

Supplemental Healing Lessons

from the

Rays From the Rosy Cross Magazine



Vol. 2

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 Some of these articles on healing consist of excerpts of Max Heindel's writing from both published and unpublished sources as well as other named and unnamed writers.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 mediation 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>	

The Healer

TO A YOUNG PHYSICIAN, WITH DORÉ'S
PICTURE OF CHRIST HEALING THE SICK

*So stood of old the holy Christ
Amidst the suffering throng;
With whom His lightest touch sufficed
To make the weakest strong.*

*That healing gift He lends to them
Who use it in His name;
The power that filled His garment's hem
Is evermore the same.*

*For lo ! in human hearts unseen;
The Healer dwelleth still,
And they who make His temples clean
The best subserve His will.*

*The holiest task by Heaven decreed,
An errand all divine,
The burden of our common need
To render less is thine.*

*The paths of pain are thine. Go forth
With patience, trust, and hope;
The sufferings of a sin-sick earth
Shall give thee ample scope.*

*Beside the unveiled mysteries
Of life and death go stand,
With guarded lips and reverent eyes
And pure of heart and hand.*

*So shalt thou be with power endued
From Him who went about
The Syrian hillsides doing good
And casting demons out.*

*That Good Physician liveth yet
Thy Friend and Guide to be
The Healer by Gennesaret
Shall walk the rounds with thee.*

—John Greenleaf Whittier

"Jesus Healing the Sick" by Gustave Doré



When they had crossed over, they landed at Gennesaret. And when the men of that place recognized Jesus, they sent word to all the surrounding country. People brought all their sick to him and begged him to let the sick just touch the edge of his cloak, and all who touched it were healed. – Matthew 14:34-36 NIV

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1. The Laying on of Hands

Rays for the Rose Cross, Nov/Dec 2000

“they will pick up snakes with their hands; and when they drink deadly poison, it will not hurt them at all; they will place their hands on sick people, and they will get well.” – (Mark 16:18 NIV)

THE VITAL LIFE FORCE, or nerve energy, is as yet little understood by material science, for man has not yet reached the stage of development where he is ready to control and work with this mysterious essence. We do know, however, that this energy is vitalizing and healing in effect, and a person is healthy in proportion as he displays an abundance of it.

Since it is electrical in nature, people have been led to attach batteries and magnets to themselves, wear galvanic belts, and take electric shocks in the hope of building up their supply of this force. However, the vital energy is of a much higher frequency than the electricity of which we commonly know. Therefore, these methods are useless in generating a reserve of this force.

To generate this healing power to excess in the body so that it may be used to help others, one must live the higher life. By that is meant a diet of the more etherized foods, such as fresh fruits and vegetables exclusively, deep breathing of fresh air, and clean, spiritualized thinking. Like all electrical energy, this solar force is dual in nature, and it utilizes that physical portion of the body known as the sympathetic nervous system.

The healing force originates from the visible presence of Christ, the Sun, and from there permeates the atmosphere about us. From the air the Life is breathed into our lungs, where it is taken up by the blood and the sympathetic nervous system for distribution to every cell in the body.

There is a right and a left sympathetic nerve trunk running along the spine with numerous plexuses branching out to all parts of the body. The right side of this system dispenses the positive vibrations, while the left represents the negative aspect. There are nerves (called the radial nerves) located in the arms through which this healing force radiates, and these nerves terminate in the thumb and two first fingers of each hand. In the laying on of hands by one who is supercharged with this healing power from on High, the energy flows directly into the debilitated cells and tissues, often effecting an instantaneous cure. That Jesus and His disciples had an abundance of this force is evidenced by the fact that even their clothes were charged with it.

Questions for the Reading

1. Why don't batteries, magnets, galvanic belts or electric shock help to build up our vital life force?
2. How do we build up our vital life force so as to be able to heal others?
3. What part of the body is utilized for the vital life force?
4. Where does the healing force originate from?
5. How does the healing force energy come to us?
6. Where do the radial nerves carry the healing force to?
7. What occurs in the laying on of hands?
8. How do we know that Jesus and His disciples had an abundance of the healing force?

My Prayer to Build Up Our Vital Life Force

All Powerful God, Provider of Our Vital Force, help me to best intake the healing force that comes from Christ, the Sun. Allow me to inhale the force from the atmosphere into my lungs so it may diffuse into my blood and then pass to my sympathetic nervous system so that it may find a home in all of the cells of my body. Then when needed for healing by the laying on of hands help me to draw this vital nerve force from the right sympathetic nerve trunk present in my spine so I may send its positive vibrations through the radial nerve of my arm that then terminates in my thumb and the index and middle finger of my hand. Then when I lay my hands upon the patient, I can release the supercharged healing energy into the patient's body so it may move within their damaged or ill-functioning cells or tissues and expedite an instantaneous cure just as Christ had performed in His healings. Therefore, my Lord in order to best help me generate a surplus healing power within my body keep me focused on my spiritual progress for healing in which I continue to live a higher life by ensuring that I conform to a diet of highly etherized foods of fresh fruits and vegetables, acquiring adequate fresh air for deep relaxing breathing, and spending time attaining knowledge and skills in my spiritual advancement. Then in Your name I can use my abundance of healing energy to do as You have asked of us, to heal our brothers in Your name. Amen.
(GEC2025)

REFLECTION and FINAL THOUGHTS
3 Journal Prompts
<i>Generating healing power ...</i>
<i>The healing force is distributed ...</i>
<i>Your hands ...</i>
2 Connections for Use in the Healing Center
1 Thought for Meditation
<i>The healing force originates from the visible presence of Christ, the Sun, and from there permeates the atmosphere about us. From the air the Life is breathed into our lungs, where it is taken up by the blood and the sympathetic nervous system for distribution to every cell in the body.</i>
Key Takeaway(s)

2. Music, the Divine Healer ... Dorothy B. Cameron

Rays from the Rose Cross, Sept/Oct 2000

“Whenever the spirit from God came on Saul, David would take up his lyre and play. Then relief would come to Saul; he would feel better, and the evil spirit would leave him.” – (1 Samuel 16:23)

TO THE AWE-INSPIRING verses with which St. John opens his Gospel must we turn if we would seek the foundation that makes the work of musical therapy possible: *“In the beginning was the Word.”* No ordinary, casually spoken word was this, but one so sublime, so mighty, that the whole of infinite space gave joyous, eager response and was stirred into life. Thus did Cosmos begin to emerge from Chaos; thus, count-less ages past, was begun that which is marvelous beyond all man’s comprehension—our universe. By it innumerable stars are governed; by it is ordered the majestic sweep of the planets about the Sun; by it everything in creation is made. It is the source of all life, and to it we owe our being.

Long ago Pythagoras spoke of *“the music of the spheres,”* saying it was an actual fact, as each planet sings its own sublime note. To each one he assigned one note of the scale and compared the distances between them to tones and semi-tones, the whole forming the seven notes of the scale. The entire scheme of evolution of our solar system can be related to the seven and one-third octaves of the keyboard of the piano, even that one-third being of vital significance.

By the singing wonder of those celestial tones is built the archetype of each human body. When it begins a new life cycle, the Ego descends from the Third Heaven into the Region of Concrete Thought where the music of the spheres sets the seed atoms of its future vehicles into vibration. The tones of this music form vibratory lines of force which later attract and arrange physical particles in a manner similar to that by which grains of sand on a glass plate form geometrical patterns when a bow is drawn across the plate’s edge. All the planets assist in this work of building the archetype, but the one which vibrates in particular harmony with the keynote of the physical seed atom becomes the life ruler, and the tones of each of the other planets are modified by the Father Star. During the period of construction of the archetype not all tones given forth by the planets as they form varying aspects can be used by the seed atom, but only those to which the previous work of the Ego has enabled it to respond. Thus, each person’s keynote is individual.

Hence, we see why music, the highest of the arts, has such power for healing.

Questions from the Reading

1. Where is the basis of music therapy found?
2. What was the response of the infinite space to God's Word?
3. What is the "music of the spheres"?
4. How is the evolution of the solar system related to music?
5. How do the celestial tones build the archetype of each individual human body?
6. What is the keynote?
7. What tones does the seed atom use in construction?

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 Your 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>St. John speaks of ...</i>
<i>Tones and semitones are...</i>
<i>The music of the spheres is...</i>
2 Connections for Use in the Healing Center
1 Thought for Meditation
<i>All the planets assist in this work of building the archetype, but the one which vibrates in particular harmony with the keynote of the physical seed atom becomes the life ruler, and the tones of each of the other planets are modified by the Father Star.</i>
Key Takeaway(s)

3. The Healing Power of Forgiveness... Kwassi L. Djondo

Rays from the Rose Cross, May/Jun 2000

"And when you stand praying, if you hold anything against anyone, forgive them, so that your Father in heaven may forgive you your sins." (Mark 11:25 NIV)

BEFORE LEAVING this world, our Lord gave his disciples two recommendations: "*Teach the Gospel and Heal the sick.*" The second commandment, "*heal the sick,*" depends upon the first, "*teach the Gospel.*" It is only when we fail to apply the knowledge acquired that we lose our balance, are no longer at ease—that we become diseased. At this stage we need a healer.

For a successful healing to take place, certain principles must come into play, foremost among which is the doctrine of forgiveness. There is no disease that will not give way under the power of forgiveness. A good healer needs to develop within himself the inner power of forgiveness.

What is forgiveness? What are its different components? How does it work? Forgiveness is defined as the act of ceasing to feel resentment against someone on account of a wrong committed. Forgiveness is that act of giving claim to requital from or retribution upon another person. It is the act of absorbing, of pardoning.

Spiritually speaking, forgiveness is beyond ceasing to persecute the one who has wronged us, it is beyond mere pardoning. Forgiveness is the highest expression of love; it is love itself. Forgiveness is what makes the difference between the Old Testament and the New Testament. Forgiveness is the central element in the fifth clause in the Lord's Prayer: "Forgive us our trespasses as we forgive those who trespass against us." The keynote of this fifth clause is love, Christ Love. This clause shows how important forgiveness is to our Lord. All the healings he carried out were always preceded by the act of forgiveness. He always forgives first, then heals: "*Thy sins are forgiven thee, sin no more but arise, take up thy bed.*"

There is a kind of forgiveness that is of a far lower caliber. There are some people who revile the one who has offended them, burn his fault into him and only when they have fully satisfied their own righteous indignation and shown the world clearly how wrong their opponent was do they make a great show of pardoning him for his offenses.

There is also the type of forgiveness that might be termed a surface forgiveness, the kind that offers outward pardon but retains inner resentment.

Forgiveness is not a static act; it is a process. For forgiveness to be complete it must go through three up the stages: Repentance, Reformation, and Restitution. Repentance is a change of one's mind or one's heart with regard to intended action as a result of regret or dissatisfaction, or a feeling of contrition for what one has done or omitted to do. A change of attitude towards others has to occur, born out of sorrow or the awakening of a moral sense—the quality of compassion has touched the soul.

Reformation means to restore, renew, or rebuild, to change into a new and improved form or condition; it entails the removal of faults or abuses.

Reformation is an active expression of an inner awakening; it implies a series of acts which can no longer be done, which are viewed as unconscionable.

Restitution is an act of restoring or an act of making good for loss or damage. If restitution cannot be made to the original person or persons involved, the sincerity of our regret will compensate to some extent, but by serving another in need, the restitution can be completed.

As long as we bear grudges, regardless of whether or not we are in the right about an injury done to us, we cannot attain to perfect health. The unrelenting attitude of mind which holds fast to grievances invites the crystallization that results in illness. If we refuse to forgive, we harm ourselves. A passage from Max Heindel's *Letters To Students* (No. 82) illustrates this danger.

We have on Mt Ecclesia several swarms of bees. Some time ago the gardeners were endeavoring to move a swarm from one place to another. The bees because enraged at this interference with their life and work they stung their aggressors severely and painfully in a number of places. When this incident was reported to me and I thought it over; it struck me that there was in it a very important lesson. The bee loses its sting whenever it has stung, and then it dies. How strictly the law of justice deals with it! It automatically kills itself when harming anyone else. It is not an avenging God but its own act that brings the retributions.

Consider the case of a patient, suddenly contrite after nursing long-standing grievances, who simultaneously achieved almost '*miraculous*' healing of an equally longstanding ailment. An osteopath relates that for years the patient's hands had been twisted so badly that she could not open her fingers. The woman has steadfastly claimed that she bore no ill-will and could think of no mental or emotional reason for her illness. One day, however, at the doctor's relentless urging, the woman tearfully broke down and admitted to a grudge against her sister of many years duration. In sudden heartfelt repentance she began to sob and cry out, "I forgive her! I forgive her!" And as she did so, her fingers, long immobile, straightened out and she found that she could move them.

Our ability to forgive often underlies the state of our well-being. Saint Francis desired to be an instrument for God's peace. Therefore, he prays, in his "*Prayer For Peace*," that "*Where there is injury, let me sow pardon.*" Peter came to Jesus and asked, Lord how many times do I have to forgive my brother, seven times? "*No, not seven times*" answered Jesus, "*but seventy times seven.*" Which means, as long as your brother offends you.

Of all the doctrines Christ brought to us the most demanding, the most difficult to practice, is the doctrine of forgiveness. It exacts the surpassing of one-self, it needs greater sacrifice, greater sympathy, greater love, hence greater mercy. We cannot forgive our enemy if we do not have mercy. In his play *The Merchant of Venice* Shakespeare extols the greatness of mercy. He puts in the mouth of young Portia these beautiful words:

*The quality of mercy is not strained;
It droppeth as the gentle rain from heaven
Upon the place beneath; it is twice blest;
It blesseth him that gives and him that takes.*

*'Tis mightiest in the mightiest: it becomes
The throned monarch better than his crown;
His scepter shows the force of temporal power,
The attribute to awe and majesty,
Wherein doth sit the dread and fear of kings.
But mercy is above this sceptred sway;
It is enthroned in the hearts of kings,
It is an attribute to God himself;
And earthly power doth then show likest God's
When mercy seasons justice.*

Mercy goes hand in hand with forgiveness. True forgiveness is a deed of mercy, a power that comes from the heart—*miserericordia* (*misereri*, to feel pity + *cor*, heart). Mercy is the soul of forgiveness. It is mercy that opens the way to healing. The healing sentence “*Thy sins are forgiven thee*” is always preceded by mercy. The Lord has always been moved with mercy for those he has healed.

The true act of forgiving is “*degrading*.” We need to develop spiritual humility if we really want to forgive. Spiritual humility and the ability fully to forgive go hand in hand. The healer needs to develop a childlike spirit to forgive. Only a healer spiritually humble can dive into the stinking subconscious mind of the offender to find the cause in order to nullify the effect that is the disease.

Forgiveness is an attribute to God. There is an adage which says: “*to err is human, to forgive is divine*.” It is not the personality but the Christ within that forgives. A man who forgives moves from manhood to Godhood. The more we forgive the more divine we become.

The noblest, the most redeeming and potent expression of forgiveness ever made was by Christ Jesus from the Cross. Pain-racked and looking out over the hostile crowd that had scourged and reviled Him, Christ Jesus reached out beyond himself in loving concern for them and said: “*Father, forgive them for they know not what they do*.” This powerful prayer reached unto the very throne of the Father Who answered it by immersing our planet in a most effectual healing balm.

A tremendous healing power is released when forgiveness is sincere. When the human race was forgiven on that Good Friday a miracle happened: “*And, behold, the veil of the temple was rent in twain from top to bottom; and the earth did quake, and the rocks rent; and the graves were opened; and many bodies of the saints which slept arose, and came out of the graves after his resurrection, and went into the holy city, and appeared unto many*” (Matt. 27:51-53).

A sincere forgiveness is always followed by a miracle. Forgiveness is something beautiful, wonderful, noble. Retrospection, which is a confession to oneself, is a very effective way of awakening the Spirit of forgiveness. The more we practice retrospection, the more forgiving we become.

May our Lord Christ Jesus through God's mercy help to awaken in each of us this blessed attribute of forgiveness.

Questions from the Reading

1. What two things did the Lord ask of his disciples?
2. Why do we become diseased?
3. What is required for a successful healing?
4. How is forgiveness defined?
5. What is forgiveness the act of?
6. What is forgiveness spiritually?
7. How is forgiveness expressed in the *Lord's Prayer*?
8. What is needed before a healing can occur?
9. What is a "lower caliber" form of forgiveness?
10. What is "surface forgiveness"?
11. When is forgiveness complete?
12. What is repentance?
13. What is reformation?
14. What is restitution?
15. What occurs when we hold grudges or grievances?
16. What analogy is seen with bees and the law of justice?
17. What does Jesus teach Peter about forgiveness?
18. Why is forgiveness so difficult?
19. What does Shakespeare's character have to say about mercy?
20. How are mercy and forgiveness related?
21. Why is the true act of forgiving "degrading"?
22. How can we become more divine?
23. What was the most potent expression of forgiveness?
24. What happened on Good Friday?
25. What always occurs after forgiveness?
26. What is the power of retrospection?

My Prayer for Retrospection

Each night I faithfully perform the exercise of Retrospection so that I can purify myself and develop my spiritual sight. Through my work in the restoration of harmony, I am not only living my purgatory and first heaven each night so I may learn to experience the conscious life without the dense body but I will shorten my purgatorial existence upon my death. May I be sincere and humble in my repentance and reform in my wrongful actions and know when it is necessary to make restitution for my wrong and be sincere in regret when it is not possible. I know that if I make the effort to eliminate the habits that cause others pain and suffering and atone for my wrong doings then I can eliminate the subconscious memory of my negative actions so they no longer exist to be used in my judgement after death. And even if I have done good, I still stand determined that I will not do so for acknowledgement and I vow to do better each day. Amen. - (GEC)

REFLECTION and FINAL THOUGHTS
3 Journal Prompts
<i>We become diseased ...</i>
<i>Forgiveness and mercy ...</i>
<i>Retrospection is...</i>
2 Connections for Use in the Healing Center
1 Thought for Meditation
<i>Forgiveness is the highest expression of love; it is love itself. ... As long as we bear grudges, regardless of whether or not we are in the right about an injury done to us, we cannot attain to perfect health. The unrelenting attitude of mind which holds fast to grievances invites the crystallization that results in illness. If we refuse to forgive, we harm ourselves</i>
Key Takeaway(s)

4. The Healing Power of Praise

Rays from the Rose Cross, Mar/Apr 2000

“Let everything that has breath praise the Lord. Praise the Lord.” (Psalm 150:6 NIV)

“I WILL PRAISE THEE, O Lord, with all my heart Upon the harp will I praise thee.... I will praise thee forever.... While I live I will praise the Lord,”
sang David, the initiate singer of old.

There is a tremendous efficacy in praise to God. Its psychological effect may be used as a dominant factor in healing the physical and mental ills of human beings. An attitude of praise puts one in tune with the harmonizing vibrations of the Spirit's true home world, lifting the consciousness to a higher level, liberating the inner man from the “*mortal coil*” of earthly things, and calling forth from the heart an indescribable feeling that acts in a transforming manner upon every atom of the body. Sincere praise invites an inpouring of spiritual Light and Life, that divine effulgence which opens the way for communion of the human being with his Creator.

Hate, greed, jealousy, and all other disease-producing attitudes disappear quickly in the magic presence of thanksgiving and praise to Deity. Realities of the Spirit become established in the body.

Easter is pre-eminently a time of rejoicing and praise. It is at this Holy Season that the Christ, indwelling planetary Spirit of our Earth, is freed from His hampering material vehicle so that He may return for a little while to His Father's throne in the World of God. There He is rejuvenated by deific glory and power, and shortly afterward begins His return to Earth.

All Nature sings His praise at this time. With joyful songs and gay colors, the outward glory of God is made manifest. The Angels fill the heavens with their soul-thrilling hosannas as they joyfully meet their Christ and accompany Him on His upward Way.

Ours is the opportunity to revivify our whole being at this time. By opening our hearts and minds to the essence of Love about us, we may bring in the spiritual harmony that dispels all ills.

Questions from the Reading

1. What is the outcome of an attitude of praise?
2. What does praise eliminate?
3. What happens to Christ at Easter?
4. How is Christ praised?
5. How can we revivify our whole being at Easter time?

My Prayer of God's Greatness

O Great and Powerful Father, Who is my one and only God, You have performed countless wonders and marvelous things for Your people so that they seek to worship and exalt You above all else. As Your children You have generously bestowed us with Your handiwork that beholds Your loving kindness and mercy. What miracles You have shown us through the creation of the world to the parting of the Red Sea to save Your chosen people, there is no other God with such great powers who could ever compare with You. The heavens and the Earth belong to You and You are the exalted head of Your mighty kingdom that You offer through love to Your believers. With your power you provide us with the ability to do all things and if we wait for You, My Lord, You renew our strength so we may fly swiftly like eagles with great strength and endurance so we can overcome any obstacle without tiring. You as no other stand as our tower so that we may always enter to find safety. Yet, sometimes in Your greatness You create things that are beyond our understanding so we must learn to accept as You will reveal Your plan at the right time with the right people in the right place so that we may have peace and joy in the understanding of Your divine plan. For even as a lowly servant in Your vast multitude of Your children You still patiently hear the pleas of each petitioner and do not forsake their cries even when they have not always honored Your commandments and have fallen short of Your glory. By Your Son's blood You willingly take us in as Your new creations allowing our pasts to be shed so we may come to You as newborns without stain so You may make our paths now extend forward in the right direction. For You, My Lord and God, who created all things by Your Word and brought them into existence are worthy and deserving of our prayers of praise and adoration. Therefore, my Lord, although I often come to You in times of need or difficulty, I now wish to praise for You for who You are, as You are a God of faithfulness, goodness, righteousness and wisdom everywhere at all times. And in time through my efforts, I am committed from sun up to sun down to live a life of praise in which I am always rejoicing in You, my Lord. Amen. (GEC2025)

REFLECTION and FINAL THOUGHTS
3 Journal Prompts
<i>Praises produces ...</i>
<i>I praise by...</i>
<i>In nature, praise ...</i>
2 Connections for Use in the Healing Center
1 Thought for Meditation
<i>An attitude of praise puts one in tune with the harmonizing vibrations of the Spirit’s true home world, lifting the consciousness to a higher level, liberating the inner man from the “mortal coil” of earthly things, and calling forth from the heart an indescribable feeling that acts in a transforming manner upon every atom of the body. Sincere praise invites an inpouring of spiritual Light and Life, that divine effulgence which opens the way for communion of the human being with his Creator.</i>
Key Takeaway(s)

5. Love: The Realization of the Impossible ... Eliphas Levi

Rays from the Rose Cross, Jan/Feb 2000

Jesus replied: " 'Love the Lord your God with all your heart and with all your soul and with all your mind. ' (Matthew 22:37)

THOUGH I SPEAK with the tongues of men and of angels...and understand all mysteries, and all knowledge and though I have all faith...and have not love, I am nothing," says the apostle. From the viewpoint of absolute morality Good is Love; Evil is Hate. Love must be loved. The gospels say that one single word of hate deserves hell, and consequently one word of love merits heaven twice over.

Experience teaches that love rewards more liberally than hate punishes. St. Teresa pitied Satan with the following words: "*The unhappy one—he can no longer love.*" To her hell was the condition resulting from complete lovelessness. Love is the creative fire which no deluge can extinguish. It is the victor over death and the undoing of hell. True love is the apprehension of God in man; it is the essence of religion, of honor, of friendship, and of marriage.

On the physical plane love is the principle of life; on the spiritual or metaphysical plane it is the principle of immortality.

Likings and passing fancies, however, are not love. For to hate the heart that no longer loves us, is it not to punish it for having loved us? Love is the greatest power of man, while its selfish pretense is the most unworthy weakness. True love is the omnipotence of the ideal. By the ideal the soul is exalted. It becomes greater than nature, more living than the world, loftier than science, more enduring than life itself. To love is to live, to love is to know, to love is to be able, to love is to pray, to love is to be the ManGod. War is love's fierce fever, the passions its diseases, wisdom its triumph and repose.

The grand arcanum of magic is the mystery of love. Heaven is a song of love fulfilled, hell a roar of love deceived. When the world shall have learned to love, the world will be saved.

Questions form the Reading

1. What are hate and love?
2. What do hate and love deserve?
3. Why did St. Teresa pity Satan?
4. What are love and true love?
5. What is love on the different planes?
6. What is the weakness of love?
7. What is true love and its effect?
8. What five things occur when we love?
9. What is war?
10. What are the different ways that love is expressed?
11. What occurs when the world learns to love?

My Prayer of Adoration

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

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

REFLECTION and FINAL THOUGHTS
3 Journal Prompts
Love is seen...
In true love there ...
Learning love ...
2 Connections for Use in the Healing Center
1 Thought for Meditation
<i>From the viewpoint of absolute morality Good is Love; Evil is Hate. Love must be loved. The gospels say that one single word of hate deserves hell, and consequently one word of love merits heaven twice over.</i>
Key Takeaway(s)

6. The Healing Christ

Rays for the Rose Cross, Nov/Dec 1999

“Heal me, Lord, and I will be healed; save me and I will be saved, for you are the one I praise.” (Jeremiah 17:14)

AS SUCH A LARGE PART of the Gospels and the Acts of the Apostles is devoted to the healing of the sick, we may rightly ask, How is it that the Lord was so concerned with the infirm, and why should He perform healing miracles to prove His divine mission? Could it not have been that He was giving by example a pattern for His future followers to emulate? Surely, the procedure of Christ Jesus, if we have eyes to see, proves that all true healing comes essentially from a divine Source, and that every human individual, being a spark of the Divine Flame, has the capability of becoming a channel for the divine healing Power.

Imagine such a scene as related in Matthew 14:35: *“And when the men of that place had knowledge of Him, they sent out into all the country round about, and brought unto Him all that were diseased; and besought that they might touch the hem of His garment: and as many as He touched were made perfectly whole.”*

They literally swamped Him with patients wherever He went, as in this scene: *“And they come unto Him, bringing one sick with the palsy. And when they could not come nigh unto Him for the press, they uncovered the roof where He was: and when they had broken it up, they let down the bed wherein the sick of the palsy lay.”* (Mark 2:3-4)

Who were the people whom Christ helped primarily? Lepers; the deaf, mute, blind, and paralyzed; lunatics; epileptics; gouty, dropsical patients; and those with atrophied limbs. Evidently all these cases were such definite karmic conditions that no physical means alone could bring results. Something more powerful was needed to break the iron Law of Consequence which held these people in its grip. No less a remedy was required than the healing Power from the source of life as manifested through the Christ.

Questions from the Reading

1. Where does all true healing come from?
2. Why can we heal as humans?
3. Who did Christ mostly heal?
4. Why could Christ heal the most difficult cases?

My Prayer to be a Channel of the Healing Force

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

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

REFLECTION and FINAL THOUGHTS
3 Journal Prompts
Healing miracles are ...
Divine Healing Power is...
The Law of Consequences is...
2 Connections for Use in the Healing Center
1 Thought for Meditation
<i>Surely, the procedure of Christ Jesus, if we have eyes to see, proves that all true healing comes essentially from a divine Source, and that every human individual, being a spark of the Divine Flame, has the capability of becoming a channel for the divine healing Power.</i>
Key Takeaway(s)

7. Releasing Our Inner Powers

Rays from the Rose Cross, Sept/Oct 1999

I pray that out of his glorious riches he may strengthen you with power through his Spirit in your inner being, (Ephesians 3:16 NIV)

RENEWED YOUTH, life, courage, and poise are the inevitable results of a release of those inner powers of the Spirit which are latent within each one of us. The creative, constructive attitude of mind and feeling is the magic key which unlocks the door to these inner treasures. Thought is force and energy, and as immensely powerful for good or ill as that equally mysterious and intangible force called electricity. Hence equal care is required in the handling of our mental processes, if desirable results are to be obtained.

Truly, thoughts are things, and every thought we think becomes a part of our mental aura and life.

When directed properly (by the Ego, or indwelling Spirit), the human mind accomplishes good things continually in all phases of life. These vary in significance, power, and degree according to the strength of will injected into the thought form sent out. *“By the power of will we project an idea through the mind, where it takes concrete shape as a thought form by drawing mind stuff around it from the Region of Concrete Thought.”*

Individual and collective thought, working along creative lines, produces all that is beautiful, useful, and really worthwhile in life. Negative thought processes, through the constant contemplation and visualization of troubles and obstacles of all kinds, tend always to interfere with normal, healthful reactions and to hinder progress of any kind.

A cheerless outlook upon life breeds gloom and obstructs the flow of vitality and health in the physical organism. On the other hand, a cheery, optimistic spirit drives dull care away and replaces gloom with happiness, sickness with health, and lack with plenty.

Questions from Reading

1. What are the results of the inner powers of the Spirit?
2. How can we unlock our inner powers?
3. What are thoughts?
4. What can direct our thoughts?
5. How do thoughts vary?
6. What occurs when a thought passes through the mind?
7. What can creative thoughts produce?
8. What occurs with negative thoughts?
9. What can an optimistic spirit produce?

My Prayer for Artistic Living

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

REFLECTION and FINAL THOUGHTS
3 Journal Prompts
<i>The mind's attitude must...</i>
<i>Thoughts are ...</i>
<i>The optimistic spirit effectively...</i>
2 Connections for Use in the Healing Center
1 Thought for Meditation
<i>Individual and collective thought, working along creative lines, produces all that is beautiful, useful, and really worthwhile in life.</i>
Key Takeaway(s)

8. *Health-Giving Thinking*

Rays from the Rose Cross, Jul/Aug 1999

Finally, brothers and sisters, whatever is true, whatever is noble, whatever is right, whatever is pure, whatever is lovely, whatever is admirable—if anything is excellent or praiseworthy—think about such things. Whatever you have learned or received or heard from me, or seen in me—put it into practice. And the God of peace will be with you. (Philippians 4:8-9 NIV)

HE WHO READS the “*signs of the times*” discerns spiritually that we are now in the midst of a race transition in which we are taking a very pronounced upward swing in the development of the ideal man implanted in us in the beginning. A new concept of God, man, and the universe is upon us. We must realize all this and go upward with the mighty urge for higher things. Will God take us up to an imaginary heaven in a chariot of fire, or do we use our mind to lift ourselves heavenward? “*God helps those who help themselves*” holds good in the heavens as in the earth. We begin right where we are to bring forth the kingdom of God within us. Every problem of life can be successfully solved if we begin with the use of the I AM on the various planes of mind. It is not we alone; it is when we realize that we can connect ourselves with the Father-Mind and prove what Jesus said - “*The words that I say to you I do not speak on my own; but the Father who dwells in me does his works*” (Jn. 14:10)—that our potential almightiness begins to appear.

If you are given to worry and anxiety, think about the fearless confidence and trust of the Spirit. This will at once relieve your mind of the thoughts that have stirred you, and the power of the Spirit will begin its work of straightening out your affairs. If you are overwhelmed with material work and the call of the outer world, stop and concentrate in the I AM and say: “*I am Spirit. I do not believe in matter or material conditions. I have power because I know that all power is in Divine Mind. Divine Mind now sets my thoughts and all my affairs in divine order, and I rest in the confidence and peace of the kingdom within.*”

You can have a well body, but you must begin to build it with your word. Instead of laying up weak and sick words in your body, begin now to speak words of strength and health—and keep at it. Do not look at what has been. Lot’s wife tried that, and she never got beyond the past. Clear out of your mind all rubbish about disease, and you will find that none has any lodgment in your body. The thought makes the body and determines the condition it lives in. Thoughts of health are living, eternal things, and they work with the irresistible power of almightiness to tune up the organism to their own high state of harmony and capability.

Questions from the Reading

1. How can all problems of life be solved?
2. When does our potential almightiness begin to appear?
3. What should you do if you are given to worry and anxiety?
4. What should you do if you are overwhelmed with the outer world?
5. How do you build your body with your word?
6. What problem did Lot's wife have?
7. How should we deal with disease?
8. How can we describe thoughts of health?

Prayer for Thoughts of Health

All Powerful God, Healer of All Sickness, Help me to clear my mind of all sickness and disease and all thoughts that will not build a healthy body. Place within my mind only those thoughts that speak words of strength and health. Remove any thoughts or feelings of fear and anxiety and replace them with confidence and trust in the Holy Spirit that dwells within me. Help me to believe in the power that I hold within myself to straighten all the ills and problems of my life. Then let my mind concentrate on the words; "I am Spirit. I do not believe in matter or material conditions. I have power because I know that all power is in Divine Mind. Divine Mind now sets my thoughts and all my affairs in divine order, and I rest in the confidence and peace of the kingdom within." Let these words come to life within myself and feel their repetition relieve my mind and begin to build my well body. Do not let me doubt my words, concern myself with the past, or worry about how far I need to go, just help me to keep at thinking my thoughts of good health and watch as they come to life and build within me as I continue to stay strong in the belief of my words. Let not the slightest trace of disease remain within my mind so that my body responds now only to the remaining thoughts of purity and wholeness as it connects to Your mind so my potential almightiness can begin to appear and relieve me of all problems and restore my health to a state of harmony with a life of rich potential. Through Your faithfulness I ask that you hear my plea for my restored health and in Your righteousness accept the words of my prayer. Amen

REFLECTION and FINAL THOUGHTS
3 Journal Prompts
<i>Our problems can ...</i>
<i>Relieving your mind requires ...</i>
<i>To build a sound body ...</i>
2 Connections for Use in the Healing Center
1 Thought for Meditation
<i>Every problem of life can be successfully solved if we begin with the use of the I AM on the various planes of mind. It is not we alone; it is when we realize that we can connect ourselves with the Father- Mind and prove what Jesus said - “The words that I say to you I do not speak on my own; but the Father who dwells in me does his works”—that our potential almightiness begins to appear.</i>
Key Takeaway(s)

9. The Power of Imagination

Rays from the Rose Cross, May/Jun 1999

“Set your minds on things that are above, not on things that are on earth.”
(Colossians 3:2 NIV)

IN WORKING with God’s laws to create and establish a condition of health there is no more powerful means to further this objective than the faculty of imagination. By forming in our mind’s eye, a picture of what we wish to bring into reality, and holding to that picture sufficiently we can be of unlimited aid to ourselves and others in matters of health. Actually, everything that is created is first pictured by the imagination, and that fact alone provides a key to the formation of a more perfect organ or body. Furthermore, occult philosophy teaches that “the human mind is incapable of imagining anything that cannot be achieved,” so we may feel perfectly confident of results in forming a picture of anyone we wish to assist as functioning in perfect health. The basic attitude upon which such imaginings are made should, of course, be, “Not my will, but Thine be done,” for it would be a mistake to endeavor to force one’s own will in this or any other matter.

First efforts at imagining (imaging) a perfect organ or body may be imperfect and weak, but “persistence, persistence, and always persistence will win at last.” To make our imagined pictures an actuality, it is necessary to practice uninterruptedly, “*day after day, exercising the will to keep the thought focused upon one subject or idea, exclusive of all else.*” Today many successful healers use this method exclusively, and have amply demonstrated its efficacy.

In light of the above, we readily understand why it is so detrimental to allow our minds to dwell upon disease. The faculty of imagination may be used destructively as well as constructively, and we should therefore be careful to entertain no pictures or thoughts which we do not wish to see crystallized into reality.

The *good*, the *true*, the *beautiful*! Let us think on these things, and use the power of imagination to bring them into manifestation for ourselves and others.

Questions from the Reading

1. What is the most powerful tool for health?
2. How can we form a more perfect organ or body?
3. What does occult philosophy teach us about the mind?
4. What should our basic attitude be in all matters?
5. What is the key to success in our spiritual work?
6. How should we practice in our efforts as healers?
7. Why should we not think about disease?
8. What should we always think about?

My Prayer for Imaginative Knowledge

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

REFLECTION and FINAL THOUGHTS
3 Journal Prompts
<i>Creating reality ...</i>
<i>The perfect body comes ...</i>
<i>Manifesting health...</i>
2 Connections for Use in the Healing Center
1 Thought for Meditation
<i>By forming in our mind's eye, a picture of what we wish to bring into reality, and holding to that picture sufficiently we can be of unlimited aid to ourselves and others in matters of health.</i>
Key Takeaway(s)

10. *Constructive Living*

Rays from the Rose Cross, Nov/Dec 1998

“I have the right to do anything,” you say—but not everything is beneficial. “I have the right to do anything”—but not everything is constructive. (1 Corinthians 10:23 NIV)

RADIANT HEALTH bespeaks constructive living. The faculties of the spiritual, mental, and physical vehicles are used in a constructive manner—that is, they are used to add to the sum total of progress and good in the world. To construct, in the fullest sense of the word, involves the use of the creative powers for the benefit or welfare of others. The object to be accomplished must point toward the betterment of all, for we should never lose sight of the fact that we are all one in God.

When we endeavor to live unselfishly and helpfully, we work with the trend of evolution, for the progress of the whole. Looking for the good in every person and situation is as constructive a thing as we can do. Seeing the good and giving it thought and attention increases that good, builds a power unconquerable. Ignoring evil, except to permit it to spur us on to do more good, is also a part of constructive living. Thus, we learn to “*overcome evil with good*,” as Christ Jesus taught.

The constructive attitude is based upon the free flow of the spirit, while the lack of desire and effort to use the creative powers in the service of humanity bespeaks crystallization. Self-centeredness is an infallible sign of crystallization, which always manifests outwardly in some physical imbalance. The more we devote ourselves to the welfare of others, the more easily are we able to live constructively—in harmony with God’s divine laws. The more constructively we live, the more we manifest radiant health.

Questions from Reading

1. What does it mean to “*construct*”?
2. How do we live for the progress of the whole?
3. What are some of things we do in constructive living?
4. What did Christ teach us about constructive living?
5. What is the constructive attitude based upon?
6. What occurs if we are self-centered?
7. What allows us to more easily live constructively?

My Prayer to Recording Angels for Intercession of Others

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

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

REFLECTION and FINAL THOUGHTS
3 Journal Prompts
<i>Only a constructive manner will...</i>
<i>Christ's teachings reflect ...</i>
<i>Crystallizations results in...</i>
2 Connections for Use in the Healing Center
1 Thought for Meditation
<i>To construct, in the fullest sense of the word, involves the use of the creative powers for the benefit or welfare of others. The object to be accomplished must point toward the betterment of all, for we should never lose sight of the fact that we are all one in God.</i>
Key Takeaway(s)

11. Joy—the Health Giver

Rays from the Rose Cross, Sept/Oct 1998

“When anxiety was great within me, your consolation brought me joy.” (Psalm 94:19 NIV)

Health and cheerfulness mutually beget each other—Addison.

THE JOYFUL LIFE is the abundant life, which includes physical and mental health. True joy comes from within, being based upon faith—complete faith in the wisdom and justice of God, our Creator. Such faith is possible even to the reasoning mind, for an understanding of the twin laws of rebirth and consequence gives the basis necessary for intelligent faith—faith based upon knowledge. The joy that springs from inner peace and contentment aids the proper functioning of the processes of the body, keeping one youthful and useful in Christ’s Vineyard. The mind of the joyful person retains the elasticity of youth, the readiness to deal with the problems of life. Truth appears in more shining clarity and purity to those who live in the joy of faith and trust toward Divinity. Joy is the priceless lubricant which keeps the wheels of life oiled and running smoothly.

Occult philosophy teaches us an important truth when it explains that “thoughts of worry, fear, and anger interfere with the process of evaporation (of the solar force) in the spleen; a speck of plasm is the result, and this is at once seized upon by a thought elemental which forms a nucleus and embodies itself therein. Then it commences to live a life of destruction, coalescing with other waste products and decaying elements wherever formed, making the body a charnel house instead of the temple of the indwelling living Spirit

“Given the same amount and kind of food, the person of serene and jovial disposition will live longer, enjoy better health, and be more active than the person who worries, or loses his temper. Were a scientist to analyze the bodies of these two men, he would find that there was considerably less earthy matter in the body of the kindly disposed man than in that of the scold.”

Questions from the Reading

1. Where does true joy come from?
2. What is the basis for intelligent faith?
3. Why is the function of joy?
4. What effect does a mind of joy have upon us?
5. Why is joy priceless?
6. What does occult philosophy teach us about worry, fear, and anger?
7. What would scientist discover in the bodies of jovial people?

My Prayer to St. Hanael Archangel for Joy and Pleasure

Archangel Hanael, the Joy of God, hear my prayer as I call upon you to bring within me a joyful attitude to my heart and spirit with the good pleasure of goodness as I work to imitate Christ in my spiritual journey. Let my Spirit bring forth the fruit of joy as with good thoughts so I can acknowledge the role that Christ has played in my spiritual advancement so I can then shout with joy forever. For it is only by a joyful heart that I can build the Lord's Kingdom within my heart so that I might spread the good pleasure and gladness of God's eternal love. Ask God through your words to release any sadness within my heart through the Holy Spirit that indwells within me as my constant companion. As I now know not to look outside of myself or even inside of myself to find joy but to look only to God for my joy and pleasure. For in true joy, Jesus must always come first in my life. I ask that the strength I need on my spiritual path comes from the "joy of the Lord" who is always ready to support me should I weaken. Therefore, ask the Lord to always be within my presence so that I can experience the fulfillment of true joy and my victory over my death so I may be reborn in His glory. Amen.
- (GEC)

My Prayer to Control My Temper

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

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

REFLECTION and FINAL THOUGHTS
3 Journal Prompts
<i>Complete faith is...</i>
<i>To always be youthful you must...</i>
<i>A life of destruction occurs...</i>
2 Connections for Use in the Healing Center
1 Thought for Meditation
<i>The joy that springs from inner peace and contentment aids the proper functioning of the processes of the body, keeping one youthful and useful in Christ's Vineyard.</i>
Key Takeaway(s)

12. *Curing vs. Healing*

Rays from the Rosy Cross, May/Jun 1998

“Then he said to her, “Daughter, your faith has healed you. Go in peace.” (Luke 8:48 NIV)

AS THE GREAT majority of people do not make a distinction between curing and healing, it may be well to explain the difference, which is primarily one of cooperation or the lack thereof. *

One person may undertake to “*cure*” another by massage or drugs; the patient in either of these cases is passive as the clay that is being molded by the potter. There is no doubt that under such treatment trouble may disappear and the person be made well, but this is only a temporary relief; he has not received the proper appreciation of the underlying cause of his disease. He does not understand that the illness was a consequence of breaking the laws of nature, and is therefore very liable to go and do the same things over again with the result that his malady returns.

A “*cure*” is a physical process. Healing is radically different; there the sufferer is always required to cooperate both spiritually and physically with the healer. To make this clear we can do no better than view the life and work of our great Leader, the Christ. When people came to Him to be healed, they did not expect a physical treatment, but knew that relief would be given through the power of the Spirit. They had unlimited confidence in Him, and that this was essential we see from the incidents recorded in the thirteenth chapter of Matthew where He is said to have gone among the people with whom Jesus, the original owner of the body [now being used by Christ], had dwelt in early youth. They saw only the outward man: “*Is this not Jesus, the son of Joseph; are not his brethren with us?*” They believed that nothing great could come out of Nazareth, and according to their faith it was done unto them, for we read that “*He did not many mighty works there because of their unbelief.*”

But faith without works is dead, and in every case where Christ healed anyone, this person had to do something; he 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, “*Take up thy bed and walk,*” and when he did so the malady disappeared; to the blind, “*Go and bathe in the pool of Siloam*”; to the leper, “*Show thyself to the Priest, offer your gifts,*” etc.

In every case there was active cooperation upon the part of the one to be healed, which helped the Healer. They were simple requirements, but such as they were they had to be complied with, so that the spirit of obedience could aid the Healer’s work.

When Naaman came to Elijah and thought that this prophet was going to come out with a great show of magic and ceremony to dispel the leprosy spots from his body, he was doomed to disappointment. And when the prophet sent word to him, “*Go and wash seven times in the river Jordan,*” he was enraged to the point of crying out, “*Have we not great rivers in Assyria and why should I go and wash in*

the Jordan? What nonsense!” He lacked the spirit of submission which is absolutely necessary in order that the work may be done, and it is safe to say that had he persisted he would not have received the healing of his malady.

Neither would any of those who were healed by the Christ have been affected unless they had obeyed and had done as they were bidden. This is a law of Nature that is absolutely sure. It is disobedience that brings disease. Obedience, no matter whether that involves washing in the Jordan or stretching forth a hand, shows a change of mind, and the man is therefore in a position to receive the healing balm which may come through the Christ, or through a healer of one kind or another as the case may be. Primarily, in all cases, the healing force comes from our Heavenly Father, Who is the Great Physician.

These are the three great 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.

Let us now understand that the whole universe is pervaded with the power of the Father, always available to cure all ills of whatever nature. That is the great certainty.

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, really and truly in tune with the Infinite, there is no limit to the wonderful works of the Father which may be performed through him when opportunity presents a patient of a properly receptive and obedient mind.

Questions from Reading

1. Why is a cure only temporary?
2. How is a healing different than a cure?
3. What did people expect from Christ in a healing?
4. What was essential in terms of the patient in the healing?
5. Why didn’t Jesus do any mighty works in Nazareth?
6. How did people cooperate with Christ in their healings?
7. What did Naaman lack if he expected to be healed?
8. What is the Law of Nature in healing?
9. What are the three factors in healing?
10. What is the “*great certainty*”?
11. What makes a healer able to do the works of the Father?

My Prayer to Always be Obedient

Heavenly Father, Sovereign Master of Creation, You sent forth Your only Son who demonstrated the ultimate obedience by accepting His death upon the cross and from this we learned that that obedience can ask us to sacrifice those things we consider most dear, yet, in the end offer us salvation. Therefore, as I take up the cross for my spiritual advancement, help me to commit to the necessary correction in my life, learning to go beyond my perceived limits, and developing the right attitude of my heart that is fueled by love and trust in Your glory so that I am worthy to be called one of Your children. Imprint Your commandments upon my mind so that I may always know what is needed for me to show my undying love to You. Help me to understand that I keep Your commandments not as an obligation but to demonstrate my submission to Your will not because I am obliged to do so but because I love You. Then I can devote myself to serve You my Lord and my neighbors with grace and humility that is always focused upon imparting compassion and love through the Law of Your Son, Christ. Open my spiritual ears to hear Your Words so that I may always move to its action in which I surrender to Your divine authority so that I will be in alignment with Your will and enjoy the beauty of Your love. For without You I will only put forth filthy rags that demonstrate my ignorance. Speak Your Words My Lord, so I may immediately act upon them to display good works in Your name and show You have great my love is for You. Then others can experience the Light of fellowship that I set forth and taste the flavor of the salt and the positive influence it generates. Help me to understand that my success and the many blessings you are prepared to offer me are reflected in my obedience and willingness to trust You, My Lord. As You reward us for our obedience by filling us with the Holy Spirit who helps us to shine and stand out among our brothers, protects us in all ways, providing us with abundant prosperity, and ensuring that not only ourselves but our children will always be successful and blessed. Therefore, My Lord through my obedience set me apart as I demonstrate my faith and trust in You with full understanding that with obedience in difficult and trying times it is "Not my will but your will." Amen.

REFLECTION and FINAL THOUGHTS
3 Journal Prompts
<i>Illness returns ...</i>
<i>Works is required because...</i>
<i>Effective healers are...</i>
2 Connections for Use in the Healing Center
1 Thought for Meditation
<i>But faith without works is dead, and in every case where Christ healed anyone, this person had to do something; he had to cooperate actively with the great Healer before his cure could be accomplished.</i>
Key Takeaway(s)

13. Working with the Law

Rays from the Rose Cross, Mar/Apr 1998

I remain confident of this: I will see the goodness of the Lord in the land of the living. Wait for the Lord; be strong and take heart and wait for the Lord. (Psalm 27:13-14)

AN OPTIMISTIC, courageous attitude is essential to maintaining one's own health, as well as in aiding others who may be ill. There is a scientific reason for this, as fully revealed only by occult philosophy.

“The energy from the Sun constantly pours into our body through the spleen, a specialized organ for the attraction and assimilation of this universal ether. In the solar plexus it is converted into a rose-colored fluid which permeates the nervous system. By means of this vital fluid the muscles are moved and the organs perform their vital functions.

“The better the health the larger the quantity of this solar fluid we are able to absorb, but we utilize only a part of it. The surplus is radiated from the body in straight lines. Disease germs cannot enter from without because of these invisible streamers of force, and microorganisms which enter the body with food are quickly expelled. However, the moment we think thoughts of fear, worry, or anger, the spleen closes up and ceases to specialize the vital fluid in sufficient quantities. The lines of force become crumpled, and thus allow easy access to the deleterious organisms which may then feed unobstructed upon our tissues and cause disease.”

Furthermore, *“the thoughts of fear and hatred take form and in the course of time crystallize into what we know as bacilli. The bacilli of infectious diseases are particularly the embodiments of fear and hate, and therefore they are vanquished by the opposite force—courage. If we enter the presence of a person infected with a contagious disease in fear and trembling, we most assuredly draw to ourselves the death-dealing poisonous microbes. If, on the other hand, we approach that person in a perfectly fearless attitude, we shall escape infection, particularly, if we are prompted by love.”*

Questions from the Reading

1. How is the energy of the Sun brought into our bodies?
2. How is the Sun's energy transformed in the body?
3. Why is it important to be healthy?
4. What happens to the surplus solar fluid?
5. What happens when we have thoughts of fear, anger, or worry?
6. What form do thoughts of fear and hatred take?
7. How can we prevent infection from other people?

My Prayer for a Courageous Attitude

Almighty God, My Protector and Defender, You are my constant presence wherever I go so that I may always be strong and with a courageous attitude. In my heart I have no fear because I am certain that You will forever honor Your Word and act in my best interests with whatever will serves me best. Therefore, there is no adversity from which I will look away, threats that will hold any meaning to my life, or challenges that I will not welcome in Your name. For I am as a mighty oak unwavering in the faith that You have instilled within me, knowing that You walk beside me as my shield, a buckler surrounding my body, and as my divine guardian so that courage lives within me and flows outward so I can stand bravely ready to persevere in all trials and not grow weary of the good that I must put forth in Your name. Therefore, I will proclaim Your name even when others remain silent and expect to withstand the ridicule and persecution from those who have not put their hearts in Your Gospels. I will count on Your promise to uphold me in these most difficult tribulations with Your right hand of righteousness for You, My Lord, are the Light and the One who has put forth my salvation. Therefore, as Your servant know that I am committed to Your will and by the power of the indwelling Spirit within me I will be on alert ready to display courage with steadfastness and faith as I firmly grasp Your promises within my hands so that I may grow in my love for You so that others may do the same. Amen. (GEC2025)

REFLECTION and FINAL THOUGHTS
3 Journal Prompts
<i>Attitude and health are ...</i>
<i>Absorbing solar fluid is ...</i>
<i>Fear and hate are ...</i>
2 Connections for Use in the Healing Center
1 Thought for Meditation
<i>The better the health the larger the quantity of this solar fluid we are able to absorb, but we utilize only a part of it. The surplus is radiated from the body in straight lines. Disease germs cannot enter from without because of these invisible streamers of force, and microorganisms which enter the body with food are quickly expelled.</i>
Key Takeaway(s)

14. The Law and Health

Rays from the Rose Cross, Jan/Feb 1998

“Don’t you know that you yourselves are God’s temple and that God’s Spirit dwells in your midst? If anyone destroys God’s temple, God will destroy that person; for God’s temple is sacred, and you together are that temple. (1 Corinthians 3:16-17 NIV)

THE BASIC PRINCIPLE of health is the cosmic law of polarity, manifested in metabolism. The constructive or anabolic forces operate at the positive pole; the destructive, disease-and-death-producing forces operate at the negative pole. Man, knowing the law, can obey and use it for his own highest good, or he can abuse and break it to his self-undoing.

Life is rhythm. When this rhythm is relaxed, we sleep; when it is strained, we experience disease; when it is broken, we die.

The so-called healing “*miracles*” performed by Christ Jesus were based on His knowledge and application of cosmic law to the human organism. Similar “*miracles*” many times in the past have been demonstrated by spiritual teachers and healers using a purely spiritual understanding of the law of life.

A person who lives a clean life, endeavors to obey the laws of God, and strives earnestly for truth and righteousness, will create thought forms of a corresponding nature. His mind will harmonize with truth, and when it comes time to create an archetype for his next life, he intuitively and automatically will align himself with forces of right and truth. These lines will create harmony in his coming vehicles and good health will be his in the next life.

Knowledge of the law of regeneration enables the Adepts to live in the same body, in perfect health, for hundreds of years. This knowledge is demonstrable and available to all. Disease and death in time shall be overcome by all humanity, as we learn to live according to natural law.

Questions from the Reading

1. What is the cosmic law of polarity?
2. How is life a rhythm?
3. What were Christ’s miracles based on?
4. How can we assure ourselves of good health in our next life?
5. What do we need to live in the same body with perfect health?

My Prayer for the Recuperative Power of Sleep

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

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

REFLECTION and FINAL THOUGHTS
3 Journal Prompts
<i>The Law of Polarity is important ...</i>
<i>Christ's miracles were ...</i>
<i>In the next life ...</i>
2 Connections for Use in the Healing Center
1 Thought for Meditation
<i>Knowledge of the law of regeneration enables the Adepts to live in the same body, in perfect health, for hundreds of years. This knowledge is demonstrable and available to all. Disease and death in time shall be overcome by all humanity, as we learn to live according to natural law.</i>
Key Takeaway(s)

15. Effects of the Aura on Health

Rays from the Rose Cross, Nov/Dec 1997

“Your eye is the lamp of your body. When your eyes are healthy, your whole body also is full of light. But when they are unhealthy, your body also is full of darkness. 35 See to it, then, that the light within you is not darkness.” (Luke 11:34-35 NIV)

IN MOST CASES of sickness, the trouble is with the finer invisible vehicles, namely, the vital, desire, and mental bodies which compose the aura. The better we understand those bodies, the better we shall be able to cooperate with the forces of Nature in bringing about a healing.

The vital or etheric body absorbs the solar fluid or vital force, which is distributed through the physical body, revivifying it and restoring harmony to the cell life which breaks down under the onslaught of thoughts and feelings, as well as movements. The excess force radiates from the body, carrying with it disease germs and certain impurities.

The desire body envelops the physical and vital bodies. It reflects the quality of the thoughts, and may become an aid or a hindrance to health. If the thoughts and feelings are of a high and ennobling order, the desire body responds in clear and pure colors with a rhythmic motion. This motion indicates normal functioning of the currents of the desire body. The vital body is then better able to specialize the vital fluid.

On the other hand, thoughts and emotions of a destructive nature cause disturbances in the aura, resulting in low vibratory conditions which cause more wear and tear than the vital body can withstand. Thus, the health suffers. It is the part of wisdom to cultivate a spirit of optimism and to direct the thoughts and feelings along constructive and altruistic lines in order that the aura may become a power to save and to preserve—not to hinder and destroy.

Questions from the Reading

1. What is sickness the result of in most cases?
2. What is the role of the vital body in our health?
3. How can the desire body aid our health?
4. How can the desire body hinder our health?
5. What should be our goal to maintain our health?

My Prayer for Building and Purifying the Vital Body

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

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

My Prayer for Control of Our Desire Body

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

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

REFLECTION and FINAL THOUGHTS
3 Journal Prompts
<i>The vital body works to...</i>
<i>The desire body responds...</i>
<i>Ideally, the aura ...</i>
2 Connections for Use in the Healing Center
1 Thought for Meditation
<i>If the thoughts and feelings are of a high and ennobling order, the desire body responds in clear and pure colors with a rhythmic motion. This motion indicates normal functioning of the currents of the desire body. The vital body is then better able to specialize the vital fluid.</i>
Key Takeaway(s)

16. The Great Certainty

Rays from the Rose Cross, Sept/Oct 1997

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

FAITH WITHOUT WORKS is dead, and in every case where Christ healed anyone, this person had to do something; he had to cooperate actively with the great Healer before his cure could be accomplished. 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.

None of those who were healed by Christ Jesus would have been affected unless they had obeyed and done as they were bidden. It is disobedience that brings disease. Obedience, no matter whether it involves washing in the Jordan, or stretching forth a hand, shows a change of mind, and the man is therefore in a position to receive the healing balm, which may come through the Christ, or through a healer of one kind or another, as the case may be. Primarily, in all cases, the healing force comes from our heavenly Father, who is the Great Physician. "These are the three great 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.

"Let us now understand that the whole universe is pervaded with the power of the Father, always available to cure all ills of whatever nature; that is the great certainty.

"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, really and truly in tune with the infinite, there is no limit to the wonderful works of the Father which may be performed through him when opportunity presents a patient of a properly receptive and obedient mind"—Max Heindel.

Jesus Heals the Two Blind Men

The blind men followed Jesus, demonstrating their belief with actions, whereupon the Healer said, "According to your faith be it unto you."

Questions from the Reading

1. What did the patient need to do to be healed by Christ?
2. What brings disease?
3. What are examples of patient's cooperating with Christ?
4. What are the three factors in healing?
5. What is the "great certainty"?
6. How is a healer a proper instrument?
7. What should be the character of the patient to be healed?
8. Why were the blind men healed?

My Prayer of Fidelity

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

REFLECTION and FINAL THOUGHTS
3 Journal Prompts
Obedience is ...
Cooperation can be ...
As a proper instrument ...
2 Connections for Use in the Healing Center
1 Thought for Meditation
<i>"Let us now understand that the whole universe is pervaded with the power of the Father, always available to cure all ills of whatever nature; that is the great certainty."</i>
Key Takeaway(s)

17. The Hidden Side of Prayer

Rays from the Rose Cross, Jul/Aug 1997

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 15:26 NIV)

AS THE MOON tonight* is in a cardinal sign, we are holding our Healing meeting. In this connection it is very important to bear in mind that students of the Rosicrucian Fellowship, located all over the world, have today concentrated their thoughts upon this Pro-Ecclesia for the very same purpose which we are now endeavoring to accomplish, namely, to generate thoughts of help and healing, and to focus them in one common direction so that they may be available to aid the Elder Brothers of the Rosicrucian Order in their beneficent work for Humanity.

**An address first delivered by Max Heindel in the Fellowship's chapel (Pro-Ecclesia) in 1915, the text of this talk became the basis for the Healing Service that has been read on each healing date (weekly) since that time. In this its original form, the reader can appreciate Mr. Heindel's use of analogy and illustration, as well as his personal warmth and fervor, to impress his message upon his listeners.*

But if we really want to accomplish something in that direction, we ought to have a very definite and clear understanding of what our object is and what are the means of accomplishing it. It is not enough that we know in a vague way of the sickness and suffering that is in the world and that we have a dim and hazy idea of helping and alleviating this suffering, whether it is bodily or mental. We must do something definite to attain our object, and therefore it will be well to place before our minds an illustration that may help us.

Let us suppose that one of our buildings is on fire. A lot of trash has been accumulating in a corner and by spontaneous combustion it has finally become a fire. We have hose, water and a nozzle so that we may spray upon the fire and endeavor to put it out. But to do this we must first turn on the water and point the nozzle straight, also, the stream of water must be adequate to cope with the fire. It will not help us at all if we just turn the stream half on, or have a small stream and squirt it hither and thither. We must aim it straight at the heart of the fire and it must be adequate in force and volume to cope with the burning material. If we have these requisites, we shall be able to put out the fire in the building, and thus we shall have accomplished our purpose by the proper use of efficient means.

Healing of sickness offers a perfect analogy, for any disease, we may say, is really a fire, the Invisible Fire which is the Father, endeavoring to break up the crystallized conditions which we have gathered in our body. We recognize fever as fire, but tumors, cancers, and all other diseases are also the effect of that invisible fire that endeavors to purge the system and purify it from conditions which we have brought about by breaking the laws of nature.

Now for the healing thoughts. This very same power which is endeavoring slowly to purge the body, can be greatly augmented by proper concentration (that is what prayer really is), provided we have the proper conditions. To illustrate what these

conditions are, we will take the waterspout as an example. You may not have seen this phenomenon of nature but it is wonderful and awe-inspiring. Usually, at the time when it occurs, the skies seem to hang very low over the water. There is a tense feeling in the air of depression or concentration. Gradually it seems as if a point in the sky reaches down toward the water, and the waves in a certain spot seem to leap upwards until both sky and water meet in a swirling mass.

Something similar takes place when a person or a number of persons are in earnest prayer. All the forces in nature which do our work here are only working in the ether—electricity, the expansive force in steam, etc., all are ethereal. But there are forces in the universe far more potent and subtle, among them thought power. When a person is intensely earnest in supplication to a higher Power, his aura seems to form itself into a funnel-shaped thing which resembles the lower part of the water spout. This leaps up into space a great distance and being attuned to the Christ vibration of the interplanetary World of Life Spirit, it draws thence a divine power which enters the man, or company of men, and ensouls the thought form which they have created. Thus, the object for which they united will be accomplished.

But let this be borne thoroughly in mind, that the process of praying or concentration is not simply a cold intellectual process. There must be an amount of feeling adequate to accomplish the desired object, as a certain volume of water was required to quench the fire. Unless this intensity of feeling is present the object will not be accomplished any more than a small stream of water will quench a large fire.

This is the secret of all the miraculous prayers which have ever been recorded: the person who prayed for something was always intensely in earnest; his whole being went into the desire for this or that thing for which he prayed, and thus he lifted himself up into the very realms of the divine and brought down the response from the Father.

Last year we had a case of that very kind at headquarters. One of the workers had been hurt in an automobile accident and sustained a concussion of the brain. That night we all joined in silent supplication to our Father in Heaven, here in this very Pro-Ecclesia, that she might be healed and helped. The writer then distinctly perceived the intensity of feeling and how it gave rise to that funnel-shaped lower part of the channel, which brought down the divine response. That evening the worker's consciousness returned, something that is more than unusual in the annals of such cases.

We also find that in certain holy communities, such as, for instance, "*the round table of King Arthur*," or in a circle of spiritualists, a similar condition is brought about. The sitters in the circle first became attuned to a common vibration by singing certain songs. And having been thus united they form a single auric funnel which then brings down whatever they desire, according to the intensity of their wishes and their concentration.

This spiritual vibration is so powerful that sometimes it may be transmitted to, and remain around, even seemingly inanimate objects. For instance, many people have felt, some have even been overcome by, the powerful vibrations at the organ here. You will notice that there is a copy of Hoffman's Christ over the organ.

There is no doubt in the speaker's mind that when Hoffman painted this picture, he felt very intensely the position and the feeling of the Christ in Gethsemane; therefore, there clung to his picture a representation of that same auric channel. This would not remain with, or be reproduced in, a printed copy of the picture. But the picture here in the Pro-Ecclesia was painted by one of our members who entered into the feeling of the original artist and was endowed with an understanding of the secret of the Christ's suffering in that lonely hour. Thus, he has brought this same channel into his picture and therefore the vibrations are felt emanating from it.

All this teaches us that such force is available and it may be used scientifically with much greater effect than if we use it in a haphazard manner, my vaguely desiring this, that, or the other thing. But there is also a great danger of misusing this wonderful power; therefore, we should always qualify our supplications for others with the words of the Christ: "Not my will, but thine." Otherwise, we are liable to cause injury where we would help.

You probably noticed that I said "*our supplications for others*." Let this idea sink deep down in our minds, that we ought never to ask anything for ourselves. That is superfluous. The Christ has given us assurance that if we seek first the Kingdom of God and His righteousness, all other things shall be added unto us. We have also the promise in the Bible, "*The Lord is my shepherd, I shall not want*," and many years experience has demonstrated to the speaker that this is an actual fact, that if we work with the law for others, then the law will take care of us, for we are workers with it.

The great reason why prayer is not being heard today is that the supplicants are always asking for something for themselves, contrary to the common good. If we are looking out for ourselves and always trying to get the best for ourselves, regardless of everyone else, then it is not necessary for Our Father in Heaven to take care of us. But the moment we place ourselves in His hands and think of how we may do His work, how we may accomplish His will on earth, as it is being done in Heaven, then we become co-workers with Him, workers in His vineyard. It then devolves upon Him to take care of us, and we may then rest in full trust that everything that is necessary for our material or our spiritual comfort will be forthcoming. Nor will the measure be small, scant or mean, but we shall receive full measure, pressed down and overflowing. With these thoughts we will now enter the silence and for ten minutes focus our minds upon the object for which we have gathered—to help and to heal our suffering fellowmen, but particularly those who have applied to headquarters for aid in their distress.

Questions from the Reading

1. How do students of the RF participate in the Healing Service?
2. What is the analogy for a disease?
3. How are “*proper conditions*” for dealing with disease illustrated?
4. What occurs when a person or a group of people are in earnest prayer?
5. What must accompany prayer to make it effective?
6. What is the secret of “*miraculous prayer*”?
7. How do certain holy communities effectively pray?
8. How can spiritual vibrations be transmitted to inanimate objects?
9. How should we always qualify our petitions in prayer, why?
10. Why should we ask for things for others and not ourselves?
11. Why are many prayers not heard today?
12. What happens when we place ourselves in God’s hands?

My Pray for Directions

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

REFLECTION and FINAL THOUGHTS
3 Journal Prompts
<i>In the Healing service you ...</i>
<i>Earnest prayer is seen ...</i>
<i>Only within the Hands of God ...</i>
2 Connections for Use in the Healing Center
1 Thought for Meditation
<i>When a person is intensely earnest in supplication to a higher Power, his aura seems to form itself into a funnel-shaped thing which resembles the lower part of the water spout. This leaps up into space a great distance and being attuned to the Christ vibration of the inter- planetary World of Life Spirit, it draws thence a divine power which enters the man, or company of men, and ensouls the thought form which they have created. Thus, the object for which they united will be accomplished.</i>
Key Takeaway(s)

18. Spiritual Healing and Materia Medica

Rays from the Rose Cross, May/June 1997

The righteous person may have many troubles, but the Lord delivers him from them all; he protects all his bones, not one of them will be broken. (Psalm 34:19-20 NIV)

THERE IS A TENDENCY on the part of many metaphysically-minded people who have come to know and experience the healing powers of mind and spirit to discount or completely repudiate the use and practice of *materia medica*. We are convinced that this is a serious mistake. Earthly man is made up of body, mind, and spirit. Healing practices rightly include material, mental and spiritual agencies. One does not exclude the others. They all have a rightful place in the scheme of things.

Consequently, the selfish interests of organized orthodox medicine, which bases its practices solely on material means and methods, should not permit prejudice to develop against marvelous advances that have been made within its own limits for alleviating human suffering, combating plagues and epidemics, and dealing successfully with a wide range of ailments at the physical level. While material medicine deals primarily with effects, not causes, it nevertheless has its place in assisting man to rise from the pain and suffering which his mistaken ways of living have brought upon him.

While such recognition of the medical profession should not be withheld, no reasonable effort should be spared in exposing the scandalous lengths to which an organized body within this profession is going in order to prohibit or discredit other modes of healing, whether of a physical or spiritual nature. There is room for all. Each has its place as a means of establishing the whole wellbeing of man. It rests with each of us to do our part as best we may to secure equal liberty for the practitioners of every legitimate school of healing, physical and metaphysical alike.

Questions from Reading

1. What do healing practices include?
2. What does material medicine primarily deal with?
3. What is the role of material medicine
4. What should be the attitude of the medical profession?
5. What should we as individuals strive for?

My Prayer for the Hunger and Thirst of Righteousness

O Lord, Our Righteous King, I feel within myself an insatiable hunger and thirst for the Your redeeming blood so that I may always walk in righteousness, blessed in a life of unity with You my God. Help me to purify my Ego and permeate my Soul with Your Being so there is only right thinking within my heart to live and breathe according to Your Laws. Let Your godliness grow within me and raise my spiritual awareness so my heart thinks only of the relentless pursuit of love, integrity, and justice. For then through my transformation, I will walk in righteousness, so I can best conform myself to the right behavior to satisfy Your divine will and live a life of conviction that others may observe through my acts of service and compassion. Lord, raise my consciousness so with my Christed thinking I may fulfill my Christ potential and develop my Soul Body and Ego and locate the human center within my Ego. Through Your kindness and mercy quench my parched lips with Your living water so it may satisfy my thirst after righteousness. For from the Christ-power of my inner being I can use my spiritual gifts and talents to then send forth a stream of brotherly love to work for the righteousness of the entire world. Amen. - (GEC)

REFLECTION and FINAL THOUGHTS
3 Journal Prompts
<i>Orthodox medicine often ...</i>
<i>All medical professionals should ...</i>
<i>The whole well-being of man depends ...</i>
2 Connections for Use in the Healing Center
1 Thought for Meditation
<i>It rests with each of us to do our part as best we may to secure equal liberty for the practitioners of every legitimate school of healing, physical and metaphysical alike.</i>
Key Takeaway(s)

19. Health and the Subconscious Mind

Rays from the Rose Cross, Jan/Feb 1997

The mind governed by the flesh is death, but the mind governed by the Spirit is life and peace. – (Romans 8:6)

GOD IS EVERYWHERE. His healing power is in the very air we breathe. Vitalizing forces—God’s renewing, healing forces—continually pour into our vital bodies from the Sun. Our subconscious mind, a powerful factor for good or ill, functions in or through our vital bodies. It is amenable to suggestion by means of the imagination, one of the powers of the Spirit. Pictures consciously and persistently held in the mind’s eye work into the subconscious mind and serve as suggestions for it to act upon.

Conditions we visualize and concentrate on regularly are likely to be brought about eventually in our bodies. The pictures are imprinted on the subconscious mind and, in proportion to their clarity, they serve as suggestions for implementation.

The subconscious mind never sleeps and is never inactive. Given strong suggestions or vividly realized pictures, it works them out, whether they be for our benefit or our undoing. If we have faith in our God-given, self-healing powers, if we picture ourselves well, as we are in spirit, we are more likely to get well, and that more quickly.

Faith, be it as small as a mustard seed, initiates the healing process. It offers a compelling invitation for positive thoughts to enter the conscious mind. These, then, permeate the subconscious mind and direct it in its emphasis on the health of the whole body or of specific areas and organs.

If we keep the picture and thought of healing continually front and center in our conscious mind, the subconscious mind will “*take up the cudgels*” accordingly. A lapse in such positive thinking, however, will destroy the healthy picture and leave the subconscious mind open to the debris of destructive thoughts that populate the ethers.

The condition we most frequent and vividly picture to ourselves is a prescription that the subconscious will dutifully fill. Therefore, constant reinforcement of the image of our good health is the keynote for this method of inviting God’s healing power to protect and vitalize the body.

Questions from the Reading

1. How do we receive God's healing power?
2. How does the subconscious mind function in healing?
3. How do we create suggestions for implementation?
4. How can we get well more quickly?
5. What initiates the healing process?
6. How do thoughts produce health?
7. What happens when we have lapses in our positive thinking?
8. What is the method we should use to invite God's healing power?

My Prayer to Work with My Subconscious Mind

Lord, My God Who is in All Things and All Places, Your rays of Light from the Sun pour down all around me bringing vitalizing forces that fill my vital body and bring forth my inner healing and wholeness. How merciful You are to place us within an atmosphere overflowing with Your healing forces that are freely available to those who follow Your Law as well as to those are still lost or searching. Your way is difficult work and not without suffering but You ask this of us so in turn we can materialize the realities of Your blessings of health. Therefore, in Your wisdom You have provided us with a powerful tool that we can work with, our subconscious mind, which does its essential work within our vital body. The key we require to utilize the power of the subconscious mind You have placed within the development of our active imagination, a great power of the Spirit that You have made available to all those willing to commit their time and effort to develop the focus and concentration to master the mental skill of their imagination. Therefore, my Lord, I ask that You help me to learn how to hold the clearest and most vivid pictures in my mind that do not fade or transition into new and different images of which I have no control. For pictures we can firmly grasp within our minds of a higher nature that reflect self-healing and the ways of righteous life can then take life within our subconsciousness minds as suggestions and thereby find a way to come to pass in our lives. I know that strong suggestions only come from the efforts, we make to create the most vivid images that reflect our faith in Your omnipotent character, Your mercy for our confessions, and our undying belief in Your promises of salvation and eternal life when we honor our commitments to the Father. For it is by our faith that we should continuously place positive and righteous pictures within our conscious mind so that they may diffuse into our subconscious mind and thereby bring forth their desired effect which will always act to promote our overall health and well-being. Therefore, My Father, bless me with the ability to create and hold vivid images of good health so You may always heal and vitalize my body. Amen.
(GEC2025)

REFLECTION and FINAL THOUGHTS
3 Journal Prompts
<i>The subconscious mind is ...</i>
<i>Getting well requires ...</i>
<i>The keynote of good health is ...</i>
2 Connections for Use in the Healing Center
1 Thought for Meditation
<i>Faith, be it as small as a mustard seed, initiates the healing process. It offers a compelling invitation for positive thoughts to enter the conscious mind. These, then, permeate the subconscious mind and direct it in its emphasis on the health of the whole body or of specific areas and organs.</i>
Key Takeaway(s)

20. Giving Thanks

Rays from the Rose Cross, Nov/Dec 1996

Praise the Lord, my soul, and forget not all his benefits—who forgives all your sins and heals all your diseases, (Psalm 103:2-3 NIV)

WHEN CHRIST JESUS “gave thanks” and “blessed” before feeding the multitude, He was setting an example for His adherents to follow in using the powers which unfold within each one who strives to walk the Way of the New Dispensation—the Way of Love. Truly, we multiply or increase that for which we give thanks or bless, and this law may be applied to improving and maintaining the health of one’s various bodies as well as to anything else. The thankful heart and mind are well-springs of health, for the vibration which they send forth is essentially of a healthful, uplifting nature.

Every seeker after permanent health (which necessitates the regenerate life) is wise in forming the habit of devoting a definite time each day to praising and giving thanks to his divine Creator for all the blessings that have come to him that day. On some days there may be only “routine” blessings, such as wholesome food in a comfortable home, congenial and helpful associates, or God’s sunshine and flowers; on others there may be blessings which stand out as beacon lights in one’s life—an answer to prayer, an inner assurance of duty well done, an influx of courage at a crucial moment, a high moment in meditation, or an unusual opportunity to be of service to a needy brother or sister. Whatever the blessing, let us remember to give thanks.

Eventually, we learn to offer thanks even for our adversities, recognizing in them the opportunities for progress. As William Law has well put it: “*If anyone could tell you the shortest, surest way to all happiness and perfection, he must tell you to make it a rule for yourself to thank and praise God for everything that happens to you. For it is certain that whatever seeming calamity happens to you, if you thank and praise God for it, you turn it into a blessing.*”

Questions from the Reading

1. Why is the thankful heart and mind so critical in healing?
2. What habit should we develop to ensure health?
3. What are examples of the different types of blessings?
4. What blessing will we learn eventually?
5. What does *William Law* tell us is the shortest way to happiness and perfection?

My Prayer for Thanks and Praise to God

Everlasting Father, My Shield of Love, I confess that sometimes I need to be reminded to have a thankful heart and mind for everything You place before me. For only then can I acknowledge the gratitude I have of Your many blessings. How can I not always see Your miracles in the leaves of the maple trees, the sweet aroma of the calamus, or the simple song of the sparrow that consists only of a series of high-pitched chirrup notes. Have you not shown us that it is through our thanksgiving and blessings we will greatly multiply that which we acknowledge? Let the vibration of my words of praise reach Your ears so that I can rightly demonstrate my awe and total respect for You, as the King of Kings and Lord of Lords, in my worship. For only You, my Lord, are capable of such goodness, compassion, and mercy. Therefore, may all my breaths carry words and thoughts of praise so You may draw me closer to You as Your faithful servant as I reverently bow in my demonstration of complete dependence upon You. Know that I will always sing Your praises even in my darkest and most troubled hours as I am certain that You are always with me, fulfilling Your will within Your divine plan. As I have become aware over time, the praise I have offered to You, My Father, is always rewarded as I have seen improved health that never seems to lessen in its vitality, thus permanent health naturally arises in our continuous acts of praise. For Your blessings when noticed miraculously lead to additional blessings. Therefore, my Lord, awaken my spiritual sense to always perceive Your presence even in the smallest of most difficult of matters so I am prepared to respond with thanks and praise that shows I understand the magnitude of Your loving kindness. In my heart I have fully accepted that I am part of the multitude that you provide for each and every day so in Your honor with thanksgiving and praise I now Walk the Way of Love. Amen. (GEC2025)

REFLECTION and FINAL THOUGHTS
3 Journal Prompts
<i>Only when the mind and heart are ...</i>
<i>We need habits that ...</i>
<i>Through praise of God ...</i>
2 Connections for Use in the Healing Center
1 Thought for Meditation
<i>Truly, we multiply or increase that for which we give thanks or bless, and this law may be applied to improving and maintaining the health of one's various bodies as well as to anything else. The thankful heart and mind are well-springs of health, for the vibration which they send forth is essentially of a healthful, uplifting nature.</i>
Key Takeaway(s)

21. Thinking Health

Rays from the Rose Cross, Sept/Oct 1996

“For by the grace given me I say to every one of you: Do not think of yourself more highly than you ought, but rather think of yourself with sober judgment, in accordance with the faith God has distributed to each of you.” (Romans 12:3 NIV)

THE SLIGHTEST thought, feeling, or emotion is transmitted to the lungs, where it is injected into the blood. The blood...is the carrier of nourishment to every part of the body, and the direct vehicle of the Ego”—*Cosmo-Conception*, p. 91.

Meditation upon the truths contained in the foregoing passage brings an illuminating realization of the vital importance of thinking constructively. Actually, we become what we think—physically and spiritually. Our thoughts and feelings are architectural and sculptural blueprints that eventually become crystallized into facial expressions and physical form. In time psyche will become embodied as physiology—psyche begets soma. Our environment and associates are also reflections of our habitual trend of thought.

Obviously, if we wish to have healthy bodies, we must project health-promoting thoughts and emotions into our blood stream. Every thought we think has a vibratory power whose potency is directly proportional to the initial force of will by which it was generated. It becomes a part of our composite auric power and attracts to itself material of a like kind. In this manifestation of the Law of Attraction we have the key to thinking health. The more we think of that which is good, true, and beautiful, the more we strengthen the health-attracting element in our aura, and the more we inject health into our bloodstream and thence into our bodily tissues.

Disease, we know, is a result of wrong thinking and consequent wrong action—ignorance or disregard of God’s immutable laws. This “evil” may be overcome with “good.” Ignoring any seeming evil, meeting it with firm dismissal (as in “*get thee behind me*”), aligning with life, ever seeking harmony in relationships, and emphasizing kindly, uplifting thoughts, will reflect in our bodies and environment as surely as the law of gravity operates with unceasing predictability and regularity.

Actually, we can create such a force for good through unremitting constructive thinking that “evil” will weaken and wither from lack of nourishment. Let us think health into our bodies by rightly ordering our minds. The Apostle Paul says it well: “*Finally, brethren, whatsoever things are true, whatsoever things are honest, whatsoever things are just, whatsoever things are pure, what-soever things are lovely, whatsoever things are of good report; if there be any virtue, and if there be any praise, think on these things*” (Phil. 4:8).

Questions from the Reading

1. What happens to our thoughts, feelings, and emotions?
2. Why do we need to think constructively?
3. How can we obtain healthy bodies?
4. How is the Law of Attraction related to good health?
5. What is disease?
6. How can we overcome evil?
7. What does Paul tell us about rightly ordering our minds?

My Prayer for Constructive Thinking

God, Mighty Creator of All There Is, through Your Word we exist and carry within our hearts Your Divine Spark. Each thought that we place within our minds ultimately becomes expressed through its vibratory power and the force it produces so that we then become that which we think. Therefore, My Lord, help me to selectively filter my thoughts so that by habit I only materialize only those health-promoting thoughts in my mind that will elevate my auric power so that through the Law of Attraction I can further attract and build health giving thoughts and emotions that will additionally be injected into my bloodstream and then transported to every cell of my body so that the entirety of my body by my blood, the vehicle of my Ego, can experience the wonders of optimum health. For it is through constructive thinking that we empower ourselves with a health-giving force that is filled with God's goodness, truth, and beauty, immediately available to enrich the health of our bodies so that we always have the needed power and stamina to keep our bodies and minds rightly focused and ordered to ensure our ability to fulfill Your divine will, always mindful of the praise we can then rightly shower upon You, My Lord, as the Source of our health and wellbeing. Therefore, My Blessed Creator, help me to think only upon the true and pure virtues of this wonderful life always and forever. Amen. (GEC2025)

REFLECTION and FINAL THOUGHTS
3 Journal Prompts
<i>Health promoting thoughts and emotions are transmitted ...</i>
<i>Meditation is constructive when ...</i>
<i>Paul's idea of constructive thinking ...</i>
2 Connections for Use in the Healing Center
1 Thought for Meditation
<i>Every thought we think has a vibratory power whose potency is directly proportional to the initial force of will by which it was generated. It becomes a part of our composite auric power and attracts to itself material of a like kind. In this manifestation of the Law of Attraction we have the key to thinking health.</i>
Key Takeaway(s)

22. The Divine Essence: Visualizing the Christ Within ... A Probationer

Rays from the Rose Cross, May/June 1996

“If we claim to have fellowship with him and yet walk in the darkness, we lie and do not live out the truth. 7 But if we walk in the light, as he is in the light, we have fellowship with one another, and the blood of Jesus, his Son, purifies us from all sin.” (1 John 1:6-7)

A KEY CHARACTERISTIC of the spiritual aspirant is fellowship. Fellowship is defined as *“a close association of equals with the same or very similar interests.”* But what is the basis of fellowship?

The *Rosicrucian Cosmo-Conception* teaches that our current physical body is the result of many periods of evolution. The glands, nerves, and organs of the body only gradually came into play. And yet, they are all inter-related, just as our various vehicles all interpenetrate each other to some degree. It is as Paul stated: *“For as we have many members in one body, and all members have not the same office: so we, being many, are one body in Christ, and every one members one of another”* (Romans 12:4-5). For as our individual cells are part of our physical vehicle, so we who are *“separate”* are one in the body (and spirit) of Christ. Our physical body is actually a composite. Our consciousness and the need for experience have drawn these cells together. The physical manifestation of our vehicles is assisted by proper diet, exercise, harboring right emotions, and correct thinking. Our bodies are *per se* the result of a crystallization of spiritual forces. We are each a cell in the body of Christ.

Let us consider this passage about fellowship in the Temple Service: *“To reach that realization let us endeavor each day to forget the often-unprepossessing exteriors of our brothers (and sisters) and seek to serve the divine essence hidden within, which is the basis of fellowship.”* The operative phrase here is *“divine essence.”* What is this which is hidden in every one? Simply put, it is the Christ within. It is an inner personal force of love and cohesion. *“I live, yet not I, but Christ lives in me”* (Galatians 2:20). This same force holds the earth in orbit and permeates the entire solar system. Thus, all humanity is quite literally united on the cosmic level.

But how can one use this knowledge in the world of everyday affairs? Without the ability to do this, mysticism sounds like an idealistic dream and can never foster fellowship. The Christ-centered person does exactly what the Temple service says—looks for the Christ within. We can certainly garner strength by looking to an external deity, as many of our more orthodox Christian brothers do. But we have the added advantage of having developed a personal relationship with the god within, for there is no difference between the two.

If we are faced with a difficult person or a trying situation, we first need to go to our inner temple and seek help beyond the external. We should pause to consider that within us is a spark of the whole fellowship of the solar system. We can communicate and commune with it as we would with a dear friend.

I put it to you to try this method with “*real*” problems: Relax and visualize the Christ within each cell of your body. See and feel the presence of His pure white light radiating harmony among all the various functions of your being. Then, when you confront the individual or situation, try to sense Christ in that person or difficulty. Go past the unprepossessing exterior and seek to identify the divine essence hidden within. Silently and frequently during the day, try to deal with difficulties in this enlightened perspective and see if it does not alter the situation. You will find that either it changes or you have the strength to bear it out.

Questions from the Reading

1. How is fellowship defined?
2. What is the basis of fellowship?
3. How is the physical manifestation of our vehicle maintained?
4. What are our bodies the result of?
5. What is hidden within all men?
6. How is all humanity united on the cosmic level?
7. What must the Christ-centered person do, why?
8. What should we do when confronted with a difficult situation or person?
9. What method can be used in the case of real problems?

My Prayer to Deal with Difficult People and Situations

Give me, O Comforter of my soul, the strength and discipline to trust in Your divine plan when I have been harmed by the wrong doings of others. Help me to let go of my Ego and any harsh words or feelings of resentment that stir anger up within me and cloud my mind. Let me softly answer those that gossip and direct their negative arrow-like thought forms towards myself or those I love. Through your love I will work to compassionately embrace humility and learn to do good regardless of how others may treat me knowing that hidden good exists in all of our experiences. My heart understands that we are all Your creations and the challenges that others present us with are simply the opportunities that you have provided us for our spiritual advancement. As I walk my path, I need to learn to accept that the actions of others towards myself are not for me to judge or criticize as I shall only reap what I sow. Therefore, when I feel slighted by my fellow man, I will first look within myself to understand why it is difficult for me to deal with the offending person. My Merciful Lord, hear my prayers for my transgressor and bless me your wisdom to reveal what I should do next and how I can treat the situation in a loving fashion. Then using your divine counsel guide my actions so I can walk in love with a clear mind and meekness in fulfilling your plan with love and service. And in your loving kindness allow me to live in harmony with all my brothers in the beauty of Your natural world so that I recognize the sacred “interconnectedness of all things” at all times. Amen

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

REFLECTION and FINAL THOUGHTS
3 Journal Prompts
<i>In fellowship we find...</i>
<i>Hidden within all of humanity ...</i>
<i>There is no need to fear problems because...</i>
2 Connections for Use in the Healing Center
1 Thought for Meditation
<i>For as our individual cells are part of our physical vehicle, so we who are “separate” are one in the body (and spirit) of Christ. Our physical body is actually a composite. Our consciousness and the need for experience have drawn these cells together. ... Our bodies are per se the result of a crystallization of spiritual forces. We are each a cell in the body of Christ.</i>
Key Takeaway(s)

23. *Peace*

Rays from the Rose Cross, May/Jun 1996

You will keep in perfect peace those whose minds are steadfast, because they trust in you. (Isaiah 26:3 NIV)

“IN THE WORLD you shall have tribulation, but be of good cheer, for I have overcome the world.” What might be the salient characteristic of one who has overcome the world? Peace. Peace of body, soul, and mind. Peace is a fruit of the spirit, the source of infinite patience, the sister of faith, the result of consigning the outcome of all matters to the Prince of Peace.

“Peace I leave with you, my peace I give unto you, not as the world giveth, give I unto you.” What does the world know of peace? Worldly peace is but the cessation of war, the interim between moments of conflict or unrest.

True peace is not of this world, and yet it can be experienced in this world. In meditation we can practice peace by relinquishing all efforts to make things happen, to bend life to conform to our will. The peace we really seek, the only peace that is entirely sufficient to our needs, surpasses our understanding, so our proud minds can cease from trying to envelop it and rather be enveloped by it. To our minds we say, *“Peace. Be still.”* We invite the Calm One into our agitated hearts to allay the turbulent waters of our souls.

St. Paul reminds us that to be spiritually minded is love and peace, while to be materially minded is death because consciousness fixes on what are ultimately phantasms of ephemeral form and wants to possess what is, finally, vapid and without substance. Only Truth gives lasting peace and Truth came with and is personified in Christ Jesus.

Peace is not merely the absence of tension or the temporary result of getting what we desire. It is a positive state of being, a power in itself. We do not go out and get peace, we go within and receive it. While we can’t make peace, we can make ourselves open and disposed to receive it by stilling our febrile minds, quieting our hearts, and relaxing our bodies. Peace softens the heart, makes the physical body sound, hale, and resilient, and endows the mind with wonderful clarity and sanity.

The peace that is in Christ is a balm that can lave our souls with healing power and flood our bodies with regenerative force and vibrancy. We do well to seek places of quiet, but far more importantly, we seek to cultivate that inner quiet and Christ-centered devotion that welcomes the living Presence of the Lord of Peace into our whole being, for He is the Comforter Who untroubles our hearts and reminds us that we are even now preparing to live in that holy City of Peace, the New Jerusalem, where God shall wipe all tears from our eyes and there will be no more sorrow nor death. *“These things I have spoken unto you that in me ye might have peace.”*

Questions from the Reading

1. What is peace?
2. What is “*true peace*”?
3. What is the only peace we seek?
4. Where does lasting peace come from?
5. How do we make ourselves open to peace?
6. What effect does peace have on the body?
7. What is the peace that comes from within Christ?
8. What should we seek in terms of peace?
9. How is Christ a “*comforter*”?

My Prayer for Walking the Path to Peace

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

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

REFLECTION and FINAL THOUGHTS
3 Journal Prompts
<i>Seeking peace ...</i>
<i>Opening myself to peace ...</i>
<i>The peace from Christ ...</i>
2 Connections for Use in the Healing Center
1 Thought for Meditation
<i>Peace is a fruit of the spirit, the source of infinite patience, the sister of faith, the result of consigning the outcome of all matters to the Prince of Peace.</i>
Key Takeaway(s)

24. *An Invitation to Health*

Rays from the Rosy Cross, Mar/Apr 1996

“And the prayer offered in faith will make the sick person well; the Lord will raise them up. If they have sinned, they will be forgiven.” (James 5:15 NIV)

IF WE DO NOT ALWAYS EXHIBIT the radiant well-being which we should like to express, we may do well to ask ourselves if we are inviting health. We must definitely *invite* health, if we wish to possess it, by encouraging the necessary conditions. We must, in other words, endeavor to learn and obey the laws which govern well-being. This applies to each of the vehicles which make up the composite man. The condition of each vehicle reacts on the others, and what affects one will, in time, affect the others. For physical health, the “invitation” obviously must be couched in terms of eating sensibly, exercising sufficiently, getting enough sleep, and otherwise cooperating with the laws operating on the physical plane. For emotional health, cultivation of a calm, serene attitude is essential. Material science, as well as occult science, has proved that a fit of anger poisons the body. All other emotional upsets are similarly harmful.

For mental health—particularly important, since the mind should be used by man to direct his other vehicles in ways of right living—the invitation implies the use of the will in thinking only positive, constructive thoughts. Thoughts may be used to build a barrier to life-giving forces, or they may become a foundation of good health. To think kindly, tolerantly, unselfishly, and lovingly, is to invite health-building forces so powerful that only health can result.

Equipose on all levels is a prerequisite to perfect physical, emotional, and mental health. Equipose can develop only in a climate of studied obedience to natural law and concern with spiritual values. When we have achieved complete equipose, then we will be able to issue a permanent invitation to good health.

Questions from the Reading

1. How do we invite health?
2. What do we need to do as part of our invitation to all forms of health?
3. How does anger effect the body?
4. What is important for mental health?
5. How should we think to promote health?
6. What is a prerequisite to perfect health?
7. When can we provide a permanent invitation to good health?

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>An invitation to health may seem ...</i>
<i>In terms of emotions...</i>
<i>Through equipoise ...</i>
2 Connections for Use in the Healing Center
1 Thought for Meditation
<i>Equipoise on all levels is a prerequisite to perfect physical, emotional, and mental health. Equipoise can develop only in a climate of studied obedience to natural law and concern with spiritual values. When we have achieved complete equipoise, then we will be able to issue a permanent invitation to good health.</i>
Key Takeaway(s)

25. Keepers of the Temple

Rays from the Rose Cross, Jan/Feb 1996

Know ye not that ye are the temples of God, and that the spirit of God dwelleth in You? (1 Cor. 3:16).

WE ARE INDEED TEMPLES of God, and it is our duty and privilege to keep the temple pure and holy—and healthy. We want no money changers in the form of greed, selfishness, and intolerance—and disease. We know how important it is to keep ourselves from things which will coarsen and make us less sensitive and more susceptible to bodily ailments; therefore, we spend time every day in study and meditation to bring us closer to the things of the Spirit. But if we default from that practice and do and say things that are contrary to God's laws, we are failing to develop the sensitivity and awareness we want and need. At the same time, we create conditions for imbalances in one or more of our vehicles. There are elements in our lives that are so common and pervasive that we scarcely notice their unwholesomeness. The violence on television, the appeal to sensationalism and crudeness in newspapers and magazines, the gossip we listen to and help to spread. All these things contaminate our bodily temple, making it less fit as a dwelling place for the Spirit. At the same time our resistance to various ailments is lessened by passively absorbing and even contributing to these negative influences.

“Be not deceived, God is not mocked; for whatsoever a man soweth that shall he also reap”— Galatians 6:7.

These verses Paul wrote to his friends in Galatia tell us plainly that if we sow to the flesh, we shall reap corruption; but if we sow to the Spirit we shall reap rewards of a spiritual nature.

Is our temple shining with the light of purity and health, or has the mist of materialistic desire been allowed to occupy and enshroud it? The choice is ours—always.

Questions from the Reading

1. As temples what is our duty and privilege?
2. What things should we strive to keep out of our temples?
3. What should we do in terms of our temple?
4. What things can contaminate our temples?
5. What does it mean to “*sow the Spirit*”?

My Prayer for Rosicrucian Study

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

REFLECTION and FINAL THOUGHTS
3 Journal Prompts
<i>Bodies and temples are...</i>
<i>Purifying a temple ...</i>
<i>Sensitivity and awareness provide...</i>
2 Connections for Use in the Healing Center
1 Thought for Meditation
<i>We know how important it is to keep ourselves from things which will coarsen and make us less sensitive and more susceptible to bodily ailments; therefore, we spend time every day in study and meditation to bring us closer to the things of the Spirit.</i>
Key Takeaway(s)

26. *In His Heart*

Rays from the Rose Cross, Nov/Dec 1995

Therefore, confess your sins to each other and pray for each other so that you may be healed. The prayer of a righteous person is powerful and effective.
(James 5:16 NIV)

ONE coal will not make a fire, but where a number of coals are heaped together, the heat which is latent in each may be kindled into a flame, emitting light and warmth. And it is in obedience to this same law of nature that we have gathered here tonight that by massing our spiritual aspirations for the healing and helping of our suffering fellows, we may do our modest share toward lifting the pall of sorrow that now broods over their lives, that we may hasten the day of the kingdom to come, where suffering and sorrow shall have been abolished and where even death shall have ceased to have dominion over men.

We are holding these Healing Meetings on nights when the moon is in a cardinal sign because at that time the maximum of cosmic energy is infused into whatever we start and there are then the best chances for a successful issue. Thus, we are taking advantage of the forces in the universe, and thought is the vehicle which we use to transmit the healing power.

But before power can be transmitted it must have been generated, and to do this efficiently we should understand accurately what the method is. There is one teaching of the Christ which thoroughly explains the matter. It is: that as a man *"thinketh in his heart, so is he."* That saying goes to the very bottom of the matter; for though we may profess with our mouth to believe certain things and thus deceive others, yes, even ourselves, only what we really believe in our hearts, what we think deep down in our hearts, counts. If we profess with our mouth that we believe in God, in living the life, in doing unto others what is right, regardless of what they do to us, we may still live a double life and be hypocrites. But if we really think these things from the bottom of our hearts, it will not be necessary for us to make professions. Every single act of ours will proclaim just exactly what we think in our hearts and what we believe. People will very soon find out just what kind of a person we are by watching our actions rather than by listening to what we say.

Let us realize that every thought is a spark issuing from the Ego; that the moment it is born it draws around itself what is of like nature. This thought-form may be sent to others for good or ill, but eventually there is a reaction upon ourselves—good for good and ill for ill. It is an actual fact, and not just a mere trope, that *"thoughts, like chickens, come home to roost."* Anyone who has unfolded spiritual sight sees around each person a subtle auric atmosphere which is colored according to his particular trend of thought; though, of course, the basic color is determined by the racial and national characteristics.

If we think in our heart's thoughts of optimism, kindness, benevolence, helpfulness, and service, those thoughts gradually color our atmosphere in a certain manner which is accurately expressive of all those different desirable

qualities or virtues. And as our bodies are built by the mind into an expression of our mental attitudes, this will again react upon our physical body, bringing to us health and well-being. For that reason, the teachings of New Thought are true when they state that in this manner health and prosperity are achieved, though no one who is really spiritually minded would ever use such means for attaining material wealth. But this is merely another way of proving the truth of the saying of Christ that if we “*first seek the Kingdom of God and His righteousness,*” all other things will be added.

The prophet of Israel also gave this assurance when he said, “I have been young and now am old, but never have I seen the seed of the righteous begging for bread.” It is the law of the universe that if we work with God, then God will certainly take care of His own in a material way. “*Are not two sparrows sold for a farthing? and one of them shall not fall on the ground without your Father....ye are of more value than many sparrows.*” All through the word of God we have the promise that as long as we labor faithfully, honestly, and to the very best of our ability, striving for the things of the kingdom, working in His vineyard, then He will take care of us.

When anyone has created about himself or herself an auric atmosphere of helpfulness, of kindness, by actual service (for it is not enough that we desire to be of service, but we must strive day by day to serve to the very utmost—we must lie down every night tired in the happy consciousness of being real servants of Christ), we shall find a changed world. We shall find in other people the very same qualities we possess, because this auric atmosphere of ours is as a glass through which we must look at everybody. The whole world is colored by our own aura just as if we were in a room with windows of red glass: the world outside, trees, houses, and everything else would appear red.

As a matter of actual fact, we view the world in which we are living through our auric atmosphere, and if that is vibrant with benevolence and kindness we find all about us people who are benevolent and kind, for we call out the qualities in them which we ourselves express, upon the same scientific principle that when a tuning fork is struck it awakens the vibrations of other tuning forks of identical pitch, and the people who meet us are invariably attracted by and respond to that which we have in ourselves.

Therefore, a man who is benevolent feels the benevolence and kindheartedness of other people. A man who thinks mean and worrisome thoughts, who is pessimistic and habitually thinks thoughts of unkindness toward others, will call forth in them the same traits of character that he sends out. We are vibrating at a certain pitch and the seed atom in the heart is the keynote of our physical existence and of the vibrations that go out from us through the physical world.

It is of immense benefit to know this scientific fact for we can control our thoughts and through them every condition of life. It behooves us therefore to habitually cultivate optimism, helpfulness, benevolence and kindness, so that we may be of greater value in the world’s work. Unless we have these qualities in some degree it is impossible for us to do the work we have come here to do, namely, to help and heal others.

Thousands of students all over the world have concentrated their thoughts here during this day as they do every day when there is a healing meeting at Headquarters. This aggregation of thoughts now floats over the Pro-Ecclesia as a mighty force. The Rosicrucian emblem on the west wall is the instrument or focus through which we shall send it out into the world. There we see the five-pointed golden star and the four-bladed cross. The five and four make the mystic number nine, which is the number of Adam or humanity. The cross is pure white, symbolical of the fact that anyone who desires to become a helper of humanity must purify himself from all evil; and though, in attempting to do this, we fail time and again, let us remember, there is no failure except in giving up the Quest. The seven roses which garnish this symbol are symbolical of the cleansed blood.

While humanity and the animals which have red, warm blood are filled with passion and desire, the plant is passionless. The red rose, being the generative organ of the plant, therefore stands as a symbol of the immaculate conception which takes place when the Christ is born within, cleansing us from the sins of the past and sanctifying us to the work of the future. This is the great ideal toward which we aspire. Let us concentrate our thoughts upon the central white rose in the emblem, which stands for the pure heart that is in such an unselfish Invisible Helper. Let us pray that our thoughts may be as pure as that rose so that we may be able to generate thoughts of purity, strength, and helpfulness and trust in God in spite of all discouragements.

Above everything, let us, when we have done our part, trust the results to God, eliminating our own personality.

We are too weak to battle with cosmic forces; but God is omnipotent. We would not attempt to cross the ocean in a row boat, which is almost certain to be swamped; but if we commit ourselves to a large and well-built liner, the chances are greatly in favor of our surviving any strong wind that may beset us. The same applies in the voyage toward our spiritual goal. If we endeavor to stand in our own strength, we are very apt to fail; but if we commit everything to God and pray to Him for guidance, then we shall find our chances for success are greatly increased. And by prayer is not merely meant the prayer of the lips but rather the prayer of the heart. As Emerson puts it:

*Although your knees were never bent,
To heaven your hourly prayers are sent;
And be they formed for good or ill,
Are registered and answered still.*

Questions from the Reading

1. Why are the healing services held when the moon is in the cardinal sign?
2. How is the healing power generated?
3. What is a thought?
4. What determines an auric atmosphere of a person?
5. What occurs when we think thoughts of optimism, kindness, benevolence, helpfulness and service?
6. Why don't we need to use our inner power for material wealth?
7. What happens we serve the world to the utmost each day?
8. How are we like tuning forks that has been struck?
9. What makes us of greater value in the world's work?
10. How can you describe the Rosicrucian emblem and its symbolism?
11. What is the Rosicrucian great ideal?
12. How is the emblem used in the Healing Service?
13. How can we increase our chances in spiritual success?
14. How does *Emerson* describe the correct prayer?

My Prayer for the Purification of the Heart

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

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

REFLECTION and FINAL THOUGHTS
3 Journal Prompts
<i>Our healing power is ...</i>
<i>Careful thoughts of ...</i>
<i>Our success or failure rests upon ...</i>
2 Connections for Use in the Healing Center
1 Thought for Meditation
<i>Let us realize that every thought is a spark issuing from the Ego; that the moment it is born it draws around itself what is of like nature. This thought-form may be sent to others for good or ill, but eventually there is a reaction upon ourselves— good for good and ill for ill.</i>
Key Takeaway(s)

27. *Fruit as Medicine*

Rays from the Rose Cross, Sept/Oct 1995

“Fruit trees of all kinds will grow on both banks of the river. Their leaves will not wither, nor will their fruit fail. Every month they will bear fruit, because the water from the sanctuary flows to them. Their fruit will serve for food and their leaves for healing.” (Ezekiel 47:12 NIV)

PROPER FOOD given at the right time and under the right conditions will not only cure but prevent disease. The truth of this statement is becoming apparent to an increasing number of people. Of all foods, fruits seem to rank first in the medicinal qualities needed by most people. A several-day diet of a particular fruit has proved effective countless times in curing tonsillitis, appendicitis, colds, and various other ailments. The citrus fruits, in particular, help free the body cells of poisons, accumulated largely by eating too much lifeless, starchy food.

Occult philosophy teaches that fruits are an ideal diet. They are, in fact, evolved by the fruit trees to induce animal and man to eat them. Fresh fruit contains water of the purest and best kind, capable of permeating the system in a marvelous manner. Grape juice is a particularly wonderful solvent. It thins and stimulates the blood, opening the way into capillaries already dried and choked up. It may be said generally of the solid foods we take into our system, that fresh vegetables and ripe fruits contain the greatest proportion of nutritious matter and the least of earthy substances. Citrus fruits (oranges, lemons, grapefruits, etc.) are powerful antiseptics.

The king of all antiseptics, the pineapple, has been used very often with complete success as a cure for the dreaded diphtheria, which is only another name for a septic sore throat. Fruits cleanse and purify the system, and the pineapple is one of the finest aids to digestion ever known to man. It is far superior to pepsin, and no fiendish cruelty is used to obtain it. Of fruits we assimilate about 85 per cent of the proteins, 90 per cent of the fat, and 90 per cent of the carbohydrates.

Questions from the Reading

1. How can food be a medicine?
2. Which foods the highest medicinal value?
3. Which fruits help us free the body of poisons?
4. What does occult philosophy teach us about fruit?
5. Which fruit provides us with an excellent solvent? What is its effect?
6. What is special about fresh vegetables and fruits?
7. What is special about the citrus fruits?
8. What is the best fruit for a septic sore throat?
9. How well do we assimilate fruits?

My Prayer for Fruits to Provide My Medicines

My Generous Lord, Provider of All of My Needs, by every seed-bearing plant You have given to us we are nourished and we need not worry about going hungry. As with every beast of the earth and bird of the sky You have so graciously provided food with Your life-giving vegetation so they need not ever worry. You have put forth your divine blessing ensuring that we may have the meat of grapes, figs, olives, date, pomegranates and apples so that we may have eternal life and from within the juice of the fruit there also comes the purest water capable of rejuvenating our spirits and elevating our inner powers. While sometimes in our human nature we may violate the Laws of Nature, Yet in Your divine forethought You created the leaves of Your fruit trees to also offer us natural medicines to cure all of our illnesses. Therefore, I ask that You may bless me by keeping the olives from falling from my trees so I may keep Your commandments and live a healthy life by selecting the proper foods at the right time so I may reap their therapeutic benefits and receive the maximum nutritional allowance with the least amount of toxic earthy substances so as to cure and prevent any disease. Amen.

REFLECTION and FINAL THOUGHTS
3 Journal Prompts
<i>Diet and medicine...</i>
<i>Eating fruits...</i>
<i>With certain fruits it is found ...</i>
2 Connections for Use in the Healing Center
1 Thought for Meditation
<i>PROPER FOOD given at the right time and under the right conditions will not only cure but prevent disease. ... Occult philosophy teaches that fruits are an ideal diet. They are, in fact, evolved by the fruit trees to induce animal and man to eat them. Fresh fruit contains water of the purest and best kind, capable of permeating the system in a marvelous manner.</i>
Key Takeaway(s)

28. *The Joyful Life*

Rays from the Rosy Cross, Jul/Aug 1995

A cheerful heart is good medicine, but a crushed spirit dries up the bones.
(Proverbs 17:22 NIV)

ABUNDANT life—the life rich in physical, emotional, mental, and spiritual health equates with the joyful life. True joy comes from within; it cannot be inculcated from without. True joy is based largely upon faith in the wisdom and justice of our Creator. Such faith is possible even to the reasoning mind, for an understanding of the twin laws of Rebirth and Consequence gives the basis necessary for the intelligent faith which is based on knowledge.

This combination of faith and joy helps build the inner peace and contentment that contribute so much to the maintenance of good health. When a person is at peace, his bodily processes are more likely to function smoothly, and he retains, for a longer time, the elasticity of youth and the readiness to deal with life's problems. From the point of view of good health, joy may be considered as a lubricant that keeps the wheels of life oiled and running smoothly.

The Western Wisdom Philosophy teaches that when *“thoughts of worry, fear, and anger interfere with the process of evaporation (of the solar force) in the spleen, a speck of plasm is the result, and this is at once seized upon by a thought elemental which forms a nucleus and embodies itself therein. Then it commences to live a life of destruction, coalescing with other waste products and decaying elements wherever formed, making the body a charnel house instead of the temple of the indwelling Spirit.”*

We are also told that *“Given the same amount and kind of food, the person of serene and jovial disposition will live longer, enjoy better health, and be more active than the person who worries, or loses his temper. . . Were a scientist to analyze the bodies of two men, he would find that there was considerably less earthy matter in the body of the kindly disposed man than in that of the scold.”* Joy, then, is an indispensable foundation of good health, without which we cannot enjoy a truly abundant life. The woes of the world are many, but if we have the inner contentment based on faith and sustained by joy, we will be better able to overcome obstacles and rise to greater heights of physical, mental, emotional, and spiritual well-being.

Questions from the Reading

1. Where does true joy come from?
2. What is *“intelligent faith”* based upon?
3. How is inner peace developed?
4. Why is joy essential to good health?
5. Why are thoughts of fear, worry, and anger destructive?
6. Why does a serene and jovial person live longer with better health?
7. What allows us to overcome obstacles and rise to great spiritual heights?

My Prayer for Attaining Bliss in God

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

REFLECTION and FINAL THOUGHTS
3 Journal Prompts
<i>Searching for true joy ...</i>
<i>Our inner peace and contentment are...</i>
<i>An abundant life comes...</i>
2 Connections for Use in the Healing Center
1 Thought for Meditation
<i>True joy comes from within; it cannot be inculcated from without. True joy is based largely upon faith in the wisdom and justice of our Creator. Such faith is possible even to the reasoning mind, for an understanding of the twin laws of Rebirth and Consequence gives the basis necessary for the intelligent faith which is based on knowledge.</i>
Key Takeaway(s)