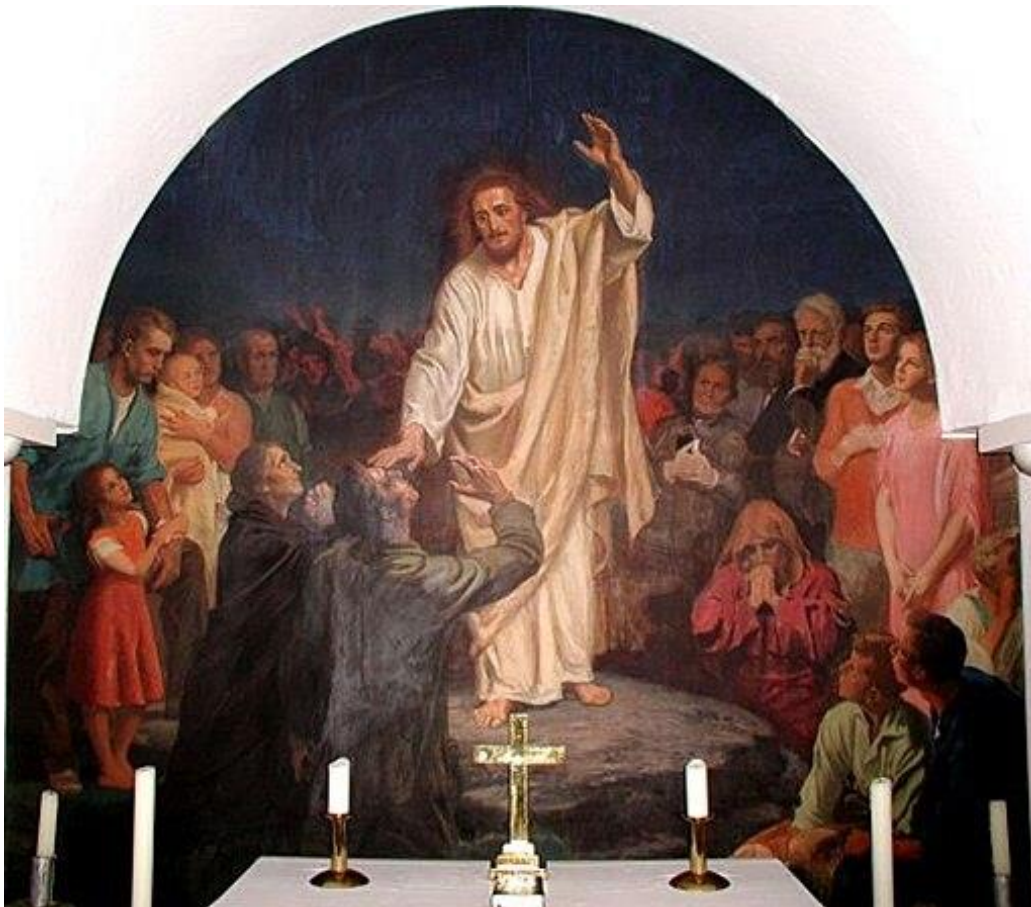


Supplemental Healing Lessons

from the

Rays From the Rosy Cross Magazine



Vol. 1

By G. E. Carlin

Introduction

The *Supplemental Lessons for Healing* have been developed from the Healing section articles that appeared in each edition of the *Rays from the Rose Cross Magazine* that were published by the Rosicrucian Fellowship. Generally, these Healing sections articles are short articles approximately one-page in length (although a few are considerably longer). Some of these articles on healing consist of excerpts of Max Heindel's writing from both published and unpublished sources as well as other named and unnamed writers.

In this book of lessons all complete Healing section articles have been provided. However, you can still consult each article in the specified *Rays from the Rose Cross Magazine* on the Rosicrucian Fellowship website (www.rosicrucian.com) to view any accompanying picture(s) with their captions as these are not provided in this book.

Each lesson provides:

- A Selected Biblical Quote
- Questions from the Reading
- A Prayer
- A 3-2-1 Reflection and Final Thoughts Table with:
 - 3 Journal Prompts
 - 2 Connections for Use in the Healing Center
 - 1 Thought for Meditation
 - A Box to record your Key Takeaways from the healing article.

Selected Biblical Quote

Consider how the Biblical Quote relates the title of the lesson. Then consider the deeper meaning of the biblical quote by using an online Bible commentary tool such as <biblehub.com>, <versebyversecommentary.com>, or <BibleRef.com>.

Questions from the Reading

Questions from the reading may all be answered directly from the reading. Try to fully answer each question and if you are unsure then indicate the information from the reading that you feel could in some way be used to answer the question.

The Prayer

A Rosicrucian Prayer that reflects the topic of the lesson is provided for each lesson. Feel free to modify the prayer in any way you feel is appropriate so it is most comfortable for you to work with for an extended period of time. Then complete the *Prayer Reflection Form* so you can record your experiences with the prayer.

3-2-1 Reflection and Final Thoughts Table

- **3 Journal Prompts (*Journaling for Spiritual Growth*)**

When we journal, we are learning to closely look at ourselves and evaluate what we understand, what we don't understand, where we are in our lives and where we want to go and how effective were the practices and methods that we employed to effect change. It should also address our feelings and emotions that we experienced as well as our beliefs and expectations. While sometimes it also provides us a way to talk to ourselves to figure things out, challenge ourselves, and even encourage ourselves. In each lesson you are provided with three journal prompts to help you get started in your writing. You may use as many or few as you wish in your journaling, the key is for you to write about the article so that you connect deeply with its contents and theme while also spending time to make it personal in terms of your thoughts, beliefs, and feelings and then to consider how the article can apply to yourself in terms of your spiritual growth, i.e., your feelings and thoughts, adding something to your life, next steps, expressing gratitude, connections to other concepts or beliefs, scripture, or spiritual practices. But mostly, make it enjoyable so you continue the practice as a daily routine. What is amazing about journaling is you go back at some point to see how you have progressed and then celebrate your efforts!

- **2 Connections for Use in the Healing Center**

Hopefully, each healing article contains at least two pieces of information that will be helpful to your preparation for and practice within the *Rosicrucian Fellowship Healing Center*. It is essential that as spiritual aspirants we always look to put our knowledge into practice.

- **1 Thought for Meditation**

For each of the readings on healing, a specific quote has been taken from the article upon which you can meditate upon to gain further understanding, insights, and applications. A sample prayer for both, prior to meditation and after meditation are provided to support your meditation efforts. It is suggested that you spend an extended amount of time for each lesson meditation so you may fully appreciate its meaning in terms of your understanding and practice. A *Meditation Reflection Form* is included so you may reflect upon your meditation experience.

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

• Key Takeaways

One of the most important ways to demonstrate an understanding of a reading is to condense it into your own words using as few words as possible. In addition, it is critical that you determine what you believe to be the 3-5 key takeaways for each article (written in your own words as few words as possible!). This way you also have produced an excellent summary for the article that highlights its key concepts and understandings that you can always reference. You will find this especially useful when you are trying to connect ideas from different sources so you can further explain or expand upon.

6 C's Prayer Reflection Form

<i>Cheer</i>	<i>Comfort</i>
<i>Change</i>	<i>Connections</i>
<i>Clear</i>	<i>Calibrate</i>

Cheer: Feelings of joy, optimism, and/or confidence

Comfort: Encouragement to provide strength, healing, and support

Change: Make different in ourselves, our lives, and our environment

Connections: Events or things that occur or appear related to our efforts

Clear: Things that now make better sense or understanding

Calibrate: Fine tuning or adjustments required in our next steps

Meditation Reflection Form

<i>Meditation Quote:</i>	
<i>Greater Understandings</i>	<i>New Insights</i>
<i>Peace/Balance</i>	<i>Applications</i>
<i>Health Connections</i>	
<i>Additional Illumination</i>	

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1. How the Rosicrucians Heal the Sick

Rays from the Rose Cross, Jan/Feb 2002

*But he was pierced for our transgressions,
he was crushed for our iniquities;
the punishment that brought us peace was on him,
and by his wounds we are healed. – Isaiah 53:5 NIV*

THE ROSICRUCIAN work of healing is carried on by the Elder Brothers through a band of Invisible Helpers whom they are instructing.

Who are the Invisible Helpers? They are Rosicrucian Probationers who during the daytime while functioning in their physical bodies live a worthy life of helpfulness and thereby fit themselves for and *earn* the privilege of being helpful through the instrumentality of the Elder Brothers at night while functioning in their etheric bodies—according to the words of the Rosicrucian Evening Service “*and tonight, while our physical bodies are peacefully resting in sleep, may we, as Invisible Helpers, still be found faithfully working in the vineyard of Christ.*”

These Probationers are gathered together in bands according to their temperaments and their ability. They are under instruction of other Probationers who are physicians, and all of them work under the guidance of the Elder Brothers, who naturally are the moving spirits of the whole work.

Who are the Elder Brothers? They are high spiritual beings through whom the Christ Spirit is working for the benefit of humanity.

The Rosicrucian healing work is conducted according to the commands of Christ Jesus, namely, “*preach the gospel and heal the sick.*”

The Invisible Helpers never refuse to answer an appeal for help, but in order to respond to the Divine Healing Force patients are instructed to adopt the gospel of right living, which includes observing a pure meatless diet and filling their bodies with clean air, their minds with pure thoughts and their daily lives with right actions. The Divine Healing Force is pure; if you ask for it in order to be relieved of your ailments you must be willing to conform to the natural laws of purity—pure air, pure food, pure thinking and pure living. If you ignore these great health-giving factors, you may have called in vain upon the Divine Healing Force.

All healing force comes from God, our Creator and Heavenly Father, the Great Physician of the Universe. It is latent everywhere. By prayer and concentration, it is liberated and directed to the sufferer. It manifested through the Master, Christ Jesus; it goes forth from healing services held daily in the Temple (Ecclesia) and weekly in the Pro-Ecclesia at Rosicrucian Headquarters. By applying these liberated healing forces, the Invisible Helpers raise the vibrations of the patient to a higher rate, enabling him to eliminate the disease poison from the system and to rebuild cells, tissues, and organs until the whole body is made new. This is done, not in a miraculous manner, but in accordance with nature’s laws. If the patient continues to break these laws and by a wrong mode of living to accumulate poisonous substances in the system, he frustrates the healing work.

The wonderful organism called the human body is governed by immutable natural laws. All disease results from willful or ignorant violation of nature's laws. People are ill because in this earth life or in a previous one they have disregarded the fundamental principles on which the health of the body depends. If they wish to regain and to retain their health, they must understand these principles and regulate their daily habits in conformity with them.

This is what the Master Healer Jesus Christ meant when he said to the man who had been a cripple: "*Thou art made whole: sin no more, lest a worse thing come upon thee*" (John 5-14) Even the Christ could not give lasting health unless the recipient of the healing force refrained from wrong habits which cause disease and lived in obedience to the God-made laws that rule man's body as well as his relations to his fellow creatures.

Some people demand perfect health and claim they have a right to it. They forget that either in this or a former life some have forfeited their own God-given right through disobedience of nature's laws—which are God's laws. Through suffering they have to learn obedience. When they have mastered their lesson and are willing to "sin no more," their right to health will be restored to them. The Divine Healing Force is constructive; wrong methods of living which disregard the laws of nature are destructive.

The omissions and transgressions responsible for wrong living, and consequently for disease, are many; the following are the principal ones: lack of self-control; harboring thoughts of anger, hatred, and resentment; yielding to a hasty temper; gratifying low desires; harming fellow creatures, whether human or animal; abusing the sacred generative function; eating unnatural, too much, or incompatible food; lack of fresh air and sunshine; lack of cleanliness, exercise or adequate rest and sleep.

Since all the organs and functions of the body are interdependent, the abuse and consequent affliction of one part hurts all the others, causes the accumulation of toxins throughout the system, and lowers the body's vitality. Local symptoms are invariably evidence that the entire body has been compromised. To achieve lasting results true healing does not suppress symptoms but seeks to remove their cause(s).

Spiritual healing operates on the higher planes of being but is affected in strict adherence to natural laws which prevail below as above; consequently, all natural therapeutics applied on the physical plane are in harmony with the work of the Invisible Helpers on the higher planes.

As the body is built up of the physical substances introduced into the blood by the daily food, right food is the natural medicine which the patient must take in order to cooperate with the Invisible Helpers in their task of reconstructing his system.

Not infrequently patients are aware of the presence of the Invisible Helpers. Before the Invisible Helpers can work with the patient they must have effluvia from his vital body, which is the etheric counterpart of the physical body and the operating sphere of the vital forces. The effluvia are obtained by having the patient write a letter every week consisting of a few words or a few lines with pen and ink. This is important as a pen charged with fluid is a greater conductor of

magnetism than a dry pencil. The ether which thus impregnates the paper upon which the patient writes week by week gives an indication of the condition at that particular time, and furnishes an entrance key to the patient's system. It is something which he has given voluntarily and for the express purpose of furnishing access for the Invisible Helpers. Unless the patient does his part in this respect, the Invisible Helpers are unable to do anything with him. Clearly, it is of utmost importance to keep up the weekly letters to Headquarters.

Instantaneous cures are frequent where the Invisible Helpers are called upon to assist in cases of acute disease. In the case of a chronic ailment which is of long standing and has taken years to develop, a certain amount of relief may be experienced immediately, complete recovery, however, which is equivalent to a renewal of the whole system, can only be achieved in gradual stages. As said before, the healing work of the Invisible Helpers is not suppression of symptoms but reconstruction of the whole system, and in order to be accomplished it requires time as well as the patient's faithful and constant co-operation along the lines indicated above.

—From *Astrodiagnosis, A Guide to Healing*

Questions from the Reading

1. Who are the Invisible Helpers?
2. How are the Invisible Helpers organized?
3. Who are the Elder Brothers?
4. What is the command of Christ?
5. What must patients do to respond to the Divine Healing Force?
6. What aspects of the purity laws must the patient conform to?
7. How is the healing force liberated?
8. What happens to the patient when the healing force is applied?
9. What occurs if the patient continues to break the natural laws?
10. What does disease result from?
11. When can a person receive lasting health?
12. Why don't we have a right to perfect health?
13. How do we learn to be obedient?
14. Why is divine Healing Force constructive?
15. What factors are responsible for our disease?
16. What needs to occur for lasting health?
17. How does Spiritual Healing work?
18. What natural medicine must we take?
19. What is required before the Invisible Helpers can work with a patient?
20. Why is effluvia necessary?
21. How long does it take for a cure to occur in acute and chronic disease?
22. Ultimately, what is the healing work of the Invisible Helpers?

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

REFLECTION and FINAL THOUGHTS
3 Journal Prompts
<i>Invisible Helpers ...</i>
<i>I can participate in Healing others by ...</i>
<i>As a patient I must ...</i>
2 Connections for Use in the Healing Center
1 Thought for Meditation
<i>“All healing force comes from God, our Creator and Heavenly Father, the Great Physician of the Universe. It is latent everywhere. By prayer and concentration, it is liberated and directed to the sufferer. It manifested through the Master, Christ Jesus; it goes forth from healing services held daily in the Temple (Ecclesia) and weekly in the Pro-Ecclesia at Rosicrucian Headquarters.”</i>
Key Takeaway(s)

2. *The Key to all Cures*

Rays from the Rose Cross, Nov/Dec 2004

“Nevertheless, I will bring health and healing to it; I will heal my people and will let them enjoy abundant peace and security. – Jeremiah 33:6 NIV

For some time, I have been among the sick and many of those around me are seriously afflicted. One finds them talking every day about medicines, foods, climates and various treatments, to one or more of which they look for a cure. This is only natural; it would not seem reasonable for a sufferer to neglect the use of physical means in which he had faith. There are physical measures which will relieve every ailment and help effect a cure and if we do not employ them, we are negligent in our duty. But is it right for a patient to place his faith entirely in something outside himself for a cure? We do not believe it is. We believe he is responsible for his condition and a cure must come principally as a result of his own efforts, either consciously or subconsciously put forth.

Sickness of any nature is evidence of discord— inharmony. It shows we have violated a Law of Nature; we have sinned. Very often we cannot recall a violation commensurate with the severity of our sickness. Medical Astrology will give us Light. We know it is possible to cast an infant's horoscope as soon as it is born and tell the weak parts of its body, its tendencies toward certain ailments. Heredity, alone, will not satisfactorily explain those tendencies. We do not believe a just God would permit any soul to be born with a pre-disposition to certain diseases unless it deserved them. The infant has not sinned or violated Nature's Laws in this life. There seems only one reasonable answer to what causes it to be born with those tendencies: It has sinned in a past life. In that former life it held certain false and distorted ideas, which it built into this body as it came to rebirth. We build our own bodies and build them according to our previous thoughts and ideas. We learn to build right by building wrong. We only attract harmony—health—to the extent that we previously manifested them.

If sinning or violating Nature's Laws is the cause of disease, the remedy suggests itself. We must change our life. We must live in harmony with God—Good—Universal Law. We must earnestly seek to know wherein we have sinned. We must strive to control the weaknesses that brought discord into our body. And if we have grown to maturity, we know what those weaknesses are, for they have already manifested as temptations or violations in this life.

Christ taught the forgiveness of sins. He taught us that if we learned our lessons, the Law would not permit former violations? - sins - to react upon us and cause us to suffer. He could forgive us and "*wipe the deed off the slate*"; that is, if we had changed our life and there was little chance of our committing the same offense again. In that teaching there lies a great hope for us.

We believe, in effecting a cure of any ailment, the most efficient means, aside from using all physical measures in which we have faith, is to earnestly and prayerfully seek out our weaknesses and eradicate them. For some of us this is not easy, as it necessitates changing our lives and requires time, patience, and perseverance. But by living in harmony with Universal Law, we make it possible

for our Father, the Great Physician, to restore harmony in our bodies, and such a cure is a permanent cure. We have sought and are manifesting "*the Kingdom of Heaven and its Righteousness and all things will be added unto us*" - health included. – MH

Questions from the Reading

1. Why shouldn't we always search for a cure outside of ourselves?
2. What is "sickness"?
3. What are the benefits of Medical Astrology?
4. How are tendencies for disease explained?
5. How do we build our bodies?
6. If our disease is a violation of Natures Law, how can we remedy it?
7. Why must we seek forgiveness of sin?
8. What is our responsibility once our sins are forgiven?
9. What is the most effective means to cure any ailment?
10. Why is it important to live in harmony with Universal Law?

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)

REFLECTION and FINAL THOUGHTS
3 Journal Prompts
<i>Natural Laws ...</i>
<i>Medical Astrology ...</i>
<i>A person's tendencies ...</i>
2 Connections for Use in the Healing Center
1 Thought for Meditation
<i>"We build our own bodies and build them according to our previous thoughts and ideas. We learn to build right by building wrong. We only attract harmony—health—to the extent that we previously manifested them."</i>
Key Takeaway(s)

3. Obedience, Faith and the Universal Healing Force

Rays from the Rose Cross, Sept/Oct 2004

He said, "If you listen carefully to the Lord your God and do what is right in his eyes, if you pay attention to his commands and keep all his decrees, I will not bring on you any of the diseases I brought on the Egyptians, for I am the Lord, who heals you." – **Exodus 15:6 NIV**

THE OLD TESTAMENT opens with the account of how man was led astray by the false light of the Lucifer Spirits, giving birth to all the sorrows and sufferings in the world. It closes with the promise that the "*Sun of Righteousness shall rise, with healing in its wings.*" Each week we declare in our Healing Service that "*Disease is really a fire; the invisible fire which is the Father.*" Again, we say, disease is a manifestation of ignorance, the only sin, and healing is a demonstration of applied knowledge, which is the only salvation. Christ is an embodiment of the Wisdom Principle, and in proportion as the Christ is formed in us; we attain to health.

At no time does man so readily turn to Divine power for help as when health fails and death threatens; therefore, the office of spiritual advisor has always been closely associated with healing. Even among savages, the priest is also the medicine man, and in our own civilization the priest calls on the sick as a representative of our Father in Heaven, and if he is a true and holy priest, his love and sympathy engender great faith, sufficient to heal. The gratitude of the patient toward the physician is added to the veneration felt for the spiritual advisor; and in consequence, the power of the priest to help and uplift his erstwhile patient is enormously increased and the tie between them is made much closer.

To be healed we must have faith; we must be humble to the point of obedience. In every case where Christ healed, the suffering one had to cooperate actively with the Great Healer before his cure could be accomplished. He said, "*Stretch forth thy hand,*" and when the man did so the hand was healed. To another He said, "*Take up thy bed and walk,*" and when he did so the malady disappeared. Many are the cases recorded, including, the blind man and the leper. The requirements were simple, but such as they were, they had to be complied with so that the spirit of obedience could aid the Healer's work. This is a law of Nature that is absolutely sure. It is disobedience, or breaking the law of Nature, that brings disease.

Obedience, no matter whether that involves washing in the river Jordan or stretching forth a hand, shows a change of mind, and the sufferer is therefore in a position to receive the healing balm. This may come through the Christ, or through a healer of one kind or another, but primarily, in all cases, the healing force comes from our Heavenly Father, who is the Great Physician.

There are three factors, in healing: first, the power from our Father in Heaven; next, the healer; and third, the obedient mind of the patient upon which the power of the Father can act through the healer in such a way as to dispel all ill. The fact that the whole universe is pervaded with the power of the Father, always available to cure our ills, of whatever nature, is reason enough for our humble thanks daily.

The healer is the focus, the vehicle through which the power is infused into the patient's body. If he is a proper instrument, consecrated and harmonious, there is no limit to the wonderful works of the Father which may be performed through him when opportunity presents a patient of properly receptive and obedient mind. A truly spiritual healer will endeavor to instill the highest ideals in his patients, so they may eventually learn to conform to God's laws and thus attain permanent health in future lives, as well as now.

Members of the Rosicrucian Order aim to heal the sick and have superior means of accomplishing this benevolent purpose. Earlier religious orders have sought to advance spiritually by abusing the body, but the Rosicrucians exhibit the tenderest care for this instrument. It is the nature of the sickness and the temperament of the patient which determine the form of healing to be used. If the patient is strong in faith, a spiritually-minded mental healer should be the one to call, or a broad-minded physician in whom the patient has confidence, for as a tuning fork of a certain pitch will respond when another tuning fork of the same pitch is struck, so will the person filled with faith or confidence respond.

Whatever good there is in any system of healing, the effects upon a patient will be beneficial or the reverse, in exact proportion to his faith in its healing power. Generally speaking, the study of the higher philosophy will always tend to better one's health, because "knowledge is power" and the more we know, the better we are able to cope with all conditions—provided, of course, we bring our knowledge into practice and live the life, that we be not merely hearers of the word but doers also. No teaching is of benefit to us unless it is carried into our lives and lived from day to day.

The person who lives a clean and upright life, endeavoring to obey the laws of God, striving earnestly for truth and righteousness, will create thought forms about himself of a corresponding nature. His mind will run in grooves that harmonize with truth, and when the time comes in the Second Heaven to create the archetype for his coming life, he will readily, intuitively, by force of habit from the past life, align himself with the forces of right and truth. These lines built into his body will create harmony in the coming vehicles, and health will therefore be his normal portion in the coming life.

The spiritual force generated all through our lives, after we have passed the stage of childhood, may be used for three purposes: generation, degeneration, or regeneration. It depends upon ourselves which of the three methods we choose, but the choice we make will have an important bearing upon our whole life. It overshadows each moment of our existence and determines our attitude in each and every phase of life among our fellow men: how we meet the various trials of life; whether we are able to grasp our opportunities or let them slip by; whether we are healthy or sick; whether or not we live our life according to a satisfactory purpose. All of this depends upon the way we use the spiritual force.

There are higher laws pertaining to the spiritual realms which may be made to supersede those governing the lower realms. The Christ, being the Lord of the Sun, embodied within Himself the synthesis of the stellar vibrations, as the octave embodies all of the tones of the scale, and He could therefore emit from Himself the true, corrective planetary influence required in each case. He sensed the inharmony and knew at once wherewith to offset it by virtue of His exalted

development. He had no need for any further preparation, but obtained results immediately by substituting harmony for the planetary discord which caused the disease with which He was dealing.

None among our present humanity can exercise the power of the Christ, but the need of that power in active manifestation exists today as much as it did two thousand years ago. Spirit pervades every- thing in and upon our planet in various measures, and it is an emanation from the Christ Principle, the Universal Spirit composing the World of Life Spirit, which restores the synthetic harmony of the body. We may use it to heal the sick according to our ability, which in turn depends upon our development. - MH

Questions from the Reading

1. What gave birth to suffering in the world?
2. What is the meaning of disease and healing?
3. How do we attain health?
4. How is the power of the priest to help increased?
5. What must we do to be healed?
6. How did people cooperate with Christ to be healed?
7. What brings disease?
8. When are we in the position to receive healing?
9. What are the three factors in healing?
10. What is a proper instrument?
11. What does a spiritual healer instill in his patients?
12. What determines the form of healing to be used?
13. What can be used to better one's health?
14. How should we live our lives to create harmony within ourselves?
15. What are the three ways we use our spiritual force?
16. How did Christ immediately obtain results for inharmony?
17. What can be used today to restore the harmony of the body?

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

REFLECTION and FINAL THOUGHTS

3 Journal Prompts
<i>Obedience ...</i>
<i>Faith ...</i>
<i>In order to restore harmony in the body ...</i>
2 Connections for Use in the Healing Center
1 Thought for Meditation
<i>“To be healed we must have faith; we must be humble to the point of obedience. In every case where Christ healed, the suffering one had to cooperate actively with the Great Healer before his cure could be accomplished.”</i>
Key Takeaway(s)

4. Observation as a Factor in Health

Rays from the Rose Cross, May/June 2004

My son, pay attention to what I say; turn your ear to my words. Do not let them out of your sight, keep them within your heart; for they are life to those who find them and health to one's whole body. – Proverbs 4:20-22 NIV

To those interested in improving and maintaining health, as well as in making spiritual progress, it is of prime importance to form the habit of careful and accurate observation. The reason for this is to be found in the fact that the welfare of the physical body is definitely affected by the degree to which the pictures of the conscious mind coincide with the records of the subconscious mind.

The subconscious memory or mind is made by images of our internal (thoughts, emotions, and will impulses) and external (three-dimensional sensory) environment carried by inspired air to the lungs, and thence to the blood and negative pole of the reflecting ether “*atoms*” of the vital body. Unless we observe the sights and sounds around us accurately, the pictures in the conscious mind do not coincide with the automatic subconscious records, and the rhythm and harmony of the dense body is disturbed in proportion to the inaccuracy of our observation during the day. This same process applies to self-observation and our ability to be honest in understanding our motives and in fairly expressing them in our relationships.

During sleep the Ego and the mind, clothed in the desire body, draw out from the vital body and the dense body, the two latter remaining on the bed, while the higher vehicles hover above or near the sleeping body. As the harmonies of the Desire World pervade the desire body, wisdom and truth replace error. The desire body regains its rhythm and tone, the time required to restore it varying according to how illusive, impulsive, and strenuous the life has been during the day.

Thus, our activities during sleep partially restore harmony; but the warring vibrations from day to day and year to year are one of the causes which gradually harden and destroy our organism, until it becomes unfit for the use of the spirit and must be abandoned to give the spirit another opportunity for growth in a new and better body. In proportion as we learn to observe accurately, we shall gain in health and longevity, and we shall need less rest and sleep.

Questions from the Reading

1. Why is observation necessary in order to improve and maintain your health?
2. How is our subconscious memory produced?
3. Why is it important to observe accurately?
4. How do we “*self-observe ourselves*”?
5. How does the desire body regain its rhythm and tone?
6. What happens to our bodies over a long period of time?
7. What is the benefit of accurately observing?

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

REFLECTION and FINAL THOUGHTS
3 Journal Prompts
<i>Accurate observations ...</i>
<i>The subconscious memory ...</i>
<i>Less sleep is needed ...</i>
2 Connections for Use in the Healing Center
1 Thought for Meditation
<i>“the welfare of the physical body is definitely affected by the degree to which the pictures of the conscious mind coincide with the records of the subconscious mind.”</i>
Key Takeaway(s)

5. Spiritual Nutrition—First Aid for Will Power

Rays from the Rose Cross, Mar/Apr 2004

Trust in the Lord with all your heart and lean not on your own understanding; in all your ways submit to him, and he will make your paths straight. Do not be wise in your own eyes; fear the Lord and shun evil. This will bring health to your body and nourishment to your bones. - Proverbs 3:5-8 NIV

For the spiritual relief of every disease, we might consider as first aid the elimination of all negative thoughts from the mind, including fear, resentment, and self-interest.

Thoughts of loving-kindness are established by turning full attention to God as perfect love. Because each need is already known, praise for God-life and thanksgiving for the privilege of expressing it are held in mind and radiated with the aid of uplifting prayers from loving friends. This massing of “*healing coals*” may be considered a purifying spiritual fever comparable to the fire which purges the physical body.

What good does this spiritual fever do? It cleanses the soul. The soul, we are taught, is manna for the Spirit. Such cleansing also prepares the way, when necessary, for the merciful ministrations of Invisible Helpers in relief of the physical vehicle.

A disciplined will, then, is dependent upon the individual’s spiritual strength, provided by the soul essence of his good thoughts and actions. When the Spirit is fed upon pure soul food, its nutrition is ideal and spiritual strength increases. Under direction of a Spirit that demands good will, the will finds power to stand resolute in admitting only constructive thought-matter into the mind. The supporting prayers of friends have served their purpose, and it is at this point we can declare with the physician treating the physical body, “*The crisis is passed.*”

The peace of a Divine Law-filled mind results in peace of soul, supplying ideal spiritual nutrition for a strong, peaceful Spirit. The will then can develop its spiritual manners. With a strong Spirit that governs firmly and persistently, the will can progress steadily through the primary grades of its schooling, and unfold the grace of accepting and obeying God’s laws. -MH

Questions from the Reading

1. How can we obtain spiritual relief from every disease?
2. How do we mass the “*healing coals*” to produce a purifying spiritual fever?
3. What is a “*disciplined will*”?
4. What provides our spiritual nutrition?
5. What are “*spiritual manners*”?

My Prayer for Spiritual 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 Your will. Amen. (GEC)

REFLECTION and FINAL THOUGHTS
3 Journal Prompts
<i>Negative thoughts ...</i>
<i>The peace of our soul ...</i>
<i>Disciplined will is the ...</i>
2 Connections for Use in the Healing Center
1 Thought for Meditation
<i>“For the spiritual relief of every disease, we might consider as first aid the elimination of all negative thoughts from the mind, including fear, resentment, and self-interest.”</i>
Key Takeaway(s)

6. Right Living and the “Right” to Health

Rays from the Rose Cross, Jan/Feb 2004

But for you who revere my name, the sun of righteousness will rise with healing in its rays. And you will go out and frolic like well-fed calves. - Malachi 4:2 NIV

Some people “demand” perfect health and claim they have a right to it. They forget that either in this or in a former life they may have forfeited their God-given right through disobedience to Nature’s laws, which are God’s laws. Through suffering they have to learn obedience. When they have mastered this lesson and are willing to “sin no more,” their right to health will be restored to them.

The Divine Healing Force is constructive. Wrong methods of living which disregard the laws of Nature are destructive.

The omissions and transgressions responsible for wrong living, and consequently of disease, are many. The following are the principal ones: unnatural food; too much food, ill proportioned food; lack of fresh air and sunshine; lack of cleanliness; lack of exercise; lack of rest and sleep; lack of self-control; sleeping in unventilated rooms; harboring thoughts of anger, hatred, and resentment; yielding to a hasty temper; gratifying low desires; harming fellow creatures, whether human or animal; abusing the sacred generative function.

Since all the organs and functions of the body are interdependent, the abuse and consequent affliction of one part hurts all the others, furthers the accumulation of disease poison throughout the system, and lowers the vitality of the whole. The local symptoms are only evidence of the whole body being at fault. Therefore, all true healing, in order to achieve lasting results, is directed not to the suppression of symptoms, but to the removal of the cause that made the symptoms appear.

Spiritual healing operates on the higher planes of being but is affected in strict adherence to Nature’s laws, which prevail below as above. Consequently, all natural therapeutics applied on the physical plane are in harmony with the work of the Invisible Helpers on the higher planes. -MH

Questions from the Reading

1. Why can’t we always demand health?
2. How can we restore our right to health?
3. What does it mean that the “*Divine Healing force is constructive.*”
4. What things are responsible for producing disease?
5. Why does the entire body become poisoned when one only one organ is afflicted?
6. What is the goal of “*true healing*”?
7. Why is spiritual healing in harmony with the work of the Invisible Helpers?

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

REFLECTION and FINAL THOUGHTS
3 Journal Prompts
<i>Perfect health ...</i>
<i>The constructive healing force is ...</i>
<i>In true healing there is ...</i>
2 Connections for Use in the Healing Center
1 Thought for Meditation
<i>“Spiritual healing operates on the higher planes of being but is affected in strict adherence to Nature’s laws, which prevail below as above. Consequently, all natural therapeutics applied on the physical plane are in harmony with the work of the Invisible Helpers on the higher planes.”</i>
Key Takeaway(s)

7. *Mental Surgery*

Rays from the Rose Cross, Nov/Dec 2003

Praise the Lord, my soul, and forget not all his benefits — who forgives all your sins and heals all your diseases, who redeems your life from the pit and crowns you with love and compassion. - Psalm 103:2-4 NIV

We must indeed marvel at the wonders of modern surgery— the genius and ingenuity manifested in the increasingly minute and complex operations which affect the delicate tissues of the brain, the heart, and other organs of the human body so that amazing adjustments are made. Temporarily better health and happier lives thus result.

However, as truly marvelous and admirable as these accomplishments are, they must take second place to the miracles of surgery possible by means of the mind.

The power of thought is as yet but dimly perceived and understood by the majority of people, but the coming years will bring increasing knowledge of this growing force in man. Already the pioneers are demonstrating the power of the mind in healing physical and mental ills.

When we understand, as occult philosophy teaches, that actually every thought we think is taken up by the blood and crystallized in our bodies and the situations about us, we may realize how extremely vital it is that we learn to think constructively. If we want our bodies to function harmoniously and efficiently, then we must establish the positive thought patterns of cheerfulness, trust, thankfulness, etc. This can be done only by repetition—a daily emphasis on the thoughts we wish crystallized in our vehicles and environment.

Such emotional and mental dissonances as jealousy, cruelty, greed, resentment, worry, and fear, with their physical counterparts of liver disturbances, impaired eyesight, digestive difficulties, headaches, among numerous other physical problems, may be entirely eradicated by generating vibrations of love, faith, optimism, forgiveness, and good will toward all in our mental and desire bodies. Case histories of “*thought healings*” are becoming increasingly common. They have the advantage of being both affordable to the poorest of us and permanent, instead of the often costly and (at best) temporary solutions effected by drugs.

Truly, “*as he (man) thinketh in his heart, so is he*”—mentally, emotionally, and physically. -MH

Questions from the Reading

1. Why must we think constructively?
2. How can we get our bodies to function harmoniously?
3. What are examples of emotional and mental dissonances?
4. What are the physical counterparts of emotional and mental dissonances?
5. How can we eliminate the physical counterparts of emotional and mental dissonances?
6. What are advantages of “*thought healings*”?

My Prayer for Harmony and 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

REFLECTION and FINAL THOUGHTS
3 Journal Prompts
<i>Thoughts are ...</i>
<i>Repetition is ...</i>
<i>We need to establish ...</i>
2 Connections for Use in the Healing Center
1 Thought for Meditation
<i>“occult philosophy teaches, that actually every thought we think is taken up by the blood and crystallized in our bodies and the situations about us, we may realize how extremely vital it is that we learn to think constructively.”</i>
Key Takeaway(s)

8. *That Perilous Stuff*

Rays from the Rose Cross, Sept/Oct 2003

"This is the confidence we have in approaching God that if we ask anything according to His will He hears us. And if we know that He hears us-whatever we ask- we know that we have what we asked of Him." - I John 5:14-15

*Canst thou not minister to a mind diseased,
Pluck from the memory a rooted sorrow,
Raze out the written troubles of the brain,
And with some sweet oblivious antidote
Cleanse the stuff'd bosom of that perilous stuff
Which weighs upon the heart?*
—**Macbeth in Macbeth**

IN THE ABOVE masterfully worded quotation, Shakespeare presents the psychological problem of clearing the mind from painful memory and other wrong thought habits.

Man, ordinarily lives, mentally and emotionally, in that upon which he focuses his attention. In other words, man identifies himself with the thoughts he thinks and the feelings he feels. For example, he can live through the most fantastic experiences by watching pictures projected on a screen and entering into the events portrayed and the moods evoked. By concentrating on the simulation, be it novel, play, or movie, he becomes part of the illusion and he lives it as reality.

The same holds true for practically all other experiences of life, which are but a play of parables, though perhaps more personalized, for all the world's a stage. The more powerful the experience, the deeper the impression on the memory. By concentrating on a disagreeable aspect or occurrence in life, or the memory of it, one immediately enters that sphere and lives through all the troubles recorded in the brain and soul, again and again. Thus, this state of mind, this rehearsal of negativity, can become a habit and a self-created hell, most perilous to one's well-being.

It must be clearly understood that in all matters we have the privilege and duty of making choices.

We can mentally choose to walk away from one situation and to elect a happier one. To be effective this choice must be definite, simple, and direct.

That is what Christ Jesus meant when He said: "*Ask and ye shall receive.*" Asking means choosing by thought and deed the thing desired. As surely as night follows day will what is chosen in consciousness come to pass as circumstance.

The "*sweet oblivious antidote*" for mental ills is therefore to put the slumbering God power within us to work in a constructive manner. By will the mind may be focused on the healthful, soul-flowering realities of spirit, cleansing "*the stuff'd bosom of that perilous stuff.*"

Questions from the Reading

1. What problem does Shakespeare identify in his quote?
2. How does man identify himself?
3. What happens when we concentrate on “*stimulations*”?
4. What happens if we concentrate on something negative?
5. When is a choice effective?
6. What does it mean to “*ask*”?
7. What is the “*antidote*” for mental ills?

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

REFLECTION and FINAL THOUGHTS
3 Journal Prompts
<i>We identify ourselves by ...</i>
<i>When we concentrate on ...</i>
<i>To ask means ...</i>
2 Connections for Use in the Healing Center
1 Thought for Meditation
<i>We “can live through the most fantastic experiences by watching pictures projected on a screen and entering into the events portrayed and the moods evoked. By concentrating on the simulation, be it novel, play, or movie, [we] become part of the illusion and [we] live it as reality.”</i>
Key Takeaway(s)

9. The Universal Healing Power

Rays from the Rose Cross, Jul/Aug 2003

The righteous cry out, and the Lord hears them; He delivers them from all their troubles. The Lord is close to the brokenhearted and saves those who are crushed in spirit." – Psalm 34:17-18

THE Healing Force comes from our Heavenly Father. It pervades the whole universe and is available to all who are open to receive it. If we have for any reason, whatsoever, transgressed the laws of the universe, we will suffer the consequences, and thereby we have the opportunity to learn by our mistakes and to acquire new knowledge of the of our being.

We may learn that equipoise and an even temper, love, orderliness, and faith are conducive to keeping us healthy, and we know that it is advisable to use all these attributes in a well-balanced life.

The more faith and hope we can apply, the speedier our recovery will be. But faith without works is dead. When we have asked in faith and in prayer for help where it is most needed, we have the responsibility of doing everything in our power to renew our thoughts, to watch our actions as well as our feelings, and to pay attention to diet and the care of our physical body.

When we have faith in the healing power which comes from the Father, we will have the ability to cooperate with this force.

Having asked for help in perfect faith, we receive the strength to work in the right direction. We find that help can come in many different ways. Good doctors are often important in providing an informed understanding of physical symptoms, and today good physicians recognize the importance of considering mental and emotional conditions, which may contribute to a person's ill, as well as good health.

Some physicians, particularly in the alternative fields (naturopathy, chiropractic, polarity therapy) are beginning to appreciate the influence of sound and color on sensitive persons. We read in *The Rosicrucian Cosmo Conception*: "*These invisible sound vibrations have great power over concrete matter. They both build and destroy.*" In the future we will have greater help from science in these matters.

Questions from the Reading

1. Where does the healing force come from?
2. What occurs when we transgress the laws of the universe?
3. What is necessary to keep us healthy?
4. How can we hasten our recovery from disease?
5. What are “works”?
6. What is our responsibility when we ask for help?
7. What is needed to cooperate with the healing power?
8. Where can our help come from?
9. What influences are found to be useful in healing, why?

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

REFLECTION and FINAL THOUGHTS
3 Journal Prompts
<i>The healing force ...</i>
<i>To keep healthy ...</i>
<i>In cooperation, we ...</i>
2 Connections for Use in the Healing Center
1 Thought for Meditation
<i>“When we have faith in the healing power which comes from the Father, we will have the ability to cooperate with this force.”</i>
Key Takeaway(s)

10. Partnership with God

Rays from the Rose Cross, May/Jun 2003

"Do not be anxious about anything, but in every situation, by prayer and petition, with thanksgiving, present your requests to God. And the peace of God, which transcends all understanding, will guard your hearts and your minds in Christ Jesus." – Philippians 4:6-7

SOMETIMES, when glancing down a printed page, the eye is suddenly caught by a sentence that may have influence on all the years to come; and in the following quotation there is a whole sermon: *"I just kept on praying as if everything depended on God, and kept on working as if everything depended on me."*

That statement can beneficially be applied to most, if not all, of life's activities and perhaps in no other field more successfully than health. When, in all sincerity, with all the power of complete faith in the Great Physician, we pray as if everything depended upon Him, we have formed a partnership with God.

Every partnership carries an obligation and we have a responsibility to God. We have our part to do. We should carry our attitude of faith out into action and act as if everything depended on us; and in cooperation with Him we are transforming our trust into daily actions.

All of us should awaken to our deep possibilities and powers, realizing that with our first earnest cry for help a divine spark is kindled within our being, contact is established between us and the Source of All Good. We stand at one end of the line. In this position we have opportunity to help—be it ever so little—in spreading that good on earth, a good which we also share.

As we carry out our responsibility in this partnership with God, we will work as if everything depends on us, while knowing that all power comes from God. We will remember that our deeds, our words, and even our thoughts, reach out beyond possible calculation and into the lives of others. Upon such a foundation we will build the true values of life.

Questions from the Reading

1. How should we pray?
2. What is required in our partnership with God?
3. What happens when we ask for help in prayer?
4. What responsibility do we have in our time of need?
5. How should we build the true values of our life?

My Prayer for the Knowledge of the Eternal Name of God

Eternal and Most High God, I am blessed to call you Father for you are the ultimate creator and bearer of Light into which the life of humanity came to be as Your will. For You alone are the Word and through the Word You are creation and the creator of all things. At every moment the angelic choirs gather around Your throne and sing endless praise with the words, "Holy, Holy, Holy". To honor Your majestic nature Your holy seraphim, sing in tones that provide the root of language that reveal Your eternal name. Yet, I am but a helpless child who has started to climb a high mountain unable to presently hear the sacred words of the seraphim so I might have knowledge of Your eternal name and thereby know to whom I am praying for my salvation. Let me hear the musical tones of Your name so that I may hallow Your name while always being within the Light of its sphere. For then the precisely ordered numbers that represent Your name will speak as a combination of a safe or a key to my heart so that I might open the door to the ladder that will allow me to ascend into Your heaven. Therefore, Father, reach out and offer me Your hand knowing I cannot succeed without your help to guide me and bring me within Your presence. Allow me to be within Your divine Light and let the musical tones of Your seraphim reach my spiritual ears so I know the reality of this petition in which there is always a beginning and an end, no longer in place of silence but now existing in Your Word. Amen. (GEC25)

REFLECTION and FINAL THOUGHTS
3 Journal Prompts
<i>To be a partner with God ...</i>
<i>My responsibility in partnership is ...</i>
<i>The foundation we should seek to build ...</i>
2 Connections for Use in the Healing Center
1 Thought for Meditation
<i>"As we carry out our responsibility in this partnership with God, we will work as if everything depends on us, while knowing that all power comes from God."</i>
Key Takeaway(s)

11. Music and Healing

Rays from the Rose Cross, Mar/Apr 2003

"He sent out his word and healed them; he rescued them from the grave." –
Psalm 107:19-20

THE USE OF MUSIC for healing purposes becomes increasingly recognized as it is realized that music harmonizes the "*organic rhythms*" of the human body, which may bring better physical and mental health, raise moral standards, and heighten the level of accomplishment.

When one comprehends that "*orderly rhythmic sound*" is the builder of all that is, the healing power of music is more easily accepted. This is expressed in the Bible in the Gospel of St. John which tells us: "*In the beginning was the Word... and without the word was not anything made that was made,*" also and "*the Word was made flesh.*" Every human being created through the power of spiritual sound has his own "*keynote,*" which determines his vibratory rate and the type of music to which he will respond.

"Thus, since our bodies function at a certain vibratory rate, it is reasonable to expect that the diseases to which we are subject may be due to spiritual or physical inharmonies which we may produce within ourselves. If the direct cause of this inharmony can be determined and remedied, the physical discomfort will be overcome."

Here music can perform a vital service, for it invites the indwelling Spirit, the Ego, to remember its divine source. The highest type of music speaks of the spiritual realms and awakens the dormant realization of our spiritual heritage. Thereby we are led to living consciously in accord with God's laws, unfolding the innate spiritual powers which can overcome all disease and disharmony.

Questions from the Reading

1. What is the effect of music on the body?
2. What must we understand about the healing power of music?
3. How is the Gospel of St. John related to the healing power of music?
4. What is a "keynote" in humans?
5. How is vibratory rate related to disease?
6. What can be effect of music when we are ill?
7. How does music heal us?

My Prayer for the Healing Power of Music

My Merciful Lord, hear me as I sing a new song in Your honor with a chorus of angels and trumpeters who also join me in Your praise. In my times of ill health allow the music of Your heavenly spheres to touch upon my keynote in the corresponding vibration so that Your sacred music can harmonize the organic rhythms of my body and I may obediently respond to Your healing force. Through Your heavenly chords awaken within me the indwelling Spirit to refresh my mind and its thoughts to the power and glory of Your Divine Source. For it was through Jubal You gave us this power of music to open a connection to experience Your love and compassion and soothe our troubled hearts so that we might draw closer to You. Know that I will pray with my spirit and mind while my voice will naturally rise in song also by my spirit and mind. Through Your mercy and goodness allow Your Word to resonate within me so my flesh may find wholeness again just as You healed David with Your divine harmonies so that he could be transported to Your loving embrace. For the music You have placed within my heart speaks the language of the spirit and extends beyond my words so it may be carried into Your universe to be heard by all as it praises You Divine Majesty as a King who is always merciful and ready to make His followers whole again.

Amen. - (GEC2025)

REFLECTION and FINAL THOUGHTS
3 Journal Prompts
<i>Music heals by ...</i>
<i>The keynote is critical because ...</i>
<i>Inharmonies are the ...</i>
2 Connections for Use in the Healing Center
1 Thought for Meditation
<i>“orderly rhythmic sound” is the builder of all that is”</i>
Key Takeaway(s)

12. Permanent Healing ... Stewart Harting

Rays from the Rose Cross, Jan/Feb 2003

"He gives strength to the weary and increases the power of the weak. Even youths grow tired and weary, and young men stumble and fall; but those who hope in the Lord will renew their strength. They will soar on wings like eagles; they will run and not grow weary, they will walk and not be faint." – Isaiah 40:29-31

MAN is a seven-fold being, having a threefold Spirit controlling a three-fold body through the link of mind. The three aspects of the Spirit we designate as the Divine, Life, and Human; the three bodies we call the dense, vital, and desire. The mind acts as the link, or focus, between the Spirit and the bodies, so that each aspect of the Spirit finds its counterpart in a body and through its experience's garners food for its growth.

When there is a perfect state of harmony in and between these seven, a perfect state of health manifests, but there have been very few human beings who have approached this ideal. As we learn to live in harmony with God's laws, however, we come closer to it.

All disease, then, is a manifestation of lack of harmony in the nature of man. Hence, we say that in the final analysis genuine healing is a process of getting right with God. When Christ Jesus, the Master Physician, healed the sick, He invariably said: *"Thy sins be forgiven thee,"* plainly indicating that the patients' sufferings were the result of past mistakes. St. John records the healing of the impotent man at the pool of Bethesda: *"After Jesus findeth him in the temple, and said unto him, Behold, thou art made whole: sin no more lest a worse thing come upon thee."*

Even *His* healings could not be permanent unless the person was willing to take corrective measures in removing the cause and attempt to live a blameless life. The law works today as it ever has: when the patient uncovers the underlying cause of his disease and uproots it, learning to live according to God's plan of purity and love, he will make of his body a fit temple and a perfect tool for the God within.

Questions from the Reading

1. How can we describe the being of man?
2. What are the three aspects of the Spirit?
3. What is the function of the mind?
4. When do we come to experience a perfect state of health?
5. What produces all disease?
6. What is genuine healing?
7. What causes our suffering?
8. When is healing permanent?
9. How do we make our body a fit temple for God within?

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

REFLECTION and FINAL THOUGHTS
3 Journal Prompts
<i>The mind ...</i>
<i>Genuine healing is ...</i>
<i>To make the body a fit temple ...</i>
2 Connections for Use in the Healing Center
1 Thought for Meditation
<i>“when [you] uncover the underlying cause of [your] disease and uproot it, learning to live according to God’s plan of purity and love, [you] will make of his body a fit temple and a perfect tool for the God within.”</i>
Key Takeaway(s)

13. The Three Factors in Healing

Rays from the Rose Cross, Nov/Dec 2002

"God is our refuge and strength, an ever-present help in trouble. Therefore we will not fear, though the earth give way and the mountains fall into the heart of the sea." – Psalm 46:1-2

***THESE** are the three factors in healing: first the Power, from our Father in heaven; next, the Healer; and third, the Obedient Mind of the patient upon which the power of the Father can act through the healer in such a way as to dispel all bodily ills.*

A tremendous soothing, harmonizing effect comes from simply realizing and repeating to one-self that *"the whole universe is pervaded with the power of the Father, always available to cure all ills of whatever nature."* Truly, *"in Him we live, and move, and have our being,"* and the more conscious we become of the nearness of this ever-present, beneficent Power, the more apt are we to observe its effects in our lives.

"The healer is the focus, the vehicle through which the power is infused into the patient's body. If he is a proper instrument, consecrated, harmonious, and truly in tune with the Infinite, there is no limit to the wonderful works of the Father which may be performed, through him...."

"Disease is a manifestation of ignorance. Therefore, the healer should be spiritual and endeavor to imbue his patient with high ideals so that he may eventually learn to conform to God's laws which govern the universe, and thus attain permanent health in future lives as well as now." The blessed Christ is our peerless Wayshower in this work, and as we emulate Him, we become better channels for the healing force.

The patient must have *"a properly receptive and obedient mind."* This means that he or she must have faith, according to the law enunciated by Christ Jesus when He said: *"According to your faith be it unto you."* Doubts obstruct the healing force. The mind must welcome the healer and be ready to obey his instructions.

Questions from the Reading

1. What are the three factors in healing?
2. How can we produce a soothing and harmonizing effect in our lives?
3. What is a *"proper instrument"*?
4. What is disease?
5. How should the healer treat the patient?
6. What is a *"Wayshower"*?
7. In what ways should we emulate Christ to become better channels for the healing force?
8. How should the patient act in a healing?
9. What must the mind of the patient do in a healing?

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

REFLECTION and FINAL THOUGHTS
3 Journal Prompts
<i>The Father's power ...</i>
<i>The healer's focus ...</i>
<i>As a patient I should ...</i>
2 Connections for Use in the Healing Center
1 Thought for Meditation
<i>"A tremendous soothing, harmonizing effect comes from simply realizing and repeating to one-self that "the whole universe is pervaded with the power of the Father, always available to cure all ills of whatever nature."</i>
Key Takeaway(s)

14. Releasing Our Inner Powers...V. May Cottrel

Rays from the Rose Cross, Sept/Oct 2002

"My flesh and my heart may fail, but God is the strength of my heart and my portion forever." - Psalms 73:26

REALLY OPTIMISTIC, forward-looking individuals enjoy good health and radiate cheer and joy constantly, thus producing an invigorating atmosphere that is pleasant and beneficial to all they contact. Such healthy, well-balanced individuals attract good to themselves continually and pass it on to their fellows through the warmth, friendliness, and charm of their own virile personalities. Their cheery dispositions, force of character, tolerance of the opinions of others, and ready appreciation of the good qualities and achievements of their fellows, render such individuals an asset to any community and a real inspiration and help to those about them.

At the same time, the sane, optimistic outlook of these people enables them to discern brightness even in the midst of gloom and to visualize a happy outcome though in difficult and distressing situations.

Truly wise men and women refuse to allow themselves to be misled by mere outward appearances into a belief in evil. Therefore, their minds remain clear and their thoughts lucid and constructive under conditions that would overcome less positive souls.

These more fully evolved people are enabled to alter adverse conditions, both for themselves and others, with surprising ease and rapidity. This is due to the fact that by establishing faith, hope, and confidence in their conscious minds, they have released latent forces that are immensely productive of good in their lives and affairs.

New knowledge along these lines and a greater and more widespread understanding, appreciation, and use of the hidden potentialities and powers of the human mind will revolutionize life on earth. Out of the increasingly wise handling thereof will eventually emerge more abundant health, happiness, and prosperity for the whole human race.

Questions from the Reading

1. How do people in good health appear?
2. How do healthy people act?
3. What is the outlook of a healthy person?
4. What do we observe in wise men?
5. What are the more fully evolved people able to do?
6. How are fully evolved people able to do their work?

My Prayer to Obtain Unfailing Optimism

Merciful Christ, Lord of the Cosmos, You have placed the heavenly spheres within our solar system so that their cosmic melodies can provide us with the needed energies to beneficially influence our lives. Through Your grace bring within me the energetic qualities that are associated with the Light of a Thousand Suns so that I can experience abundance, prosperity, faith, hope, and an ongoing sense of unfailing optimism. Help me to live a life that awakens the fourth realm of the Tree of Life, Chesed or Mercy, and my inner spiritual teacher to always illuminate my path by the divine Light of your loving kindness. Allow the energetic qualities of Your mighty creation, Jupiter, and the energies it radiates to provide me with my needed healing, protection, and spiritual enlightenment so that I may always proceed in faith with an unflinching attitude of optimism. Amen. (GEC)

REFLECTION and FINAL THOUGHTS
3 Journal Prompts
<i>Inner power is ...</i>
<i>An optimistic outlook results ...</i>
<i>Faith in the conscious mind ...</i>
2 Connections for Use in the Healing Center
1 Thought for Meditation
<i>“more fully evolved people are enabled to alter adverse conditions, both for themselves and others, with surprising ease and rapidity. This is due to the fact that by establishing faith, hope, and confidence in their conscious minds, they have released latent forces that are immensely productive of good in their lives and affairs.”</i>
Key Takeaway(s)

15. How Can We Cooperate?

Rays from the Rose Cross, May/Jun 2002

"When I kept silent, my bones wasted away through my groaning all day long. For day and night your hand was heavy on me; my strength was sapped as in the heat of summer. Then I acknowledged my sin to you and did not cover up my iniquity. I said, 'I will confess my transgressions to the Lord.' And you forgave the guilt of my sin." – Psalm 32:3-5

WRITING AND PRAYING for help is not enough. We have to change our habits. What did we do to cause the cells in our bodies to break down or to start multiplying in wild profusion? Was it our thoughts? Our emotions? Our actions? Obviously, we are apt to experience sickness at some period in our lives because we are not perfect, but is it necessary to keep ourselves in such a state that every ill wind brings disaster?

Now then, what can we do? To picture our meaning more clearly, let us use an astrological example. Not having any special horoscope in mind, we can use one illustrative aspect, say Mars square Uranus. Mars is hard to control under the best of circumstances, and afflicted it has the tendency to flaunt itself when we least expect it. Its keyword is “*dynamic energy*”; it is going to express itself and therefore cannot be suppressed. Square to Uranus it is like a volcano—with no time off for “*sleeping*.” The combination indicates impatience, irritability, and resentfulness. These are enough to start on.

How many people are ill because they resent other people, events, and situations? They blame others for their unhappiness, for their nervousness, their headaches, their general debility. They do not realize it is their response to people, events, and situations which actually causes the trouble.

How can we overcome resentment? Instead of responding resentfully, we send out love. We ask God to radiate Christ’s Love to that person. The very act of praying for Christ’s Love to be radiated to the resented one purges us, the resentful. It is like a cathartic. We cannot ask for Christ’s Love to be sent to anyone and continue disliking that person. The difficult part of this solution is the decision to do it. In doing so we tacitly admit our attitude was wrong.

Questions from the Reading

1. If we want help what must we do?
2. Why is Mars square to Uranus going to keep us in a state in which every ill wind brings disaster?
3. What causes people to become ill?
4. How can we overcome resentment?
5. What is the difficult part of overcoming resentment?

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 me 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)

REFLECTION and FINAL THOUGHTS
3 Journal Prompts
<i>Changing habits ...</i>
<i>It is our response that ...</i>
<i>To overcome resentment ...</i>
2 Connections for Use in the Healing Center
1 Thought for Meditation
<i>“How can we overcome resentment? Instead of responding resentfully, we send out love. We ask God to radiate Christ’s Love to that person. The very act of praying for Christ’s Love to be radiated to the resented one purges us, the resentful.”</i>
Key Takeaway(s)

16. Healing Power and Positive Thought

Rays from the Rose Cross, Mar/Apr 2002

A joyful heart is good medicine, but a crushed spirit dries up the bones. —

Proverbs 17:22

FEW SENSATIONS on earth equal in intensity the joy and elation that overtake us in that moment when we realize that God has heard our prayers for a loved one, and that we ourselves can indeed serve as channels of His healing Light.

Particularly if we have been prone to worry and give vent to pessimistic thoughts, the sudden realization of the power of positive prayer and positive thought opens up an entirely new way of looking at life. Positive, loving prayers and thoughts can accomplish only good; negative thoughts, worry, and pessimism throw stumbling blocks in the way of improvement and progress and serve only to perpetuate those very same undesirable conditions which are causing the worry and pessimism.

It is not always easy to remove pessimism and worry from one's mind when faced with the disconcerting sight of a loved one who is not well. Unfortunate and even frightening possibilities all too readily present themselves to our mind, and it is as if they are just waiting to be strengthened and intensified by our unhappy reactions to them.

But there is one sure way to deal with these offending thoughts and banish them completely— by concentrating intensely on surrounding the person about whom we are concerned with the Christ Light and Love. A picture is made in the mind and held there, shutting out all else. When this is done earnestly, sincerely, and intensely, very soon we will notice that the negative thoughts and feelings have vanished. No negative power is strong enough to withstand the glory of the Christ Light.

We keep the picture before us, even as we go about our tasks. If a pessimistic thought tries to enter, we intensify the picture and drive out the thought. We ensoul all the love we can muster and send it out to our friend. Keeping him uppermost in our thoughts and prayers throughout the day, we remember to qualify our requests with the petition: "*Thy will be done.*" God knows what each of us needs in this school of experience and when the time is right to relieve us of our afflictions.

Patiently persisting, we may rest assured that the healing will be affected. One day, unexpectedly and gloriously, and perhaps much sooner than hoped for, we are given evidence of the healing power which has been manifested in response to our efforts. We then understand in fact what it means to be a channel for the divine healing force. We experience humility, deep gratitude, and even awe. Surpassing all else, however, will be the surging joy that comes with the clear proof that positive prayer and positive thought really work.

Questions from the Reading

1. What is the power of positive prayer and thoughts?
2. What is the effect of negative thoughts, worries, and pessimism?
3. Why is it difficult to remove pessimism and worry from our minds?
4. How can we completely banish negative thoughts and pessimism?
5. What do we do if pessimistic thoughts try to enter our minds?
6. Why do we qualify petitions with “*Thy will be done.*”?
7. What do we experience when we are “*channel for the divine healing force*”?

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

REFLECTION and FINAL THOUGHTS
3 Journal Prompts
<i>Positive thoughts can ...</i>
<i>Pessimism is dangerous ...</i>
<i>To be a channel of divine healing ...</i>
2 Connections for Use in the Healing Center
1 Thought for Meditation
<i>“there is one sure way to deal with these offending thoughts and banish them completely— by concentrating intensely on surrounding the person about whom we are concerned with the Christ Light and Love.”</i>
Key Takeaway(s)

17. Wholeness is Godlikeness

Rays from the Rose Cross, Jan/Feb 2002

“Lord, by such things people live; and my spirit finds life in them too. You restored me to health and let me live. Surely it was for my benefit that I suffered such anguish. In Your love You kept me from the pit of destruction; You have put all my sins behind your back.” – Isaiah 38:16-17

ONLY GOD CAN HEAL. It is God’s Spirit in us, that “*Core of Goodness*” within every man, that possesses healing power. For wholeness at all levels of our being, then, we need union with God’s Spirit, ever-present, all-powerful, all-wise.

This brings us to a clearer understanding of the injunction, “*Physician, heal thyself.*” Indeed, this we are learning to do in remarkable degree day by day. However, where the “*Good Shepherd*” calls to us repeatedly to change our thinking and we choose to ignore the counsel, willfulness sets in and separation from wholeness begins. When allowed to continue, Spirit and soul are distressed. Then, as above, so below. Where such dis-unity persists in the higher vehicles, it ultimately manifests as imbalance and pain in the dense physical body.

When we consult them, physicians who study the physical body’s ills find a name for our ailment and treat the body for the effect of our willfulness, negligence, or ignorance. Treatment of our ill-being at this level, however, constitutes treating only the effect, not the cause. Therefore, it is the practice of the students of the Rosicrucian Fellowship method to turn first to God, the Source of all good, for relief and cure.

Sincere desire for wholeness greatly improves our inner perception, our spiritual “*hearing-aid*” is repaired. Then the comfort and guidance that flow to us continuously may be better heard and more accurately interpreted so that right action can be implemented. Patiently, our “*Comforter*” points out our errors, urging us to listen for and obey the living wisdom spoken in our hearts. According to our earnest desire to walk in the light of this wise Presence, our perceptive faculty is sharpened. We hear the promptings of the Holy Spirit; we obey that inner guidance; and, proportionately, we enjoy ever-increasing degrees of wholeness.

Questions from the Reading

1. Where does our healing power come from?
2. Why do we experience imbalance and pain?
3. How does the treatment by TRF differ from a physician?
4. How does a sincere desire for wholeness help us?
5. What does Christ our Comforter encourage us to do?
6. What occurs when our preceptive faculty is sharpened?

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

REFLECTION and FINAL THOUGHTS
3 Journal Prompts
<i>Wholeness means ...</i>
<i>When we walk in the light ...</i>
<i>Imbalance and pain results ...</i>
2 Connections for Use in the Healing Center
1 Thought for Meditation
<i>“It is God’s Spirit in us, that “Core of Goodness” within every man, that possesses healing power. For wholeness at all levels of our being, then, we need union with God’s Spirit, ever-present, all-powerful, all-wise.”</i>
Key Takeaway(s)

18. Let This Mind Be in You ... T.M. Notthoff

Rays from the Rose Cross, Nov/Dec 2001

*So do not fear, for I am with you; do not be dismayed, for I am your God. I will strengthen you and help you; I will uphold you with my righteous right hand.” –
Isaiah 41:10*

PAUL SAID, “*Let not sin reign in your mortal bodies.*” That is, let not the illusory judgments of the mind on the plane of irrational sense control the corporeal existence or condition. Rather, let grace “*reign through righteousness unto eternal life by Jesus Christ our Lord.*”

In every case of disease, it is incumbent to ask whether it belongs to things that really are, to those which have an existence in our true being, or to the class of things which includes all our sense perceptions, and only appear to be temporarily. It is our privilege to rise above the suggestions of irrational sense, with all its phantasms, and seek the guidance of a higher intellectual tribunal, which transcends thinking bound to the plane of sense. Then the disease will be classed among illusions, deceptive appearances, or sin, which have no right to reign in our mortal body.

This is but following the precept of Jesus, “*Judge not according to appearance [sight, sense], but judge righteous judgment;*” that is, according to the true nature of things. Faith in the above sense, as the perception of truth which is above and beyond the grasp of the senses, would seem to be the divinely appointed remedy for the maladies of the mind, from which the diseases of the body often arise and of which they are the corporeal expression.

Plato has said that “*the disease of the soul is folly, or a privation of pure intellect. But there are two kinds of folly, the one madness, the other ignorance. Whatever influence therefore introduces either of these must be called disease.*”

Thus, we may say that pure thought, uninfluenced by the senses, is a silent but omnipotent energy which may be used as a panacea for the maladies of both mind and body. He who strives to make use of this panacea is obeying Paul’s injunction: “*Let this mind be in you, which was also in Christ Jesus.*”

Questions from the Reading

1. What does Paul tell us we should do?
2. What are the two ways that disease can be classified?
3. When is a disease classified as a sin?
4. How should we judge things?
5. What is the remedy for the maladies of our mind?
6. What does Plato say about disease?
7. How can we produce a panacea?
8. What does Paul’s injunction mean?

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

REFLECTION and FINAL THOUGHTS
3 Journal Prompts
<i>Disease can belong ...</i>
<i>Disease arises from ...</i>
<i>We should strive to ...</i>
2 Connections for Use in the Healing Center
1 Thought for Meditation
<i>"we may say that pure thought, uninfluenced by the senses, is a silent but omnipotent energy which may be used as a panacea for the maladies of both mind and body."</i>
Key Takeaway(s)

19. Toxemia and Health ... Leon Patrick, M.D.

Rays from the Rose Cross, Nov/Dec 2001

“Worship the Lord your God, and His blessing will be on your food and water. I will take away sickness from among you,” – Exodus 23:25

IN ALL THINGS it is worthwhile to take a common-sense view, and in the care of the body, moderation (avoiding fanaticism—which is another name for ignorance) is the safer practice, and much more conducive to life and success.

The first common cause of disordered digestion is improper chewing. Next comes overeating, or eating of improper combinations. Parenthetically, it isn't what we eat, it's what we digest that builds for health.

Individually, digestive capacity is limited. When we overeat, when the intake of food is more than the digestive secretions are able to liquefy and prepare for absorption, the undigested starches and sweets undergo acid fermentation while the animal proteins undergo putrefaction. The end products of both fermentation and putrefaction are a constant source of toxins which cause enervation with subsequent inhibition of secretions and excretions.

All excretions carry waste products, the retention of which produces toxemia. Toxins circulating in the blood (toxemia) is the one condition that makes all diseases kin. Toxemia brings on crises which are commonly called diseases. Each individual develops a crisis—disease—that is peculiar to himself. That is to say, each individual has a diathesis, either inherited or acquired, which predisposes that individual to some particular form of ailment.

This being true, to obtain health or escape the onset of disease requires the giving up of all enervating habits until elimination has brought the toxic state below the saturation point. So long as the patient continues in this state, there will be no crisis, no disease. Hence to regain health it is necessary to control the enervating habits so as to prevent toxic saturation.

Toxin saturation means just that—catabolic toxins are diffused throughout every living cell. While the inherent protective powers of the body cells do establish a certain toleration for toxins (for example, moderate amounts of tobacco and alcohol), it is always at the cost of a slow and continuous loss of nerve energy—enervation.

So long as toleration exists, toxins are rendered relatively inactive and the patient (as well as the average physician) erroneously believes that his condition has improved. To the contrary, if he suddenly ceases to do wrong and endeavors to do right—if he definitely abandons all enervating habits and conscientiously adheres to a rational corrective diet, he soon becomes cognizant (if he be one of the usual sixty per cent) of functional aberrations more distressing than those he endured before his dietary reform.

The reason: All corrective diets are eliminating; they contain beneficent enzymes, the catalytic action of which releases the toxins from the cell protoplasm and

augments their passage into the blood stream. While in the blood stream on their way to final elimination from the body, these toxins often prove more irritating than when they lay quasi-dormant in the body cells.

The above is the shortest possible statement explaining why any radical change of dietary habits, though it be from the harmful to the beneficial, can and does produce temporary discomfort. I hope it is not brevity at the expense of clarity.

It should be obvious to the reader that according to the Rosicrucian Teachings concerning the cause and cure of disease, that there is no room for drugs or other remedial measures coming under the head of therapeutics.

Questions from the Reading

1. What are the two causes of disordered digestion?
2. What occurs when we overeat?
3. What causes toxemia?
4. How do we obtain health and prevent damage from diseases?
5. What is “*toxin saturation*”?
6. What does “*toleration*” mean in terms of toxins?
7. What is the danger of toleration?
8. What is the purpose of a corrective diet?
9. Why do we initially feel discomfort at the onset of a corrective diet?

My Prayer to Maintain Our Vital Fluid

O Lord, Creator and Master of Our Sacred Flame, You have graciously provided the solar forces that flood the world around us knowing that they are the source of our daily provision. Therefore, watch over me so that I may always be filled with strength and courage so that the illusion of fear has no place within my mind and that I may always be slow to anger by not accepting falsehoods or to feel the need to prove what is already true. For by this I may keep the orifice of my spleen open to attract and receive a steady stream of Your solar forces that will maintain my sacred fire and aid the vital processes of my body. Allow the vital fluid that now travels through my body to maintain its velocity as it moves purposefully within my body to touch upon all the muscles needed to move my body to do Your will and also keep the organs of my body in perfect equilibrium so that I may experience Your gift of perfect health. For by this, the surplus vital fluid may then radiate from my body in full power as straight lines so as to form a protective barrier to all agents of disease that might seek to enter my body. Bless, You my Lord, for You are the true Sun of righteousness, giver and protector of life, that always provides for Your children. Amen. (GEC)

REFLECTION and FINAL THOUGHTS
3 Journal Prompts
<i>Disordered digestion occurs ...</i>
<i>Excretions are ...</i>
<i>When there is tolerance ...</i>
2 Connections for Use in the Healing Center
1 Thought for Meditation
<i>“to obtain health or escape the onset of disease requires the giving up of all enervating habits until elimination has brought the toxic state below the saturation point.”</i>
Key Takeaway(s)

20. A Case of Obsession ... Stuart Leech, M.D.

Rays from the Rose Cross, Sept/Oct 2001

“Not only so, but we also glory in our sufferings, because we know that suffering produces perseverance; perseverance, character; and character, hope. And hope does not put us to shame, because God’s love has been poured out into our hearts through the Holy Spirit, who has been given to us.” – Romans 5:3-5

IN SEVERAL recently published articles on obsession, I mentioned two classes, viz., demoniacal and elemental. The latter is an obsession or a possession of the patient’s faculties to a greater or lesser extent by an invisible (spiritual) entity. There may or there may not be lucid intervals; but in the case recorded below they were numerous. In the occult I do not pretend to be anything even approaching mastership, but there are lots of things I can give first-hand knowledge on.

It is not in the province of this brief article to describe the motives and the origin of such entities as elementals and nature spirits, nor will we enter into any of the higher planes to describe the form or etheric make-up of the elementals. The elemental is the simplest of all outside influences that obsess and it is the first real live outside influence or real being with which the astro-medical diagnostician will come in contact.

The material make-up of the elemental is taken from one element, whence its name. It is well for the reader to remember that we are here speaking of the vibrations that are higher than the everyday physical, and that a full description of the elemental would carry us into a prolonged dissertation of the forces that work along the negative and the positive poles of the four ethers. Suffice it to say here that the elemental has real form and possesses life, mostly gained from his poor human victim. The casuist may demand proof of this statement before going further. I reply that it is self-demonstrable and that the road to truth and learning is open to any who is willing to pay the price. This price, however, is not money, and if the searcher is absolutely materialistic, he will do well to read the Kyballion or like literature before making further medical research.

It is well to remember that the most fundamental thing in the plant is invisible to physical eyes. Supersensible knowledge is accessible to all those who search diligently and persistently.

In reporting this case we will hold ourselves as much to the physical side as is compatible with the subject, and ask the reader to regard what follows as an actual typical case of elemental obsession. Enter any institution for the insane in the land and many like cases can be found. You may argue as you please and deride to your heart’s content, but the truth will not be changed to suit any of our preconceived opinions.

Mrs. H., aged 26, wife of an honest mechanic; mother of three children; blond, with some marks of feminine beauty; medium size, fairly well built; came from an intelligent but neurotic family, her father having died in an institution for the insane; lungs and heart in good condition, and no specific history. She was neat, industrious and naturally of a cheerful disposition. During the last confinement,

labor was completed in less than an hour under the able management of Dr. Muir, who attended her many times during the seven weeks following. The first week of the lying-in period she did splendidly. After about the ninth day she began to have peculiar nervous attacks of vague apprehension of danger to her well-being. There was no fever at any time. Dr. Muir, in some subtle manner, worked the case off onto me at the beginning of the eighth week. I was first called January 19th, at five o'clock in the afternoon and found the patient sitting in bed holding a hot water bag to her left breast, hair disheveled, her face displaying a maniacal expression; not a wink of the eyelids; eyes sunken in sockets, pupils dilated; hands and feet cold, showing disturbed circulation, although the room was comfortably warm; heart beat was slow, feeble but regular. Both pupils were dilated and persistently refused to contract under the influence of either light, hyoscyamus, strychnine or bromides. Her conversation was without reason and she was apprehensive lest she would immediately die, and would repeatedly ask the same question of the attendants as to her approaching death.

Regardless of the assurances to the contrary, she would inquire a hundred times or more a day if her heart was going to stop or if she would ever recover. She was rapidly becoming bedridden and any court of insanity would have unhesitatingly adjudged a fit subject for a State institution. Her heart reacted to a hypodermic of strychnine; but the pupils, the windows of the soul (Ego), would not yield to any stimulant that I applied.

There were various metastatic nervous sensations simulating an impish brand of hysteria. The medical attendant can sense a warmer feeling or atmosphere when in the presence of the ordinary case of hysteria, be it the impish or the apish variety.

Her lucid intervals were slightly noticeable. The pentabromides produced fairly good sleep, although more or less disturbed by dreams which were of significance to any psychoanalyst.

Besides the hypodermic administration of Hys. Hydro. and the nocturnal dosage of pentabromides, I prescribed a bitter tonic, to be taken after meals. I determined to do all that was in my power as a physician to save her from the asylum; but the more I was doing, the more serious grew the symptoms, until the third day, when I decided that the diagnosis could be modified or changed from that of nervous prostration to a plain case of elemental obsession which had its psycho-neurotic symptoms produced by a factor beyond the visible physical. The pupils and attitude were pathognemonic.

In this extremity a super-physical treatment was begun to dispossess her of the obsessing entity. It is not expedient to give to the public the superphysical part of the treatment at this time. Almost immediately the iris began to play, as it were, or to react in spots. The lucid intervals became longer, and within ten days the whole pupil had taken on a normal aspect.

Within 36 hours of the beginning of the modified treatment, a confession came from the patient: She stated that from the age of five she had practiced self-abuse and had continued this sexual perversion at intervals throughout life; and also had practiced it twice since her last confinement.

The symptoms were the direct manifestation of this elemental which functioned on the ethereal plane. As an unseen vampire it had grown great and was robbing this fair mother of her very life principle. Unaided, she was powerless to rid herself of this nature spirit.

There is no need of elaborating on the treatment as long as there is bias in the diagnostic judgment of the reader. In making a diagnosis, it is well for us to go slow in all neurotic cases, for we must first make sure that the symptoms have no physical origin, and that *there can be no obsession in toto without pupillary dilation*. It is easy to realize that to make no error in the diagnosis in these cases is of paramount importance to the reputation of the diagnostician and of serious import to the poor patient. In reality, the terms *hysteria*, *neurasthenia* and *psychoneurosis* can be vain subterfuges, used to cover the multitudes of our ignorance.

Stated briefly, the patient had a neurotic predisposition, a hostile environment, the stress of motherhood; and an evil practice further weakened the physical and mental faculties, thereby providing an ideal condition as an invitation to outside influence. The elemental obtained an area of consciousness from her at an early date, and as her acts were a surrender of life to the elemental, it grew great, feeding on the life ether and was able to obtain possession of more areas of her consciousness. By and by the elemental became the greatest thing within the temple, dethroning the human Ego from its throne of reason.

Note: Although the patient is able to attend to her household duties, she is still kept under medical observation.

Questions from the Reading

1. What are the two classes of obsession?
2. What is demonic possession?
3. What is an “*elemental*”?
4. How can we describe an elemental?
5. What is the Kyballion?
6. What symptoms of possession did Mrs. H. have?
7. What were Mrs. H. symptoms found to be a result of?
8. What is essential in an obsession diagnosis?
9. What conditions allowed for Mrs. H.’s obsession?
10. What happened to Mrs. H over time from the elemental possession?

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

REFLECTION and FINAL THOUGHTS
3 Journal Prompts
<i>Obsession is ...</i>
<i>Elementals generally ...</i>
<i>Possession overtime ...</i>
2 Connections for Use in the Healing Center
1 Thought for Meditation
<i>“The elemental is the simplest of all outside influences that obsess and it is the first real live outside influence or real being with which the astro-medical diagnostician will come in contact.”</i>
Key Takeaway(s)

21. Astro-View of Heredity and Disease ... Dr. J. A. Haworth

Rays from the Rose Cross, Jul/Aug 2001

He heals the brokenhearted and binds up their wounds. He determines the number of the stars and calls them each by name. – Psalm 147:3-4

THE BIBLE TELLS US that the sins of the parents may be visited on their children for three or four generations. This is true not only from a physical standpoint but from a mental and moral point of view. The Ego is entitled to the sort of parents whose tendencies coincide closely with its own. Parents possessing negative characters, as a result of violating nature's laws, attract and are entitled to children of a similar nature. The body evolves along with the spirit and as people learn the penalty of violating these laws by neglect of duty or willful opposition, the spirit becomes able to "*build a more stately mansion*" for itself. The spirit soon recognizes this through suffering, and thus we often see a great and kindly soul in a weak and deformed body, who has started on the long journey of building a better temple for the god within.

The dictionary says that heredity from a biological standpoint is the transmission of physical and psychical characteristics from the parents to their offspring. Metaphysicians freely admit that this is true from a physical point of view; for the embryo must use or draw on the chemicals of the mother for physical growth. However, many advanced Egos are able to draw from the ethers that which the mother may lack in proper material, and thus from sickly parents may come a sound body for the child.

The inheritance of psychical traits in the same way as physical transmission cannot hold true on account of the Law of Causation and natural evolution. There are usually psychical resemblances due to the law of attraction and just deserts. But often an Ego who has evolved to where it has a wide choice of parents and early environment may choose to pay off an old debt to other spirits, and as a result a healthy genius or a highly spiritual person will come from sickly parents of mediocre caliber; or, conversely, a thief may come from a minister's home. These examples refute the idea of mental inheritance. But let us get down to the physical factors as they affect health, diagnosis, and therapy.

When the pediatrician looks to parental weakness to diagnose the child's disease, he may be easily led astray for the reasons outlined above, unless he uses astrology and studies the mother's ductless glands, which are the prime factor in forming the fetus. For the blood stream of the mother does not intermingle with the fetus. So it is by osmosis that the chemical particles are transmitted to the child's body via the ductless glands. Thus, if the adrenals are out of order in the mother, the liver of the infant will be affected. This holds true for most people; but where an Ego is so advanced that it can build a good body by transmuting poor material and drawing on cosmic forces, it will not need a doctor's attention anyway.

The reason the pediatrician is apt to make a mistake or be confused is that while the parent has not yet developed liver trouble from adrenalin pathology because

the planetary progressions have not brought it to a head, the child will have a diseased liver, because the embryo had insufficient material from the mother's glands. Something similar applies of course to any ailment.

We will take a recent example which came to our attention to further elucidate this. The mother has Uranus adversely aspected in Aries. She is young, has some very good aspects to mitigate the Uranian affliction, and has had no serious physical complaints as yet. But lacking the proper balance of hormone from the adrenals during gestation and having little to offset this influence, the child is very backward; has spasmodic headaches, nervousness, is underweight as well as having weak eyes. All this results from the influence of his mother's Uranus at odds in Aries, ruler of the head. Uranus rules the eyes through the ethers and the nerves, and also governs the pituitary body.

Now the pituitary gland is also the gland of growth and assimilation, and is the indicator of abnormal as well as normal growths. We can trace everything from warts, tumors and cysts to dwarfs, giants, and malformed limbs to the dysfunction of this gland. When the child reaches puberty in another year, much of this trouble will be automatically corrected by the fact that the thymus, which now carries on the work of growth and assimilation, will atrophy, his pituitary will take over this work, and he will manufacture his own red corpuscles. He will no longer be dependent upon the essence he was able to store in the thymus from his mother's pituitary gland, but will be "*on his own*." With his well-aspected Uranus, we are able to safely predict a great change for the better. He will at that time, so to speak, have paid off the "*sin*" of his mother, and will reap some benefit from his own chart.

This explains clearly why children "*outgrow*" pathology and cease to have what is known as children's diseases, which in the final analysis are the sins of the parents visited upon the offspring. We do not say, however, that puberty is a "*cure all*" for children's disorders. This particular case is typical, and explains why the lack of a metaphysical and astrological understanding of the body is such a handicap in pediatrics as well as in adult diseases.

Such understanding indicates why the mother before pregnancy may be sickly and then become more robust after childbirth. The fact is that the lack of certain elements in her body caused the Ego of the child to demand proper material to build into its body. So-called abnormal appetites ensued with the mother, with the result that her own body profited by supplying the needs of the unborn child. The alchemical and chemical changes in her body also affected her mental outlook, at least temporarily. We have in mind a woman who was quite a gloomy soul, given to scolding those around her. But during the flush of pregnancy, she became an entirely different person—cheerful and tolerant, even sweet and lovely of face. And much of this change for the better remained with her after the baby was born. Her pride and joy in caring for and loving the infant was truly a wonderful example of the divine blessings of motherhood. It also saved a marriage that threatened to wreck on the rocks of misunderstanding. And a happier father than the one in this home would be hard to find.

What a pity that doctors and parents have so little knowledge of what astrology can do for happiness in the home. Pregnant mothers having a knowledge of astrology can design their diet to suit their own mineral affinity or mineral lack as

shown in the horoscope, and when the baby is born, they can feed it intelligently and give it every chance to have a sound physical body and avoid laying the foundation for future adult diseases.

Only the surface of this profound and gripping subject has been scratched by the average doctor who uses astrology. May God hasten the day when doctors and parents will begin to cooperate in learning the wonderful workings of the laws of life as disclosed by metaphysics and astrology.

Questions from the Reading

1. How is the spirit able to “*build a more stately mansion*”?
2. What is heredity?
3. How is heredity expressed for advanced Egos?
4. Why is inheritance of traits different for psychical traits?
5. Why can doctors be led astray in looking at parental conditions to diagnose a child?
6. How should doctors properly diagnose a child?
7. Why do pediatricians often make mistakes in diagnosing a child?
8. What is the role and dysfunction of the pituitary gland?
9. What is the role of the thymus gland?
10. Why do children outgrow “*children’s diseases*”?
11. Why do mothers become ill during pregnancy and robust after childbirth?

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

REFLECTION and FINAL THOUGHTS
3 Journal Prompts
<i>Negative character will ...</i>
<i>Expressing heredity is ...</i>
<i>Diagnostic mistakes in children are common ...</i>
2 Connections for Use in the Healing Center
1 Thought for Meditation
<i>“The body evolves along with the spirit and as people learn the penalty of violating these laws by neglect of duty or willful opposition, the spirit becomes able to “build a more stately mansion” for itself.”</i>
Key Takeaway(s)

22. *Imagining Health*

Rays from the Rose Cross, Jul/Aug 2001

“if my people, who are called by my name, will humble themselves and pray and seek my face and turn from their wicked ways, then I will hear from heaven, and I will forgive their sin and will heal their land. Now my eyes will be open and my ears attentive to the prayers offered in this place.” – 2 Chronicles 7:14-15

THE GREAT LAW of Attraction operates in every department of our lives, and for every one of us. It knows no favorites, and makes no exceptions. It not only brings together people of similar character, but it also draws inevitably to each one of us the health or illness that we ask for—or have asked for in past lives—by our thoughts, words, feelings, and deeds.

The mind is the link between the indwelling Spirit and its bodies. It enables the Ego to transmit its commands as thought and word, also to compel action. It is the focusing medium whereby the ideas wrought by the imagination of the Spirit are projected upon the material universe. First, they are thought forms only, but when the desire to realize the imagined possibilities has set the man to work in the Physical World, they become what we call concrete “*realities*.”

Thus, even though we say we desire health, if we at the same time indulge in thoughts of fear, suspicion, impatience, intolerance, jealousy, hatred, etc., we will find that these negative thoughts will manifest in our bodies and surroundings as inharmonious and unpleasant conditions. Furthermore, by harboring such thoughts against a single person in the world we make ourselves magnets for attracting into our auras the destructive thought currents of those who think and live evilly.

On the contrary, by evidencing our desire for health by thinking thoughts of kindness, sympathy, trust, faith, hope, and courage, we bring into “*concrete reality*” the imag(in)ed possibilities: health and pleasant surroundings. At the same time, we fortify ourselves against all evil vibrations.

The apostle Paul’s prescription for mental, and thus physical, health is “*Whatsoever things are true, whatsoever things are honest, whatsoever things are pure, whatsoever things are lovely... think on these things.*”

Questions from the Reading

1. What are the outcomes of the Law of Attraction?
2. What is the role of the mind?
3. How do thoughts become “*realities*”?
4. How do we sabotage our health?
5. How can we fortify ourselves from evil vibrations?
6. What does Paul encourage us to do for our health?

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

REFLECTION and FINAL THOUGHTS
3 Journal Prompts
<i>The Law of Attraction teaches ...</i>
<i>Imagination is important in ...</i>
<i>We protect ourselves from disease ...</i>
2 Connections for Use in the Healing Center
1 Thought for Meditation
<i>“The mind is the link between the indwelling Spirit and its bodies. It enables the Ego to transmit its commands as thought and word, also to compel action. It is the focusing medium whereby the ideas wrought by the imagination of the Spirit are projected upon the material universe. First, they are thought forms only, but when the desire to realize the imagined possibilities has set the man to work in the Physical World, they become what we call concrete “realities.”</i>
Key Takeaway(s)

23. The Healing Silence

Rays from the Rose Cross, May/Jun 2001

"For the spirit God gave us does not make us timid, but gives us power, love, and self-discipline." - 2 Timothy 1:7

HOLY SILENCE, familiar to troubled hearts in earnest prayer, throbs with healing power. Here we may enter with faith and thanksgiving the secret place of the Most High, and lift our hearts in the vibrant stillness for the healing and help that abound in Him. *"Pray to thy Father which is in secret and thy Father which seeth in secret shall reward thee openly."*

Through the reverent stillness is communicated the undeniable knowledge of a Healing Presence, and a man or woman blessed with the inner power of a living faith may enter alone to partake of potent soul refreshment. Peace and power enfold such a worshiper as a shining garment.

There is a compassionate embrace for those who seek the Father's mercy. Their need, locked in the hidden places of the heart and mind, is received by Him, transformed by the emotion of His love touching theirs, and they arise refreshed and sometimes made whole.

Forgiveness is in that Holy Presence, soothing and lifting the contrite heart. Encouragement to live righteously, to overcome by the light of God's wisdom, to leave with Christ those burdens too great to bear, is received with joy. A radiance born of anguish and pain envelops the heart and fills it with the bliss of a oneness with Him.

Turning to the spiritual quietude of the secret place of the Most High, we must fearlessly accept the truth of our own responsibilities in the things we suffer. In this acceptance, and in the subsequent obedience to the laws of God, minds are stilled, hearts respond to peace, lives become recreated and whole. Greater service in His vineyard glorifies the life.

Questions from the Reading

1. How should we enter the presence of God?
2. What does our silence communicate to God?
3. What do we receive in God's Holy Presence?
4. What does it mean to accept the truth?

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*

REFLECTION and FINAL THOUGHTS
3 Journal Prompts
<i>Silence is necessary ...</i>
<i>The power of silence is ...</i>
<i>To be stilled ...</i>
2 Connections for Use in the Healing Center
1 Thought for Meditation
<i>“Turning to the spiritual quietude of the secret place of the Most High, we must fearlessly accept the truth of our own responsibilities in the things we suffer. In this acceptance, and in the subsequent obedience to the laws of God, minds are stilled, hearts respond to peace, lives become recreated and whole”</i>
Key Takeaway(s)

24. *The Newness of Life*

Rays from the Rose Cross, Mar/Apr 2001

"Hear, LORD, and be merciful to me; LORD, be my help." You turned my wailing into dancing; you removed my sackcloth and clothed me with joy" - Psalms 30:10-11

AN ENTIRELY NEW SET of surroundings—new scenes, new people, new activities, and consequent new thought processes—is a powerful means of bringing about an improvement in one's health.

This has been demonstrated countless times, and physicians frequently prescribe a trip as a remedy for an illness which has stubbornly refused to yield to other curatives. Many people, however, are unable to leave their homes, and consequently are faced with the alternative of transcending the power of outer stimuli by effecting a change *with-in themselves*.

This method is the best, not only because it obtains permanent results, but because it also brings soul growth. In view of its consequences, the effort of will required to give up the old, set ways of feeling and thinking which have brought about the crystallizations manifesting as disease, is indeed well spent. Anyone, if he will, may change his consciousness simply by establishing different reactions to the same people and surroundings— reactions clothed in the golden aura of Christlike love and desire to serve.

The Love-Wisdom aspect of Divinity is inherent in every human being, and may be unfolded in all its glorious beauty by daily efforts to love and serve others. Through it we may accomplish a physical, mental and spiritual change in a seemingly miraculous manner, for its presence dispels crystallization and restores the normal rhythm and harmony of the bodies.

By visualizing the Christ Light about ourselves and others, by emulating His wondrous love and compassion, by cultivating a firm faith in His gracious mercy, thus permeating our consciousness with His vibrations, we may walk in that "newness of life" which St. Paul mentions in the sixth chapter of Romans, and "*we shall be also in the likeness of His resurrection.*"

Questions from the Reading

1. What is a powerful way to improve your health?
2. What is an alternative to travel?
3. What does the travel alternative require?
4. How can we simply change our consciousness?
5. How may we unfold the Love-Wisdom aspect of Divinity?
6. What is Paul telling us we should do in *Romans 6*?

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 their 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)

REFLECTION and FINAL THOUGHTS
3 Journal Prompts
<i>When we travel ...</i>
<i>If we can't travel ...</i>
<i>Change within ourselves ...</i>
2 Connections for Use in the Healing Center
1 Thought for Meditation
<i>“Anyone, if he will, may change his consciousness simply by establishing different reactions to the same people and surroundings— reactions clothed in the golden aura of Christlike love and desire to serve.”</i>
Key Takeaway(s)

25. Disease—Not an Unmixed Evil ... Laurence Oliphant

Rays from the Rose Cross, Jan/Feb 2001

"Stretch out your hand to heal and perform signs and wonders through the name of your holy servant Jesus." After they prayed, the place where they were meeting was shaken. And they were all filled with the Holy Spirit and spoke the word of God boldly." - Acts 4:30-31

THE LIFE WHICH comes from above is healthy, while that from below is unhealthy. The unhealthy life always streams into us when organic conditions admit of its doing so, but the current of it is checked as soon as the physical balance is restored by remedial agents.

However, it should be understood that disease is by no means an unmixed evil; that it is generated by the lower, and not the upper life, is unquestionable: but divine laws perform their functions through the lower as well as through the upper agencies, and the operation of the former is therefore made subservient to beneficent ends. Thus disease, which is, in fact, an effort of nature to throw off poisonous invasive elements, often leaves the organ attacked in a far healthier condition than it was before—in which, possibly, planes existed for moral infestation.

A radical change in the organ, produced by disease, often closes the avenue to the invasion. Again, it sometimes happens that when the organism is extremely reduced physically by disease, atomic combinations can be effected in the moral nature, which would be impossible in conditions of robust physical health; and one of the commonest experiences of those who make the violent change in their external mode of thought, aims in life, and daily habits, which is involved in the attempt to rise above the conventional moral standard, and be...self-surrendered to the service of God...is a serious attack of illness, from which they rise with new and higher faculties developed—the effect of the illness having been to attenuate the gross atomic covering of the finer atomic elements and so to allow these latter to expand.

Thus, the final effect of disease upon those who are struggling to enter into new and higher conditions is always, in a greater or less degree, to develop the subsurface faculties.

Questions from the Reading

1. What do we need to understand about disease?
2. What is disease?
3. Why is disease sometimes necessary?
4. What positive things can arise from disease?
5. How can the effect of disease change us?
6. What is the “*final effect of disease*” to spiritually advance?

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)

REFLECTION and FINAL THOUGHTS
3 Journal Prompts
<i>“Unmixed evil” refers to ...</i>
<i>Necessary disease is ...</i>
<i>Our moral nature ...</i>
2 Connections for Use in the Healing Center
1 Thought for Meditation
<i>“disease, which is, in fact, an effort of nature to throw off poisonous invasive elements, often leaves the organ attacked in a far healthier condition than it was before—in which, possibly, planes existed for moral infestation.”</i>
Key Takeaway(s)

Final Reflection

<i>Which article from the RFTRC did you find most helpful in your work with spiritual healing, why?</i>	<i>Which prayer was most effective in your prayer life, why?</i>
<i>What did you learn from your meditation on the One Thought?</i>	<i>What were a few of the most important takeaways you had from the RFTRC articles?</i>
<i>What insights did you experience while journaling with the Journal Prompts?</i>	<i>What were a few of the most important learnings you expect to use in your work in TRF Healing Center?</i>

Christ Leads the Blind Man Out of Bethesda

