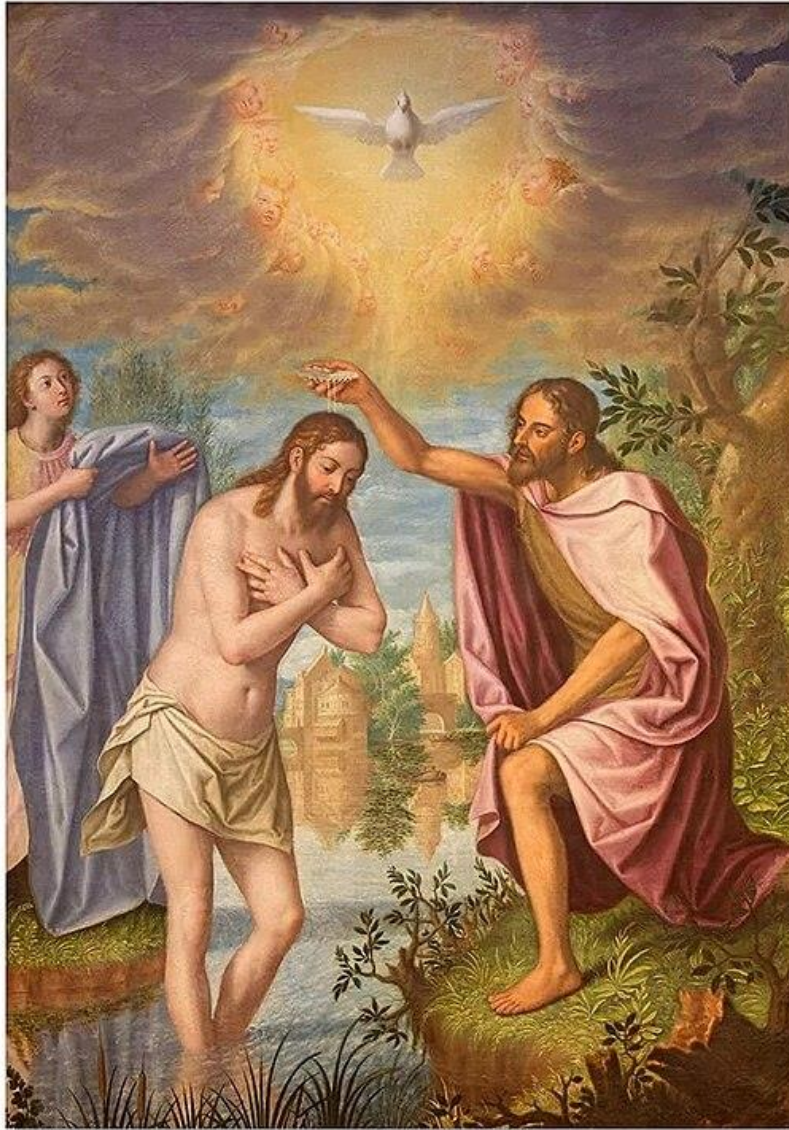


Forgiveness

John Greenleaf Whittier

*My heart was heavy, for its trust had been
Abused, its kindness answered with foul wrong;
So, turning gloomily from my fellow-men,
One summer Sabbath day I strolled among
The green mounds of the village burial-place;
Where, pondering how all human love and hate
Find one sad level; and how, soon or late,
Wronged and wrongdoer, each with meekened face,
And cold hands folded over a still heart,
Pass the green threshold of our common grave,
Whither all footsteps tend, whence none depart,
Awed for myself, and pitying my race,
Our common sorrow, like a mighty wave,
Swept all my pride away, and trembling I forgave!*

Step One: *Baptism*



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. - (GEC)



Paul's Prayer to:

Strengthen Our Heart and Soul and Live in the Fullness of God

“For this cause I bow my knees unto the Father of our Lord Jesus Christ, Of whom the whole family in heaven and earth is named, That he would grant you, according to the riches of his glory, to be strengthened with might by his Spirit in the inner man; That Christ may dwell in your hearts by faith; that ye, being rooted and grounded in love, May be able to comprehend with all saints what is the breadth, and length, and depth, and height; And to know the love of Christ, which passeth knowledge, that ye might be filled with all the fulness of God.”

- Ephesians 3:14–19

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 for 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.

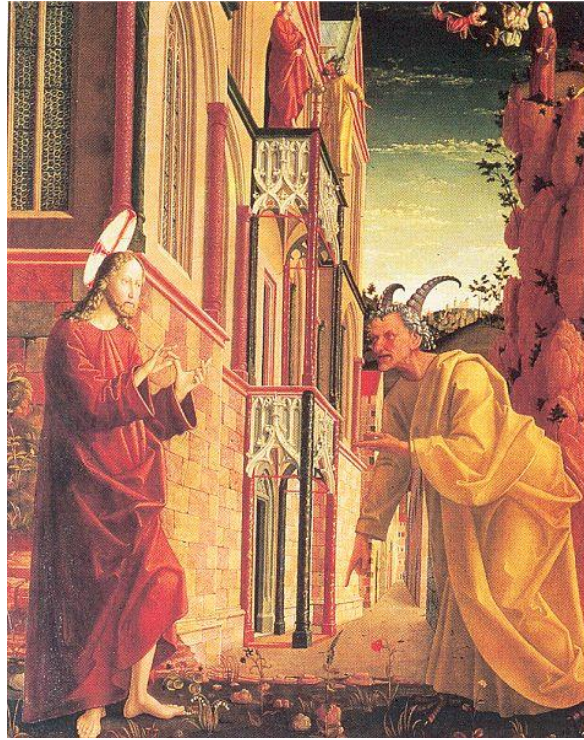
Then after time, through the power of the Spirit, the candidate will then be freed from his emotions so that he may now rise to God so as to experience “*peace that passeth understanding*.” Yet, this time only occurs after we have received the rite of Baptism and brought ourselves to Golgotha to experience 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 and that the candidate now feels he needs 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 who truly 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.*”



“*Determined will is the beginning of all magical operations. It is because men do not perfectly imagine and believe the result, that the (occult) arts are so uncertain, while they might be perfectly certain.*”

- Paracelsus



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 and 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. - (GEC)

Stage Three: *Transfiguration*

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.
- (GEC)



Leave the Miracle to Him

*"Whatsoever He bids you, do it!"
Though you may not understand,
Yield to Him complete obedience,
Then you'll see His mighty hand.
"Fill the waterpots with water"
Fill them to the very brim;
He will honor all your trusting—
Leave the miracle to Him.
Oh, ye Christians, learn the lesson;
Are you struggling all the way?
Cease your trying, change to trusting,
Then you'll triumph every day.
"Whatsoever He bids you, do it"
Fill the waterpots to the brim,
But remember, 'tis His battle—
Leave the miracle to Him.*

—Author unknown

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)

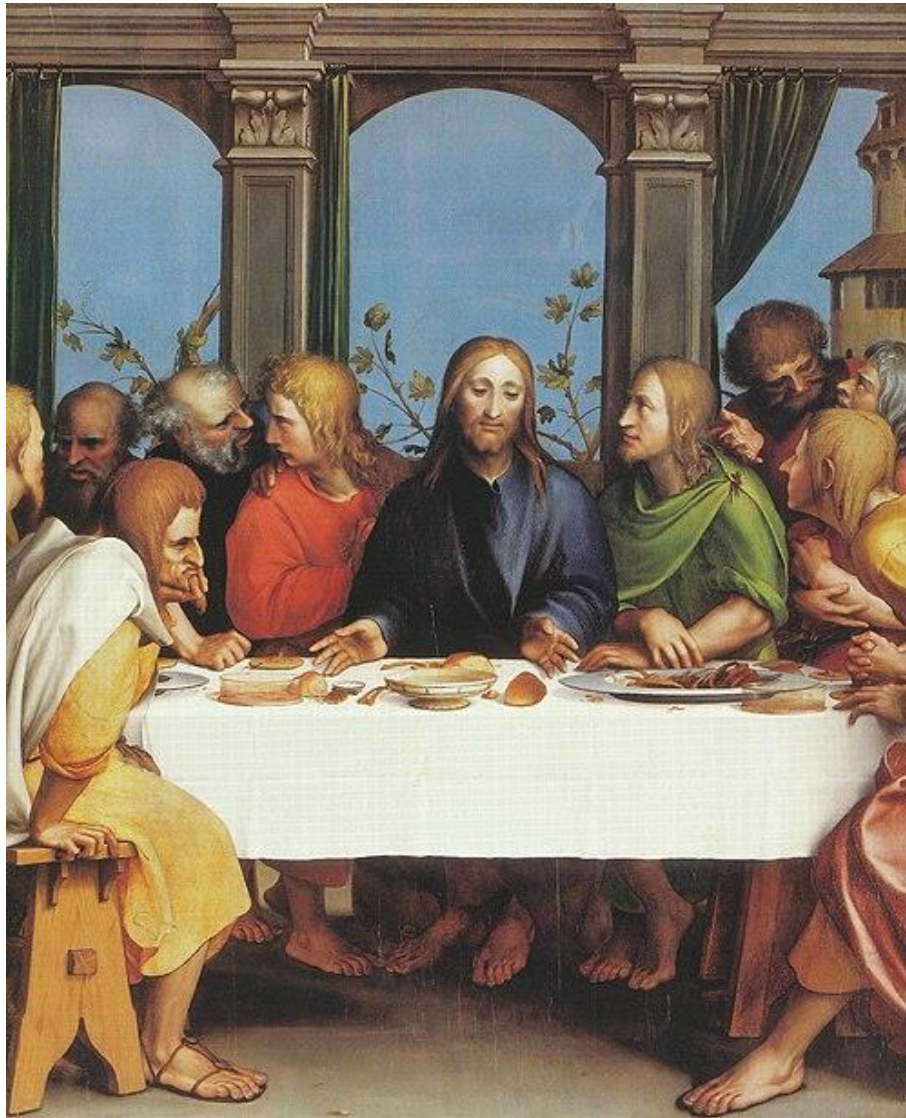
The Last Supper is the final meal for Jesus and His disciples and several significant things occurred at the meal; Jesus represents Himself as the Passover Lamb, He puts forth a new covenant that will be based upon His sacrificial blood which would become Communion or the Lord's Supper, the Washing of 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.

"The truths that I know best I have learned on my knees. I never know a thing well, till it is burned into my heart by prayer."

- John Bunyan



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. - (GEC)



The Assumption

By Sir John Beaumont

*Who is she that ascends so high,
Next the Heavenly King,
Round about whom Angels fly
And her praises sing?
Who is she that, adorned with light,
Makes the sun her robe,
At whose feet the queen of night
Lays her changing globe?
To that crown direct thine eye,
Which her head attires;
There thou mayst her name descry
Writ in starry fires.
This is she in whose pure womb
Heaven's Prince remained;
Therefore in no earthly tomb
Can she be contained.
Heaven she was,
which held that fire,
Whence the world took light,
And to Heaven doth now aspire
Flames with flames t'unite.
She that did so clearly shine
When our day begun,
See how bright her beams decline
Now she sits with the Sun.*

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.

- (GEC)

Gethsemane

By Ella Wheeler Wilcox

*In golden youth when seems the earth
A Summer-land of singing mirth,
When souls are glad and hearts are light,
And not a shadow lurks in sight,
We do not know it, but there lies
Somewhere veiled under evening skies
A garden which we all must see -
The garden of Gethsemane.*

*With joyous steps we go our ways,
Love lends a halo to our days;
Light sorrows sail like clouds afar,
We laugh, and say how strong we are.
We hurry on; and hurrying, go
Close to the border-land of woe,
That waits for you, and waits for me -
Forever waits Gethsemane.*

*Down shadowy lanes, across strange streams
Bridged over by our broken dreams;
Behind the misty caps of years,
Beyond the great salt fount of tears,
The garden lies. Strive as you may,
You cannot miss it in your way.
All paths that have been, or shall be,
Pass somewhere through Gethsemane.*

*All those who journey, soon or late,
Must pass within the garden's gate;
Must kneel alone in darkness there,
And battle with some fierce despair.
God pity those who can not say,
"Not mine but thine," who only pray,
"Let this cup pass," and cannot see
The purpose in Gethsemane.*



*"We are the gods of the atoms that make up ourselves but we are also the atoms
of the gods that make up the universe."*

- Manly Hall

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. - (GEC)

Stage Seven: *Crucifixion*



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 Nazareus 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*”.

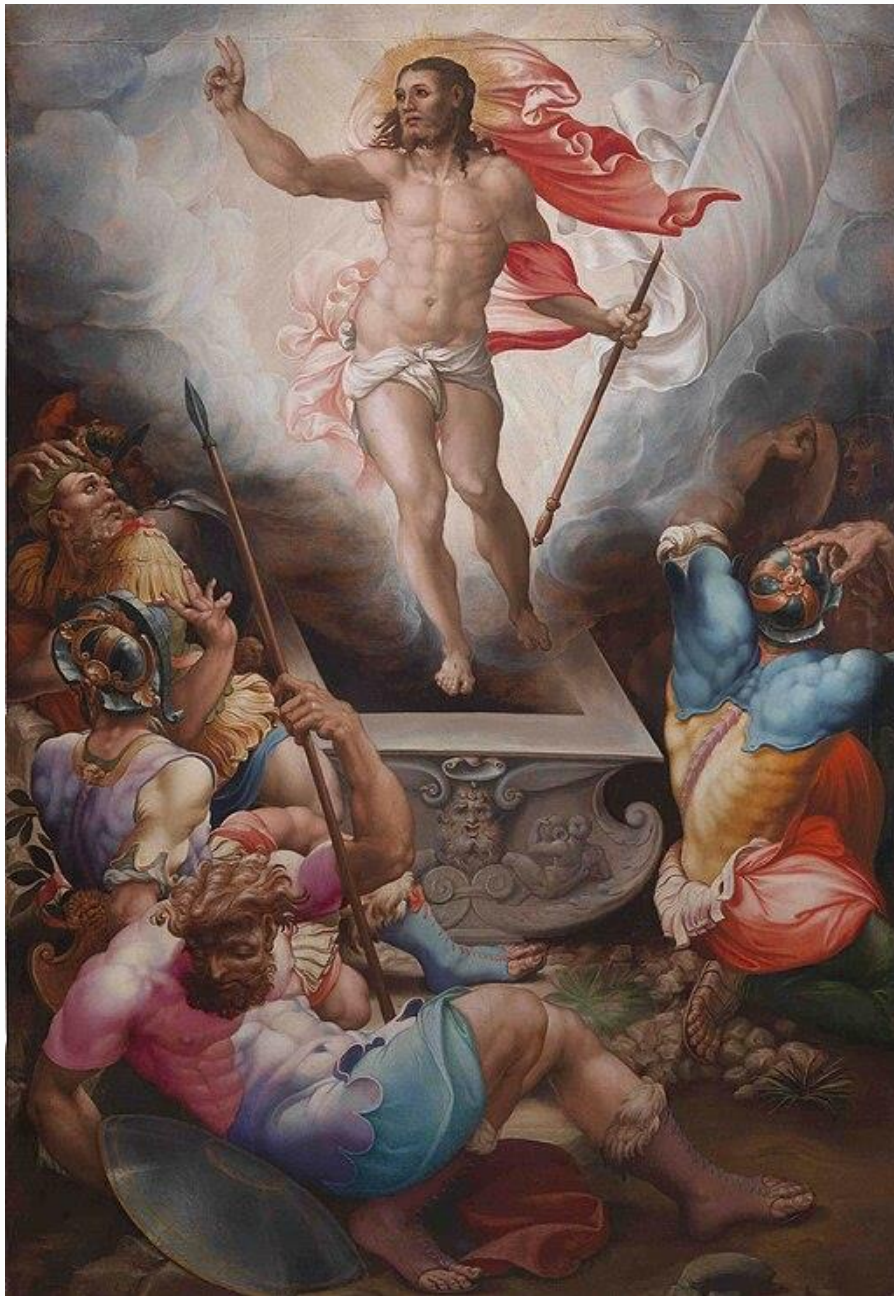
In alchemy, salt, sulphur, mercury, and azoth were used as the raw materials to make the *Philosopher's Stone* and the *Elixir of Life* (*elixir-vitae*). Once the Christian Mystic can reverse and send both streams of the creative force upward, the regenerative Spirit-Fire comes to life and travels through 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.

My 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. Amen. - (GEC)

Stage Eight: *Resurrection*

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.*”



“Although the semicircle of the Moon is placed above the circle of the Sun and would appear to be superior, nevertheless we know that the Sun is ruler and King. We see that the Moon in her shape and her proximity rivals the Sun with her grandeur, which is apparent to ordinary men, yet the face, or a semi-sphere of the Moon, always reflects the light of the Sun.”

- John Dee

My 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.
- (GEC)



The Holy Longing

By Johann Wolfgang von Goethe

*Tell a wise person, or else keep silent,
because the mass man will mock it right away.
I praise what is truly alive,
what longs to be burned to death.*

*In the calm water of the love-nights,
where you were begotten, where you have begotten,
a strange feeling comes over you,
when you see the silent candle burning.*

*Now you are no longer caught in the obsession with darkness,
and a desire for higher love-making sweeps you upward.*

*Distance does not make you falter.
Now, arriving in magic, flying,
and finally, insane for the light,
you are the butterfly and you are gone.
And so long as you haven't experienced this:
to die and so to grow,
you are only a troubled guest on the dark earth.*

Stage Nine: *Ascension*

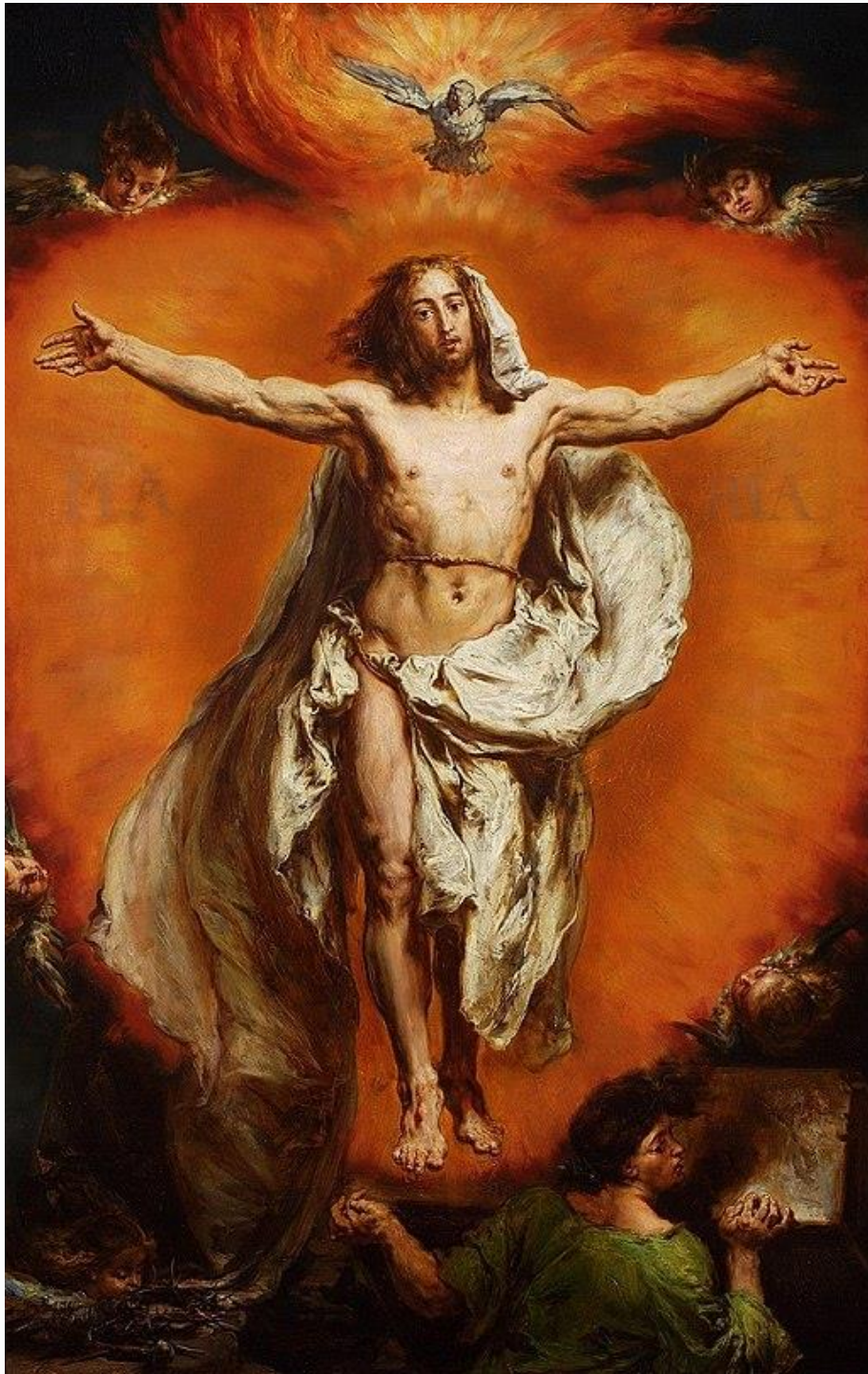
And he led them out as far as to Bethany, and he lifted up his hands, and blessed them. And it came to pass, while he blessed them, he was parted from them, and carried up into heaven. And they worshipped him, and returned to Jerusalem with great joy: And were continually in the temple, praising and 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.



Be careful for nothing; but in everything by prayer and supplication with thanksgiving let your requests be made known unto God. (Philippians 4:6 KJV)

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. - (GEC)



“At a certain stage of our progressive attainment, every Initiate undergoes an "Illumination by Sound" in which the Music of the Spheres becomes to us a living reality. When the magical powers of sound are rediscovered and scientifically directed to the specific purpose of healing... and when man has learned how to release the mantraic powers embodied in such inspired utterances, he will master the energies transcending even those unleashed by the atomic physicist of today. They will be energies of yet another and higher dimension.”

- Corinne Heline

The Seven Stages of Christian Mystic Initiation

Steiner has stated that there are two paths of Initiation, the *Rosicrucian Initiation* and the *Christian Mystic Initiation*. Yet, Steiner makes it clear that the Christian Mystic Initiation is now closed to the modern man. However, there is still much to learn in studying the path of the *Christian Mystic Initiation*. As their work focuses 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 it is *far superior* to knowledge acquired from any other Initiation method.

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.

In Max Heindel’s writings there are *nine* steps 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 in two versions:

Version 1: Washing the Feet, The Scourging, Crowning with Thorns, The Crucifixion, Mystic Death, Entombment, and Resurrection.

Version 2: Washing the Feet, The Scourging, Crowning with Thorns, The Crucifixion, Mystic Death, Entombment and Resurrection, Ascension.

Regardless of the method, each stage requires that we 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.

In in Steiner’s method there is a ***sign*** with both an ***internal*** and ***external symptom*** for each stage of Initiation that will signify its attainment. The external symptom will be a “*feeling*” we experience such as water washing our feet or the whip upon our backs while the internal symptom finds envisioning ourselves in place of Christ experiencing a specific stage such as *scourging* or the *crowning with thorns*.

Stage One: *Foot Washing*

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. Verily, verily, I say unto you, The servant is not greater than his lord; neither he that is sent greater than he that sent him. If ye know these things, happy are ye if ye do them. (John 13: 14-17 KJV)

Foot-washing is the fundament principle of the *Christian Mystic Initiation* and as a “*preparatory exercise*” it builds and strengthens our *moral attitude* so that we learn humility and obedience to the God we serve. It demonstrates that what is above is a product of what is below and that higher beings are dependent upon lower beings. Therefore, higher beings should always express their gratitude to those that serve them because the higher only exists because it stands upon the lower. Foot-washing is something they should always desire to do for others as it provides the channel from which the higher spiritual force can stream to the lower in the form of Grace. When a higher being such as Guardian Angel “*washes our feet*” their forces descend within us from our head to our feet causing metamorphosis of our lower forces in which our physical body is then shaped by our soul and a very real feeling of water pouring over the feet is experienced.

Yet foot-washes also requires that we be able to show that we have been cleansed of our own inequities and our lower forces have been transformed to higher forces which becomes evident in how we live our lives in which the higher always serves the lower. Through time, the physical act of our foot-washing becomes the way in which the actual foot-washing is now also performed by the Spiritual World within our meditation and during our sleep when we enter Higher Worlds. As we meditate and during sleep, we are purified and transformed by the brilliant light of our consciousness which extends out of our heads and down to the larynx and to our heart continuing downward to our feet in which “*systems of currents*” within our bodies are guided by our consciousness so that we follow a life of higher values and truth. Then as we become teachers ourselves, we understand that we will only grow by serving our students as they are the ones that lifted us up to gain higher knowledge so that we could learn to better serve them. Then to repay our debt of gratitude we will must humbly wash our student’s feet as this is the way by which all beings in nature evolve.

Foot-washing is not simply a task we perform or envision it is an ideal that we are striving to achieve in which we are trying to arouse and develop feelings of “*gratitude with which the higher should look down to the lower to which it really owes its existence*”. When we have spiritually advanced sufficiently and acquired this feeling, it produces a sign with both external and internal symptoms in which our feet feel as though they are being physically washed with water and with our spiritual sight, we now see ourselves as Christ and we are with the twelve disciples at the Last Supper humbly washing all of their feet.



My Prayer for Foot-Washing

Lord, My Redeemer, help me in my quest to become virtuous by developing the humility and submission that comes from bowing down and washing the feet of one's fellow man. Keep my mind clear to the fact that I have only spiritually advanced in my life because others have allowed me to stand upon their shoulders so Your Higher Knowledge would be within my reach. Therefore, it is by gratitude and love that I wash their feet so that higher forces may flow within them and vanish their lower forces so they might journey upward along Your divine Path. As Your "Servant of the Servants of God" allow my task of foot-washing to not only be my privilege of duty to my fellow man but gradually allow it to become what is also done to myself to awaken the feelings of gratitude from knowing I only exist because of that which I have trampled upon and the enormous debt that must be repaid. Therefore, as the Archangels, Angels, and other higher beings wash my feet, allow me to witness the light of my consciousness as it illuminates my head and then with the power of a waterfall turns downward to my larynx and heart allowing it to purify and transform my being as it slowly settles in my feet. Then through my life of pursuing higher virtues and truth, I will further the practice of foot-washing within my meditation and my sleep which opens the Spiritual Worlds to me so that higher forces may empower the system of currents within my body to complete their transformation of my soul by installing a moral attitude that reflects Your goodness, kindness, and grace. As this will then awaken and develop the first required spiritual feeling of my Initiation from the act of foot-washing. For then I will experience Your holy sign by the external symptom in which I feel the actual cool cleansing waters splash upon my feet and from the internal symptom of my spiritual sight in which I will envision myself as Christ washing the feet of His twelve disciples in the upper room during the Last Supper. Amen. - (GEC)

Stage Two: *The Scouring*

Then Pilate therefore took Jesus, and scourged him. (John 19:1 KJV)

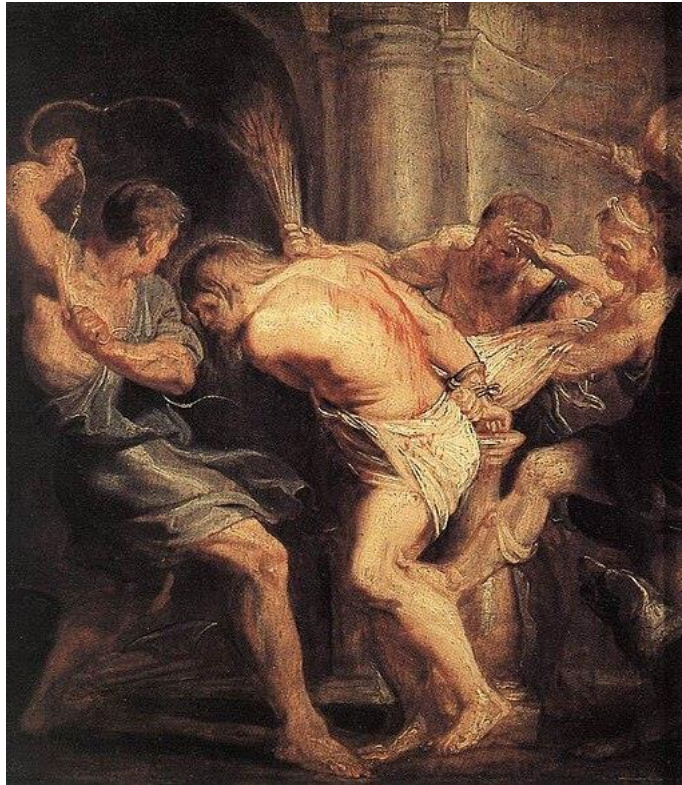
Scouring or flagellation in its most basic sense refers to any form of punishment that was inflicted on the followers of Christ regardless of whether it come from their enemies or was a result of a natural disaster. However, in its more common usage it was a punishment that was given to criminals using a leather whip or a lash. To exact deep lacerations on the criminal, hard materials were adhered to the leather thongs of the whip so they would cut open the flesh and produce bloody red “stripes” on the body of the person being whipped. When Jesus was arrested and brought before Pilate, he felt Jesus was innocent and thought that if he scourged Jesus with a lead-tipped whip (*flagrum*) as punishment that His pain and humiliation would appease the religious leaders and the mob and he would be able to release Jesus (Luke 23:16). Yet, in the end, to maintain order Pilate relented and crucified Jesus.

Scouring represents all the types of pain, suffering, and torture that man must endure in his life, physical, emotion, mental, spiritual, etc. While for Jesus this also meant accepting and experiencing the “*five pains of humanity ... desolation, mortification, humiliation, exhaustion, and death.*” However, as disciples of Christ we are called to be courageous and fearless when we face all forms of pain and suffering from every possible source so we come to endure it with “*perfect equanimity of soul*”. As Steiner further states, you must “*stand upright, you should make yourself strong to meet all the sorrows that life offers, and [you] should bear them.*” For once we reach the point where we become fearless to the scourge of life then we cultivate an external symptom in which we have strong feelings of love for all forms of life so that we may “*live within nature*”. While internally, through our spiritual vision and within our dreams, we see ourselves in Christ’s place as the one who is being scourged and its sensation is now felt upon our bodies. Yet, regardless of the “*scouring blows*” we are prepared so they do not break us down in any way.

Ultimately, as we pursue this initiation step our lives change and we experience an “*intensification of the life of feeling, a wider sense of life and of love.*” We become sympathetic to all life forms and the entire natural world. By broadening our sensitivity, we open ourselves to greater feelings of love and appreciation in which we sense that we are now “*living in the heart of Nature herself.*” Therefore, in terms of developing a feeling for scouring we must be able to imagine the greatest possible pain and suffering we might have to endure, the most challenging and heartbreaking obstacles we might have to confront, and even experience the five pains of humanity as Christ did for us. Then we need to consider the fact that for Christ the scourge was not from humanity but from His Father, as the Father will also be there as we are scourged “*present in the act, as one who possessed the power to transcend both the men and angels at work in real time, making the situation infinitely more profound than anyone realized.*”

My Prayer for the Scourging

Lord, My Mighty Fortress, help me to prepare for the pain and suffering that I must endure in my life, build within me the strength and courage so that I may stand upright when the onslaught of this world attacks me from all sides. Reach within my soul to restore my control and the security I hold in my heart so I can ignore any threats of harm, real or imagined, that might trigger my stress and anxiety so that I might always be as fearless as You my Lord. Then I can withstand the lashes of the flagrum even as it imparts its stripes across my back. For then my scourging will be a “trial of Knowledge” in which I will now look upon the world with sympathy and compassion so that I understand how to accomplish that which You so greatly value, the spreading of Your love. Therefore, place all the pain and suffering that the world has to offer upon my soul to trigger the depths of my pain as I am now ready, roll your greatest obstacles upon my path, and threaten me with bodily harm and even to death and I will withstand the scourge. Even though the scourge of the world strikes upon my flesh it will only produce an irritation upon my skin which will only intensify my feelings of life and love of my brothers. For then my inner symptom will appear from my spiritual vision and dreams which will have myself in place of You, my Lord, chained to the pillar so that I see myself being heavily scourged. And when You allow me to lift my head to see who yields the flagrum, I see Your Father’s hand putting forth the mighty lashes upon my body. Yet, in my heart I will feel only love for all the living things of the world knowing that there will peace within my life in nature. Bless You my Lord and let even my inner scourging of my fasting draw me near to You my Lord so You may whisper Your Words of direction within my ears so with relentless determination I will carry out Your will never fearing the scourgings of life. Amen. - (GEC)



Stage Three: *Crowning with Thorns*

And the soldiers platted a crown of thorns, and put it on his head, and they put on him a purple robe, (John 19:2 KJV)



After accepting all the pain and suffering one can carry, the mystic now must learn to accept his *Crowning with Thorns* in which he now must face the scorn and mockery of the world so that even those thoughts and beliefs he holds most dear will now face ridicule and disdain. As the thorns of the crown prick your head the pain is not only felt as a migraine headache it is also experienced all throughout the body. The crown has been described as having a thorn that pierced the middle of Christ's forehead to symbolize the "*wisdom from sorrow [that] must be conquered in the earthly ego which lives there.*" Ultimately, the first three stages of the Christian Initiation; *Washing of the Feet*, *Scourging*, and the *Crowning with Thorns* there is a movement of spiritual forces upward from the feet to the chest to the head in the body of man or the microcosm and as we shall discover that after we *Bear the Cross* in the fourth stage the next three stages of Christian initiation will then follow the same ascending order but in the macrocosm.

It is essential that we once again learn to stand upright regardless of the persistent onslaught of intellectual and mental abuse by others. We need to learn to mentally distance ourselves and adopt an attitude of indifference to the words of others and even if everything we firmly believe or think is completely contrary to the voices around us. In order to accomplish this feat, we first learn to dissociate in which we separate "*the faculties of willing, feeling, and thinking*" and can reunite them at any time needed. This process of dissociation allows us to deal with times in our lives we feel that we are being attacked for our beliefs and it changes how our brain's function so they produce safe outcomes, our freedom. and symbolically this is our *Crown of Thorns*. Yet, we must make our own crown from the thorns of the Earth as the pain that the Earth radiates upward is what bring us suffering and sorrow so that in our struggle, we may acquire wisdom. And in the process,

we will experience the thorns of life in our spiritual work just as Christ did and then we will understand humility as this will be the crown, we will now rediscover within ourselves.

Just as all the great heroes of all myths of any culture encountered struggles with some great monster, we will be forced to confront the dreadful “*appearance of the lower double*” or the “*Guardian of the Threshold*” at this stage of Initiation. It represents both the good and the bad of all of our urges, desires, thoughts, and “*impulses of will*” that appear to the mystic in some hideous and frightening way in a “*visible form*”. Ultimately, we must confront and conquer the *Guardian of the Threshold* before we can spiritually advance to uncover our higher self. For when we finally acquire the divine wisdom our crown of thorns will disappear just as Christ who then appeared “*with the light of the sun round His head*” in the Book of Revelations. Thus, the external symptom for this stage will be the painful feeling of the crown of thorns being forced upon our heads, while the internal symptom will be envisioning the soldiers twisting together a crown of thorns and placing it upon our heads instead of Christ, then dressing us in a purple robe so we may be brought before Pilate who then tells the crowd, “*Behold the man!*”

My Prayer for The Crown of Thorns

O Lord, My King of Kings, help me as I step into the world only to find that the beliefs, I hold so dear and the knowledge that I have worked so hard to acquire is openly mocked and scorned by all those around me. Let not the anger that stirs within me rise to its fruition and help me to develop the strength to withstand these attacks that bring my heart constant suffering and sorrow. Teach me Your humble servant so that I may learn to distance myself from such difficult situations and develop an attitude of indifference so that I am not be provoked to any acts of hostility. Place the Crown of Thorns I have woven of my hands upon my head so that I now have the power to separate and reunite “the faculties of willing, feeling, and thinking” so that my brain now adapts to all situations so it can change and redirect my thought patterns so I am now immune from the scorn and derision and experience only true freedom. As I bear the Crown of Thorns, I come to understand that if we wish to pursue spiritual wisdom then I will have to experience sorrow and struggles from the thorns in our lives as this is the price of kingship in Your kingdom. In Your mercy and kindness continue keep me within a state of detachment as I walk the gauntlet of those who wish to catch my anger or elevate my pride so I can come before the Guardian of the Threshold, a red, winged, fire-breathing dragon with many heads, my lower double, a composition of the good and the bad of all of my passions, desires, thoughts, and “impulses of will” in a state of fearlessness. For this vision of a monster seeks to block my passage and I ask that You give me the strength and courage to conquer and slay the beast so that I may now continue my journey into the Higher Worlds. Therefore, my Lord all I ask or expect are the thorns of the Earth and from these thorns I will weave my crown, a Crown of Thorns to transform all my sorrows into divine wisdom. Amen. - (GEC)

Stage Four: *Crucifixion or Bearing of the Cross*

And he bearing his cross went forth into a place called the place of a skull, which is called in the Hebrew Golgotha: Where they crucified him, and two other with him, on either side one, and Jesus in the midst. And Pilate wrote a title, and put it on the cross. And the writing was Jesus Of Nazareth The King Of The Jews. This title then read many of the Jews: for the place where Jesus was crucified was nigh to the city: and it was written in Hebrew, and Greek, and Latin. Then said the chief priests of the Jews to Pilate, Write not, The King of the Jews; but that he said, I am King of the Jews. Pilate answered, What I have written I have written. (John 19: 17:22 KJV)

In the fourth stage of *Crucifixion or The Bearing of the Cross* the initiate comes to learn that his physical body is a “foreign object” or “something external”, it is not his ego. Then the initiate experiences the external symptom of the “*Ordeal of the Blood*” in which the skin reddens in the corresponding areas of the hands, feet, and the right-side of the chest to the wounds that Christ suffered. While the internal symptom we envision ourselves carrying the cross to Golgotha and then being crucified upon the cross in place of Christ. We must learn to bear the burden of the cross which means death by crucifixion. Our souls must be released from our bodies as they are “*only tied to the body the way the body of Christ was nailed to the cross.*”

As Steiner explains, our physical bodies had declined so drastically and the Earth had become so void and depleted of all resources that it is was becoming impossible for man to build new bodies to enter into the higher spiritual worlds. Man was ultimately on the verge of extinction had not Christ spilled His blood upon the Earth so as to revive to it and provide our bodies with “*invigorating forces*” so we might continue our spiritual evolution with our own “*individual wills*”. In Steiner’s view, the reinvigoration of the Earth came from Christ’s etherized blood, as “*just as our blood flows upwards from the heart as ether, so the etherized blood of the Christ Jesus has lived in the earth ether since the Mystery of Golgotha. The etheric body of the Earth is permeated by what has become of the blood that flowed on Golgotha*”.

By Steiner’s explanation, the evolution of man required the development of an ego, however, humanity became too materialistic and ultimately responsible for their own need to *bear the cross* and to be crucified. By dying to ourselves on the cross we now come to see that we must connect ourselves to the “*etheric link*” that Christ’s crucifixion created between the Earth and the Higher Worlds. For the etheric blood of Christ that now lived within the Earth continuously flows upward so that it becomes part of the “*etheric blood of man*” so we may acquire the needed *etheric energy* to progress to higher spiritual worlds and to continue upward in our spiritual evolution.

“Pray, and let God worry.”

- Martin Luther



“Attention is the key; for where man's attention goes, there goes his energy, and he himself can only follow.”

- Count of St. Germain

My Prayer for The Bearing of the Cross

O Lord, You are the Beginning and the End, my Alpha and Omega, Provide me with strength and courage as I take the cross of crucifixion upon my shoulders in the Antonia Fortress of the Old City of Jerusalem and begin my Way of Suffering upon the path of the Via Dolorosa. Help me not to stumble as I carry Your Holyrood upon which You were crucified again to the Place of the Skull where Your blood spilled into the Earth where it patiently remains until taken into our own bodies. With your blessing begin my external symptom, the Ordeal of Blood, so that raised marks of red appear upon my hands and feet where the nails struck through Your body and also upon the right-side of my chest where the spear of Longinus pierced Your heart. Then by my spiritual sight within my mind allow me to envision the internal symptoms in which the nails are driven through my hands into the two ends of the cedar cross piece and my feet into the stipes of pine so they would rest upon the suppendaneum of cypress. Let the True Cross be raised on Golgotha with my body hanging upon it, hearing the horrible gasping sounds as I struggle to breath, and my own horrific cries of pain. Hear me as I speak Your last words, "Father, into your hands I commit my spirit!" and watch as the Roman soldier pierces my heart with his spear and blood and water comes forth upon him. For then I have died to myself so that I may now step within the etheric link You have created between the Earth and the Higher Worlds and utilize the etheric energy of Your blood that has mixed with the currents of my own blood to lift me upward into the spiritual worlds that offer Your divine knowledge and loving guidance. As I now understand that my physical body is only a foreign object, an external vessel that holds my true self within it and through my crucifixion, I can learn to release my soul from physical body so it may travel into higher realms. Bless You my Lord for allowing me to be crucified to myself before my death came so I need not perish when my body dies. Amen. - (GEC)



Prayer (I)

By George Herbert

*Prayer the church's banquet, angel's age,
God's breath in man returning to his birth,
The soul in paraphrase, heart in pilgrimage,
The Christian plummet sounding heav'n and earth
Engine against th' Almighty, sinner's tow'r,
Reversed thunder, Christ-side-piercing spear,
The six-days world transposing in an hour,
A kind of tune, which all things hear and fear;
Softness, and peace, and joy, and love, and bliss,
Exalted manna, gladness of the best,
Heaven in ordinary, man well drest,
The milky way, the bird of Paradise,
Church-bells beyond the stars heard, the soul's blood,
The land of spices; something understood.*

Stage Five: The *Mystic Death or The Descent into Hell*

And the third day there was a marriage in Cana of Galilee; and the mother of Jesus was there: And both Jesus was called, and his disciples, to the marriage.
(John 2:1-2 KJV)

The Mystic Death or the “*Descent into Hell*” is a time after crucifixion when we feel as though we have descended into the complete blackness of total darkness and we feel as though we have been placed within the entirety of the world’s pain and sorrow. We now accept that we belong to the entire world and we must accept this burden and become a part of it. In addition, we also experience intense evilness and depravity that completely absorbs our being and if it is left upon us in any form can lead to our serious harm. For Steiner, the *Mystic Death* is comparable to a black curtain or veil that “*covers the eye of the soul*” and separates man from the world and his reality.

When the suffering that we experience at this stage reaches its peak, we finally come to terms with the fact that “*the world of senses is illusion*” and the black veil tears, the *Rending of the Veil*, so that we now have the ability to look within the spiritual worlds. Then a light appears and the light is not from the sun but from our inner being as everything in the astral world has the “*inverse quality*” of that which we formerly held true. Here is where we need to let everything go and to be prepared to lose everything we own or believe because this is the only way that we can reclaim everything and even greater in our lives. It is from this complete loss that we experience our own death to ourselves so we may now live the true life that God has asked of us.

Steiner often refers to this Mystical Death as a “*union of the soul with the astral world*” and as it occurs after three days on this stage of Initiation and it is also referred to as “*mystical wedding*” or marriage. Therefore, in the Gospel of John we find the story of the *Marriage at Cana* and later after the third day when Jesus declares himself at the temple and the people were set to stone Him and yet Jesus now has the ability to simply “*hide himself*” and pass by the people (John 8:58-59). Steiner explains that it requires three days for astral body to be released from our physical bodies in which we “*attain the same consciousness on the astral plane as before on the physical plane*” and then the “*marriage of the soul*” occurs so we can be unite with the Higher Worlds and experience their powers. The physical body and the astral body represent the relationship between a mother and her son. For when we can separate our astral body from our physical body, the astral body acknowledges and reflect upon this relationship by stating “*This is my mother*” at the wedding. And three days are required to achieve this astral process hence John 8:1 reads, “*And the third day there was a marriage in Cana of Galilee; and the mother of Jesus was there*”.

“*No prayer is complete without presence.*”

- Rumi



My Prayer for the Mystical Death

O Lord, Judge of the Living and the Dead, please help me to pull back the black veil of my mystical death so I might gaze out upon the wonders of the spiritual world. Be with me as my comforter holding my hand as I descend into the total darkness of the world's pain and sorrow. Even though I have accepted this burden for my fellow man, do not allow it to become a part of my soul, help me to wash the tarry blackness of evil and depravity from my body and do not allow any foul residue to cover the eye of my soul. Rend the black veil so I may see that the world created by my physical senses appearing to stretch beyond all bounds before me and enticing me with false reward and promises, realizing that it is only a world of illusion meant to hold me captive to my desires and passions. Light the lamp within my heart so that the astral rays of my inner being shine outward as a lighthouse sets forth its guiding beam of light upon the rough sea. Gently touch upon my hands so they let go of all I believe to be myself without any fear or reservations so from this complete loss I can experience the magic of the Mystical Death certain that far great awaits me as I attain higher consciousness from the union of my soul with the astral world. For after three days, let the wedding bells ring for my mystical wedding so that my astral body may be released from my physical body commencing the wedding of my soul so that I may now come to unity with the Higher Worlds with all of their knowledge and powers. For then my astral body will now be ready to heartily exclaim, "This is my mother" as You have prepared me through my Mystical Death for the Wedding at Cana. Therefore, my Lord, allow me in my Mystical Death with raised consciousness to come forth in the astral process so my mother may also stand before me so we can celebrate our previous union as I step forward into my new union with the Father. Amen. - (GEC)

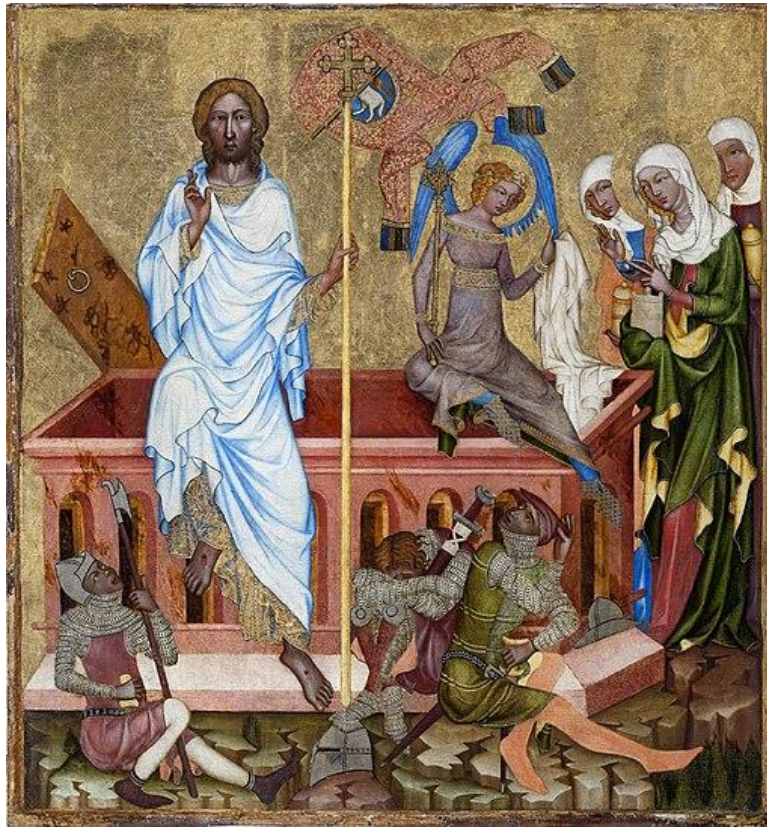
Stage Six: Entombment and the Resurrection

And after this Joseph of Arimathaea, being a disciple of Jesus, but secretly for fear of the Jews, besought Pilate that he might take away the body of Jesus: and Pilate gave him leave. He came therefore, and took the body of Jesus. And there came also Nicodemus, which at the first came to Jesus by night, and brought a mixture of myrrh and aloes, about an hundred pound weight. Then took they the body of Jesus, and wound it in linen clothes with the spices, as the manner of the Jews is to bury. Now in the place where he was crucified there was a garden; and in the garden a new sepulchre, wherein was never man yet laid. There laid they Jesus therefore because of the Jews' preparation day; for the sepulchre was nigh at hand. (John 19:38-42 KJV)

For Steiner the Sixth Stage of the Christian Initiation is Entombment (Burial), yet in some lectures it was also a combination of Entombment and Resurrection which is how we will consider it. The concept of burial is how we become dissociated from our senses of our own bodies and are then united to the Earth and how we find ourselves “*again in the life of the planet again.*” Our life is no longer an individual life it has expanded to become a “*planetary life*” or existence. Through our burial we feel free of our earthly body and enter into a new life and we are now connected to the great Earth Spirit, Christ. Therefore, everything we encounter in our lives regardless of how far off it now appears “*as near to me as my own body*” as every object provides that which is needed to create our bodies. For the Christ Impulse that is within the Earth is providing us with the divine life forces or our bread of life for our spiritual advancement, which is reflected in John 13:18, “*He that eateth bread with me hath lifted up his heel against me.*”

Steiner makes an analogy of Burial and Resurrection in terms of plants that physically die in the fall and disappear in a “*burial of nature*” only to reappear in the spring time, a cycle in which we as humans experience our “*burial, death, and resurrection*”. Resurrection is the rebirth of our immortal soul with our body for Christ this was a “*one time event*” through which humanity can now absorb the empowering energy of the Christ Impulse so that we may come to find our Christ-within. Yet, we too must raise ourselves from the darkness of our burial to the light of our own resurrection in which we now experience Christ within ourselves.

For our resurrection we have to unite with Christ who overcame his own death so that we too may also overcome our own death. Ultimately, we must experience a change or a death of the old to a new consciousness in which we go beyond the “I” consciousness to the Christ-consciousness to experience the possibilities of a new reality. In our new regenerated form, we now find that we have the powers to heal disease, as well as to cause disease. Therefore, we have a tremendous responsibility to ensure that how we use this sacred creative power as its positive nature is closely associated with its negative nature, hence the saying “*The creative word issues from the soul aflame.*” Ultimately, by our resurrection we are freed from our bodies so we may return to live a “*planetary life*” so that we can use our spiritual energy to support and serve our fellow man.



My Prayer for Our Entombment and Resurrection

O Lord, Our Great Earth Spirit, place my body within the earth in a grave that You have specially prepared for my burial so that my body may come to merge with the Earth as it is reborn again. Close the physical senses of my body so I may now feel the true feeling of being alive again within the Earth. Allow all of your creations to become part of my new regenerated body so that none are further than the grasp of my hand. Let my soul absorb the empowering energy of your life force so that so I may find You within the hidden depths of that part of my being that unites my physical and spiritual existence. Help me to rise from the shadowed darkness of this earthly grave so that I may now move into the divine light of Your heavenly resurrection. Grasp me tightly within Your loving arms so that my blemished body may unite with Your perfect body and I may become complete so that I can overcome the death of my I-consciousness and be reborn in resurrection into the beauty of a new reality now having leapt beyond the limits of my conscious mind into the higher stratum of Your knowledge and wisdom, into the transforming effects of Your commanding Christ-consciousness. Teach me the gift of Your creative forces so that the sacred words that produce the healings you have now empowered me with come from a place of love and mercy that seek only to honor Your will and glorify Your majesty as I seek to make others whole in Your name. Bless You Lord for my resurrection from the burial of nature and freeing me from my body so that I may now be your planetary servant and dedicate my existence to providing my spiritual energies to enriching Your bread of life so I may with an open-heart support and serve my fellow man. Amen.

- (GEC)

Stage Seven: Ascension

And it came to pass, while he blessed them, he was parted from them, and carried up into heaven. (Luke 24:51 KJV)

And when he had spoken these things, while they beheld, he was taken up; and a cloud received him out of their sight. (Acts 1:9 KJV)

Jesus saith unto her, Touch me not; for I am not yet ascended to my Father: but go to my brethren, and say unto them, I ascend unto my Father, and your Father; and to my God, and your God. (John 20:17 KJV)

In some cases, Steiner designates *Resurrection* at Stage Seven while at other times he places *Entombment* and *Resurrection* together for Stage Six and then *Ascension* as Stage Seven as we are considering here. In *Ascension* we have learned to longer use our brains to think so we must develop “a soul which can live through this feeling”. In time our inner growth then surpasses the astral plane so we now become completely absorbed in the spiritual world. Therefore, the soul is freed from the thoughts of the brain as it is can only adequately address the physical world. To reach this highest state requires “humility and deep devotion” and that we must completely surrender ourselves at each stage to fully experience it. Ultimately, this will lead to the development of our spiritual sense organs so we have the means to experience the Higher Worlds. Then we finally begin to accept that we spiritual beings.

For forty days after the *Resurrection*, only His disciples could still experience Christ because they still maintained a small portion of their mystical powers of clairvoyance. Yet, for everyone else Christ had disappeared and become invisible or “held in *Ascension*”. However, the powers of the disciples were slowly lost so they could no longer experience Christ any longer and they witnessed Christ being taken up in the clouds and disappear so he could return to the Father. Then the disciples felt lost and saddened by the loss of their teacher from their consciousness in what was later to be celebrated as the *Feast of Ascension*. The *Gospel of John* is the basis of Steiner’s *Christian Mystic Initiation*; however, the events of the *Ascension* are not detailed in his Gospel as they are in the *Gospel of Luke* and the *Book of Acts* and John describes the process as having occurred “sometime between his encounter with Mary Magdalene on the morning of his resurrection and his appearance to the disciples that evening.”



“Succeed in not fearing the lion, and the lion will fear YOU. Say to suffering, 'I will that you shall become a pleasure,' and it will prove to be such-- and even more than a pleasure, it will be a blessing.”

- Eliphas Levi

*“Resurrection and Ascension complete one another like breathing in and breathing out. The Resurrection is a going into heaven. The Ascension becomes a returning from heaven. The two belong together as the highest communion: The Resurrection is a last receiving of Christ’s body. The Ascension fills us in the deepest sense with Christ’s blood. The Lord’s Supper is the preparation for this experience. ... Into **love**, which is our relationship to our fellow-men; into **peace**, which is our relationship to the earthly world around; into **holiness**, which is our relationship to the divine world—into this trinity we as men are wrought. Our earthly existence is so shaped that there is nothing which we would not have to lay hold of with these three basics, human, and divine faculties of ours. In the Ascension they are all summed up.”*

– **Fredrich Rittelmeyer, *Meditation, Guidance of the Inner Life***



“Anything is a blessing which makes us pray. - Charles Spurgeon

My Prayer for the Ascension

O Lord, Our Almighty Savior Held in Ascension, by Your mercy and compassion help me to advance in in my inner growth so I might surpass the astral plane and find myself completely absorbed in the grandeur of the spiritual world. Help me to distance myself from the thoughts of my mind that only reflect the falsehood of the physical world so that my soul may now be released from its shackles so that my spiritual sense organs may now emerge to help guide me within the Higher Worlds. Keep your ever-present eye upon me to ensure that I always walk upon the Earth with deep humility and kindness for my fellow man and let not my devotion to Your glory ever fail as I surrender my being to Your grace at each stage of Initiation. My heart overflows with thanksgiving for the gift of the Holy Spirit You have placed within each of us as You are held in Ascension. Therefore, my Lord in my Resurrection You blessed me by taking me to heaven and I now ask You to bless me again so that I might return in Ascension to Earth now fully atoned, redeemed, with a pure conscious by Your precious blood so that I can now serve You as a new creation always ready to glorify You. For You have put me on the path with the promise that "Thy Kingdom come" when I press forward to realize this final stage of Initiation. And through Your love You have shown us the way to Your kingdom so that we will "know the way." For You now will know that I also love You with total commitment and devotion as Peter told You three times and I will feed Your sheep. Therefore, I ask that You allow the Ascension to be firmly in my Spirit until You return again. Amen. - (GEC)



To Tirzah

William Blake

*Whate'er is born of mortal birth
Must be consumed with the earth,
To rise from generation free:
Then what have I to do with thee?*

*The sexes sprung from shame and pride,
Blowed in the morn, in evening died;
But mercy changed death into sleep;
The sexes rose to work and weep.*

*Thou, mother of my mortal part,
With cruelty didst mould my heart,
And with false self-deceiving tears
Didst blind my nostrils, eyes, and ears,*

*Didst close my tongue in senseless clay,
And me to mortal life betray.
The death of Jesus set me free:
Then what have I to do with thee?*

Twelve Stages of Faith or “Soul Consciousness”

Opening Prayer for the Twelve Stages of Faith

In *Mailander's Path According to Franz Hartmann* from *Alois Mailander, A Rosicrucian Remembered* it describes the “twelve stages of faith or soul consciousness” This is my Opening Prayer in the prayer cycle for the twelve stages of faith.



*My God, King of kings and Lord of lords, help me to grow in awareness so that I might experience the different states of soul consciousness that lead one to self-realization. Allow my mind to touch upon each of these states of awareness as twelve distinct stages of faith that hold the golden keys that are required for soul growth. Therefore, let me use Your own Words, so that I may ask you to teach me the ways to empower the faith You have so graciously given us, so that at each level of soul consciousness or stage of faith we may then develop a greater knowledge of You, My God. In the twelve stages of faith ... Your Light is sown as the seed of righteous, and gladness for the upright in heart. (**The Seed:** Psalm 97:11) Trusting in You I will do good and dwell in Your land to feed upon Your faithfulness. (**Nourishment:** Psalm 37:3) Teach me good judgment and knowledge: for I believe in Your commandments. (**Knowledge:** Psalm 119:66) Purge me with hyssop, and I shall be clean and then wash me so I shall be whiter than snow. (**Purification:** Psalm 51:7) I look unto You, and I am radiant: never hiding my feelings from You and at no time ashamed. (**Transfiguration:** Psalm 34:5) I will behold Your face in righteousness: I shall be satisfied, when I awake, with Your likeness. (**The Mystical Death:** Psalm 17:15) Truly there is a reward*

for the righteous: You certainly are a God that judges here on earth. (**Justice:** Psalm 58:11) For You desire truth in my innermost being: and in secret You make wisdom known to me (**Consecration, Initiation, or Sanctification:** Psalm 51:6) Therefore, create in me a renewed heart, God, and awaken Your steadfast Spirit within me. (**Rebirth:** Psalm 51:10) Open my eyes, that I may behold the good and wondrous things that come out of Your law. (**Spiritual Vision:** Psalm 119:18) And let me behold, how good it is for brothers to always dwell together in harmony and unity! (**Harmony or Unity:** Psalm 133:1) Summon me now, as You are blameless with only true Words: perfect in Your way: let us become One. (**God, that is, Perfect:** Psalm 18:30) Ultimately, I wish only the to know and understand the true self of our Oneness, for “I seek nothing, and want nothing, and desire to possess and know nothing, in heaven or on earth, but Christ crucified in me.” Amen.

(GEC) My Prayer based on Alois Mailander, *A Rosicrucian Remember*, Samuel Robinson, p 279-284 (Twelve Stages of Faith or Soul Consciousness)



The Mustard Seed

Max Heindel speaks of each person as having a “seed” or the power of God within themselves which one day will grow into a “*microcosmic kingdom of God*”. Even the tiniest of seeds, such a mustard seed, has the **full** potential of Christ within it and one day will blossom representing a “*wholly glorious manifestation of the spiritual attainment possible for all mankind.*” Therefore, we will make every effort to germinate the seed that is within us and nature it “*into a living reality of the transcendent powers of the Spirit*”. It is only through our persistent efforts that the “*food for the spirit is produced*” allowing the seed to grow into a tree with many strong branches for the birds (“*spiritual aspirations which naturally accompany the unfolding process*”) to nest.



My Prayer for the First Stage of Faith *The Seed*



In *Mailander's Path According to Franz Hartmann* from **Alois Mailander, *A Rosicrucian Remembered*** it describes the "twelve stages of faith or soul consciousness" This is my prayer based on the First Stage: The Seed.

My Faithful God and Savior, Your seed is sown in my heart and as it grows it speaks to me as the Word of Your kingdom. You created our hearts as the fertile soil to plant the seed of Your Son, the Spirit of Life, so that we could gain the knowledge and grace needed to renew our souls. From the small yet powerful Spirit spark we place our faith in, the Christ-within enters our mind and begins to generate our intuitive feelings to help direct our lives, and reveal Your will so that we may become purified and live in peace and harmony in our new living relationship with You, my Father. Allow me at present as a believer to receive the Holy Spirit so that from Your seed I might have a new nature that experiences God in all things, receives Your further revelations, and realizes that the divine self-knowledge You have empowered me with will be the source of my spiritual advancement. Therefore, accept my praise and thanksgiving for the seeded life of Christ You have allowed to germinate within my receptive heart as my first stage of soul consciousness. Amen.

(GEC) My Prayer based on Alois Mailander, *A Rosicrucian Remembered*, Samuel Robinson, p 279 (Twelve Stages of Faith or Soul Consciousness)

My Prayer for the Second Stage of Faith

Nourishment

Holy and Righteous Father, Your perpetual source of divine illumination nourishes the earth You created with Your light giving energy so that we may joyfully bask in Your divine glory. Your heavenly Spirit is reflected throughout the universe so that Your presence and beauty eventually become visible in the kingdom that You have placed deep within our searching hearts. Your waves of vital energy in the spring awaken the seeds from the frozen soil that bring us new life so we can partake of Your transforming bread and wine so as to be forgiven of our wrong doings. We are fortunate that each year that You send Your cosmic impulses to save us, as we cannot live by our previous bounty and we must learn to trust in new harvests to nourish us and invigorate our spiritual inspirations. Therefore, my radiant Savior, encourage my seeking heart to open and expand so that it calls Your sacred name so You can reveal Yourself through your nourishing presence. For I will now on spend time delighting in Your Word, obeying Your commands, and celebrating Your holiness with others so that I will never hunger or thirst and always be energized to fulfill You will. Amen.

(GEC) My Prayer based on Alois Mailander, *A Rosicrucian Remember*, Samuel Robinson, p 279 (Twelve Stages of Faith or Soul Consciousness)



“Where do we begin? Begin with the heart.”

- Julian of Norwich

My Prayer for the Third Stage of Faith Knowledge

My God of Wisdom Who dwells in My Heart, allow us to come to know You as a father knows his son, so that we may become as You are. We have put our deep trust in You and all You represent by learning Your divine character through Your Holy Word. For then Your Word will work within and through our souls and we may come to understand that You have amply provided us with all we need to live a life of purity and righteousness in which we can offer mercy and charity to our fellow man. We start our quest for knowledge by fearing You, my Lord, fearing the judgement that awaits us if we do not repent and the unimaginable pain and suffering, we would feel if we were to be separated from You. Therefore, I beseech You to furnish the experiences through which we can acquire knowledge that is both basic and direct and knowledge that requires that we construct it by making inferences or through our reasoning. While there are also times that the knowledge and skills You wish us to have You will communicate through our one and only intermediary, Your Son, Christ Jesus. We know that the only way to show the obedience you request of us is to bring our talents and gifts to life so that we can come to know and understand You from Your divine perspective that opens us to the truth enabling us to become God-men. For then You allow us to enter and experience the grandeur of Your mind so that we may recognize ourselves within You and thereby die to ourself so that we might live as One with You. Amen.

(GEC) My Prayer based on Alois Mailander, *A Rosicrucian Remember*, Samuel Robinson, p 279-280 (Twelve Stages of Faith or Soul Consciousness)



My Prayer for the Fourth Stage of Faith *Purification*

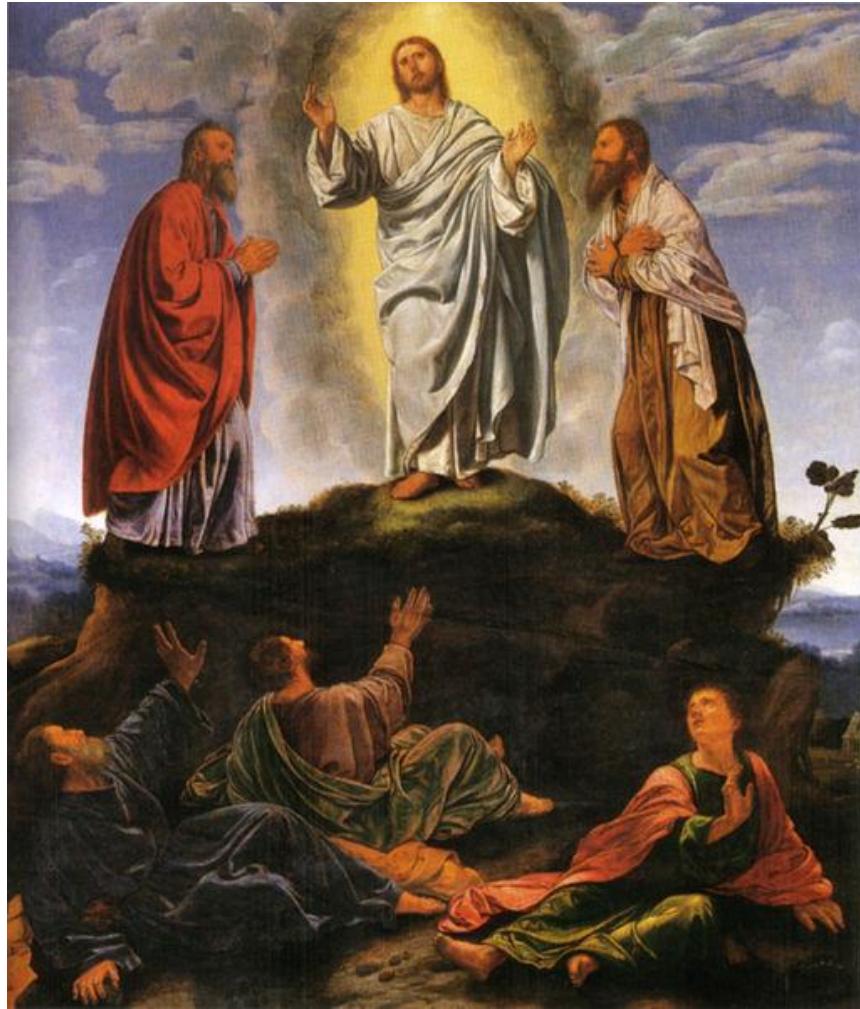
O My Lord, Founder and Perfecter of Our Faith, place Your purifying fires within my aching breast so Your love will inflame my soul and radiate outwards through my astral body to glow brightly through the extremities of my physical body. Feed my inner fires with the burning coals of Your Spirit of Truth so that Your divine light will shine with the needed intensity to allow us to see beyond the earthly world of our material desires and passions that will simply decay with time. Therefore, we ask Your assistance in strengthening our will so that the purification from our self-delusion will become complete and we can stand in the sacred light of our true self. In Your mercy, teach us to control the images of our lives that we bring into our minds so that we can learn to focus our concentration on a single highly advanced personality that will allow us separate our lower ethers from our higher ethers so that we can travel out of spiritual darkness to the seat of Your heavenly throne to learn from Your Words. As our Savior, guide us in our purification so that we might remove the multiple false lives we have created within ourselves so we can restore our one true higher self. For with a pure mind and refined vehicles, we can walk in Your spiritual light to fulfill Your will in our Higher Body. Amen.

(GEC) My Prayer based on Alois Mailander, *A Rosicrucian Remember*, Samuel Robinson, p 280-281 (Twelve Stages of Faith or Soul Consciousness)



My Prayer for the Fifth Stage of Faith

Transfiguration



O God, My Father of Eternal Life and Light, provider of all experiences that will shape my expressed personality and how I will live my life, I humbly request that You provide me with the spiritual experiences that will best transform my heart, empower my faith, and change who I believe myself to be at my very core. Lift the veil from my eyes so I might see the bridge to Your spiritual realm so I will now understand who You intend me to be and help me to realize that You have already begun my transformation as the Holy Spirit works within me to shape Your likeness and close the gap to our blessed union. I pray that You will allow me to suffer with You as I carry Your cross of righteousness, knowing that it is Your light I am carrying, a brilliant light that powerfully extends forward to attract my fellow man. Let me climb the mountain beyond my previous efforts so that I might gaze upon Your greatness and hear Your holy words so I too might be transfigured as You were on Mt. Tabor. For when I stand in Your light, I am strong enough to accept the precious light offering of Your love so that it penetrates me and will enfold my inner being so that I can not only see You, my God, but join with You, and become part of Your beauty and splendor. Although I am just a mirror of Your light, allow me through my thoughts, prayers, and penance to fully absorb Your solar energy with all of its grace and liberating

forces so I will on my own also shine outwardly as a light upon the world. With You as my guiding light, enlighten my shadowed way so that as I slowly and steadily take on Your divine nature and I will have the privilege to transfigure within You so that I will be prepared to die within myself and be reborn so that I can better serve and love my fellow man. I understand my path must have times of darkness, but I will trust in You my Lord to be with me in the darkness, purifying my body and freeing me from my worldly desires and fulling my mind with peace and calm. For by blessing me with transfiguration, my heart will grow and directs itself towards the love of humanity.

(GEC) My Prayer based on Alois Mailander, *A Rosicrucian Remember*, Samuel Robinson, p 281-282 (Twelve Stages of Faith or Soul Consciousness



The Blessed Virgin Compared to the Air We Breathe

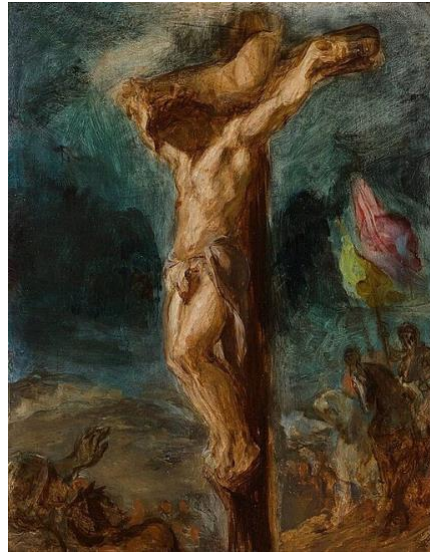
Gerard Manly Hopkins

*If I have understood,
She holds high motherhood
Towards all our ghostly good
And plays in grace her part
About man's beating heart,
Laying, like air's fine flood,
The deathdance in his blood;
Yet no part but what will
Be Christ our Saviour still.
Of her flesh he took flesh:
He does take fresh and fresh,
though much the mystery how,
Not flesh but spirit now
And makes, O marvelous!
New Nazareths in us,
Where she shall yet conceive
Him, morning, noon, and eve;
New Bethlems, and he born
There, evening, noon, and morn –
Bethlem or Nazareth,
Men here may draw like breath
More Christ and baffle death;
Who, born so, comes to be
New self and nobler me
In each one and each one
More makes, when all is done,
Both God's and Mary's Son*



My Prayer for the Sixth Stage of Faith

The Mystical Death



My Father of Eternal Life, Our True Light, know that I only seek You and to be with You in Your secret place within the sanctuary of my soul. I have emptied my mind of all thoughts so that now I may only think only of You. In order to die a mystical death, let me be reborn in Your living water and Spirit so my death releases me from all desires and passions. For now, I completely surrender to You and I willingly take my place upon the cross so I may be crucified of my old life with all my selfishness and pride. I beseech you to purify my soul and direct my heart and mind so they are always united with You, my God. For I will never be lukewarm in my obsession to surrender all that is within my soul to You and ensure You that You have my absolute obedience in which there is only Your will. Know that I delight in my efforts to keep my faith, hope and, and love upon You. As I am an empty vessel, my consciousness is free and I am reborn so my new self is ready to come to salvation by Your mercy. Therefore, push me from my self-centeredness when You discover that I have lost my way and I am not focused on the needs and interests of others. By choosing to become as You, a servant and not a master, I accept that the mystical death that I must die continuously in all aspects of my life so eventually I might live a life that is in true fellowship with the Holy Spirit that abides within me. Just as you bore humiliation and persecution throughout Your life, help me to do the same so that in my faith there is only trust that You will always provide for all I need. Then in my humility I can serve the Spirit by both obeying and seeking Your will which is motivated solely from the love of my heart. By the work of Your hands guide me onto a path of humility so that I might die a mystical death within You, so that I might dwell within the emptiness and nothingness of my being no longer controlled by my lower self so that You can manifest within me so that I can live an abundant life within Your divine light knowing that I am now living in heaven in which there is no death. Amen.

(GEC) My Prayer based on Alois Mailander, *A Rosicrucian Remember*, Samuel Robinson, p 282 (Twelve Stages of Faith or Soul Consciousness)

My Prayer for the Seventh Stage of Faith

Justice



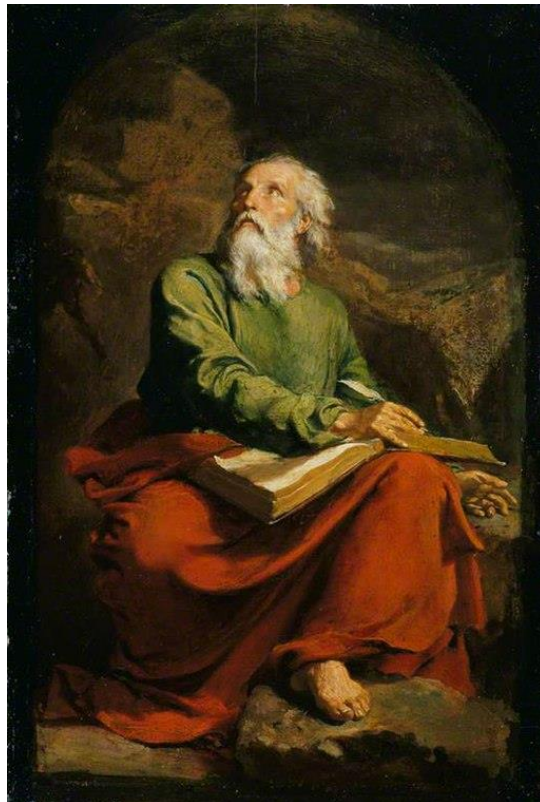
O Holy and Righteous God, Judge of the Living and the Dead, You have set the standards for justice so there will never be a question of right or wrong. You delight when we balance the scales of justice by conforming to Your laws and showing mercy and compassion to others. In the Spirit of justice, You have asked that we find and love the good in everyone and everything You have put upon the earth. Help me to go beyond my feelings of only punishing wrong doers and find ways to treat all people with the care and dignity while also protecting them from themselves so they might one day find the path to You through their repentance. Open my eyes to see Your throne is built upon righteousness and justice and from this overflow Your grace and love that can take away any offense, pain, or suffering brought about by others if we simply ask it, as You my Lord never withhold justice. Therefore, release my old thought patterns and enlighten me to understand that the justice You seek from us comes from opening ourself to Your wisdom and growing in our understanding of what You represent and stand for in Your own just and merciful ways. Let me work as Your ambassador to my fellow man to ensure that justice does not discriminate and not only serves the strong but equally serves and provides opportunities for the poor and weak so that there is harmony within the whole. Expose me My God, who is righteous, judge me always by the truth of my words, my thoughts, and my actions so I too may learn to be righteous and just in my way of life. Lead me to Your peace, for there is never justice without peace for then I can truly walk humbly in the meekness of Your Spirit and find justification within your ever watching presence. Amen

(GEC) My Prayer based on Alois Mailander, *A Rosicrucian Remember*, Samuel Robinson, p 282 (Twelve Stages of Faith or Soul Consciousness)

My Prayer for the Eighth Stage of Faith Consecration, Initiation, or Sanctification

King of Glory, Founder of Salvation, hear in my heart how I love your law so that I might turn from sin and gain control over my sorrowful nature of the flesh and be given new life. Brand me with Your holy mark of a believer so that I may be set aside for Your initiation and I may assume the position of one who comes to You acknowledging Your everlasting life and Your power to deliver us from the sins of immorality. I stand in obedience, stripped naked ready to submit my body, heart, and mind to You my Lord, so that You can commence Your sanctifying work and fill me with the power of Your goodness so together we might come to a perfect relation in time. As this divine power which You diffuse within my body enables me to create a protective enclosure for my soul that can resist all negative influences and forces that might lead me from holiness. Therefore, work in me through the Holy Spirit so that I acquire the needed faith and understand the necessary meaning of the scriptures which free me to do Your will and now serve you most effectively. Humbly, my Lord, I ask that you guide me to holiness so that I may become more as You in Your glorified state. Through Your sanctification may You and my fellow man experience my deep love through my thoughts, words, and actions that bring us together in true fellowship and thanksgiving of our renewed life under Your truth and grace. Then in my complete devotion, I can bear the fruits of the Spirit and step forward in the newness of life as a vehicle of Your divine service that best uses my gifts to walk according to the Spirit. Amen

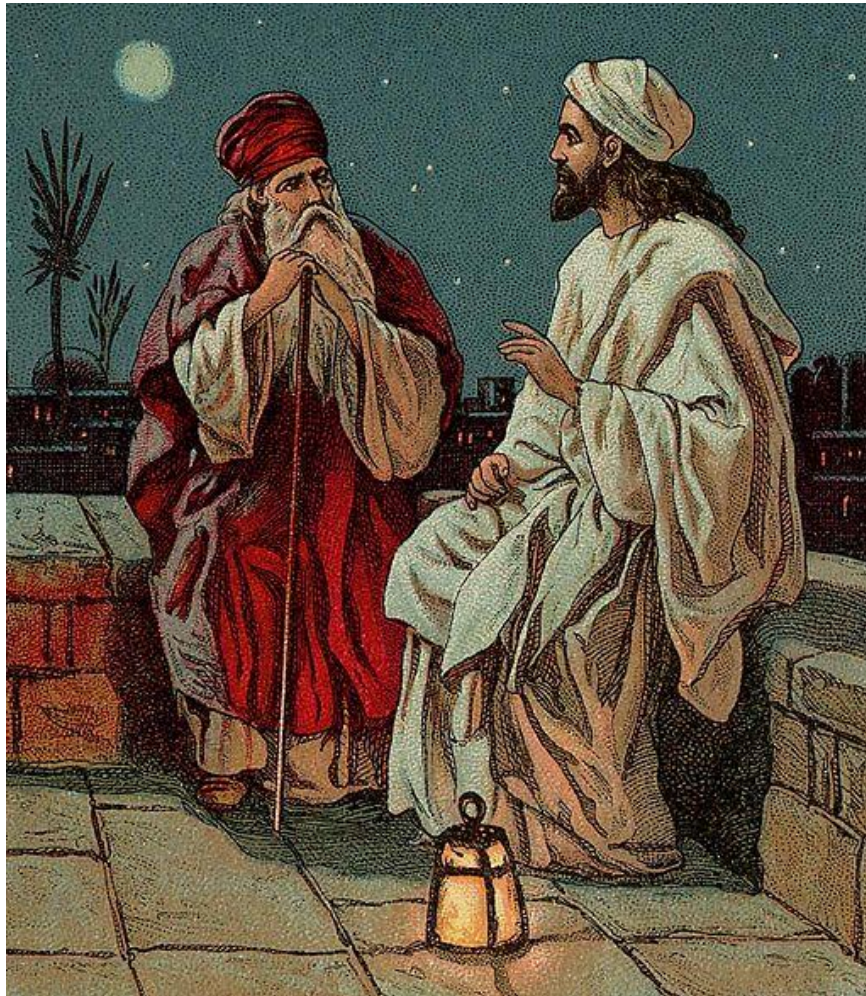
(GEC) My Prayer based on Alois Mailander, *A Rosicrucian Remember*, Samuel Robinson, p 282 (Twelve Stages of Faith or Soul Consciousness)



My Prayer for the Ninth Stage of Faith Rebirth

Author of Life, Judge of the Living and the Dead, I call upon the Holy Spirit to penetrate my being so that I might be born from above with a change of heart and a connection to my higher power. Through Your Spirit allow me to put off my old self by placing my Ego on the cross and be born again with a new sense of purpose that releases the past so that I can now accept Your Promise of eternal life. Just as You create new beginnings in nature every spring, allow me also to experience the resurgence of rebirth so I too may put forth spiritual fruits. As I will accept without complaint any physical pain or emotional suffering from the awakening process so I might become completely transformed in my Spirit. In my quest for spiritual fulfillment, I have asked to be born of water so that the Holy Spirit might enter me and shine Your light of regeneration within me and then remain to ensure my salvation and spiritual rebirth so it then might guide me in my new life in God's kingdom. Therefore, my Lord let me be in Christ as a new creation, shedding the old garments of life to wear the new vestments of rebirth as symbols of divine growth and transformation into a heavenly man carrying the seeds of our forthcoming incarnations. Amen

(GEC) My Prayer based on Alois Mailander, *A Rosicrucian Remember*, Samuel Robinson, p 282-283 (Twelve Stages of Faith or Soul Consciousness)



My Prayer for the Tenth Stage of Faith

Spiritual Vision



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

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

My Prayer for the Eleventh Stage of Faith

Harmony or Union

Our Beginning and End, You are our True Vine to which we must connect to so as to experience inner peace and wholeness. In this divine union of our graft, we will now be able to see a world that is in perfect accord with Your goodness and kindness. A world that has no division or conflict so that we may bridge the Spirit of our Christ-within to You, our almighty Creator, the supreme reality of the universe. By living in harmony with You my Lord, I feel my heart expanding with compassion and empathy for all of my brotherhood as well as all the creatures You have placed upon the Earth. For only when the flow of the Holy Spirit comes within us and guides and directs us are we then inspired to recognize and accept that we ourselves are divine and thereby creators of all the world about ourselves. Only by being in harmony do we come to this self-realization of our own perfection and our place upon the heavenly throne, fully tuned to our Oneness in the Higher Worlds. Therefore, as we stand before Your cross, we ask that you set and keep us on Your path to harmony and unity so we can interconnect ourselves in an inseparable union to the seen and unseen realities of the physical and spiritual worlds, open our hearts to inner peace, and continue on our journey of our self-discovery of our divine self. Amen

(GEC) My Prayer based on Alois Mailander, *A Rosicrucian Remember*, Samuel Robinson, p 283-284 (Twelve Stages of Faith or Soul Consciousness)



“Lord, help me to live this day, quietly, easily. To lean upon Thy great strength, trustfully, restfully. To wait for the unfolding of Thy will, patiently, serenely. To meet others, peacefully, joyously. To face tomorrow, confidently, courageously.”

- Francis of Assisi

My Prayer for the Twelfth Stage of Faith ***God, that is, Perfection***

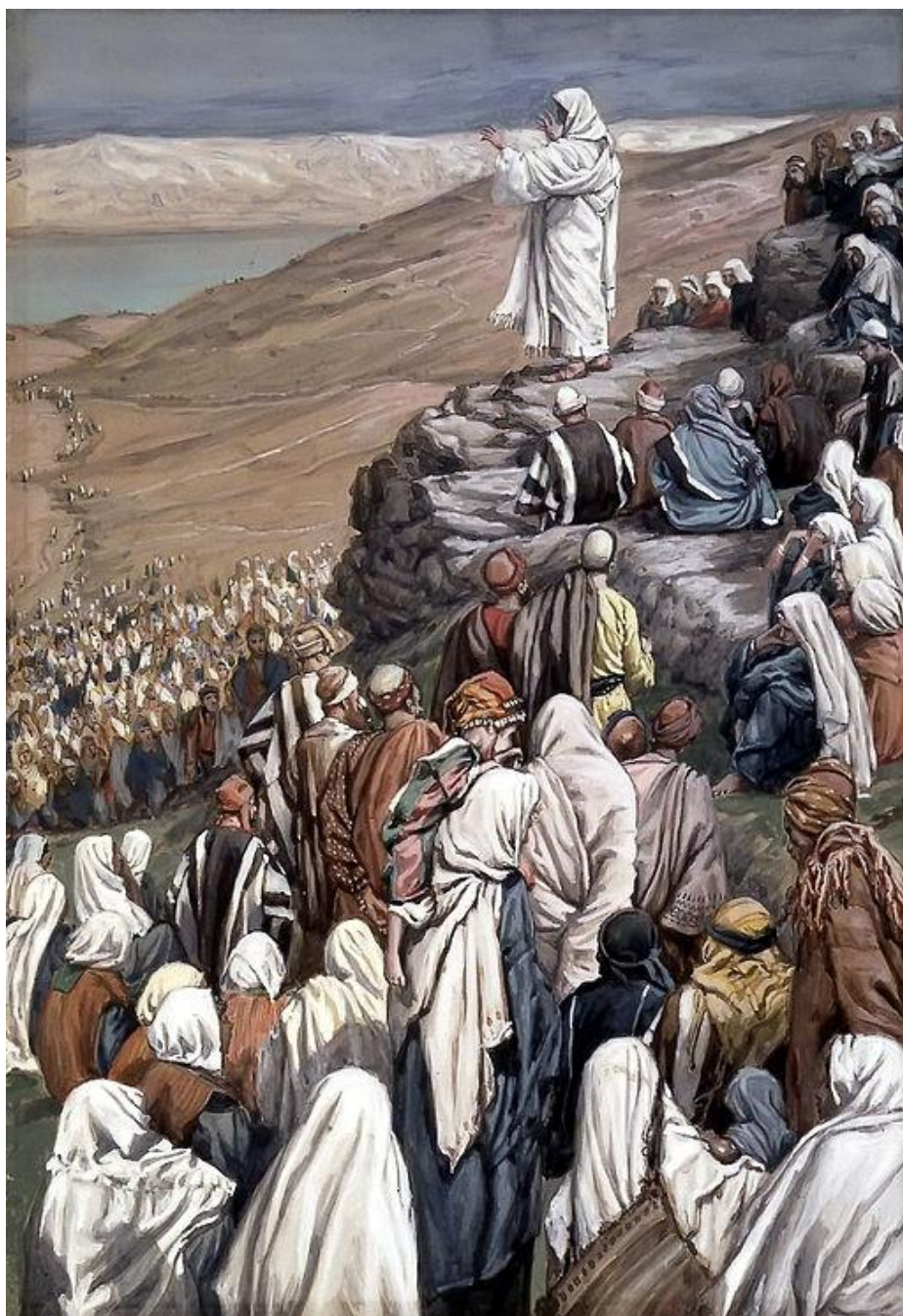
O Lord, Our Founder and Perfecter of Our Faith, You alone are perfect and yet in Your mercy and compassion, You work through the Holy Spirit to move our hearts and minds so as to initiate our transformation to become the sacred image of Your beloved Son. Bless me my Father and make me whole and sound in Your ways, endow me with righteousness, and free from any blemishes by Your grace and pardoning of all my sins. For then the truth of Your perfection can then permeate my spiritual soul with Your pure love so that I might now exist in totality as part of the unified field of Your universe. Listen to hear my thanksgiving for my bliss and allowing me to become One within You so that I might fully experience the power of Your resurrection and thereby awaken and connect myself with the entirety of Your creation beyond all boundaries of my mind with infinite possibilities, together as One Perfect God. Amen

(GEC) My Prayer based on Alois Mailander, *A Rosicrucian Remember*, Samuel Robinson, p 284 (Twelve Stages of Faith or Soul Consciousness)



The Beatitudes

Climbing the Ladder of Initiation



*Blessed are the poor in spirit: for theirs is the kingdom of heaven.
Blessed are they that mourn: for they shall be comforted.
Blessed are the meek: for they shall inherit the earth.
Blessed are they which do hunger and thirst after righteousness: for they shall be filled.
Blessed are the merciful: for they shall obtain mercy.
Blessed are the pure in heart: for they shall see God.
Blessed are the peacemakers: for they shall be called the children of God.
Blessed are they which are persecuted for righteousness' sake: for theirs is the kingdom of heaven.
Blessed are ye, when men shall revile you, and persecute you, and shall say all manner of evil against you falsely, for my sake.
Rejoice, and be exceeding glad: for great is your reward in heaven: for so persecuted they the prophets which were before you.*

(Matthew 5:3-12 KJV)

The Beatitudes: *The Open Secrets of Initiation*

The Sermon on the Mount or The Beatitudes as taught by Jesus provides us with understanding of true Christian discipleship and the way by which we can experience the ultimate happiness in our lives. Yet, for both the mystic and the occultist it is seen as the necessary conditions of Christian Initiation, a “*Chart of Initiation*” by which to learn the knowledge of God’s Kingdom that provides not only the moral laws we must adhere to but it clearly states the virtues that we must develop so they become part of our being. In many ways the Beatitudes are concentrated extracts of all the teachings of Christ. Some call them “*secrets*”, but Christ proclaimed them openly for all to hear and laid them out in sequence in which one leads to the next so if we are sincere in our effort to follow them to conclusion, we can be insured of our spiritual evolution.

It is critical that we understand that the beatitudes can be both painful and joyous experiences that we must experience and accept now within ourselves in our spiritual journey upon the Earth as we need not wait to gain their rewards. They will occur in our physical and spiritual realms of our being and when understood properly will be the source of empowering energy for our souls. Ultimately, the Beatitudes provide the way in which can experience communion with God. Each Beatitude provides us with a paradoxical statement in which we are given an attribute or an action and then told what new contradictory discovery or outcome we can then expect. As it will be from these new discoveries and outcomes or truths that we will move beyond our egos and spiritually advance so as to prepare ourselves for the next beatitude. Perhaps, one might say that the beatitudes are spiritual instructions for the “*training of the soul*” in which the goal is to “*change*

the disposition of your soul” so that we can now ascend to Higher Worlds, the Kingdom of Heaven, where we can directly experience Christ.

Key to the Initiation process of the Beatitudes is the blood we are willing to shed as our blood stands for our life and the sacrifices that are willing to make for others so we might we become givers of the world. In this process we started out as lowly beggars in our past or current life who only asked for things and now, we exist as true benefactors of the world in our highest spiritual bodies at the table of the Lord. In many ways the *Eight Beatitudes* are similar to the *Eight-Fold Path* that Buddha gave to his followers so through each practice of the path they might attain the virtues necessary to gain the spiritual insights for their liberation. For when we develop each virtue on our spiritual path, we acquire a new “*organ of perception*”, our spiritual senses, to work within the Higher Worlds and become One with all things of the world.

Steiner firmly believed that “*the capacities of man will develop up to seeing the Etheric vision of Christ, in the reality of which they can then believe, just as firmly as did St. Paul himself!*” and that the Beatitudes hold important teachings to help us in preparation for this. He stated that each Beatitude when developed had a targeted effect to one of our bodies starting from the lowest, the Physical body and then progressed to the higher; *Etheric, Astral, Soul, or Spirit*. While others such as Corinne Heline, a student of Max Heindel, found that there were parallels that could be drawn from the *Old and New Testaments* in the teachings of King Solomon and Jesus in which “*each patterned his life after the initiatory formulae by which every man knows himself as a god.*” Therefore, for each beatitude in the Gospel of Matthew we will find there is corresponding scripture in either the Book of *Proverbs* or *Ecclesiastes*. In addition, she provides the *Planetary Correlations* for each Beatitude to better help us understanding its true meaning.



The First Beatitude

Blessed are the poor in spirit: for theirs is the kingdom of heaven. (Matthew 5:3 KJV)

Corresponding Old Testament Scripture:

Put not forth thyself in the presence of the king, and stand not in the place of great men: For better it is that it be said unto thee, Come up hither; than that thou shouldest be put lower in the presence of the prince whom thine eyes have seen. (Proverbs 25:6-7 KJV)

Planetary Correlation: *Mercury*: represents humility, intellect, learning, the spiritualized mind, a love of the truth, and the “*Christ power to control all manifestations and phenomena of the earth.*”

Body: Physical

The First Beatitude speaks to the virtue of being “*poor of spirit*” or having humility in which we are free of pride and learn that the things we need in life do not come from ourselves and we must become completely dependent upon God. We must question our mind to free it from our ego and understand that the wisdom we believe to be true is meaningless. At the lowest point in our lives, we realize the full extent of our imperfections and we are now one of the poor of spirit. In this type of humility, we become open to spiritual teachings as we now realize that we are “*utter[ly] spiritual bankruptcy before God.*” We are only a helpless beggar who can only have his needs met by God. For once we see that we are spiritually worthless we can then come to God and he will provide us with not only all our provisions but more importantly with our salvation.

When we are *poor in spirit*, we accept that Christ is the Light of the World and we only desire to live our lives in His divine Light. Therefore, the First Beatitude reflects our life in our physical body as this equates to being *poor in spirit*, however, one can only receive the Kingdom of Heaven “*if they develop their ego-ruled bodies in the right way, they will find the Kingdom of Heaven*” which is found in right thinking, feeling, and action. The blessings of this beatitude can only occur if we live a life that is “*true and holy ... in obedience to Law, which is Truth itself*”. When the kingdom of God is received by the poor in spirit, they shall now see God much in the same way the high priests were allowed to enter the inner sanctuary of the tabernacle to be within the Light of God.



“As a child I received instruction both in the Bible and in the Talmud. I am a Jew, but I am enthralled by the luminous figure of the Nazarene....No one can read the Gospels without feeling the actual presence of Jesus. His personality pulsates in every word. No myth is filled with such life.” - Albert Einstein

My Prayer for the Poor in Spirit

O Lord, Merciful and Forgiving, help me as I live within my physical body to free myself of all my foolish pride and understand that which I need cannot come from myself so I must always be completely dependent upon You, my Lord for all of life's provisions. Do not let my ego keep my mind bound to its meaningless beliefs and false wisdom so I may be an empty vessel to Your divine teachings that contain the sacred wisdom that focuses one only on the truth. Let me, a helpless beggar, sink within the pain and suffering of the world so that I may now see with my own eyes the imperfections that I carry and awaken my spiritual vision to see that I am spiritually worthless and now must count myself as one of the poor in spirit ready to come before You so You might provide all my provisions and deliver my soul through salvation. By living a true and holy life that honors Your Law, I believe in my heart that I will always find the blessing of Your Kingdom of Heaven as You are the Light of the World. By being poor in spirit You have allowed me to enter the inner sanctuary of the tabernacle so that I may bask in the glory of Your Light so I can joyfully receive the Kingdom of Heaven. Amen.

- (GEC)



“Do not those who always seek consolation deserve to be called mercenaries? Do not those who always think of their own profit and gain prove that they love themselves rather than Christ? Where can a man be found who desires to serve God for nothing? Rarely indeed is a man so spiritual as to strip himself of all things. And who shall find a man so truly poor in spirit as to be free from every creature? His value is like that of things brought from the most distant lands. ... O most blessed grace, which makes the poor in spirit rich in virtues, which renders him who is rich in many good things humble of heart, come, descend upon me, fill me quickly with your consolation lest my soul faint with weariness and dryness of mind.”

- The Imitation of Christ, Thomas a Kempis



“Prayer is the place of refuge for every worry, a foundation for cheerfulness, a source of constant happiness, a protection against sadness.”

- Saint John Chrysostom

The Second Beatitude

Blessed are they that mourn: for they shall be comforted. (Matthew 5:4 KJV)

Corresponding Old Testament Scripture: *To proclaim the acceptable year of the Lord, and the day of vengeance of our God; to comfort all that mourn; To appoint unto them that mourn in Zion, to give unto them beauty for ashes, the oil of joy for mourning, the garment of praise for the spirit of heaviness; that they might be called trees of righteousness, the planting of the Lord, that he might be glorified. (Isaiah 61:2-3KJV)*

Planetary Correlation: *Venus:* can uplift our fear, it allows us to experience love and harmony, directs us in how we seek balance and connection, and shows us that “*love is the great antidote for evil.*”

Body: Etheric

In many ways we are all like the prodigal son who decided there was more to life somewhere else and soon came to realize the value of what we left behind. So, we mourn our loss and come back to repent and ask for forgiveness. Ultimately, this is captured in the first two Beatitudes in which we start by becoming “*poor in spirit*” in the First Beatitude; stripped naked, hungry, and rejected by the world so that now in the Second Beatitude we can then come to mourn our own death. Therefore, at the most immediate level mourning can address the fact that we have sinned and rebelled against God and we have separated ourselves from His love and mercy and we are now deeply sorrowful. And, God, just as the father of the prodigal son is more than ready to take us back and dress us in new garments, place a ring on our finger, and prepare a feast in our honor. In our mourning there is a promise that we will be comforted by God.

Even in our greatest losses, when we suffer the most, we find our mourning draws us closer to God so He may fulfill His promise of comfort for us. In our mourning we are reaching out and seeking compassion and asking others to acknowledge what we are feeling so that we can find the tiniest glimmer of hope that we can cling to. For what we as mourners want is to go beyond our grief and guilt and to stand righteous before God understanding that we will fall short at times but if we repent and forgive ourselves then we can continue to move forward not grasping the need to continuously mourn our mistakes. Then even if our time of mourning is unbearably painful, we have to come to understand that it holds one of the most valuable gifts we can be given, an opportunity for our spiritual transformation. If we look at the Greek word used for “*comfort*” it is not only about being freed from our sin and pain it also about changing our being so that we that we seek to encourage others ... assisted by the power of the Holy Spirit!

As Steiner explains, we come to understand that the only way to endure sorrow and grief from mourning and find comfort is by developing the power of our ego from within ourselves so we can locate the Holy Spirit within our inner being. Therefore, the Second Beatitude shifts its work from the physical body now to the etheric body. And Heindel adds, that our comfort can also come our departed love ones when we enter the Desire World during our sleep and dreams, while in some

cases we may even be comforted in our work together as Invisible Helpers. Our responsibility is to now accept and endure our suffering, strengthen our Ego, and “*find the Paraclete or Holy Spirit who reveals itself thru the ego*” so that we can awaken the Christ-within so we might grow from His divine wisdom. Mourning then comes to mean being passionate about transformation in our lives that brings us closer to Christ so we have comfort or “*unlimited opportunities for soul growth*”. And over time, our soul will evolve a “*spiritual organ*” so that it can withstand the suffering we must endure in our lives to spiritually advance. Ultimately, mourning is necessary to arrive at the Christ-consciousness so that we might experience the true peace of God’s grace.

My Prayer for Mourning

O Lord, My Source of All of Comfort, help me to endure the burden of the sorrow and grief from my mourning so that I may come to the light of Your righteousness. Lord, I am shamed and filled with guilt for the sin and rebellion I have shown in Your presence. Help me to find my way back to You so that I may feel the comfort of Your loving embrace, dress me in Your new garment of salvation, and place Your golden ring upon my finger so my transformation can now commence from my own spiritual death. Take me beyond my grief and guilt and strengthen the power of my Ego within my body so that the Holy Spirit emerges from its inner sanctum ready to assist me in that which You have called me to do by Your will. With Your presence awakened within me infuse throughout my body Your divine wisdom so I might learn how to enter the Higher Worlds in my sleep and dreams so I may also receive comfort from past loved ones and higher beings. For then, as a full moon that hangs uncovered in the night sky, I can readily perceive the life-saving faith and hope that radiates from the mercy of Your love so that I may then learn how to comfort others through encouragement and bring them to Your love. I bless You for the countless opportunities, both seen and unseen by my ignorance, that You have provided for my ongoing soul growth so that we together can share the elevated level of Your divine consciousness and I may experience the true peace that “transcends all understanding”. For You have empowered me with a new spiritual organ so that I might withstand any measure of sorrow and grief and thereby work in Your vineyards as an Invisible Helper who can provide comfort to other as You have done so for humanity. Amen.

- (GEC)



The Third Beatitude

Blessed are the meek: for they shall inherit the earth. (Matthew 5:5 KJV)

Corresponding Old Testament Scripture: *When pride cometh, then cometh shame: but with the lowly is wisdom. (Proverbs 11:2 KJV)*

Planetary Correlation: *Moon:* Provides control of our emotions and mind to provide balance and it has power that “*attracts and increases*”.

Body: Astral

In order to be meek one has to have great strength so that they will treat others with gentleness, have control over their temper so they can respond to difficult situations with kindness and not anger, and they can remain calm even in the most challenging situations. Even when treated harshly by others they bear no grudges or seek any form of revenge as they can move past any indiscretions without feelings of bitterness or hatred for, they understand that goodness can come from all situations in life. In meekness there is humility as we have become “*disciplined by spiritual practice*” so that we are open-minded and we may hear the inner voice that comes from within so that we become attuned to the “*creative voice of eternity*”.

In meekness we are patient with self-control that allows us to keep our anger in check so that we may follow the practice of nonresistance without ever oppressing those that are weaker or exploiting those that are unable to withstand our advantage. In the Bible the only description of Jesus is he is “*meek and humble of heart*” (Matthew 11:29) and as his followers we seek to imitate that which he demonstrated in living His life and the teachings He provided us with. By cultivating meekness, we produce the most powerful force that allows us to overcome any difficulty we might experience in our lives. By having meekness in which our “*strength [is] brought under control*” we can address our own sin and treat even the worst of the wrongdoers with sympathy and compassion. Ultimately, God is our master and we will always be obedient and submissive to Him because we understand that He knows what is best for us as we are like newborns completely dependent upon Him for everything in our lives as well as the salvation of our souls.

For Steiner, meekness is evident when one has a gentle voice that never hurts or offends others. Those that are meek are calm and collected as they have discovered the way by which to balance their minds even during the most stressful situations. Heindel even further applies the benefit of this concept to working in one’s business with customers, our homes, and other social relationships. Therefore, we need to develop the needed strength and power so that the Ego can balance and control the “*passions and emotions of the astral body*” so we can then inherit the Earth. It is only by our meekness that we can sever our old-self through crucifixion, resurrection, and then come to the higher consciousness of our Christ-within and return to the Earth through our ascension. For the mystic, “*meekness is the quality that allows us to remain grounded and receptive to higher truths, enabling us to transform our earthly existence.*”

Symbolically, the Earth represents “*manifestation or expression*” that we must have control over to ensure the successful outcomes and harmony within our lives. For it is by our faith, the openness of our minds, and finally understanding that there is only goodness in the will of God and that by inheriting the Earth it opens itself so that we may experience “*all its beauty and riches*”.

My Prayer for the Meek to Inherit the Earth

O Lord, Lion of the Tribe of Judah, build within me strength that is tempered by self-control so that I might also be meek and humble of heart. May the gentleness of my being flow within my words so that only kindness is found in their meaning even when I am challenged by those who seek only to inflict pain upon others. Open my mind to the inner voice through which You guide me so that I may learn to hold no bitterness or anger in my heart and I can see the good in all of life's experiences. Help me Lord to follow Your example and let meekness always be the strength for all my difficulties from which I am then able to offer heartfelt sympathy and compassion for those who have lost their way. Train me in patience and obedience so that I will always be submissive to Your will as I know that it is only through You that I will receive salvation for my soul. Bless me with the power to discipline my Ego so that it can withstand the passions and emotions of the astral body and bring them under its dominion so in its control they can open the way by which to inherit the Earth. In the true meekness of my being allow me to come to the Christ-within, grounded and sensitive to the higher truths that pour forth so that I may now transform my earthly existence and find the harmony that I am so desperately seeking. Allow me to calmly stand as You guide me above the invisible seam of the Earth so I may watch in wonder as it opens itself and welcomes my presence so that I may now inherit all of its riches and beauty from Your creation. Amen. - (GEC)



“O Lord God, just Judge, strong and patient, You Who know the weakness and depravity of men, be my strength and all my confidence, for my own conscience is not sufficient for me. You know what I do not know, and, therefore, I ought to humble myself whenever I am accused and bear it meekly. Forgive me, then, in Your mercy for my every failure in this regard, and give me once more the grace of greater endurance. Better to me is Your abundant mercy in obtaining pardon than the justice which I imagine in defending the secrets of my conscience. And though I am not conscious to myself of any fault, yet I cannot thereby justify myself, because without Your mercy no man living will be justified in Your sight.”

- The Imitation of Christ, Thomas a Kempis

The Fourth Beatitude

Blessed are they which do hunger and thirst after righteousness: for they shall be filled. (Matthew 5:6 KJV)

Corresponding Old Testament Scripture: *He that followeth after righteousness and mercy findeth life, righteousness, and honour. (Proverbs 21:21 KJV)*

Planetary Correlation: *Uranus: “A divine yearning for the highest”* to push us past any limitations and provide new possibilities. It pushes us “*to make the ideal real*” within ourselves.

Body: (Sentient) Soul

Each Beatitude is connected to the next to form a chain in which each link of the chain provides the truth necessary to move to the next link so it can be further be built upon. The central link in the chain of Beatitudes is the *Fourth Beatitude* that calls for us to hunger and thirst for righteousness or to “*fervently seek*” to fill our inner emptiness with Christ, relentlessly pursue justice, integrity, and love, and live a life of conviction that seeks to demonstrate our virtue in all of our actions. Therefore, being hungry and thirsty represents our intense desire to have a right relationship with God and our fellow man.

So far, the first four Beatitudes have reflected the “*condition of the heart*” as Christ will always begin our transformation with our hearts. In our lives we want to understand the world that God has placed us in and raise our spiritual awareness so that we are always aligned with God’s will so that we are right in our relationship with the Father. The thirst we have is for the living water that Christ offers so we may become fully conscious of the Christ-within and “*become the channels of God’s love and Grace*” to help our fellow man in their spiritual evolution.

For the mystic, our hunger and thirst are for “*right-thinking*” which is now our raised consciousness as “*Christed thinking*” so that we can focus our attention upon thoughts that will bring us to Higher Worlds and spiritual truths. By opening our minds, we can live in a new reality of unlimited potential and opportunity. Therefore, it is through one’s right thinking which seeks to increase spiritual awareness that one may “*fulfill their Christ potential by aligning their human nature with their Christ Nature.*” We must with intense desire now develop our soul bodies and egos so that we become filled with the “*Christ-power*” so we can send forth our love to all so we are “*working for the righteousness of the world.*”

My Prayer for the Hunger and Thirst of Righteousness

O Lord, Our Righteous King, I feel within myself an insatiable hunger and thirst for the Your redeeming blood so that I may always walk in righteousness, blessed in a life of unity with You my God. Help me to purify my Ego and permeate my Soul with Your Being so there is only right thinking within my heart to live and breathe according to Your Laws. Let Your godliness grow within me and raise my

spiritual awareness so my heart thinks only of the relentless pursuit of love, integrity, and justice. For then through my transformation, I will walk in righteousness, so I can best conform myself to the right behavior to satisfy Your divine will and live a life of conviction that others may observe through my acts of service and compassion. Lord, raise my consciousness so with my Christed thinking I may fulfill my Christ potential and develop my Soul Body and Ego and locate the human center within my Ego. Through Your kindness and mercy quench my parched lips with Your living water so it may satisfy my thirst after righteousness. For from the Christ-power of my inner being I can use my spiritual gifts and talents to then send forth a stream of brotherly love to work for the righteousness of the entire world. Amen. - (GEC)



The Perfect Righteousness of God

by Albert Midlane

*The perfect righteousness of God
Is witnessed in the Saviour's blood;
'Tis the cross of Christ we trace
His righteousness, yet wondrous grace.*

*God could not pass the sinner by;
Justice demands that he should die;
But in the cross of Christ we see
How God can save, yet righteous be.*

*The judgment fell on Jesus' head;
'Twas in His blood sin's debt was paid;
Stern justice can demand no more,
And mercy can dispense her store.*

*The sinner who believes is free,
Can say, "The Saviour died for me";
Can point to the atoning blood
And say, "This made my peace with God."*

The Fifth Beatitude

Blessed are the merciful: for they shall obtain mercy. (Matthew 5:7 KJV)

Corresponding Old Testament Scripture: *The merciful man doeth good to his own soul: but he that is cruel troubleth his own flesh. (Proverbs 11:17 KJV)*

Planetary Correlation: *Jupiter:* is the planet of faith and hope and the pursuit of higher understanding. Its guiding rays bring wisdom and blessings and the “*mercy and compassion [that] attracts to itself benefits of like nature.*”

Body: (Rational/Intellectual) Soul

Mercy is offering kindness to those in need, it is showing compassion and can also require forgiveness. It is qualified as being *unmerited* because when we show mercy it is not for something the person rightfully deserves, for example if we had a warranty for a car then having it repaired for no cost for a covered repair is not merciful but if the warranty did not cover a specific repair and the dealer did it for no cost because he saw your need than that would be mercy. In the Bible, the parables of the *Prodigal Son* and the *Good Samaritan* provide two clear acts of mercy, the accepting father for the return of his rebellious son and the Jewish merchant who is beaten and robbed and cared for by the Samaritan man. Yet, Christ was the ultimate example of mercy for humanity by providing His life to provide our salvation. While the *Lord's Prayer* also directs us to be merciful, “*Forgive us our debts, as we also have forgiven our debtors.*” (Matthew 6:12).

We must learn that we can only expect compassion and mercy from others if we in turn develop and practice compassion and mercy for others. In the Bible it speaks of this as *reaping what we sow* or as the meaning the occults understands in the expression of the “*twin laws of Rebirth and Consequence*” in which what we give will come back to us (usually in greater abundance). So, if we offer mercy to others than we can expect mercy in return in our lives. In addition, it is expected that we will also show mercy for those who are young and will make mistakes but need to learn without suffering crippling punishments and we must show mercy to all animals understanding that they too are on a path of evolution.

For Rosicrucians, developing compassion and mercy is part of the process of “*awakening the ego*” by which we become “*pure in blood or in the heart*”. Man’s Ego is critical in our spiritual development in that it is the only place that “*divine substance in man come to life.*” It occurs when the candidate brings within himself the Christ-power so he can develop and bring forth the qualities of mercy and compassion within his Intellectual Soul which will extend beyond himself and then return. As Steiner tells us, when this occurs, the Intellectual Soul will “*shine forth*” working to raise the consciousness while slowly purifying the ego. Then we realize that regardless of how different others may appear, when their souls shine forth as ours, they are exactly as we are and then we can “*enter into the right relation with our fellow-man.*” Ultimately, what we develop from our Intellectual Soul is “*something which we must pour forth into our surroundings and which must flow back to us again.*” It is the only Beatitude in which what we are blessed with is the same that will return to us, mercy. It is through mercy that

we can heal relationships and bring forth peace. Therefore, the mercy we give to others will grow our soul bodies, the golden wedding garment, that is needed to ascend to the Higher Worlds.

My Prayer for Mercy

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



The Sixth Beatitude

Blessed are the pure in heart: for they shall see God. (Matthew 5:8 KJV)

Corresponding Old Testament Scripture: *He that loveth pureness of heart, for the grace of his lips the king shall be his friend. (Proverbs 22:11 KJV)*

Planetary Correlation: *Mars:* Provides the energy and ambition that is required for the success of our transmutation. Its fiery nature helps to bring a change from our lower nature to “*the pure gold of the higher*” by driving us to purify ourselves so that our “*spiritual centers [will] flower upon the cross of the body.*”

Body: (Consciousness) Soul

Being pure in heart means that we are focused entirely on one thing in our lives and that is complete devotion to Christ. Therefore, everything we do in our life must demonstrate our “*single-minded devotion to Christ*” as seen in our “*devotion to a life of love.*” By being pure in heart, we are concerned about our inner purity which is reflected in those things we desire and pursue in our lives which should only be the glory of God and to be part of His heavenly kingdom. As our hearts become pure then our words, actions, and behaviors will also change to reflect that which is pleasing to God. It is our commitment to Christ; He transforms our hearts so that we are driven to know Him and understand His teachings so that we may live a life that follows His example. Then we can see God.

When we have a pure heart than we can see God in every aspect of our lives, regardless of its significance, whether it be a small pebble on the ground or a beautiful rainbow across the skyline we see God. A pure heart provides focus and clarity in our lives so that we don’t become distracted by those things that don’t matter or divert us from God’s will. Therefore, we are purifying our mind so that we can come to understand, or see, the purpose God has for our lives and then how He interacts in our lives and with humanity throughout history to ensure the outcome of His divine plan. He wants us look beyond ourselves, the egocentric heart, and work from a pure heart that is filled with love, compassion, and honesty so we can be bold and creative with our lives as we can love and serve our fellow man.

Through our purification of our heart, the ego is refined so that all impurities are extracted and now exists as “*pure ego*” which is now “*capable of receiving God into itself.*” Then as we continue to spiritually advance, our “*purified consciousness soul*” can now see God as we have been promised. In terms of our physical bodies, the ego and the consciousness are represented by the blood which is then acted upon and transformed by the purified heart or ego. What we must be careful of is how we deal with our suffering so that it does not diminish our purity. The key to this will be “*trying to see God, to discern the divine purpose within and behind our difficulties.*” By this process we can build our soul body or Golden Wedding Garment so that we may now enter the Higher Worlds. As Steiner explains, the heart or the pure ego at this stage is expression of God within man. Ultimately, our purity is a result of our transmutation in which the pure ego, our Christ-within, is awakened so it might now join in Unity with the Father.

My Prayer for Purity in the Heart

O Lord, My Mighty God Who Comes before My Eyes, help me to shed away that which prevents me from having my single focus upon Your glory. Let everything I do speak Your name and bring You Your rightful praise. Transform my heart so through its purity I can come to know You and understand Your Word for only then shall I see You, my Lord. Let me no longer be distracted by those things that take You from my sight so I may always be aligned with Your higher purpose and ensure the fulfillment of Your divine plan. For then as I consider the unfoldment of my life and all others throughout history, I will now see how Your hand gently guided us towards the will of Your plan. Through Your mercy and compassion, You have extracted the many impurities of my heart to complete the purification of my Ego so that it has become a vessel worthy of Your presence. From my purified heart, let my blood carry the Word and be pumped throughout my body and touch upon all its cells so that I can now only devote myself to a life of love. Therefore, my Lord allow me now with my “purified consciousness soul” to perceive the Christ-within me and to see You, my God. Let not the sufferings I bring upon myself distract me and in challenging times, help me to see Your divine presence and purpose within my difficulties. Now hear my praise, for my soul body has grown large and it shines brightly signaling the completion of my transmutation so I am dressed now in the beauty of a golden wedding garment ready for the royal banquet so that I may now unite with the Father in Oneness. Amen. - (GEC)



A Pure Heart

O God Almighty, Father of our Lord Jesus Christ, Your only begotten Son, give me a body unstained, a pure heart, a watchful mind, and an upright understanding, and the presence of Your Holy Spirit, that I may obtain and ever hold fast to an unshaken faith in Your Truth, through Jesus Christ, Your Son, our Lord; through whom be glory to You in the Holy Spirit, forever and ever. AMEN.

- The Clementine Liturgy

The Seventh Beatitude

Blessed are the peacemakers: for they shall be called the children of God.
(Matthew 5:9 KJV)

Corresponding Old Testament Scripture: *Deceit is in the heart of them that imagine evil: but to the counsellors of peace is joy* (Proverbs 12:20 KJV)

Planetary Correlation: *Sun:* The Sun or Christ provides the empowering energy of peace upon the earth so that “*awakened within ourselves we will come into perfect peace.*”

Body: Spirit-Self

Peacemakers are those who work to restore the relationship between God and His people as well as with each other. They promote peace and help to bring unity and harmony in the world as “*agents of reconciliation*”. As peacemakers they find ways to resolve disputes and disagreements as well as to be “*witness to the truth of Jesus Christ*”. Spiritually, those who are recognized as effective peacemakers are also considered to have the sign of being spiritually advanced. Ultimately, a peacekeeper is fulfilling the Fifth Commandment, “*Thou shall not kill*”, as killing goes beyond physical death to include not wanting someone to exist if you dislike or disagree with them. For St. Augustine, peace is bringing a “*tranquility of order*” in which we bring forth helpful things and eliminate hurtful things.

In order to be a peacemaker, we need to start with ourselves and make certain that we have peace in ourselves first. We need to examine our own lives and see where we fall short with the ideals of Christ, repent, and ask for forgiveness so that we may be saved. Then we can share our testimony of God’s mercy in our reconciliation, the faith that allows us to believe the opportunity exists for everyone, and the ongoing benefits of fellowship with the Lord. As it is through peacemaking we will find justice, people choosing to do the right things, and positive relationships that build upon the good so that the world becomes a better place for all of humanity. Christ himself was the ultimate peacemaker and at the Last Supper with His Apostles, he told them, “*Peace I leave with you; my peace I give to you; not as the world gives do I give to you*” (John 14:27) and when he resurrected His first words were, “*Peace be with you*” (John 20:21).

Heindel saw peacemakers as completing the cycle from the *poor in spirit* who find the kingdom of God in their lifetimes upon the Earth then to continue as Children of God in their role as peacemakers. As this is what he believed would allow us to now be “*recognized [as a] Son of God*”. Yet, he was also clear that a peacemaker is not someone who makes compromises to please others but is a “*divine creative creature*” in making good peace. However, in order to avoid any temptations as a creator we need to always remain poor in spirit. While, Steiner looks upon man as vessels that are now being filled with the spirit and when we with the help of Christ have filled ourselves with the spirit, we are then the *Children of God*, the final destination in our spiritual evolution. In the process it is important to remember that Christ has entered and joined with the Earth, therefore we must work with Him as it is through His Impulse, the empowering energy of

peace, that we will also become Children of God as we develop our Spirit-Self by “bring[ing] down the spirit from the Spiritual Realms” to fill our own vessels.

My Prayer to Become a Peacemaker

O Lord, Prince of the Peacemakers, appoint me as one of Your royal peacekeepers so that I may work to restore relationships between You and Your lost sheep. Let me function as Your agent of reconciliation so that I may help to effectively resolve disputes and disagreements between the people and restore the tranquility of order. Lord, confirm within me that I have a sufficient power of peace within myself so that am I fit to witness to the glory of Your divine truth. Have faith in me, that as a peacemaker I can help and guide others to act in the highest moral character with their brothers, always choosing that which is right and fair over that which would express their greed and lack of concern for others, and to feel within their hearts the need to treat all people with justice and protection. Judge me first to have maintained the desired trait of being poor in spirit knowing that I have found Your kingdom here on Earth so I can now work as your faithful servant to bring my brothers to their inner peace, not by trying to please everyone through compromise but through creative approaches and solutions. Therefore, my Lord, from within the depths of the core of the Earth in which You reside, radiate Your Impulse to the surface so that I may charge myself with Your empowering energy of peace to develop the Spirit-Self within my being so that I myself can then bring down the spirit from the Spiritual Realms needed to fill the vessel of my being so that I may now be counted as a Child of God. For then as Your appointed peacemaker, I can be Your ambassador to spread Your peace and harmony upon Your entire creation and be called upon as one of Your Children, a true Son of God. Amen. - (GEC)



The Eighth Beatitude

Blessed are they which are persecuted for righteousness' sake: for theirs is the kingdom of heaven. (Matthew 5:10 KJV)

Corresponding Old Testament Scripture: *Hear the word of the Lord, ye that tremble at his word; Your brethren that hated you, that cast you out for my name's sake, said, Let the Lord be glorified: but he shall appear to your joy, and they shall be ashamed. (Isaiah 66:5 KJV)*

Planetary Correlation: *Saturn:* Provides a pathway to the higher realms if one is willing to endure the trials, although it can be a “*whiplash of sorrow for the neophyte; the thorn-crown becomes the halo of radiance only through Initiation.*”

Body: Spirit-Man

When we live a life of righteousness we will be challenged by others and it takes courage to stand for your beliefs. Our faith in God and following His ways is often countered with persecution as were many of the Old Testament prophets. So, even though we have worked to develop pure hearts and have shown ourselves to be meek, merciful, and filled with humility and act as peacemakers who look only to share the love of God, we can expect others to harass and oppress us. For we need look no further than how Jesus was treated by many in His time upon the Earth. *If the world hate you, ye know that it hated me before it hated you.* (John 15:18 KJV) Yet, our job is to stand firm and trust in God so that we can continue to move closer to Christ. It will be difficult to face such intense adversity but in the end our we shall experience the Kingdom of heaven.

In Christian Initiation, adversity is considered part of the process and overcoming it demonstrates our commitment to the process and helps the candidate in terms of “*strengthening the soul and deepening one's connection to the divine.*” It can be tempting to give in to compromise but this is our spiritual test to demonstrate our courage and steadfastness in our convictions to the “*divine principles.*” Ultimately, we will not only be persecuted but we will be “*martyred*” for righteousness’ sake and we must demonstrate the commitment of our mature being in which we “*stand firm with grace.*” As Christ told His disciples that they would be persecuted after His ascension but in return they could expect the kingdom of heaven.

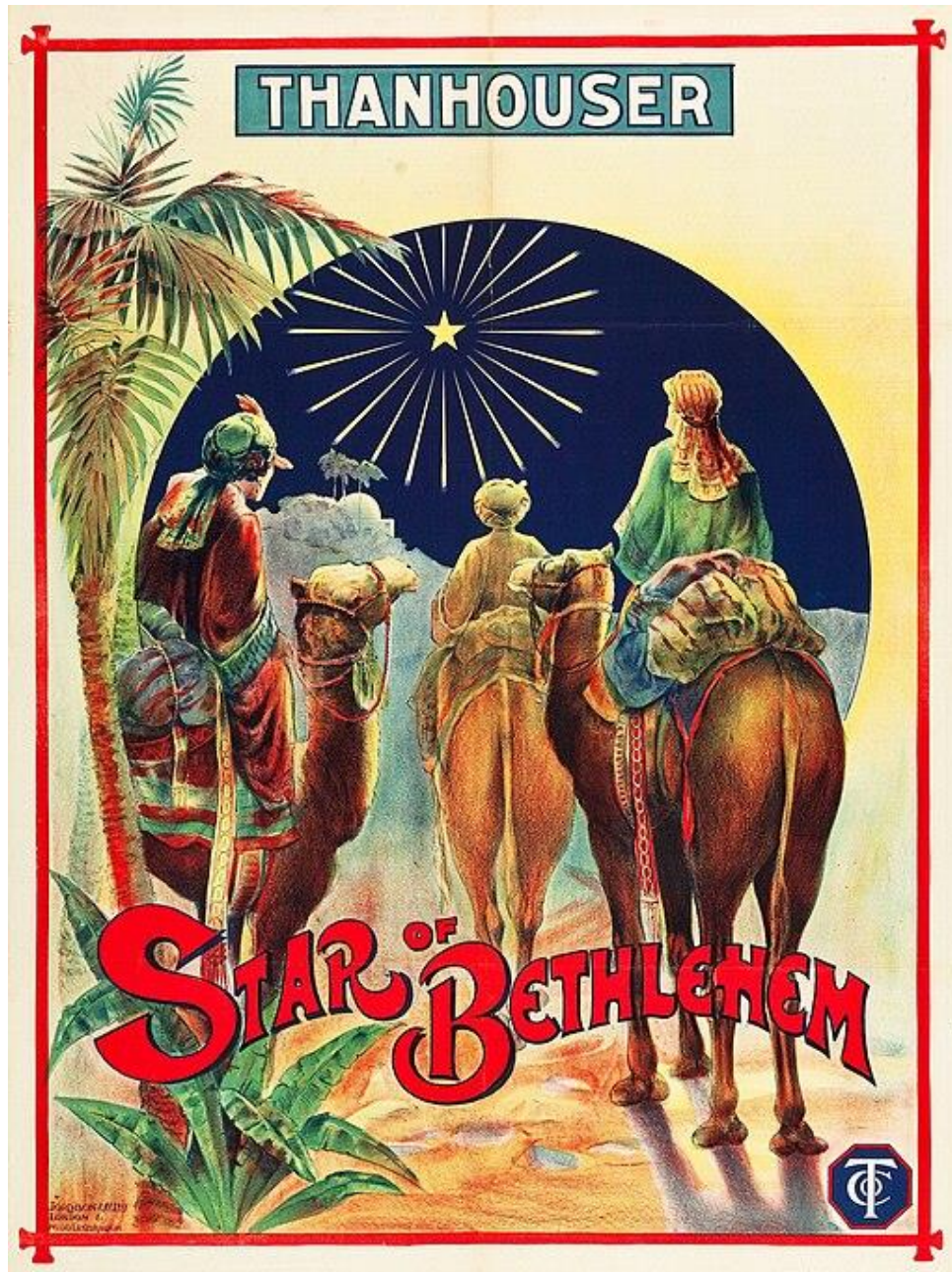
For Steiner, this meant that the blessed would receive Christ that brings the “*Life-Spirit*” (or buddhi) within oneself which others will not understand and fear so as to bring out their responses of hatred and anger so they persecute the blessed. Steiner explains that by the Christ-Impulse we absorb into our being we produce within ourselves a “*new sense*” that helps to “*develop the force of firmness*” so that we can withstand persecution and become a “*Son of Man*”. Then we can rise up to the spiritual worlds to merge the Spirit-Self, Life-Spirit, and Spirit Man that than “*stream down towards one*” so we then as Your chosen disciple share Your blessed Word with all our brothers.

My Prayer for those Persecuted for Righteousness

O Lord, Bright Morning Star of Righteousness, help me to stand firm and trust in You as I suffer from persecution for my righteousness. Let all the adversity that comes from those around me strengthen my soul and build the power of my Ego so I may deepen my connection with You my Lord by always remaining steadfast to Your divine principles. Help me to pass this spiritual test of Initiation and always “stand firm with grace”. Allow me to absorb Your Impulse to bring my new spiritual sense to life so I may move within the world with a “force of firmness”. Lord, I hunger and thirst only for righteousness in Your eyes. Guide me in my growth upward to the Higher Worlds so together with the Spirit-Self, Life-Spirit, and Spirit-Man they may “stream down towards one.” As Your chosen disciples I am always ready to spread Your message regardless of the peril for I am standing firm knowing that within myself is the Kingdom of Heaven. For in righteousness, we bring forth the light of You, my Lord, so I will always walk in walk in Your glorious light. Yet, for those who walk in darkness, help me to endure their persecution and find ways to bring light within their hearts so they will learn to follow the path of righteousness and through their own inner power find the treasures of the Kingdom of Heaven within. Amen. - (GEC)

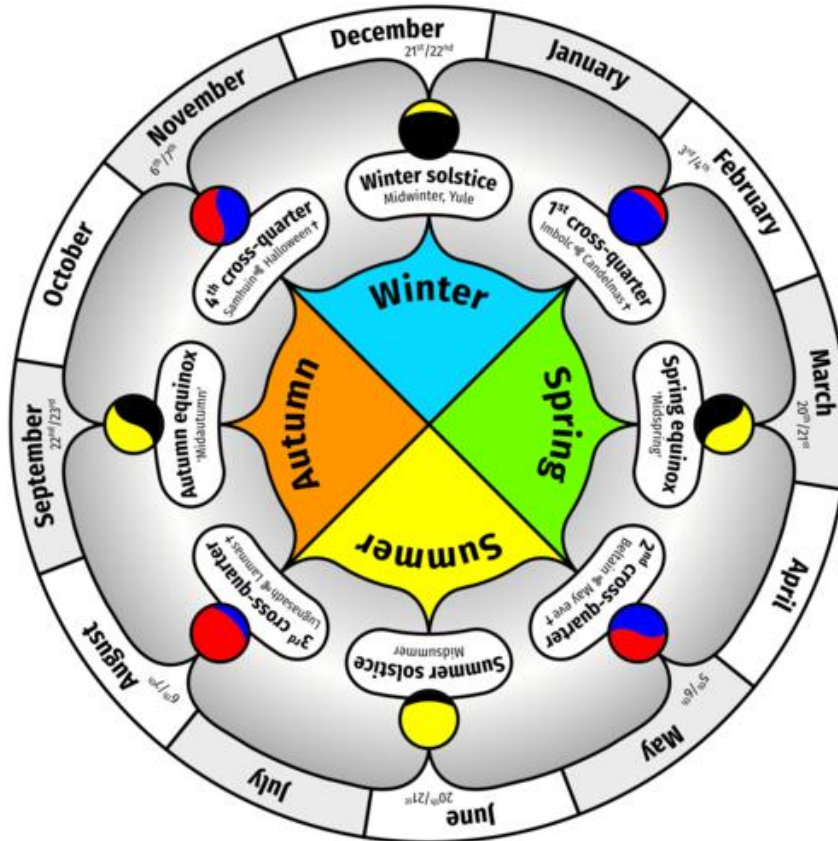


EVENTS AND HOLIDAYS



Note: All prayers entitled “My Prayer ...” were written by G. E. Carlin

The Four Seasons



*** SPRING ***

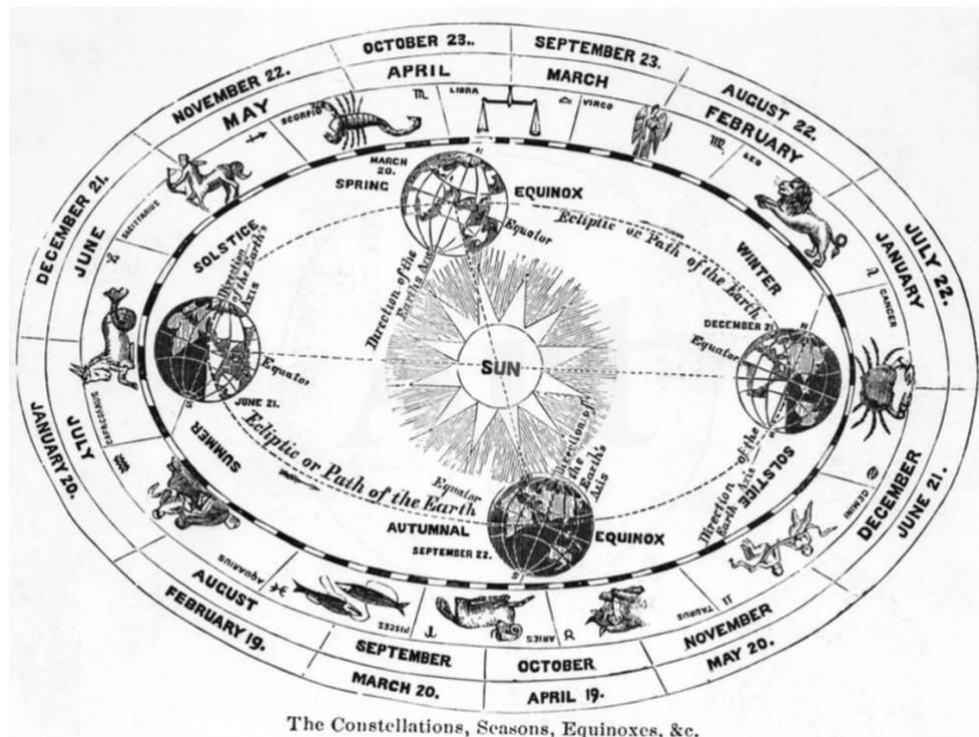
The Spring Equinox

For, lo, the winter is past, the rain is over and gone; The flowers appear on the earth; the time of the singing of birds is come, and the voice of the turtle is heard in our land; The fig tree putteth forth her green figs, and the vines with the tender grape give a good smell. Arise, my love, my fair one, and come away.
(Song of Solomon 2:11-13 KJV)

The Spring Equinox is the beginning of spring a time in which our days become longer than our nights. It is a celebration in the nature world of new life and for many new beginnings. In astrology, the spring ushers in the *Aries Season*, the beginning of the astrological year filled with energy and exciting new possibilities. While for Christians, it is the time of Easter when Christ ascended to heaven to return His Father's throne for a season.

With spring a great release of energy is cast upon the earth bringing with it hope, opportunity, and ways in which to learn the lessons needed to bring us to higher

places and experience new worlds. When we work with the cosmic laws, we too may weave a *Gold Wedding Garment* so that we may become sons of God with a cosmic consciousness that allows us to be one and walk with God in his most holy light and love and “then we shall be able to imitate the Easter Sun and soar into the higher sphere.” Therefore, this a time of reflection for what is needed to further our soul growth. As Easter involves the resurrection, we too must look to the time that too are free from sin and death.



My Prayer of the Spring Equinox

O Christ, I adore and bless thee through your signs in Nature, such as when the Sun enters Aries and is directly over the equator in a Vernal Equinox as this is the time that your solar Rays replenish the Earth's vitality and provide us with hope, ambition, and new life. Through your invigorating energy of the Spring season, we are able to live, move, and have our being with You so that we can quickly learn our lessons and attain the cosmic consciousness that we are sons of God with latent powers within us. Your cry of triumph, it has been paid at the vernal equinox released you to ascend upon your heavenward journey filling us with aspirations to provide greater service so we might have the added impulse to join you. We thank you for the love that you have allowed to enter the Earth and thus permeated it with renewed life. We rejoice with you, the resurrected Sun, your sacrifice has once again been given as you are released from your chains to

return to the arms of the Father. Bless us so that we may do greater works while collecting your divine light to imitate the Easter Sun. Amen.

- (GEC) Based on *Spring Equinox Service* by Max Heindel

Prayer for the Start of Lent

The start of Lent is almost upon us and it is common to hear one of the seven penitential Psalms (6, 32, 38, 51, 102, 130, and 143) being used as a prayer to convey the sorrow we feel for our sin and the forgiveness we seek from God.

In order to best pray the Psalms for myself I like to start by taking the entire Psalm (KJV) and rework it until the prayer feels natural on my lips, speaks to my heart, and becomes my own special prayer.

My Modified *Psalm 6* as a Prayer for the Start of Lent Prayer

*O Lord, rebuke me not in your anger, or reprimand me in your displeasure.
Have mercy upon me, for I am weak: and I humbly ask you to heal me;
for my bones constantly torment me and my soul is greatly troubled
Return, O Lord, deliver my soul: and save me for your mercies' sake.
I am weary with my groaning and my eye is consumed because of grief
Depart from me, all the workers of iniquity; and hear the voice of my weeping.
O Lord hear my humble pleading for my forgiveness; and receive my prayer.
Amen*

The Paradoxes of John Donne's *Annunciation*

The Feast of the Annunciation or *Lady Day* is celebrated on March 25, nine months before Christmas. It is the announcement by the angel Gabriel to the Virgin Mary that she would conceive a son by the power of the Holy Spirit to be called Jesus. The poem by John Donne, *Annunciation*, is a beautiful *mediation* that explores the *paradoxes* in the lives of both, the Virgin Mary and Christ. While, these spiritual paradoxes are not always clear to us because at our lower consciousness we are trying to interpret them solely at an “external level”, such as when we encounter simple opposites such as clean or dirty, follower or non-follower, and good or evil.

However, the goal of *Biblical or spiritual paradoxes* is to provide a way for our higher consciousness to see beyond the external and bring us to an understanding of the meaning at an internal level. Max Heindel when discussing “*an attitude of mind when investigating any given subject, object or idea*” has written, “*Statements which appear positively and unequivocally contradictory, which have caused an immense amount of feeling among the advocates of opposite sides, may nevertheless be capable of perfect reconciliation*”. Thus, the reconciliation of

paradoxes in all spiritual writing occurs when the inner being, or our inner-Christ, always brings us to see life through the lens of *divine love* without any concern for judgement or control which are simply products of our fears.



On the day of *The Feast of Annunciation*, let us meditate upon the words of the English poet John Donne:

Annunciation by John Donne

*Salvation to all that will is nigh;
That All, which always is All everywhere,
Which cannot sin, and yet all sins must bear,
Which cannot die, yet cannot choose but die,
So, faithful Virgin, yields himself to lie
In prison, in thy womb; and though he there
Can take no sin, nor thou give, yet he'll wear
Taken from thence, flesh, which death's force may try.
Ere by the spheres time was created, thou
Wast in his mind, who is thy Son and Brother;
Whom thou conceiv'st, conceiv'd; yea, thou art now
Thy Maker's maker, and thy Father's mother;
Thou hast light in dark, and shut'st in little room
Immensity, cloistered in thy dear womb.*

First Point of Aries: The Spring Equinox

The Sun effortlessly cycles into its yearly position directly over the equator,

Perfect alignment of the March Equinox balances daytime with the nighttime.

The Sun is now entering Aries, the Lamb, as the energy builds to bring rebirth,

Its seed-time, sap rises, as the Earth liberates the Christ Spirit to the Father.

Will we someday awaken to the fiction of death, grasping the truth of a transition,

Or will the Spiritual Ray bypass our consciousness so we must repeat old lessons?

Let us have hope that the Fall life impulse impregnated us sufficiently to a new life,

Increasing our latent powers as the Spring Equinox steeps in its Cardinal sign.

Easter and the Sun has crossed the equator, we are now paid in full by Christ,

It is our turn; faithful service promises us new lessons and opportunities to grow.

Only our love through service can remove the nails which bind us to our blindness,

Renewed life in service is added impulse, lifting us heavenward to the Father's Throne.

Be alert, the Vernal Equinox is a sign from heaven, the Cosmic Christ is reminding us,

Weave your Golden Wedding Garment to be free and you will move to a higher sphere.

Learn the symbols of nature to understand their purpose and your work will be fruitful,

Stepping beyond the laws of Nature we can recognize our true selves, sons of God.

As we release ourselves from the laws of Nature we step onto the path of Initiation,

Free from sin, our pain, suffering, and sickness are now behind us and we now sprint.

We now have our existence, living and moving and have our entire being in our Father,

Understanding His power through the ongoing life He has given our home, the Earth.

With Spring comes the radiant golden light from the Cosmic Christ, the Spirit of the Sun,

So, we may walk in the fellowship of God's light, collecting His light to imitate the Easter Sun.

As the ascending Sun of this season, you remind us to be steadfast and persistent in learning,

Then as One with You, our inner-Christ, we shall do greater works and follow You in glory.

- My Poem, (GEC) 2025

Mother's Day

The Magnificat: The Song of Mary

On Mother's Day, let us take time to reflect upon the *Mother of Jesus*, the *Virgin Mary*.

And Mary said, My soul doth magnify the Lord, And my spirit hath rejoiced in God my Saviour. For he hath regarded the low estate of his handmaiden: For, behold, from henceforth all generations shall call me blessed. For he that is mighty hath done to me great things; And holy is his name. And his mercy is on them that fear him From generation to generation. He hath shewed strength with his arm; He hath scattered the proud in the imagination of their hearts. He hath put down the mighty from their seats, And exalted them of low degree. He hath filled the hungry with good things; And the rich he hath sent empty away. He hath holpen his servant Israel, In remembrance of his mercy; As he spake to our fathers, To Abraham, and to his seed for ever. (Luke 1:46-55 KJV)



The Magnificat, the *Canticle of Mary*, is similar to the Psalms which were meant to be sung, is one of the earliest of the Christian hymns. It is based on the story of **Luke 1:46-55** in which Mary visits her pregnant cousin Elizabeth who will give birth to John the Baptist and Elizabeth praises Mary for her faith.

The Magnificat is Mary's beautiful response to her cousin that speaks of her acknowledging that she will bring forth the Messiah, how she loves and honors God, thoughts on how God will transform the world, and her devotion to God based upon His faithful promise to Abraham.

The Magnificat

*My soul proclaims the greatness of the Lord,
my spirit rejoices in God my Savior,
for he has looked with favor on his lowly servant.
From this day all generations will call me blessed:
the Almighty has done great things for me,
and holy is His Name.
He has mercy on those who fear him
in every generation.
He has shown the strength of his arm,
he has scattered the proud in their conceit.
He has cast down the mighty from their thrones,
and has lifted up the lowly.
He has filled the hungry with good things,
and the rich he has sent away empty.
He has come to the help of his servant Israel
for he has remembered his promise of mercy,
the promise he made to our fathers,
to Abraham and his children forever.
Glory to the Father and to the Son and to the Holy Spirit,
as it was in the beginning, is now, and will be forever. Amen.*



*O good shepherd, seek me out, and bring me home to thy fold again.
Deal favourably with me according to thy good pleasure,
till I may dwell in thy house all the days of my life,
and praise thee for ever and ever with them that are there.*

Jerome, c 342 – 420



“Meekness is an unchanging state of mind, which both in honor and dishonor remains the same. Meekness consists in praying sincerely and undisturbedly in the face of afflictions from one's neighbor. Meekness is a cliff rising from the sea of irritability, against which all the waves that strive against it break, but which is itself never broken.”

- John Climacus

Gethsemane Prayer

A prayer prayed by Jesus himself that appears in both the Gospels of Matthew and Mark. It is a prayer that acknowledges that we will accept the will of God as he knows what is best even if we do not understand why or it is difficult or painful for us. It is a short prayer that we can use throughout the day to demonstrate our love and obedience to the Father.

As Max Heindel states, *“There are in all human relationships certain lessons to be learned for our good, and therefore we should be very careful not to wish them away without always adding the words which were used by Christ during the passion of the cross in the Garden of Gethsemane. Though in the body He shrank from the torture that awaited Him, He said: **‘Not my will but Thine.’** We should always remember that there is only one thing we may pray for with unrestricted fervor and full intensity, and that is that we may be pleasing to God.”*

In addition, in the Rosicrucian Fellowship Healing Service it states, *“Let us, by our prayers to the Father, who is the great Physician, liberate the force for healing, that we may reach those who are looking to us for help, and also those who may not have been able to ask for assistance. Let us put all the intensity of feeling possible into this prayer that we may indeed form a funnel that shall bring down the divine power from the Father. But there is a great danger of misusing this wonderful power; therefore, we should always qualify our supplications for others with the words of the Christ: **‘Not my will but Thine be done.’**”*

"O My Father, if it is possible, let this cup pass from Me; nevertheless, not as I will, but as You will." (**Matthew 26:39 KJV**)

And he said, Abba, Father, all things are possible unto thee; take away this cup from me: nevertheless not what I will, but what thou wilt. (**Mark 14:36 KJV**)



*Lord, thou hast given us thy Word for a light to shine upon our path;
grant us so to meditate on that Word, and to follow its teaching,
that we may find in it the light that shines more and more until the perfect day;
through Jesus Christ our Lord.*

Jerome, c 342 - 420

The Mystic Easter

By Henry Victor Morgan

*Doubt not, O soul, that one great day
God's mighty Son brought life to clay,
When every blade above the sod
Reveals the quickening life of God,
And spring winds woo with fragrant breath
Such wondrous life from last year's death.
The power that raised Him! May it be,
O soul, the Life to thee.
Let love fill full this house of clay,
Let faith roll every stone away,
Let spirit reign, let flesh obey!
This is Life, the Truth, the Way,
This is thy Mystic Easter day.*



Star Teachers

by George William Russell

*EVEN as a bird sprays many-coloured fires,
The plumes of paradise, the dying light
Rays through the fevered air in misty spires
That vanish in the heights.*

*These myriad eyes that look on me are mine;
Wandering beneath them I have found again
The ancient ample moment, the divine,
The God-root within men.*

*For this, for this the lights innumerable
As symbols shine that we the true light win:
For every star and every deep they fill
Are stars and deeps within.*

*** SUMMER ***

Summer Solstice

He that gathereth in summer is a wise son: but he that sleepeth in harvest is a son that causeth shame. (Proverbs 10:5 KJV)



In the Northern Hemisphere the summer solstice occurs in June when the tilt of the earth towards the sun is at its maximum so that on that day the earth has its longest day. As the Sun represents our consciousness it is the time that we are most conscious of ourselves. In astrology, the summer solstice begins with the *Cancer Sun Season* and signals the time for us to look inward for our spiritual growth and evolution. Yet, the summer requires for us to wait for the efforts we have put forward in the spring. It requires that we create goals and re-establish relationships within our home and family as well as work on our own personal development.

At the solstice, the Christ Spirit is at “*the throne of the Father*” and in July and August He is “*rebuilding His Life Spirit vehicle*” so that He can “*rejuvenate the Earth*” with His “*mystical wave of vital energy*” and also provide the spiritual force for everything upon the Earth to continue to evolve. Without the Cosmic Christ there is no physical basis of for the body and blood of Christ on the earth so therefore there would be nothing to change in nature to a spiritual form in which eventually the highest form that could be obtained would be Christ.

My Prayer of the Summer Solstice

Light of my World, who brings forth the Bread and Wine of Life, we have come to the season of the Summer Solstice during which the physical manifestation of your gracious bounty will enable us to slow down, rejuvenate our spirits, and reconnect ourselves to the wonder of Your natural world. Just as the plants have put forth their leaves and flowers, we also have raised and opened our hearts to receive the full power of your light rays to illuminate our inner-self, our Christ within. Teach me the patience to now pause and honor Your Power that is now at its greatest strength and I await the growth of the seeds which you have placed in my soul. It is only when the Sun enters Cancer that You my Lord begin your ascent and in the following summer months to rebuild your Life Spirit vehicle so You may then rejuvenate our planet and all the glorious life you have created. I thank you for the vital energy that you canvassed the Earth with each year so that we can continue to grow, heal, and evolve in our spiritual awakening. Now at the Summer Solstice I am ready to release my doubts and fears I harbor so that the potential that is within myself may blossom so that I may always be in the light of your divine presence. Amen

- (GEC) Based on Summer Solstice Service, Max Heindel



A Student's Prayer

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.

- St. Thomas Aquinas

*** FALL ***

Autumnal Equinox

Be patient therefore, brethren, unto the coming of the Lord. Behold, the husbandman waiteth for the precious fruit of the earth, and hath long patience for it, until he receive the early and latter rain. Be ye also patient; stablish your hearts: for the coming of the Lord draweth nigh. (James 5:7-8 KJV)

On the Autumn Equinox the sun is directly over the equator and day and night are roughly equal in duration which is why it is a time to find balance in your life. This usually occurs in September on the 22 or the 23rd. Generally speaking, the autumn equinox represents an important time in the agricultural process, the “*abundance of the harvest*”, therefore you need to think of manifesting abundance in your life. In addition, it is a time when we show gratitude for the different activities and affairs that we applied ourselves to throughout the year and the outcomes and rewards they produced for yourself and others.

We also take this time to review how effective our efforts were and where we could most successful and where we still need to work on improvements in terms of harvests of products and ourselves. On the Autumn Equinox it is important to consider your health and well-being as the Sun will now be in that part of your astrological chart so it is important to review your daily actions to see if anything could affect your health or well-being negatively. In addition to your health and well-being, the Autumn Equinox is a special time to “*reflect on our inner growth, release stagnant energies, and set intentions for the upcoming season.*”

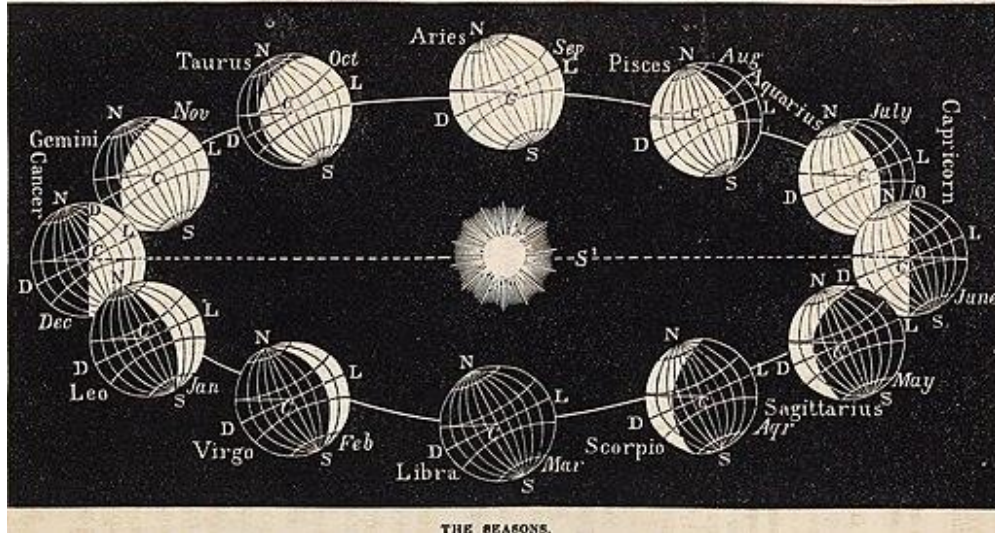
When we work on ourselves spiritually so as to be in the light of God, we also harvest our own spiritual fruits. The only way for us to grow spiritually is through soul growth through service to others. It is the responsibility of as many of us as possible to evolve our souls’ bodies so that we can carry forward the work of Christ. Accept and make use of the spiritual vibrations that are saturating your body during the autumn months and we will find ourselves close to the “*Day of Liberation*”.

My Prayer of the Autumnal Equinox

Source of Eternal Salvation, My Lord of All, you have provided us with the bounty to hold us till the following season and by your Light our spiritual expression will come forth in the new year. Your consciousness has given life to our planet and its much needed life source. Yet, how can our gratitude possibly repay your ultimate sacrifice? As the Autumn Equinox arrives in Libra, your time has come in the dark half of the year where you will enter your Life Force into the Earth. While for humanity, we must work to balance the scales of Libra so that the tensions between our opposites can come to rest in equilibrium. Help me to find harmony and flow in my bodies energy and temper my mind’s thought-forces so that they are constructive to my spiritual development and can work together and express themselves in new dynamic and creative ways. While I stand at the crossroads of

*the fall equinox enlighten my mind to make wise decisions and see all the options
You have placed before me so that I might be more receptive to receiving Your
grace and transmuting the bounty of Your harvest into developing my spiritual
gifts, inner power, and soul growth. Amen*

- (GEC) Based on *Autumnal Equinox Service*, Max Heindel



*Lord of all being, throned afar,
Thy glory flames from sun and star;
Centre and soul of every sphere,
Yet to each loving heart how near.
Sun of our life, thy quickening ray
Sheds on our path the glow of day;
Star of our hope, thy softened light
Cheers the long watches of the night.
Our midnight is thy smile withdrawn;
Our noontide is thy gracious dawn;
Our rainbow arch thy mercy's sign;
All, save the clouds of sin, are thine.
Lord of all life, below, above,
Whose light is truth, whose warmth is love,
Before thy ever-blazing throne
We ask no luster of our own.
Grant us thy truth to make us free,
And kindling hearts that burn for thee,
Till all thy living altars claim
One Holy light, one heavenly flame.*

—Oliver Wendell Holmes

*** WINTER ***

Now the king sat in the winterhouse in the ninth month: and there was a fire on the hearth burning before him. (Jeremiah 36:21-22 KJV)

The winter solstice brings the longest night and the shortest day usually on December 21 or 22 in the northern Hemisphere. Even though the winter solstice has the longest night we need to remember that each of the following days will bring successively greater light therefore even in this time of darkness it is a time of hope and resilience for the upcoming year and our ability to rise above the darkness.

“The winter solstice is a reminder that true wisdom comes from embracing the cycles of life, and finding beauty in the darkness as well as the light.”

– **Thich Nhat Han**

The key to our success will be in our powers of “*introspections and reflection*” so that you look inward to your inner light and its connection to your Spirit so you can you are fully aware of God’s will for you and your life then you will be capable of growth, rebirth, transformation as well as leaving behind what is no longer needed in your life. The winter solstice holds the energy we need for the new beginnings in our lives as well opportunities to express our creativity and “set our intentions” for the new year.

“The winter solstice is a time to cultivate inner peace and stillness, to find solace in the quiet moments of reflection.” – **Pema Chödrön**

In terms of astrology, the Sun moves into Capricorn during the winter solstice and for those born at this time it will greatly influence their “*career, relationships, and personal growth.*”

"The winter solstice has always been special to me as a barren darkness that gives birth to a verdant future beyond imagination, a time of pain and withdrawal that produces something joyfully inconceivable, like a monarch butterfly masterfully extracting itself from the confines of its cocoon, bursting forth into unexpected glory." - **Gary Zukav**

During the winter in the Northern Hemisphere the spiritual light that strikes the Earth is at its greatest power and strikes the Earth at right angles which strongly stimulates spirituality and inhibits physical activities. This time of year, is very special in that it is most favorable to our spiritual growth and even the small efforts give us maximum returns.

The Yule-tide feast and Christmas we not only celebrate the birth of Jesus who in the future will bring us back into the light but a time that brings a renewing of our “*love-life of our Heavenly Father*”. The birth of Jesus promises us another year of a new life and with His direct spiritual impulse He opened a time for all of us to take this impulse directly. The Star of Bethlehem appears in the winter solstice and brings with it “*life, light, and love*” that shines upon all of mankind.

What is most important is that we learn to seek and grow the Christ within ourselves so that we can continue to do Christ’s work and much more. But this will only happen when we accept this belief and seriously dedicate our lives to cultivating the “*Christ WITHIN before we can perceive the Christ without*”. But we must understand that the Star of Bethlehem will not lead us to a manger in foreign land but to ourselves where the Christ is within us.

Verily, verily, I say unto you, He that believeth on me, the works that I do shall he do also; and greater works than these shall he do; because I go unto my Father.
(John 14:12 KJV)

My Prayer of the Winter Solstice

Wonderful God of all Grace at the Winter Solstice you have now completed your descent to the heart of the Earth where Your light grows in its intensity and slowly radiates upward eventually touching the crust of the surface. By inhabiting the Earth in these dark winter months and awaiting the day of liberation You fully accept the misery and pain of bringing Your energy vibration to the lower conscious level of our humanity. At the Winter Solstice as we are blessed by Your mystical vibrations as You, the Bringer of Light, struggle to survive through the darkness of Capricorn. In our great joy, on the Earth’s longest and darkest night of the year You are reborn each year as our great savior and open the door on this same night for our Initiation as lesser saviors of brothers as Invisible Helpers. And each day forward, Your Light grows in the quiet of winter’s stillness so we may grow and transform in our spiritual advancement. You have given us this sacred time during the Mystic Midnight Sun to rest and reflect on the divine attributes of Life, Light, and Love. For it is now during the Winter Solstice Your spiritual influence reaches the depths of its intensity and Your open heart is most easily reached. We bless your annual return so that we can follow the Star of Bethlehem only to realize that it leads to our Christ-within. Amen.

- (GEC) Based on *Winter Solstice Service*, Max Heindel

The Gift of the Winter Solstice

Within the Earth's ever beating Heart,
Wheat and Grapes are now but future thoughts.
The Oak King reluctantly drops his last rust-colored leaf,
As the Holly King proudly steps forward to the throne.
Light slowly dissipates daily as Yin bows to the Yang,
Positive energy gradually raises its vibration, signaling
The goddess *Beiwe* to enter the nighttime sky in flight,
Reassuring our desire and inner need for greater light.

Nature's rhythms are our continuous drum beats,
The Yew's death is only the beginning of its resurrection.
Do not sleep but search and collect your vital wood.
Light, heat and life are unlocked from the burning Jul logs,
Reminding us of the joyful return of the life-giving Sun.
The sun has not stood still or slumbered this special day,
It is our path that has changed leaving us time to reflect,
On our journey of rebirth, renewal, and transformation.

The Light of Winter now only shines and rises through the stones,
As those with lights upon their heads carry our spiritual food.
Light the lanterns, Burn the clocks so our minds free to new possibilities,
It is time to release the slaves we carry in our thoughts and beliefs.
As the Earth regenerates so must we, welcome the sun within us,
Pause, reconnect and help the sun to shine and resonate more brightly.
There will be victory in light over darkness in the start of your new season,
Forces of light and vibration are there to make it so, just open your heart!

- My Poem, (GEC) 2024



“All who ask receive, those who seek find, and to those who knock it shall be opened. Therefore, let us knock at the beautiful garden of Scripture. It is fragrant, sweet, and blooming with various sounds of spiritual and divinely inspired birds. They sing all around our ears, capture our hearts, comfort the mourners, pacify the angry, and fill us with everlasting joy.”

- John of Damascus

Epiphany

Epiphany: *The Festival of Lights*

In the flowing waters heaven touches the earth,
Isis searches and reclaims the light of her lost son.
White chalk on each door frame spells out *CMB*,
Love, a radiant aura draws forth the Three Kings.
Not yet His time, a mother's son steps to her task,
His dayspring is our salvation, a Festival of Osiris.
Virtues within three chalices enrich the Son's soul,
Light from the auric star enters, Bethlehem is now.

Wisdom, Self-discovery reflect in Melchior's gold,
Balthasar's frankincense stimulates buried intuition.
Lower life death and resurrection anoint our manas,
From the *bitter* of Caspar to the joy of a higher life.
Wine from water, a Jordan river rebirth, a dove coos,
Its twelve notes rise, the sacraments have returned.
Light of the World bless this house, in your Holy Water
Cast the cross into the river and serve the King Cake.

The Magi travel the zodiac to witness the divine reason,
Sacrificed egos no longer needed float in the astral realm.
Bestowals of wisdom, self-surrender, and the eternal soul,
Confess the martyrs of the blood-stained catacomb walls.
The Star of Peace illuminates requisite wisdom of salvation,
It is our process of purification by light, our Lesser Mysteries.
Initiation brings true light into the bodies home for its soul,
The camel caravan awaits, receive the first manifestation!

- My Poem, (GEC) 2025



*"The stars spoke once to man.
It is world destiny
That they are silent now.
To be aware of the silence
Can become pain for earthly man.
But in the deepening silence
There grows and ripens
What man speaks to the stars."*

- Rudolf Steiner

St. Simeon's Prayer (for Hypapante/Candlemas)

*Lord, now lettest thou thy servant depart in peace, according to thy word:
For mine eyes have seen thy salvation,
Which thou hast prepared before the face of all people;
A light to lighten the Gentiles, and the glory of thy people Israel.*

(Luke 2:29-32 KJV)



The Feast of the Hypapante: *Candlemas* (Feb 2)

The sacred fire of Kildare illuminates the winter's silent transition,

Faithful families weaving crosses of rushes for heartfelt blessings.

The whiteness of the ewe's milk glistens as it pours into the churn,

Skies dark and cloudy rain signaling nature's readiness to thaw
her soil,

Angels smile as the white blossoms of the snowdrops' flowers
emerge,

Even Eve dries her tears momentarily as hope peaks out of death's grip.

Halfway to Spring the Sun proceeds through its annual route to rebirth,

Stored seeds begin to stir, anxious and ready as the lamb's growing womb.

On a rock wall the green scarf dances as the round cakes turn golden color,

Cooked holding a golden coin in one hand, the rain slows and the sun appears.

Two turtle doves descend to the ground, happily waiting till time has passed,

The purified Mother sets out to the temple as Simeon patiently waits in prayer.

Christmas, forty days prior now puts forth the anointed One, the first-born male child,

Released from Simeon's arms, the old widow Anna cried as she beheld the Gift.

The Temple of Bethlehem glowed in the divine Light waking from its long sleep,

Halfway between Yule and Ostara the King took His first glimpse of His home.

Patron of newborns, Ireland's first nun, St. Brigid sought to feed and heal the poor,

In her hand's a bowl of fire, a small ray of the Light of the Christ-within to guide us.

Brigid gave the external for the internal, a jeweled sword to feed a beggar's family,

Yet, whatever she gave away returned to her and more and so came by her freedom.

Light your candle just as Simeon saw the Light that would bring the world's salvation,

There is no darkness in light, gather around the One who now
illuminates the world.

A procession of candles creates the pathway that leads us to our
heavenly father,

His Light is our way home always burning ready to accept our sole
particle of His light.

- My Poem, (GEC) 2025



“All my discoveries have been made in answer to prayer.”

- Isaac Newton

Thomas a Kempis: *The Imitation of Christ*

Max Heindel refers to Thomas a Kempis' book, *The Imitation of Christ* as his "own special book" on Rosicrucian Christianity. As, he believed that this devotional classic addressed all aspects of what might be needed or addressed in one's life in the pursuit of a higher life and "to accelerate their devotional nature". *Till I come, give attendance to reading, to exhortation, to doctrine. (1 Tim 4:13 KJV)*



The Imitation of Christ calls the reader to imitate and study the life and habits of Christ so that we might grow in our spiritual life. Hence the very first line of the book reads, "HE WHO follows Me, walks not in darkness," (John 8:12). If we follow or imitate the life of Christ then his light will guide our way, show us truth and wisdom, and provide us with peace and salvation.

In *The Rosicrucian Philosophy in Questions and Answers, Vol. 2*, Question #81, Max Heindel declares that *The Imitation of Christ* fills the need for a devotional book for The Rosicrucian Fellowship and students can find passages for every aspect of their spiritual life that they can read and reread to "accelerate their devotional nature". Rudolf Steiner goes even further to say that *The Imitation of Christ* is "almost on a par with the New Testament".

In many letters to his students, Rudolf Steiner advises students everyday as part of their morning exercise to select a sentence from Thomas a Kempis' *The Imitation of Christ* to concentrate on for six to eight minutes over an extended period of time ("weeks"). He describes the effect of this concentration on a single sentence from *The Imitation of Christ* as filling your consciousness so that a "spiritually alive thought" is absorbed into every aspect of your being. While it also builds

your strength to provide you with the courage and confidence you need to overcome life's obstacles and persevere so you can continue to spiritually grow and fulfill God's will.

Therefore, let's start by reading the first chapter (only one page) of *The Imitation of Christ* and selecting *one* sentence for your concentration practice. Below are some sentence suggestions from the first chapter. *Note:* You may want to refer to the e-book, *Concentration and The Rosicrucian Fellowship* to get a clear understanding of what concentration is and how to practice it.

- Sometimes work can overwhelm our lives and we need to stop and remember what is really important in our lives.

[O Holy Spirit,] when I find my work press heavily upon me, enable me to regain my peace of mind by devout prayer. When everything seems to be going wrong with me, keep me, O Holy Spirit. Thou present help in trouble, from losing heart by giving me a sure trust in Thee, in Thy surpassing love, and in the merits of the saints. Amen.

- Unfortunately, we can all get envious of others and compare ourselves in our pride to show how much better or more deserving we are.

O most loving Lord Jesus Christ, ... suffer me not to think much of myself, or to compare myself with men who are more learned than myself, or have been endowed by Thee with keener mental gifts: suffer me not in this way to lose, here upon the earth the fruit of good works, and in the world to come to my eternal reward with Thee in heaven. Amen

- Just as a young child calls for his mother in his time of need, we want or feel the need to be in the presence of Christ to experience His divine love and peace.

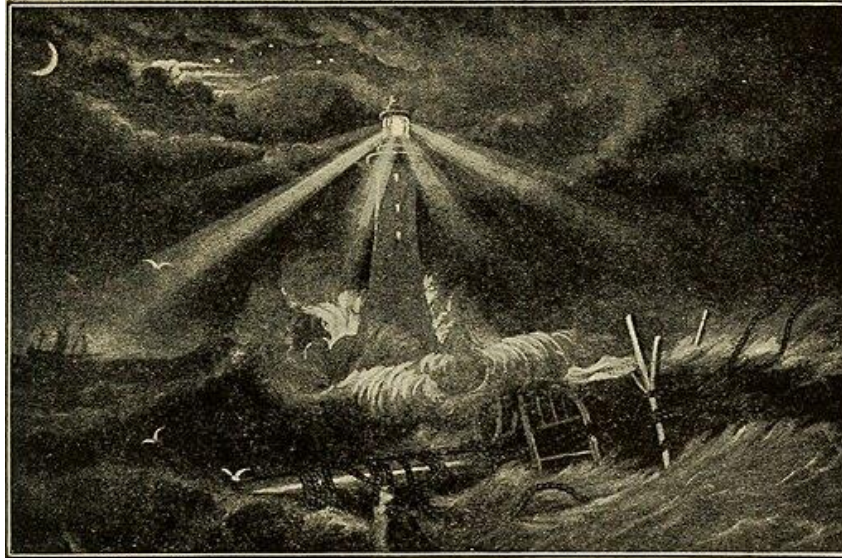
O Lord Jesus give me the true peace of heart, which the world cannot give; give me the Spirit, [the Paraclete], Whom the world see[th] not,[and] neither know[eth]. Come, O Lord Jesus, and deign to make Thy abode with me, that Thou in me, and I in Thee, we may dwell together in one. Amen

- We all feel emotionally drained, low in our spirits, or even physically ill at times and need “something” to restore us.

My most beloved Jesus, Greatest of all Physicians, I beseech Thee to visit me in my time of trouble and distress ... [for your mercy and compassion are the] ... remedy for the various diseases of my soul [I beseech Thee to] ... give me the healing potions of Thy virtues, and the flowers of Holy Doctors. Amen

- When we become lost, we need to reach out for help so we can be redirected onto the right path and remember the words and acts of the One who came to save us.

I pray Thee now, O most loving Jesus, my Master and my Lord, that Thou wouldst grant to me who am the chief[est] of sinners, and Thy unworthy servant, to meditate with recollected mind upon Thy words so heavenly, and upon Thy doings so vividly set forth. Amen



Praying on God is Light from *The Imitation of Christ*

The Imitation of Christ also provides us with many possible prayers. In considering *1 John 1:5* the nature of God is expressed as “God is Light”. In searching The Imitation of Christ there are many lines we could use as prayers or thoughts we could meditate upon related to “God is Light”.

*This then is the message which we have heard of him, and declare unto you, that **God is light**, and in him is no darkness at all. (1 John 1:5)*

- *Light eternal, surpassing all created brightness, flash forth the lightning from above and enlighten the inmost recesses of my heart.*
- *The Lord is my light, my salvation. Whom shall I fear? Though armies unite against me, my heart will not fear, for the Lord is my Helper, my Redeemer*
- *Your light will enshroud my heart, and all self-esteem, no matter how little, will sink in the depths of my nothingness to perish forever.*
- *You fill me with the light of Your presence, restore me to liberty, and show me a friendly countenance. ... nothing pleases me or will please me but You, my God, my Hope, my everlasting Salvation*

- *Enlighten me, good Jesus, with the brightness of internal light, and take away all darkness from the habitation of my heart.*
- *Send forth Your light and Your truth to shine on the earth, for I am as earth, empty and formless until You illumine me.*
- *Do not allow me to judge according to the light of my bodily eyes, nor to give sentence according to the hearing of ignorant men's ears. But let me distinguish with true judgment between things visible and spiritual, and always seek above all things*
- *Protect and preserve the soul of Your poor servant among the many dangers of this corruptible life, and direct him by Your accompanying grace, through the ways of peace, to the land of everlasting light.*
- *You have set Your word as the guiding light for my feet. Without them I could not live aright, for the word of God is the light of my soul and Your Sacrament is the Bread of Life.*
- *Thanks to You, Lord Jesus, Light of eternal light, for the table of Your holy teaching which You have prepared for us by Your servants, the prophets and Apostles and other learned men.*

Selected Short Prayers of Thomas a Kempis

- *SPEAK to me, that it may be some comfort to my soul, and the amendment of my whole life; and also to Thy praise, and glory, and everlasting honor.*
- *O LORD, teach me to do Thy will; teach me to converse worthily and humbly in Thy sight; for Thou art my wisdom; Thou knowest me in the truth, and didst know me before the world was made, and before I was born in the world.*
- *LORD, teach me, I beseech Thee, the way of truth, that I may always seek Thee in simplicity of heart.*
- *MY God, my Love, Thou art all mine, and I am all Thine.*
- *LET me sing the canticle of love, let me follow Thee, my Beloved, on high, let my soul quite lose herself in Thy praises, jubilant in Thy love.*
- *VERILY Thou art worthy of all service, all honor, and of eternal praise.*
- *STARS have fallen from heaven, and I, dust that I am, how can I presume?*
- *GRANT me Thy grace, most merciful Jesus, that it may be with me, and labor with me, and continue with me unto the end.*
- *BE with me, O Lord Jesus, in all places and at all times.*



*Look upon us, O Lord,
and let all the darkness of our souls
vanish before the beams of thy brightness.
Fill us with holy love,
and open to us the treasures of thy wisdom.
All our desire is known unto thee,
therefore perfect what thou hast begun,
and what thy Spirit has awakened us to ask in prayer.
We seek thy face,
turn thy face unto us and show us thy glory.
Then shall our longing be satisfied,
and our peace shall be perfect.*

Augustine, c354 – 430



All Are but Parts of One Stupendous Whole

By Alexander Pope

*All are but parts of one stupendous whole,
Whose body Nature is, and God the soul;
That, changed through all, and yet in all the same,
Great in the earth, as in th'ethereal frame,
Warms in the sun, refreshes in the breeze,
Glow in the stars and blossoms in the trees,
Lives through life, extends through all extent,
Spreads undivided, operates unspent:
Breathes in our soul, informs our mortal part;
As full, as perfect, in a hair as heart:
As full, as perfect, in vile man that mourns
As the rapt Seraphim, that adores and burns:
To him, no high, no low, no great, no small--
He fills, he bounds, connects and equals all . . .
All nature is but art, unknown to thee:
All chance, direction, which thou canst not see:
All discord, harmony not understood;
All partial evil, universal good.*

PRAYERS ON GOD'S WORDS & STUDY

WEAVING LIFE'S GARMENT

By George Edgar Frye

*WHATEVER Gods there be to dower
Our mortal lives with good or ill,
We hold within ourselves the power
To weave Life's fabric as we will.
We weave with threads of gold when Love
The shuttle guides and holds the hand,
But tangled are the threads we move
When Hate is woven in each strand.
We wind the skein that ye must use,
And pick the pattern that we trace;
Thro' many tears we learn to choose
The silken skeins of Christian grace.
Within the warp and woof each day
We weave our joys, our hopes, our fears;
Bright golden hues, or silver gray,
The cloak of laughter hemmed with tears.
To raveled ends of doubt we cling,
With trembling hands the Truth we hold;
The web of pain and suffering
Grows lighter as our souls unfold.
The garment incomplete as yet,
'Tis torn and tattered into shreds;
While o'er the Loom of Life we fret,
The burden borne with bowed heads.
So toil we on with greater skill
To weave anew Life's garment fail;
Throwing the shuttle of our will
Across the web of doubt and fear.
Weaving the robe of Life each day,
A perfect raiment for the soul;
To clothe us with its stellar ray,
And fit us for the Heavenly goal.*

Rays from the Rose Cross, Aug 1918

Note: All prayers entitled "My Prayer ..." were written by G. E. Carlin

Growing in the Grace and Knowledge of Christ

Spiritual advancement requires that we must study and acquire knowledge about Christ and His Word; *“And be not conformed to this world: but be ye transformed by the renewing of your mind, that ye may prove what is that good, and acceptable, and perfect, will of God.”* (2 Peter 3:18 KJV)

Whether you study the Bible, other spiritual books, or the Lessons of the Rosicrucian Fellowship always start by opening yourself to Christ with a prayer and asking for His guidance and support in your studies. Remember, whatever you ask for is not for your will but for the will of God so you can show Him your gratitude and love.

Prayer Before Study

“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

The Student’s Prayer

*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

Prayer of St. John Chrysostom—Before Spiritual Reading

In the name of the Father, and the Son, and the Holy Spirit: O Lord Jesus Christ, open the eyes of my heart, that I may hear Your word and understand and do Your will, for I am a sojourner upon the earth. Hide not Your commandments from me, but open my eyes, that I may perceive the wonders of Your law. Speak to me the hidden and secret things of Your wisdom. On You do I set my hope, O my God, that You will enlighten my mind and understanding with the light of Your knowledge, not only to cherish those things which are written, but to do them, that in reading the lives, works and sayings of the Saints I may not sin, but that such may serve for my restoration, enlightenment and sanctification, for the salvation of my soul, and the inheritance of life everlasting; For You are the enlightenment of those who lie in darkness, and from You comes every good deed and every gift. Amen.

Spiritual Reading



Start with a Prayer

As God will speak to you through the reading of your spiritual book it is proper if you first let God know you are ready to hear His voice and to obey His commands. It is helpful to also God to open our minds so we fully understand His will during the course of our reading. St. Alphonsus Liguori recommends starting with the words of Samuel: “*Speak; for thy servant heareth*”. And adding “O my Lord, for I wish to obey Thee in all that Thou wilt make known to me to be Thy will.”

And the Lord came, and stood, and called as at other times, Samuel, Samuel. Then Samuel answered, Speak; for thy servant heareth. (1 Samuel 3:10 KJV)

Prayer Before 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. It’s not about finishing the book – it’s about mining the *divine love* from the book and then remembering to thank God when you do find it. Also, allow your prayer to remain active and conclude of its own volition.

Prayer After Reading Something Meaningful to You

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 After 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



The Bible

By John Greenleaf Whittier

*We search the world for truth.
We cull The good, the true, the beautiful
From graven stone and written scroll,
And all old flower-fields of the soul;
And, weary seekers of the best,
We come back laden from our quest
To find that all the sages said
Is in the Book our mothers read.*

“HOW READEST THOU?”

Luke 10:26

*It is one thing to read the Bible through,
Another thing to read to learn and do.
Some read it with design to learn to read,
But to the subject pay but little heed.
Some read it as their duty once a week,
But no instruction from the Bible seek;
While others read it with but little care,
With no regard to how they read, nor where.
Some read to bring themselves into repute,
By showing others how they can dispute;
While others read because their neighbors do,
To see how long 'twill take to read it through.
Some read it for the wonders that are there,
How David killed a lion and a bear;
While others read it with uncommon care,
Hoping to find some contradictions there.
Some read as if it did not speak to them,
But to the people at Jerusalem.
One reads with father's specs upon his head,
And sees the thing just as his father said.
Some read to prove a preadopted creed,
Hence understand but little that they read;
For every passage in the book they bend
To make it suit that all-important end.
Some people read, as I have often thought,
To teach the book instead of being taught;
And some there are who read it out of spite.
I fear there are but few who read it right.
But read it prayerfully, and you will see,
Although men contradict, God's words agree;
For what the early Bible prophets wrote,
We find that Christ and His apostles quote.
So trust no creed that trembles to recall
What has been penned by one and verified by all.*

—Unknown

“There are two great systems in the body of man: the tree of life, which is the arterial with its roots in the heart; and, the tree of the knowledge of good and evil, i.e., the nervous system, which has its roots in the brain. These two "trees" are physical manifestations of a complicated network of branching energy currents in the aura or superphysical bodies.”

- Manly Hall

Prayer Before Studying the Bible

“Master who loves us, shine Your eternal light in our hearts that we may better know you. Help us to fully understand Your gospel message. Instill in us respect for Your holy commandments, that by overcoming our worldly desires we might live a spiritual life of thoughts and deeds which pleases You. We ask this of You, O Christ our god, for You are the light of our souls and bodies and You we glorify with Your eternal Father and Your all-holy good and life-giving Spirit now and forever. Amen.”

“Shine within my heart, loving Master, the pure light of Your divine knowledge, and open the eyes of my mind that I may understand Your teachings. Instill in me also reverence for Your blessed commandments, so that having conquered sinful desires I may pursue a spiritual way of life, thinking and doing all those things that are pleasing to You. For You, Christ my God, are my light, and to You I give glory together with Your Father and Your Holy Spirit, now and forever. Amen.”



“Illumine our hearts, O Master Who lovest mankind, with the pure light of Thy divine knowledge. Open the eyes of our mind to the understanding of Thy gospel teachings. Implant also in us the fear of Thy blessed commandments, that trampling down all carnal desires, we may enter upon a spiritual manner of living, both thinking and doing such things as are well-pleasing unto Thee. For Thou art the illumination of our souls and bodies, O Christ our God, and unto

Thee we ascribe glory, together with Thy Father, Who is from everlasting, and Thine all-holy, good, and life-creating Spirit, now and ever and unto ages of ages. Amen."

"Jesus, Word who became flesh, be present with me today as I encounter the written word. Open my ears to hear the message you have prepared for me. Open my eyes to see your love in every story, especially the tough ones. Let me not become trapped by my own knowledge, biases, or desire for merit, but keep my heart open to the guidance of your Spirit. And, Lord, as I continue to learn more about you through the Bible, help me be transformed by your love. Amen."

"Father, anoint me with your Holy Spirit, so that as I read your eternal word, your word may penetrate my whole being and transform me. Grant me the blessing to be a faithful disciple in believing the Word of God and that I may be a light shining upon all who are in darkness. Amen."

"Blessed Holy Spirit, lead me into all truth. Open my ears to clearly hear Your voice of instruction. Speak to me through Your Word today. God of our Lord Jesus Christ, the Father of glory, give me the spirit of wisdom and revelation and enlighten the eyes of my understanding to see wondrous things in Your word."

"Lord, I thank you for your special presence to me during this time. I thank you for the opportunity to know you and your ways better. Open my heart that I put into practice that which you have revealed to me. Thank you, Lord, for the gift and love of your sacred Word."

"O Lord Jesus Christ, open Thou the eyes of my heart, that I may hear Thy word and understand and do Thy will, for I am a sojourner upon the earth. Hide not Thy commandments from me, but open mine eyes, that I may perceive the wonders of Thy law. Speak unto me the hidden and secret things of Thy wisdom. On Thee do I set my hope, O my God, that Thou shalt enlighten my mind and understanding with the light of Thy knowledge, not only to cherish those things which are written, but to do them; that in reading the lives and sayings of the saints I may not sin, but that such may serve for my restoration, enlightenment and sanctification, for the salvation of my soul, and the inheritance of life everlasting. For Thou art the enlightenment of those who lie in darkness, and from Thee cometh every good deed and every gift. Amen."

The Ups and Downs of Scripture

"At other times we may feel nothing when we read or listen to Scripture. The words can seem unintelligible, distant, awkward, dry, offensive even. This should not worry us. We should try to continue to keep ourselves regularly in the Word of God through the downs as much as the ups, through all those moments of confusion, of depression, tiredness, apathy. For a piece of Scripture that means nothing to us one day can come to mind another in a new light. "For, as the rain and the snow come down from the sky and do not return before having watered the earth, fertilising it and making it germinate to provide seed for the sower and food to eat, so it is with the word that goes from my mouth: it will not return to me unfulfilled or before having carried out my good pleasure and having achieved what it was sent to do." (Isaiah 55: 10)"

– St. Benedict's Book of Prayer



The Holy Longing

By Johann Wolfgang von Goethe

*Tell a wise person, or else keep silent,
because the mass man will mock it right away.
I praise what is truly alive,
what longs to be burned to death.*

*In the calm water of the love-nights,
where you were begotten, where you have begotten,
a strange feeling comes over you,
when you see the silent candle burning.*

*Now you are no longer caught in the obsession with darkness,
and a desire for higher love-making sweeps you upward.*

*Distance does not make you falter.
Now, arriving in magic, flying,
and finally, insane for the light,
you are the butterfly and you are gone.
And so long as you haven't experienced this: to die and so to grow,
you are only a troubled guest on the dark earth.*

Declaring Our Service in Our Prayers

Also I heard the voice of the Lord, saying, Whom shall I send, and who will go for us? Then said I, Here am I; send me. (Isaiah 6:8 LJV)

In prayer we often ask God for things or assistance in our lives. Yet, we need to become more like Isaiah and actively seek out and volunteer for things we can do for God rather than always asking - for this is service! In Isaiah's case, God wanted a messenger to deliver His word to the nation of Judah and Isaiah responded by saying "***Here am I; send me***"! We need to take the advantage of every opportunity we have to provide service to God and our fellow man.

Therefore, in your prayers make certain to always include things you can do for God, declare your service in your prayers in terms of: **I will ... and I will not ...** Carry these promises of service from your prayers throughout your day and allow them to grow. By making commitments to specific actions, they will impact on many other things in your life that will ultimately serve others.

I will ...

Look unto the Lord (Micah 7:7)

Wait for the Lord (Isaiah 40:31)

Seek the Lord (1 Chronicles 16:11)

Be a doer of the word (James 1:22)

Fear no evil (Psalm 23:4)

Be zealous for what is good (1 Peter 3:13)

Watch myself, so that I may not lose what I have worked (2 John 1:8)

Trust in the Lord with all my heart (Proverbs 3:5-6)

In all my ways acknowledge You (Proverbs 3:5-6)

Be fervent in spirit (Romans 12:11)

Give to You freely (Deuteronomy 15:10)

Work together for good (Romans 8:28)

Leave the gleanings of my harvest for the poor and for the sojourner (Leviticus 23:22)

Bless when reviled (1 Corinthians 4:12)

Endure when persecuted (1 Corinthians 4:12)

Be above reproach (1 Timothy 3:2)

Be sober-minded (1 Timothy 3:2)

Have self-controlled (1 Timothy 3:2)

Be respectable (1 Timothy 3:2)

Be hospitable (1 Timothy 3:2)

Be able to teach (1 Timothy 3:2)

Confess (1 Timothy 3:16)

Rejoice in hope (Romans 12:12)

Be patient in tribulation (Romans 12:12)

Be constant in prayer (Romans 12:12)

Eat the fruit of the labor of my hands (Psalm 128:2)

Be joyful (Ecclesiastes 3:12-13)

Do good as long as I live (Ecclesiastes 3:12-13)

Eat and drink and take pleasure in all my toil (Ecclesiastes 3:12-13)
Test my own work (Galatians 6:4-5)
Boast in my neighbor (Galatians 6:4-5)
Bear my own load (Galatians 6:4-5)
Let all that I do be done in love. (1 Corinthians 16:14)
Let my light shine before others (Matthew 5:16)
Give glory to our Father who is in heaven (Matthew 5:16)
Aspire to live quietly (1 Thessalonians 4:11-12)
Mind your own affairs (1 Thessalonians 4:11-12)
Work with my hands (1 Thessalonians 4:11-12)
Walk properly before outsiders (1 Thessalonians 4:11-12)
Be dependent on no one (1 Thessalonians 4:11-12)
Show myself in all respects to be a model of good works (Titus 2:7-8)
Show integrity, dignity, and sound speech that cannot be condemned in my teachings (Titus 2:7-8)
Do all things without grumbling or disputing (Philippians 2:12-16)
Always obey You (Philippians 2:12-16)
Work for the food that endures to eternal life (John 6:27)
Do everything in the name of the Lord Jesus, giving thanks to God the Father through him. (Colossians 3:17)
Labor, doing honest work with my own hands, so that I may share with anyone in need (Ephesians 4:28)
Provide for my relatives (1 Timothy 5:8)
Commit my work to the Lord (Proverbs 16:3)
Be glad and rejoice in You (Psalm 9:2)
I will sing praise to Your name (Psalm 9:2)
Extol You, my God (Psalm 145:1)
Bless Your name forever and ever (Psalm 145:1)
Praise You with my whole heart (Psalm 9:1)
Tell of all Your marvelous works (Psalm 9:1)
Sing to the Lord as long as I live (Psalm 104:33)
Lose my life for Your sake (Matthew 16:25)
Sacrifice to You (Jonah 2:9)
Pay what I have vowed (Jonah 2:9)
Bless the Lord at all times (Psalm 34:1)
Praise You continually (Psalm 34:1)
Lift up my hands in Your name (Psalm 63:3-4)
Forgive (Luke 6:37)
Hold your peace (Exodus 14:14)
Follow You (John 12:26)
Be Your servant (John 12:26)
Give in good measure (Luke 6:38)
Never forget Your precepts (Psalm 119:93)
Keep Your judgments and do them (Ezekiel 36:27)
Humble yourselves in the sight of the Lord (James 4:10)
I will praise You with uprightness of heart (Psalm 119:7)
I will learn Your righteous judgments (Psalm 119:7)
Call to You (Jeremiah 33:3)
Do my best to present myself to You, rightly handling the word of truth (2 Timothy 2:15)
I delight to do Your will (Psalm 40:8)
Place Your law is within my heart (Psalm 40:8)

Pray, believing, I will receive (Matthew 21:22)
Sing aloud of Your mercy in the morning (Psalm 59:16)
Take refuge in You in my trouble (Psalm 59:16)
Gain wealth little by little so it will increase (Proverbs 13:11)

I will not ...

Ask wrongly (James 4:3)
Love sleep (Proverbs 20:13)
Lean on my own understanding (Proverbs 3:5-6)
Be slothful (Romans 8:28)
Gather the gleanings after I harvest (Leviticus 23:22)
Boast about myself (Galatians 6:4-5)
Slack in my work (Proverbs 18:9)
Grow weary of doing good (Galatians 6:9)
Judge (Luke 6:37)
Condemn (Luke 6:37)
Seek not mine own will (John 5:30)



Rest for Your Soul

*Come unto me, all ye that labour and are heavy laden, and I will give you rest.
Take my yoke upon you, and learn of me; for I am meek and lowly in heart: and
ye shall find rest unto your souls. For my yoke is easy, and my burden is light.*

(Matthew 11:28-30 KJV)



*There is a place where thou canst touch the eyes
Of blinded men to instant, perfect sight;
There is a place where thou canst say, "Arise"
To dying captives, bound in chains of night;
There is a place where thou canst reach the store
Of hoarded gold and free it for the Lord;
There is a place — upon some distant shore —
Where thou canst send the worker and the Word.
Where is that secret place--dost thou ask, "Where?"
O soul, it is the secret place of prayer!*

- Alfred Lord Tennyson

Full Moon and Building the Essence of Service into the Soul Body

“The time of the Full Moon is most propitious for the building of the essence of service into the soul body. The Full Moon at a certain time in the fall is spoken of as the harvest Moon, and the building of the essence of service into the soul body is a process of harvesting best conducted under the great illumination at that time. Astrologically, at the Full Moon the Sun and Moon are in opposition, bringing into play two opposite signs, which are spiritually correlated, constituting a positive and a negative pole. At that time a current of life or spiritual energy is flowing between the two poles, which may be utilized for the building-in process.”

– Reader’s Questions, *The Rays of the Rose Cross Magazine*, Aug 1985



“THY Word is a lamp unto my feet and a light unto my path.

My delight shall be in the law of the Lord, and in Thy law will I meditate day and night.

Lord, whither shall I go; Thou alone hast the words of eternal Life, and I believe and know that Thou art the Christ of God.”

***** JANUARY *****

The Feast of the Wolf Moon

The trumpets of distant howling fade into the evening
sky, searching,

A single eye opens to collect the reflected light of the
Father's Son.

Slowly other lamps journey to gather closely
awakening new passions,

The season has been marked by the Great Light, the
Moon after Yule.

Place your crooks down the sheep are safe, the light of
this moon is true,

Nature's calendar has opened to a powerful force of
reflective energy.

Gather family closely pushing off the icy grip of winter
letting the past go,

Fears and worries surrender to hope, from destruction
there is rebirth.

The Moon of Hunger knows no greed, treachery, or
cruelty it has no war within,

Even Lycaon is anew, a faithful protector and guardian
of Arcadia and its legal code.

As the moonlight grows within us there will be a
forever with no spoils to be divided,

Flashing red warning signs alert you of your lack of
trust in yourself and other seekers.

While divine light taken within turns the many gears to
set all your planets within to Pisces,

Ignore left-handed warriors that fire arrows with deadly
precision only to drop in midair.

Halfway through there is a kingdom in the distance
where a lamb stands upon an old book,

Golden sunflowers turn with the Light, silent witnesses
to the reflection of the Full Moon.

It is time to prepare the *Bread of the Faces* for the feast
and don our golden wedding garments,

Yet travel not alone, there is loyalty and promise in the
pack that allows you to journey inward.

The Cherubim, his fiery sword upon the frosted ground
holds a lavender blossom of Rose of Sharon,

Your approach explodes the frost, as the moon stands in
harmonious balance opposite of the Sun.

The illumination of the living moon reflects in hand
mirrors we hold to see marks we have missed,

Offering only love, compassion, and mercy it vows to
release our lower self from our higher self.

Look upward and howl, tell the universe of your hunger
for the light and it shall come and more,

The Moon is never hard, its Light will always cleanse
and lead us, so we may have peace and unity.

- My Poem, GEC 2025



"At a certain stage of our progressive attainment, every Initiate undergoes an "Illumination by Sound" in which the Music of the Spheres becomes to us a living reality. When the magical powers of sound are rediscovered and scientifically directed to the specific purpose of healing... and when man has learned how to release the mantraic powers embodied in such inspired utterances, he will master the energies transcending even those unleashed by the atomic physicist of today. They will be energies of yet another and higher dimension."

- Corinne Heline

*** FEBRUARY ***

The Feast of the Snow Moon

The unrelenting snow offers no mercy,
Upon the land it has already blanketed.
Spirits pass through now thinned borders,
Deterred only by the fires of purification.
In hunger there is the chewing of bones,
While the hunter's old bow lies unstrung.
The haunting silence of winter continues,
Its Spirit strong and yet still unpleased.

The hunter gazes upward, a lunar halo,
A glowing, as a ring of the *Hunger Moon*.
Yet without worry he senses its retreat,
In endurance there is only transformation.
Winter's energies are stirring from below,
Slowly balancing with the heavenly Light.
Intuition ascends with amplified emotions,
As *Luna* showers us with higher vibrations.

In the Sun's reflected light, set your intentions,
Patiently guided by wisdom of your inner voice.
Bath in the orange and red hues of the full moon,
Let them purify and release your hidden burdens.
Out from the darkness of the shadows is awareness,
Push forward and trust in your clarity and renewal.
The *Storm Moon* will test you with its harshness,
Endure, embrace, accept and release in completeness.

- My Poem, GEC 2025



*"To reach satisfaction in all
desire its possession in nothing,
To come to the knowledge of all
desire the knowledge of nothing.
To come to possess all
desire the possession of nothing.
To arrive at being all
desire to be nothing."*

- John of the Cross

*** MARCH ***

The Feast of the Worm Moon

Early robins dart across green fields bowing to pluck
treasure,

Their confident return seems to stir and awaken the life
below.

The *Sugar Moon* calls the sap upward from dutiful
Maple Trees,

As gentle tapping of the thieves' spiles echo throughout
the forest.

Spring is overtaking winter while cawing crows
instinctively search,

Renewal shouts forth as the *Worm Moon* fattens itself
in the horizon,

Walking hand in hand with the spring equinox returns
lost balance,

The Earth Spirit summons mighty winds to alight the
Moon's chariot.

Mary is our Moon carrying the divine message of the
reflected light,

Always faithful, in darkness the Moon brings us the
light of the Sun.

Gabriel, Angel of Annunciation, sitting on the left-hand
of the Father,

Carrier of God's messages, also ready to pick up our
return messages.

We answer with our faith to connect and dwell in the
presence of God,

Divine love from Mary's reflection of her Son
penetrates into our heart.

Then magic and miracles open and permeate our higher
consciousness,

Our requested new beginnings and good tidings are
now ours to claim.

The crimson worm ascends the oak tree to lay her eggs,
never to descend,

Forming a crimson container, she will give her life to
feed her children.

Upon her death a crimson dye permanently marks her
offspring for all to see,

Yet on the third day the ends of the mother's body join
to form a white cross.

That slowly breaks down, falling as snow-white flakes
upon all that lies below,

The crimson veil of the Tabernacle, Christ's flesh, tears
opening a new covenant.

The Son of Man, our light, is our spring crimson worm
who washes all of our sins,

Standing in the *Worm Moon* we are never despised, but
always loved by our Maker.

- My Poem, GEC 2025



Hymn to a Prayer

*“Prayer is conversation with God,
contemplation of invisible things,
fullness of desires,
equal honor with the angels,
progress in goodness,
turning away from evil,
correction of sins,
enjoyment of the present,
the substance of things hoped for.”*

- Gregory of Nyssa

*** APRIL ***

The Feast of the Pink Moon

Five-petal moss pink flowers suddenly erupt in the open clearings,

Spreading quickly, cushions of leaves race to reach the rocky ledges.

The *Budding Full Moon* looks down to admire the vibrant pink hues,

Spring has returned and new possibilities soften your blooming heart.

The ice has broken and small vessels dart about carrying their loads,

Ducks fly above, land to display their feathers and nest upon the shores.

The Moon tarries past the *Vernal Equinox* now to be the *Paschal Moon*,

Easter, the Resurrection of the Father's Son, fresh beginnings and renewal.

Muted Sucker Fish have returned to spawn in the calm shallow stream waters,

Back from the Spirit World to purify the aquatic environment and all life within it.

Emotional illumination from the full moon connects our hearts to its inner truth,

From your creative expressions your radiant self moves you forward to a climax.

There is balance in your endeavors and comfort as light corresponds to darkness,

Friendships and love resurface, healed and forgiven as your heart's space grows.

The warm *Egg Moon* breathes its fertility and rebirth into your transformed soul,

Your Spirit embraces the first ecclesiastical full Moon
of spring as the saints pray.

Synchronicity abounds within your surroundings,
opening doors of vulnerability,

While intuition speaks to inner direction and the
planting of spiritual crops within.

There is tension between the Sun and the Moon in the
zodiac as crosses are raised,

Emotions have peaked, yet the Sun still lights the face
of the Moon, it will be done.

Carnations spring forth from the Virgin's tears, a shout,
and darkness sadly covers all,

From Joseph to the cave tomb, the Great Redeemer lies,
to declare victory over death.

With sins forgiven and the gates of Heaven open,
accept the divine grace that blooms,

The Pink Moon gently reminds us that Sun will not wait
for our love; the time has come.

- My Poem, GEC 2025



Saint Michael Prayer

*Saint Michael the Archangel,
defend us in battle.
Be our protection against
the wickedness and snares of the devil.
May God rebuke him, we humbly pray,
and do thou, O Prince of the heavenly host,
by the power of God,
cast into hell Satan and all the evil spirits
who prowl throughout the world
seeking the ruin of souls. Amen.*

*** MAY ***

The Feast of the Flower Moon

A lush carpet of brightly colored wildflowers extends to the distant horizon,

As weathered farmers gently break the soil to plant the life-giving corn seed.

Silent honeybees quickly collect their gold, bouncing from flower to flower,

Abundance appears all throughout as light green buds split the dark topsoil.

There is a celebration of nature's infinite beauty, a festival of renewed creativity,

God's continuous cycle of growth seeks also our mindful intentions of inner peace.

St. Bede the Venerable's *Three-Miking Month* has now begun as fertility abounds,

Warm fragrance of jasmine touches our spirit causing sensuality and love to blossom.

Playful energy from the full moon dances as it kisses the blossoms of new flowers buds,

Planting inspiration within our own souls so that we follow suit in our spiritual advancement.

From the chariot of the Moon Goddess rains a life-giving force, bringing a plentiful harvest,

Selene smiles as she witnesses our tireless work and dedication to our planning and goals.

Our hand grabs onto the wheel of the world's natural cycles so we can connect to its rhythms,

Breaking perceived barriers to experience and share the richness of the world with others.

Abundance is reflected in letting go and making space in our hearts and growing new habits,

So that we can now feel the anchors we have created in our lives and we can begin to heal.

The passion of anemones, the faithfulness of the violets,
and the undying love of the sundrop,

Touch us deeply and bring out our inmost feelings, a
vulnerability that opens us to rebirth.

Then we can unburden ourselves, release all negativity, and
manifest that which will serve us,

And let the *Blossom Moon* sprout new changes and
opportunities for our creative beginnings.

The vibrant spring energy offers a new life with the Father
by the sacrifice of His beloved Son,

While the Holy Spirit connects us to the Christ-within, the
inner man, if we wait on the Lord.

Christ also searches for us, as animals search for their lost
young in light of the *Mother's Moon*,

For in Christ, we come into the light, blossom like a spring
wildflower and bear only good fruit.

- My Poem, GEC 2025

PRAYER

By Gregory of Nyssa

*The effect of prayer
is union with God,
and if someone is with God,
he is separated from the enemy.
Through prayer
we guard our chastity,
control our temper,
and rid ourselves of vanity.
It makes us forget injuries,
overcome envy, defeat injustice,
and make amends for sin.
Through prayer
we obtain physical well-being,
a happy home,
and a strong, well-ordered society.*

***** JUNE *****

The Feast of the Strawberry Moon

*As the summer solstice approaches,
Small red heart-shaped berries ripen.
June's Honey Moon invites love and joy,
Working to manifest our deepest desires.
Quiet voices communicate from within,
As our spirit's clear our cluttered hearts.
Energy from the Rose Moon abounds,
It is a time of gratitude for realized goals.*

*Passions ignite with emotional clarity,
Connections deepen as harvest nears.
The heat deepens with the Hot Moon,
Intensifying its goodness and purity.
The Virgin Mary plucks a strawberry,
Knowing only that God's Word is best.
Ask now for your spiritual enlightenment,
As you witness spirit in the Material World.*

*Enjoy the loving soul you have cultivated,
Let moonlight open a path to your dreams.
Abundance flows from our Father's light,
In our realized growth and transformation.
Heal from the past and open to new energy,
Explore and feel the freedom in Sagittarius.
The Strawberry Moon amplifies curiosity,
Embrace the pursuit of Imaginative Knowledge.*

- My GEC Poem, 2025



An Evening Thanksgiving

*Accept, we beseech You, our evening thanksgiving, O You
Fountain of all good, who has led us in safety through the length of
the day; Who daily blesses us with so many temporal mercies and
has given us the hope of resurrection to eternal life through Jesus
Christ our Lord. AMEN*

- An Ancient Collect

*** JULY ***

The Feast of the Buck Moon

*In the reflection of the waters, a buck stares,
His sprouted antlers still covered in velvety fur.
In the distance, a thunder cloud discharges,
Its energy is intense and a bit uncomfortable.
The Halfway Summer Moon marks it time,
As the upcoming hunting season returns anew.
The subtle scents of vetiver and oakmoss drift,
Grounding the tensions in the new beginnings.*

*It's time to cut and cure the hay for winter feed,
For then we can stand upon the mountain top.
Growing and building inner strength reminds us,
Our long-term goals are now gaining in our sights.
The universe smiles as success offers transformation,
Difficult obstacles offer rewards of future possibilities.
The deer stands as our regeneration and resurrection,
Its rack of antlers points to strength and protection.*

*The Buck Moon is filled with a bold assertiveness,
Growing and spreading energy with creative force.
Pushing our souls to move forward to rapid change,
Opening our minds to accept new ideas and beliefs.
There is now a balance between action and intuition,
In resilience we find steadfast endurance in adversity.
The Midsummer Moon allows us to choose our path,
Finding the roads that our soul is called to now travel.*

- My Poem, GEC 2025



“Nobody escapes being wounded. We are all wounded people, whether physically, emotionally, mentally, or spiritually. The main question is not, 'How can we hide our wounds?' so we don't have to be embarrassed, but 'How can we put our woundedness in the service of others?' When our wounds cease to be a source of shame, and become a source of healing, we have become wounded healers.”

- Henri Nouwen

*** AUGUST ***

The Feast of the Sturgeon Moon

*From the nest fledgling sparrows leap to flight,
Ancient sturgeons emerge from the icy depths.
Their summer abundance brings new life force,
Harvest season reminds us to express gratitude.
Reddish-black chokecherries float in clusters,
As the flint corn ripens for its fruitful harvest.
The moon's energy encourages our patience,
As the Great Lakes offer up their hidden bounty.*

*Resilience and inner strength build within slowly,
Testing our connection to the Earth's natural world.
Trust that the summer stirrers will venture upward,
With their quiet power releasing our old memories.
Living fossils trigger old emotions of deep wounds,
Our inner monsters are only the ghosts of the past.
Their time has come to be met with firm gentleness,
Worrying not for their size, trusting only our instincts.*

*The Hot Moon balances our energies, bringing clarity,
Light shines upon our relationships and higher purpose.
Energy is refocused to release old negative patterns,
And begin a transformative journey of spiritual growth.
Acknowledge your growing strength and willpower,
Watch, reflect and celebrate as efforts from goals manifest.
The Sturgeon Moon brings wisdom as intuition surfaces,
Listen as the Creator speaks in the divine cycle of nature.*

- My Poem GEC 2025

HE PRAYED

*He prayed for strength that he might achieve;
He was made weak that he might obey.
He prayed for health that he might do great things;
He was given infirmity that he might do better things.
He prayed for riches that he might be happy;
He was given poverty that he might be wise.
He prayed for power that he might have the praise of men; He was given
weakness that he might feel the need of God. He prayed for all things that he
might enjoy life;
He was given life that he might enjoy all things.
He had received nothing that he asked for—
all that he hoped for;
His prayer was answered—he was most blessed.*

—Author Unknown

*** SEPTEMBER ***

The Feast of the Corn Moon

Harvest of the corn before the first frost,
Threshing the golden kernels from the cob.
The physical and spiritual realms connect,
Blessings from the corn pollen grains spread.
Then offerings in silent prayers of thanksgiving,
It's time to slow down and pause for silence.
The full power of the universe awaits our call,
Connect now with compassion and empathy.

Stay on task, listen closely to the inner word,
Absorb the divine life force of the Earth-Spirit.
The Barley Moon carries the grains of rebirth,
New opportunity, change, and true gratitude.
Open a new chapter, bury the past that binds,
Only obedience to Higher Laws brings energy.
Simple good is corn that makes our bread of life,
With final harvest comes a time for introspection.

The Crown of Corn, our heavenly manna from God,
A holy lesson to depend upon God for our provision.
There are many good ears of corn for the imitators,
Who liken themselves to Christ and feed the hungry.
In the Moon of Brown Leaves is spiritual nourishment,
Never to forget the solemn promise of God's providence.
Manna always rains down upon us in God's faithfulness,
Releasing us from needless slavery to bring us home.

- My Poem, GEC 2025



"The discussion of prayer is so great that it requires the Father to reveal it, His firstborn Word to teach it, and the Spirit to enable us to think and speak rightly of so great a subject."

- Origen

"Gratitude bestows reverence, allowing us to encounter everyday epiphanies, those transcendent moments of awe that change forever how we experience life and the world."

- John Milton

*** OCTOBER ***

The Feast of the Hunter's Moon

Let the Wild Hunt begin with Odin and his horse Sleipnir,
Riding across October's moonlit sky of the Hunter's Moon.
Collecting the souls of warriors who fell upon the battlefield,
It is time for the dark half of the year to bravely commence.
Fattened deer and elk call to the hunters to string their bows,
While the Hunter's Moon illuminates a path to their prey.
For St. Hubert, a white stag with a crucifix between its antlers,
He renounced the earthly world and chose to also save souls.

The harvest has ended and the quiet of winter is on its way,
For now, an early rising moon awakens an extended twilight.
Close to the horizon it shines forth a radiant hue of orange,
Producing ethereal targets of the deer, elk, and wild boar.
It is a time to focus and cast off that which is no longer needed,
Looking inward we reflect on the completeness of our virtues.
It's time to set clear goals focused on our internal harvest,
Purposeful actions lead to the purity of heart and new habits.

Our inner work changes our attention to do good for others,
And the Hunter's Moon helps us to build even greater intensity.
We must fight courageously if we expect to receive power,
Bringing our transformation from death to our rebirth.
There is excitement in the new energy and the inner changes,
Knowledge becomes wisdom in our actions and decisions.
Autumn teaches us to store our spiritual energy for the winter,
Nature cycles the higher energy of our interconnectedness.

- My Poem, GEC 2025

Approaches

By George MacDonald

*When thou turn'st away from ill,
Christ is this side of thy hill.
When thou turnest toward good,
Christ is walking in thy wood.
When thy heart says, "Father, pardon!"
Then the Lord is in thy garden.
When stern Duty wakes to watch,
Then His hand is on the latch.
But when Hope thy song doth rouse,
Then the Lord is in the house.
When to love is all thy wit,
Christ doth at thy table sit.
When God's will is thy heart's pole,
Then is Christ thy very soul.*

*** NOVEMBER ***

The Feast of the Beaver Moon

The beaver have stockpiled food in their domed lodges,
While trappers have set their beaver snares in the water.
Their dams are nearing completion, flooding the land,
Forming slow moving ponds that grow, bringing change.
It's time to be productive, exploring all available options,
Persistence is the key to success to our spiritual growth.
The resources already exist within us ready for use now,
Evaluate and adjust them all so they are right for you.

The Beaver Moon teaches preparation and adaptation,
Needed to mature our minds for our new stages of life.
As architects of our lives, we need to be resourceful,
Always creating, building, and open to unique solutions.
Demonstrating our adaptability showcases our wisdom,
While Hard work and determination allow us to finish.
We create as we chose to create, reflecting our desires,
The island of our winter lodge brings stability and security.

We also need to learn like the beaver how to sacrifice,
Give up everything to be completely devoted to Christ.
Supporting others in their times of need with humility,
Being obedient with self-control, releasing all desires.
For then with gentleness, we can follow God, the Father,
Grounded in emotions and connected with our intuition.
It's time to go within, trust that we have the love of God,
Reflect in safety from the frost and nurture our Spirit.

- My Poem, GEC 2025



Truth Seeker's Prayer

*From the cowardice that dare not face new truth,
From the laziness that is contented with half truth,
From the egotism that seeks for fame and fortune
From the arrogance that thinks it knows all truth,
From the greediness that trades half truth for
silver and gold, and misleads others,
Oh, Lord of Truth, deliver me*

- A Kenyan Prayer

*** DECEMBER ***

The Festival of the Cold Moon

The Cold Moon signals the upcoming winter solstice,
Snow, ice, and deep rest cover the Earth as it waits.
Yet, beneath the surface the stillness of dormant life,
Patiently endures the harshness of the winter season.
For some there is hibernation or the changing of color,
To blend into the white blanket of snow in cold silence.
Introspective and seeking peace the energy of the Moon,
Works to ensure our transformation with many blessings.

Fear, anger, and suffering hide below the surface of the ice,
Your shadow side conceals the very things we need to address.
Moonlight penetrates the hidden aspects of our spiritual body,
Releasing guilt and shame through its compassionate light.
The seeds of wisdom are programmed to release their truth,
When compassion and trust gently awaken their potential.
Fear not, let the rich silvery light of the Cold Moon guide you,
It opens our night vision to hunt and discover our provisions.

Adapting to the change in light we easily move in the shadows,
Our introspection and awareness grow for that which is within.
Negative thoughts and emotions fall away releasing deep pain,
Flooding your soul with the restorative energies of the Cold Moon.
Time slows to bring us peace as we connect to the Earth's cycles,
There is clarity in preparing ourselves for our spiritual purpose.
With renewed spirit we must celebrate our strength and endurance,
Filled with gratitude for the life-giving abundance placed before us.

- My Poem, GEC 2025



“Cultivate the habit of being grateful for every good thing that comes to you, and to give thanks continuously. And because all things have contributed to your advancement, you should include all things in your gratitude.”

- Ralph Waldo Emerson

“Gratitude bestows reverence, allowing us to encounter everyday epiphanies, those transcendent moments of awe that change forever how we experience life and the world.”

- John Milton

The Seven Prayers of St. Gregory On the Passion of the Lord

I. O Lord Jesus, I adore Thee hanging on the Cross, wearing a crown of thorns upon Thy head. I beg Thee that Thy Cross may free me from the deceiving Angel. Amen.

II. O Lord Jesus, I adore Thee hanging wounded on the Cross, given vinegar and gall to drink. I beg Thee that Thy wounds may be the remedy of my soul. Amen.

III. O Lord Jesus, I ask by the bitterness of Thy Passion, which Thou didst undergo in the hour of Thy death, so much so when Thy most holy soul left Thy blessed body, have mercy upon my soul when it leaves my body, and lead it to eternal life. Amen.

IV. O Lord Jesus, I adore Thee placed in Thy tomb, anointed with myrrh and aromatic spices. I beg Thee that Thy death may be my life. Amen.

V. O Lord Jesus, I adore Thee descending into hell and freeing the captives from there. I beg Thee, that Thou mayest never permit me to enter there. Amen.

VI. O Lord Jesus, I adore Thee rising from the dead, ascending into heaven, and sitting at the right hand of the Father. I beg Thee that I may be worthy to follow Thee and be with Thee. Amen.

VII. O Lord Jesus, O good Shepherd, preserver of the just, justifier of sinners, have mercy upon all the faithful and be gracious to me, a wretched and unworthy sinner. Amen.

- Paradisus Animae (1670)



“God uses chronic pain and weakness, along with other afflictions, as his chisel for sculpting our lives. Felt weakness deepens dependence on Christ for strength each day. The weaker we feel, the harder we lean. And the harder we lean, the stronger we grow spiritually, even while our bodies waste away. To live with your ‘thorn’ uncomplainingly — that is, sweet, patient, and free in heart to love and help others, even though every day you feel weak — is true sanctification. It is true healing for the spirit. It is a supreme victory of grace.”

- J. I. Packer

THE ROSIE CRUCIAN PRAYER TO GOD

Jesus Mihi Omnia.

Oh Thou everywhere and good of all, whatsoever I do remember, I beseech Thee, that I am but dust, but as a vapour sprung from earth, which even Thy smallest breath can scatter. Thou hast given me a soul and laws to govern it; let that fraternal rule which Thou didst first appoint to sway man order me; make me careful to point at Thy glory in all my wayes, and where I cannot rightly know Thee, that not only my understanding but my ignorance may honour Thee. Thou art all that can be perfect; Thy revelation hath made me happy. Be not angry, O Divine One, O God the most high Creator! If it please Thee, suffer these revealed secrets, Thy gifts alone, not for my praise but to Thy glory, to manifest themselves. I beseech Thee, most gracious God, they may not fall into the hands of ignorant envious persons that cloud these truths to Thy disgrace, saying they are not lawful to be published because what God reveals is to be kept secret. But Rosie Crucian philosophers lay up this secret into the bosome of God which I have presumed to manifest clearly and plainly. I beseech the Trinity it may be printed as I have written it that the truth may no more be darkened with ambiguous language. [1](#) Good God, besides Thee nothing is! O stream Thyself into my soul, and flow it with Thy grace, illumination and revelation! Make me to depend on Thee. Thou delightest that man should account Thee as his King, and not hide what honey of knowledge he hath revealed. I cast myself as an honourer of Thee at Thy feet, and because I cannot be defended by Thee unless I believe after Thy laws, keep me, O my soul's Sovereign, in the obedience of Thy will, and that I wound not my conscience with vice and hiding Thy gifts and graces bestowed upon me, for this, I know, will destroy me within, and make Thy illuminating Spirit leave me. I am afraid I have already infinitely swerved from the revelations of that Divine Guide which Thou hast commanded to direct me to the truth, and for this I am a sad prostrate and penitent at the foot of Thy throne. I appeal only to the abundance of Thy remissions, O God, my God. I know it is a mysterie beyond the vast soul's apprehension, and therefore deep enough for man to rest in safety in! O Thou Being of all beings, cause me to work myself to Thee, and into the receiving arms of Thy paternal mercies throw myself. For outward things I thank Thee, and such as I have I give unto others, in the name of the Trinity, freely and faithfully, without hiding anything of what was revealed to me and experienced to be no diabolical delusion or dream, but the Adjectamenta of Thy richer graces--the mines and deprivation are both in Thy hands. In what Thou hast given me I am content. Good God, ray Thyself into my soul! Give me but a heart to please Thee, I beg no more then Thou hast given, and that to continue me uncondemnedly and unpittiedly honest. Save me from the devil, lusts, and men, and from those fond dotages of mortality which would weigh down my soul to lowness and debauchment. Let it be my glory (planting myself in a noble height above them) to condemn them. Take me from myself and fill me but with Thee. Sum up Thy blessings in these two, that I may be rightly good and wise, and these, for Thy eternal truth's sake, grant and make grateful.

- John Heydon, *The Holy Guide*

The Sun Rising

By John Donne

*Busy old fool, unruly Sun,
Why dost thou thus,
Through windows, and through curtains, call on us?
Must to thy motions lovers' seasons run?
Saucy pedantic wretch, go chide
Late school-boys and sour prentices,
Go tell court-huntsmen that the king will ride,
Call country ants to harvest offices;
Love, all alike, no season knows nor clime,
Nor hours, days, months, which are the rags of time.*

*Thy beams so reverend, and strong
Why shouldst thou think?
I could eclipse and cloud them with a wink,
But that I would not lose her sight so long.
If her eyes have not blinded thine,
Look, and to-morrow late tell me,
Whether both th' Indias of spice and mine
Be where thou left'st them, or lie here with me.
Ask for those kings whom thou saw'st yesterday,
And thou shalt hear, "All here in one bed lay."*

*She's all states, and all princes I;
Nothing else is;
Princes do but play us; compared to this,
All honour's mimic, all wealth alchemy.
Thou, Sun, art half as happy as we,
In that the world's contracted thus;
Thine age asks ease, and since thy duties be
To warm the world, that's done in warming us.
Shine here to us, and thou art everywhere;
This bed thy center is, these walls thy sphere.*