

The Rosicrucian Fellowship



Occult Principles of Health and Healing

By Max Heindel

Self-Study Guide Book 1

Understanding the Vehicles of Man

By G. E. Carlin and Jim Noel

The Rosicrucian Fellowship School of Spiritual Healing

Foreword

This course of study is structured around Max Heindel's book *Occult Principles of Health and Healing*, as described in the foreword of this book:

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

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

Therefore, the goal of these Self-Study Guides is to prepare students with a firm foundation in principles of spiritual healing so they may aide others in healing as Visible and Invisible Helpers. In each Study Guides you will explore the concepts and ideas of health and healing as expressed in the 25 chapters of the *Occult Principles of Health and Healing*. These Study Guides will also be used in the classroom setting at The Rosicrucian Fellowship of Spiritual Healing in Oceanside, California.

Disclaimer

Please note, the views and opinions expressed about the different forms of healing and the related scientific understandings in the Occult Principles of Health and Healing are those of the author, Max Heindel, and do not necessarily reflect the current views or positions of the science and medical professions. The content in this Self-Study guide is not intended to diagnose, treat, or prevent any condition. Please consult your doctor for all medical issues or before making any changes to your health regimen.

Historical Context and Concerns

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

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

INTRODUCTION

The Rosicrucian School of Spiritual Healing

One of the main functions of the Rosicrucian School of Spiritual Healing will be to teach the Rosicrucian methods of maintaining health in accordance with the underlying principles of the *Ten-Fold Constitution of Man*.



DIAGRAM 5 SHOWS THE TENFOLD CONSTITUTION OF MAN

Man is a threefold Spirit, possessing a Mind by means of which he governs a threefold Body, which he emanated from himself to gather experience. This threefold Body he transmutes into a threefold Soul, upon which he nourishes himself from impotence to omnipotence.

The Divine Spirit The Life Spirit The Human Spirit	{ emanates from itself	{ The Dense Body The Vital Body The Desire Body	{ extracting as pabulum	{ Conscious Soul Intellectual Soul Emotional Soul
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The mirror of mind also contributes increasingly to spiritual growth as the thoughts which it transmits to and from the Spirit polish it to greater brightness sharpening and intensifying its focus more and more to a single point, perfectly flexible and under the control of the Spirit.

In order to accomplish this function, the Rosicrucian School of Spiritual Healing will provide *Self- Study Guides* for students to familiarize themselves with the concepts such as; the vehicles man's body, basic anatomy and physiology, spiritual causes of disease, spiritual healing and its methods, and death. In addition, the Rosicrucian School of Spiritual Healing will offer in person and online lectures and classes for students who further wish to expand their learning as well as patients that wish to fully understand their role in their health and the healing process.

There are seven ***Self-Study Guides for The Rosicrucian Fellowship School for Spiritual Healing*** to help prepare you to volunteer in their Healing Center. The Study Guides were designed as a course of self-study in which you explore the concepts and ideas of health and healing as expressed in the 25 chapters of the book, *Occult Principles of Health and Healing* by Max Heindel.

The *Occult Principles of Health and Healing* consists of seven Self-Study Guides:

- 1. Understanding the Vehicles of Man***
- 2. Disease***
- 3. Healing***
- 4. Maintaining Health and Special Applications for Healing***
- 5. "There is no Death"***
- 6. General Anatomy***
- 7. On Conducting a Healing Center***

This is ***Book 1: Understanding the Vehicles of Man*** in the Self-Study Guides series. And it consists of five chapters from the *Occult Principles of Health and Healing* that are related to Disease.

Ch 1: *The Dense Body*

Ch 2: *The Vital Body*

Ch 3: *The Desire Body and the Mind*

For each chapter in the Self-Study Guide there will be:

- Pre-Reading Activity
- Reading Template
- Chapter Questions
- Summary Questions
- Class Discussion Questions
- Research on Your Own Activity
- Reflection and Connections
- Final Thoughts

Please Note: that you may use any edition of the *Occult Principles of Health and Healing* book in either hardcopy or downloaded as a .pdf file from the Rosicrucian Fellowship website at <www.rosicrucian.com>.

Instructions for Each Component of the Self-Study Guide

Pre-Reading Activity

This consists of four questions related to the topic of the chapter that you are to answer based upon your beliefs and understandings prior to reading the chapter. It is intended to provide a reference by which you can judge how your thoughts and beliefs prior to reading the chapter were confirmed, enriched, or challenged with new ideas and concepts.

Reading Template

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

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

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

Chapter Questions:

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

Summary Questions:

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

Class Discussion Questions:

This is a list of sample questions that might be discussed during your class discussions with other students and a Probationer of the Rosicrucian Fellowship.

Research on Your Own Activity:

You will be asked to research on your own certain ideas or concepts that are presented in the chapter. Generally, they are ideas and concepts used in supporting the content of the chapter so they are minimal in their description and explanation. Therefore, you can use any of Max Heindel's books such as *Rosicrucian Cosmo-Conception* to find additional information.

Reflection and Connections:

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

Final Thoughts:

Some final ideas connected to the topic of the chapter are presented as well as a summary of some key ideas and concepts.



Prayers for Your Work

Prayer Before Your Spiritual Reading

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

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

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

Pause to Pray at Heartfelt Times

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

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

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

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

Prayer After Your Spiritual Reading

My Short Prayer to Thank God for His Words

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

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

Prayer Before Studies

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

A Student's Prayer

By Thomas Aquinas

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

The Student's Prayer

The Rosicrucian Fellowship

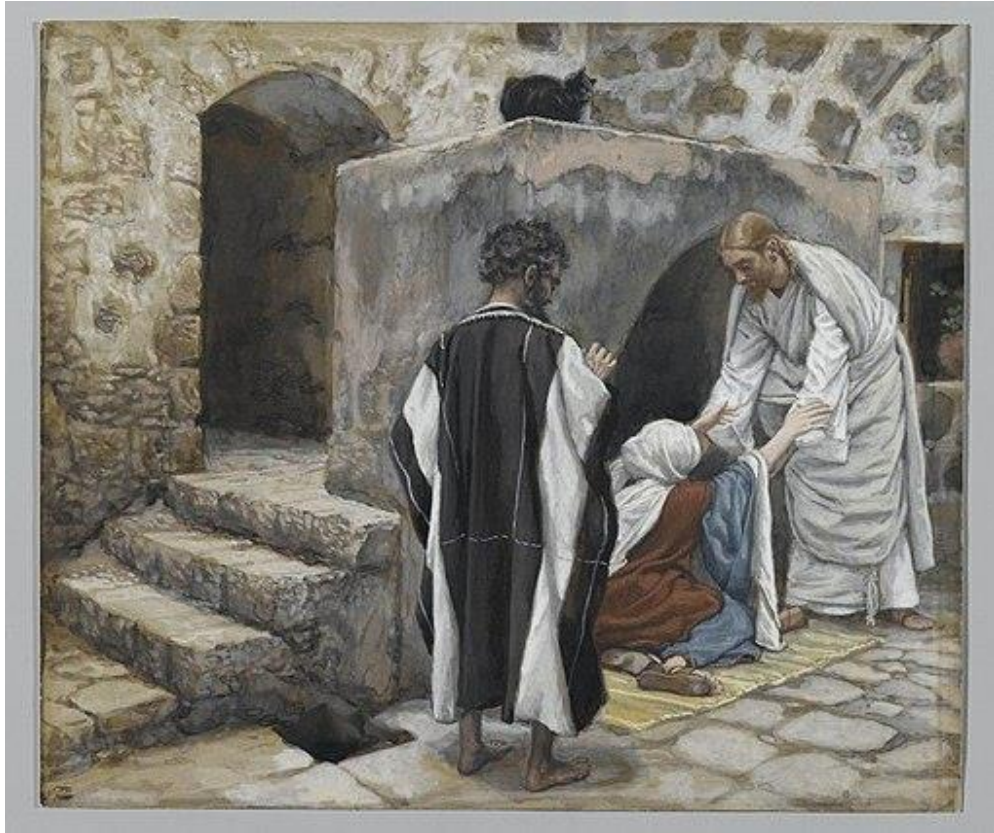
*Oh, God, increase my love for Thee
so that I may serve thee better from day to day.
Let the words of my mouth and the meditation of my heart
be acceptable in thy sight,
O LORD, my strength and my redeemer.*

- Max Heindel

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

- 2 Timothy 2:15

Occult Principles of Health and Healing



By Max Heindel

Self-Study Guide: Chapter 1

The Dense Body

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

Pre-Reading Activity: *What Are Your Thoughts About the Dense Body?*

Before reading Chapter 1: *The Dense Body* it is important that you first consider your current thoughts on the Dense Body so upon completing the reading you can then see how your thoughts were confirmed, enriched, or challenged with new ideas and concepts.

<i>What does the physical body consist of?</i>	<i>What is the function of your brain and nervous system?</i>
<i>What is the structure and function of the blood in the body?</i>	<i>What are the ductless glands in the body and their function?</i>

Reading Template for Chapter 1

CHAPTER 1 NOTES

Questions

Investigate

Clarity

Challenge

Chapter Questions for Chapter 1

1. What is the Dense Body?

2. What is the Vital Body?

3. What is the Desire Body?

4. What is the Mind?

5. What is the Ego?

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

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

8. In earlier times what was the Pineal Gland?

9. What was man's language first like?

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

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

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

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

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

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

54. Where do solar forces come into the body?

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55. How can the adrenals be influenced by other planets?

--

56. Why were the kidneys placed under the leadership of Libra?

--

57. How is the thymus gland the link between the parent and the child?

--

58. Why can't a child manufacture its own red blood cells?

--

59. How does the child compensate for not producing its own red blood cells?

--

60. In what other than the olfactory tract are we attracted or repelled from food?

--

61. What occurs when the Uranian influence on the pituitary is eccentric?

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

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

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

74. How can we describe the lymphatic system?

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

76. What happens when inflammation attacks the body?

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

Summary Question for Chapter 1

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

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

3. How is the function of the *lymphatic system*?

Class Discussion Questions for Chapter 1

- **What is the function of the four bodies?**
- **How has the dense body evolved?**
- **What was important about the Moon and Earth period in the Dense Body evolution?**
- **How did an organ of thought come into being?**
- **How did man evolve through the seven Atlantean Races?**
- **How did the Dense Body acquire a brain and nervous system?**
- **Why was the reconstruction of the Dense Body necessary?**
- **What occurred when the division of the Sun, Moon, and Earth took place?**
- **Why was the blood critical in the evolution of humanity?**
- **Why is the proper heat of the blood critical to the expression of the Ego?**
- **What information does the blood carry?**
- **Why do Rosicrucians describe blood as a gas and not a liquid?**
- **Why are white blood cells present in larger numbers when we are ill?**
- **What are the crystals that are found in blood?**
- **What are ductless glands, their rulers, and their purpose?**
- **What is the pineal gland and what does our spiritual sight tell us?**
- **How can we describe the lymphatic system and its three-fold function?**

*****Research On Your Own – Chapter 1*****

The Structure and Function of the:

1. Pituitary Body (Gland)

2. Thyroid Gland

3. Thymus Gland

4. Adrenal Glands

Reflection & Connection for Chapter 1

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

Final Thoughts Chapter 1

The dense body in which we function is composed of numerous cells, each having separate cell-consciousness, though of a very low order. While these cells form part of our body they are subjected to and dominated by our consciousness 82. ... As proper food feeds the body in a material sense, so the activity of the spirit in the dense body, which results in right action, promotes the growth of the Conscious Soul. As the forces from the sun play in the vital body and nourish it, that it may act on the dense body, so the memory of actions done in the dense body—the desires, feelings and emotions of the desire body and the thoughts and ideas in the mind—cause the growth of the Intellectual Soul. In like manner the highest desires and emotions of the desire body form the Emotional Soul. – **RCC, p. 96**

THE PITUITARY BODY AND THE PINEAL GLAND

In the brain, and in approximately the positions shown in diagram 17, are two small organs called the pituitary body and the pineal gland. Medical science knows but little about these, or the other ductless glands of the body. It calls the pineal gland “the atrophied third eye,” yet neither it nor the pituitary body are atrophying. This is very perplexing to scientists, for nature retains nothing useless. All over the body we find organs which are either atrophying or developing, the former being milestones, as it were, along the path which man has traveled to reach his present stage of development, the latter pointing out the lines for future improvement and development. For instance, the muscles which animals use to move the ears are present in man also, but as they are atrophying, few people can use them. The heart belongs to the class indicating future development; as already shown, it is becoming a voluntary muscle.

The pituitary body and the pineal gland belong to still another class of organs, which at the present time are neither evolving nor degenerating, but are dormant. In the far past, when man was in touch with the “inner” Worlds, these organs were his means of ingress thereto, and they will again serve that purpose at a later stage. They were connected with the involuntary or sympathetic nervous system. Man then saw the inner Worlds, as in the Moon Period and the latter part of the Lemurian and early Atlantean Epochs. Pictures presented themselves quite independent of his will. The sense centers of his desire body were spinning around counter-clockwise (following negatively the motion of the Earth, which revolves on its axis in that direction) as the sense centers of “mediums” do to this day. In most people these sense-centers are inactive, but true development will set them spinning clockwise, as explained elsewhere. That is the difficult feature in the development of positive clairvoyance. – **RCC. pp. 473-474**

BLOOD

The blood is one of the highest expressions of the vital body. The Ego guides and controls its dense instrument by means of the blood, therefore the blood is also the means used to act on the nervous system. During some of the time that digestion is going on, it acts partially through the nervous system, but (especially at the commencement of the digestive process) it acts directly upon the stomach. When, during scientific experiments, the nerves were blocked, the direct way through the blood was still open and the Ego derived the necessary information in that way.

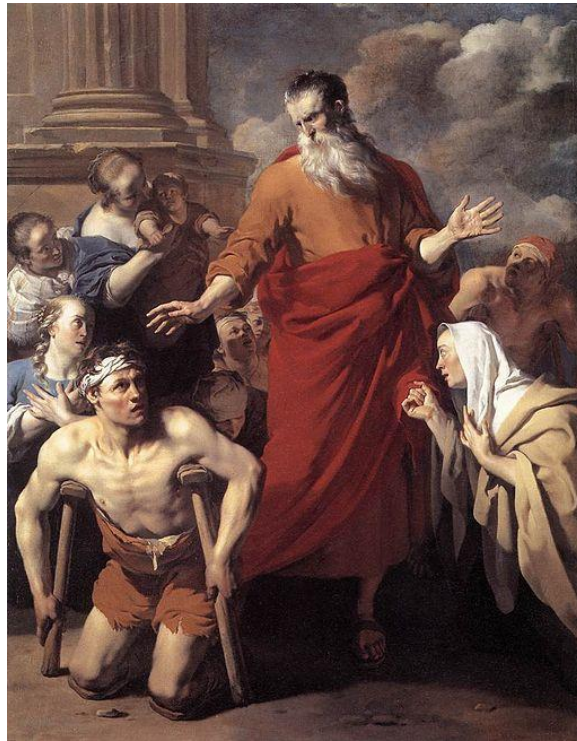
It will also be seen that the blood is driven to wherever the Ego unfolds the greatest activity at any time. If a situation requires sudden thought and action, the blood is promptly driven to the head. If a heavy meal is to be digested the greater portion of the blood leaves the head, centering around the digestive organs. The Ego concentrates its efforts on ridding the body of the useless food. Therefore a man cannot think well after a heavy meal. He is sleepy because so much blood has left the brain that the residue is insufficient to carry on the functions necessary to full waking consciousness, besides, nearly all the vital fluid or solar energy specialized by the spleen is absorbed by the blood rushing through that organ after a meal in greater volume than between meals. Thus the rest of the system is also deprived of the vital fluid in a large measure during digestion. It is the Ego that drives the blood into the brain. Whenever the body goes to sleep, the blood leaves the brain, as may be proven by placing a man on a balanced table. When he goes to sleep the table will invariably tip towards the feet, raising the head. During coition the blood is centered in the sex organs, etc. All these examples tend to prove that during the waking hours, the Ego works in and controls the dense body by means of the blood. The larger portion of the total amount goes to that part of the body where at any given time, the Ego unfolds any particular activity. - **RCC, p. 238**

THE BRAIN

Another class of investigators teach that there is no feeling even in the human body, except in the brain, which is the seat of feeling. They say it is the brain and not the finger which feels the pain when the latter is injured. Thus is the house of Science divided against itself on this as on most other points. The position taken by each is partly right. It depends upon what we mean by "feeling." If we mean simply response to impacts, such as the rebound of a rubber ball that is dropped to the ground, of course it is correct to attribute feeling to mineral, plant, and animal tissue; but if we mean pleasure and pain, love and hate, joy and sorrow, it would be absurd to attribute them to the lower forms of life, to detached tissue, to minerals in their native state, or even to the brain, because such feelings are expressions of the self-conscious immortal spirit, and the brain is only the keyboard of the wonderful instrument upon which the human spirit plays its symphony of life, just as the musician expresses himself upon his violin. – **RCC. p. 32**

Where there was a division of the desire body, the dense body gradually assumed a vertical position, thus taking the spine out of the horizontal currents of the Desire World in which the group-spirit acts upon the animal through the horizontal spine. The Ego could then enter, work in and express itself through the vertical spine and build the vertical larynx and brain for its adequate expression in the dense body. A horizontal larynx is also under the domination of the group-spirit. While it is true that some animals, as the starling, raven, parrot, etc., previously mentioned, are able, because of the possession of a vertical larynx, to utter words, they cannot use them understandingly. The use of words to express thought is the highest human privilege and can be exercised only by a reasoning, thinking entity like man. If the student will keep this in mind, it will be easier to follow the different steps which lead up to this result. – **RCC p. 236**

Occult Principles of Health and Healing



By Max Heindel

Self-Study Guide: Chapter 2

The Vital Body

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

Pre-Reading Activity: *What Are Your Thoughts About the Vital Body?*

Before reading Chapter 2: *The Vital Body* it is important that you first consider your current thoughts on the Vital Body of man so upon completing the reading you can then see how your thoughts were confirmed, enriched, or challenged with new ideas and concepts.

<i>What habits do we develop in from our birth through childhood?</i>	<i>What do you believe about the concept of rebirth?</i>
<i>What do you think a “Soul Body” is?</i>	<i>Why do we do good deeds during our lifetime and what is the effect upon ourselves?</i>

Reading Template for Chapter 2

CHAPTER 2 NOTES

Questions

Investigate

Clarity

Challenge

Chapter Questions for Chapter 2

1. How has the vital body modified?

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

--

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

--

4. Where are the points of the vital body?

--

5. What are the four ethers?

--

6. What is the function of the chemical ether?

--

7. What is the function of the light ether?

--

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

--

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

--

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

--

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

--

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

--

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

--

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

--

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

--

16. When is the soul body seen?

--

17. What do the colors blue and gold represent?

--

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

--

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

--

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

--

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

--

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

--

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

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24. What is the soul body?

--

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

--

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

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Summary Question for Chapter 2

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

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

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

Class Discussion Questions for Chapter 2

- **How has the vital body evolved our time?**
- **How does the vital body compare to the dense body?**
- **How does the vital relate to “form”?**
- **How does the vital body interpenetrate the dense body, and its effect?**
- **What are the four ethers and their functions?**
- **What happens when solar energy enters our bodies?**
- **How are the different colors of the produced within the body?**
- **What do the different colors of the soul body indicate?**
- **What is the role of the seed atom at death and rebirth?**
- **What occurs as the Ego goes through rebirth?**
- **Why is the Soul Body more closely connected to the desire body and the mind?**
- **What growth does food and good deeds produce?**

*****Research on Your Own – Chapter 2*****

1. Who are *Recording Angels*?

2. What is the purpose of the *Soul Body*?

3. In Rosicrucian terminology what are the names of the *seven Periods*?

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

Reflection & Connection for Chapter 2

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

Final Thoughts for Chapter 2

Four Types of Ether (*Rosicrucian Cosmo-Conception*, pp. 35-38)

To the trained clairvoyant ether is as tangible as are the solids, liquids, and gases of the Chemical Region to ordinary beings. He sees that the vital forces which give life to the mineral forms of plant, animal and man flow into these forms, by means of the four states of ether. The names and specific functions of these four ethers are as follows.

(1) Chemical Ether—This ether is both positive and negative in its manifestation. The forces which cause assimilation and excretion work through it. Assimilation is the process whereby the different nutritive elements of food are incorporated into the body of plant, animal and man. This is carried on by forces with which we shall become acquainted later. They work along the positive pole of the chemical ether and attract the needed elements, building them into the forms concerned. These forces do not act blindly nor mechanically, but in a selective way (well-known to scientists by its effects) thereby accomplishing their purpose, which is the growth and maintenance of the body.

Excretion is carried on by forces of the same kind, but working along the negative pole of the chemical ether. By means of this pole they expel from the body the materials in the food which are unfit for use, or those which have outlived their usefulness in the body and should be expurgated from the system. This, like all other processes independent of man's volition, is also wise, selective, and not merely mechanical in its operation, as seen, for instance, in the case of the action of the kidneys, where only the urine is filtered through when the organs are in health; but it is known that when the organs are not in health, the valuable albumen is allowed to escape with the urine, the proper selection not being made because of an abnormal condition.

(2) Life Ether—As the chemical ether is the avenue for the operation of the forces the object of which is the maintenance of the individual form, so the life ether is the avenue for the operation of the forces which have for their object the maintenance of the species—the forces of propagation.

Like the chemical ether, the life ether also has its positive and negative pole. The forces which work along the positive pole are those which work in the female during gestation. They enable her to do the positive, active work of bringing forth a new being. On the other hand, the forces which work along the negative pole of the life ether enable the male to produce semen.

In the work on the impregnated ovum of the animal and man, or upon the seed of the plant, the forces working along the positive pole of the life ether produce male plants, animals and men; while the forces which express themselves through the negative pole generate females.

(3) Light Ether—This ether is both positive and negative, and the forces which play along its positive pole are the forces which generate the blood heat in the higher species of animal and in man, which makes them individual sources of heat. The forces which work along the negative pole of the light ether are those which operate through the

senses, manifesting as the passive functions of sight, hearing, feeling, tasting, and smelling. They also build and nourish the eye.

In the cold-blooded animals the positive pole of the light ether is the avenue of the forces which circulate the blood, and the negative forces have the same functions in regard to the eye as in the case of the higher animals and man. Where eyes are lacking, the forces working in the negative pole of the light ether are perhaps building or nourishing other sense organs, as they do in all that have sense organs.

In plants the forces which work along the positive pole of the light ether cause the circulation of the juices of the plant. Thus, in winter, when the light ether is not charged with sunlight as in summer, the sap ceases to flow until the summer sun again invests the light ether with its force. The forces which work along the negative pole of the light ether deposit the chlorophyll, the green substance of the plant and also color the flowers. In fact, all color, in all the kingdoms is deposited by means of the negative pole of the light ether. Therefore, animals have the deepest color on the back and flowers are deepest colored on the side turned towards the light. In the polar regions of the earth, where the rays of the sun are weak, all color is lighter and in some cases is so sparingly deposited that in winter it is withdrawn altogether and the animals become white.

(4) Reflecting Ether—It has heretofore been stated that the idea of the house which has existed in the mind can be recovered from the memory of nature, even after the death of the architect. Everything that has ever happened has left behind it an ineffaceable picture in this reflecting ether. As the giant ferns of the childhood of the Earth have left their pictures in the coal beds, and as the progress of the glacier of a bygone day may be traced by means of the trail it has left upon the rocks along its path, even so are the thoughts and acts of men ineffaceably recorded by nature in this reflecting ether, where the trained seer may read their story with an accuracy commensurate with his ability.

The reflecting ether deserves its name for more than one reason, for the pictures in it are but *reflections* of the memory of nature. The real memory of nature is found in a much higher realm. In this reflecting ether no thoroughly trained clairvoyant cares to read, as the pictures are blurred and vague compared to those found in the higher realm. Those who read in the reflecting ether are generally those who have no choice, who, in fact, do not know in what they are reading. As a rule, ordinary psychometrists and mediums obtain their knowledge through the reflecting ether. To some slight extent the pupil of the occult school in the first stages of his training also reads in the reflecting ether, but he is warned by his teacher of the insufficiencies of this ether as a means of acquiring accurate information, so that he does not easily draw wrong conclusions.

This ether is also the medium through which thought makes an impression upon the human brain. It is most intimately connected with the fourth subdivision of the World of Thought. This is the highest of the four subdivisions contained in the Region of Concrete Thought and is the home world of the human mind. There a much clearer version of the memory of nature is found than in the reflecting ether.

THE VITAL BODY - EVOLUTION AND GENERAL PURPOSE:

The vital body is the second oldest of our vehicles, having its original germ given by the Lords of Wisdom in the Sun period. In the Sun Revolution of the Moon Period it was modified to render it capable of being interpenetrated by a desire body, also of accommodating itself to the nervous system, muscle, skeleton, etc.

During the Sun Revolution of the Earth Period the vital body was reconstructed to accommodate the germinal mind. It was fashioned at this time more in the likeness of the dense body, its organization at present being next to the dense body in efficiency.

Further reconstruction was done in the Hyperborean Epoch of the Earth Period when the Lords of Form appeared, with the Angels, and clothed man's dense form, then a baggy-shaped object, with a vital body.

The dense body is built into the matrix of the vital body during antenatal life, and with one exception, it is an exact copy, molecule for molecule, of the vital body. All through life the vital body is the builder and restorer of the dense form, its tendency being to soften, as well as to build. Its chief expression is the blood and the glands, also the sympathetic nervous system, having gained ingress into the stronghold of the desire body when it began to develop the heart into a voluntary muscle.

It interpenetrates the dense body and extends beyond its periphery about an inch and a half. In texture the vital body may be crudely compared to one of those picture frames made of hundreds of little pieces of wood which interlock and present innumerable points to the observer. The points of the vital body enter into the hollow centers of the dense atoms, imbuing them with vital force that sets them vibrating at a rate higher than that of the mineral of the Earth which is not thus accelerated and ensouled.

The Western Wisdom School teaches as its fundamental maxim that "all occult development begins with the vital body." The part of the vital body formed of the two higher ethers, the light ether and the reflecting ether, is what we may term the SOUL BODY; that is to say, it is more closely linked with the desire body and the mind and also more amenable to the Spirit's touch than are the two lower ethers. It is the vehicle of intellect, and responsible for all that makes man, man. Our observations, our aspirations, our character, etc., are due to the work of the Spirit in these two higher ethers, which become more or less luminous according to the nature of our character and habits. Also, as the dense body assimilates particles of food and thus gains in flesh, so the two higher ethers assimilate our good deeds during life and thus grow in volume as well. According to our doings in this present life we thus increase or decrease that which we brought with us at birth. This is the reason the Western Wisdom Teaching says that ALL MYSTIC DEVELOPMENT BEGINS WITH THE VITAL BODY.

Occult Principles of Health and Healing



By Max Heindel

Self-Study Guide: Chapter 3

The Desire Body and the Mind

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

Pre-Reading Activity: *What Are Your Thoughts About the Desire Body and the Mind?*

Before reading Chapter 3: *The Desire Body and the Mind* it is important that you first consider your current thoughts on the Desire Body and the Mind so upon completing the reading you can then see how your thoughts were confirmed, enriched, or challenged with new ideas and concepts.

<i>What is the purpose of your mind?</i>	<i>How does your mind work?</i>
<i>How do we perceive things in the world?</i>	<i>What abilities do clairvoyants have and by what means?</i>

Reading Template for Chapter 3

CHAPTER 3 NOTES

Questions

Investigate

Clarity

Challenge

Chapter Questions for Chapter 3

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

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2. What is the “lower will”?

--

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

--

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

--

5. What are the “centers of perception”?

--

6. Where is the Desire Body rooted?

--

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

--

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

--

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

--

10. What do we do with our mental images?

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

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

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

14. How does the mind produce realities?

15. What happens because our minds are not focused?

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

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

<i>18. What will happen to our minds in the Jupiter Period?</i>
<i>19. What will happen to our minds in the Venus Period?</i>
<i>20. What will happen to our minds in the Vulcan Period?</i>

Summary Questions for Chapter 3

1. What occurs within a *voluntary clairvoyant*?

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

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

Class Discussion Questions for Chapter 3

- **How is the higher part of the desire body like an animal soul?**
- **How does the desire body appear during life and death?**
- **What is the function of the centers of perception?**
- **How can you distinguish between an involuntary and voluntary clairvoyant?**
- **Why was man given a mind?**
- **What happens when the Ego is weak?**
- **Why isn't the mind a body yet?**
- **What happens to an idea that is put through the mind?**
- **How is the mind a focusing medium?**
- **Why can our mind only deal with images that have to do with Form?**
- **What will occur as our minds evolve through the different Periods?**

*****Research on Your Own – Chapter 3*****

1. Describe the *Moon Period*.

2. What is the *Region of Abstract Thought*?

3. What is the *Region of Concrete Thought*?

4. Describe how to become a *voluntary clairvoyant* to view the *Desire World*?

Reflection & Connection for Chapter 3

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

Final Thoughts Chapter 3

Centers of Perception

The desire body is rooted in the liver, as the vital body is in the spleen. In this desire body there are a number of sense centers, but, in the great majority of people, they are latent. It is the awakening of these centers of perception that corresponds to the opening of the blind man's eyes. The matter in the human desire body is in incessant motion of inconceivable rapidity. There is in it no settled place for any particle, as in the dense body. The matter that is at the head one moment may be at the feet in the next and back again. – **RCC, p. 67**

The properly trained voluntary clairvoyant is incapable of reaching out for information in the Desire World. It is impossible for most people to distinguish between a medium and a properly trained clairvoyant; yet there is one infallible rule that can be followed by anyone: No genuinely developed seer will ever exercise this faculty for money or its equivalent; nor will he use it to gratify curiosity; but only to help humanity. – **RCC, pp. 67-8**

In all warm-blooded creatures, which are the highest evolved, and have feelings, passions and emotions, which reach outward into the world with desire, which may be said to really live in the fuller meaning of the term and not merely vegetate—in all such creatures the currents of the desire body flow outward from the liver. The desire stuff is continually welling out in streams or currents which travel in curved lines to every point of the periphery of the ovoid and then return to the liver through a number of vortices, much as boiling water is continually welling outward from the source of heat and returning to it after completing its cycle. – **RCC, p. 68**

Birth of the Mind

After the fourteenth year, the mind is in turn brooded over and nurtured by the macrocosmic mind, unfolding its latent possibilities and making it capable of original thought. The forces of the individual's different vehicles have now been ripened to such a degree that he can use them all in his evolution, therefore at the twenty-first year the Ego comes into possession of its complete vehicle. It does this by means of the blood-heat and by developing individual blood. This is done in connection with the full development of the light ether. – **RCC, p. 143**

Desire World

Desires, wishes, passions, and feelings express themselves in the matter of the different regions of the Desire World as form and feature express themselves in the Chemical Region of the Physical World. They take forms which last for a longer or shorter time, according to the intensity of the desire, wish, or feeling embodied in them. In the Desire World the distinction between the forces and the matter is not so definite and apparent as in the Physical World. One might almost say that here the ideas of force and matter are identical or interchangeable. It is not quite so, but we may say that to a certain extent the Desire World consists of force-matter. – **RCC, p. 39**

The Rosicrucian School of Spiritual Healing

THE POWER OF THOUGHT

"As a man thinketh in his heart so is he," said the Christ, and this is an absolutely scientific proposition. In our complex nature, mind and matter act and react upon each other in such a manner that it is absolutely necessary to consider the man as a whole.

It is well known that joy will sometimes bring the patient out of the sick room quicker than any medicine. If something has happened to give his affairs in the world a sudden upward turn, so that he becomes optimistic, disease seems to disappear as if by magic; and conversely, even though he may seem to enjoy good health, the moment a depressing influence comes into his business affairs he begins to feel ill in body.

A letter containing bad news may sometimes stop direction entirely, and give the person who receives it a very serious attack of indigestion. Thus the truth of the Savior's teaching that "As a man thinketh in his heart, so is he," is amply demonstrated in practical, everyday life. When we realize this we also see the necessity of cultivating an attitude of optimism.

A hopeful mind is the greatest of all medicine, and a constant reiteration of a resolution to overcome the present ills, is better than all the medicine in the world. When one is in constant pain, suffering acutely, it is perhaps very difficult to maintain an attitude of optimism; nevertheless, the magic formula of the Savior applied to health, will help us to overcome in time.

It is a law that if we think health we must of necessity sooner or later express health. We must live the rational life and cease from excesses, particularly in diet; this cannot be emphasized too often. Neither, will it avail to stand before a mirror and reiterate to oneself, "I have Faith," "I am Health," or similar untrue affirmations. Just stop talking of your ailments to others; try above all to divert your own thoughts from your condition; believe in health as our birthright, and as something that can be attained by us, never wavering.

You may have heard the story of the old lady who had heard her minister speak about a faith that could move mountains. She was willing to try her faith on the ash heap, but next morning when she saw it was still there she exclaimed, "I thought so." Conditions were what she expected in her heart, not what she claimed to believe with her tongue, and it will be the same with everyone. Therefore, believe heartily in health.

DESIRE BODY AND THE MIND - EVOLUTION AND GENERAL PURPOSE

In the third Revolution of the Moon Period the Lords of Individuality *radiated* from themselves the substance which they helped the unconscious, evolving man to appropriate and build into a germinal desire body. They also helped him to incorporate this germinal desire body in the compound vital body and dense body which he already possessed. This work was carried on all through the third and fourth Revolutions of the Moon Period.

When division of the Sun, Moon, and Earth took place, in the early part of the Lemurian Epoch, the more advanced portion of humanity-in-the-making experienced a division of the desire body into a higher and a lower part. The rest of humanity did likewise in the early part of the Atlantean Epoch.

The antagonistic "lower will" or will of the body, is an expression of the higher part of the desire body. This higher part of the desire body became a sort of animal soul. It build the *cerebrospinal nervous system and the voluntary muscles*, by that means controlling the lower part of the threefold body until the link of mind was given. Then the mind "coalesced" with the animal soul and became co-regent.

During the life of man his desire body is not shaped like his dense and vital bodies. After death it assumes that shape. During life it has the appearance of a luminous ovoid which, in waking hours, completely surrounds the dense body, as the albumen does the yolk of an egg. It extends from twelve to sixteen inches beyond the dense body in the ordinary individual. The matter in the human desire body is composed of material from the Desire World and is in incessant motion of inconceivable rapidity.

There is in it no settled place for any particle, as in the dense body. The matter that is at the head one moment may be at the feet in the next and back again. There are no organs in the desire body, as in the dense and vital bodies, but there are centers of perception, which, when active, appear as vortices, always remaining in the same relative position to the dense body. The desire body is rooted in the liver, and is born at about the fourteenth year in the being.

In the involuntary clairvoyant these vortices turn from right to left, or in the opposite direction to the hands of a clock--counter-clockwise. In the desire body of the properly trained voluntary clairvoyant, they turn in the same direction as the hands of a clock--clockwise, glowing with exceeding splendor, far surpassing the brilliant luminosity of the ordinary desire body.

These centers furnish him with means for the perception of things in the Desire World and he sees, and investigates as he wills, while the person whose centers turn counter-clockwise is like a mirror, which reflects what passes before it.

In a far distant future man's desire body will become as definitely organized as are the vital and dense bodies. When that stage is reached we shall all have the power to function in the desire body as we now do in the dense body.

THE MIND:

In the Atlantean Epoch of the Earth Period the Lords of Mind *radiated* from themselves into our being the nucleus of material from which we are now seeking to build an organized mind. It was given to man to give purpose to action, but as the Ego was exceedingly weak and the desire nature strong, the nascent mind coalesced with the desire body; the faculty of Cunning resulted and was the cause of all the wickedness of the middle third of the Atlantean Epoch.

The mind, being the last of man's vehicles built, is not yet even a body. It is simply a link, a sheath for the use of the Ego as a focusing point. It is however, the most important instrument possessed by the Spirit, and its special instrument in the work of creation.

We, ourselves, as Egos, function directly in the subtle substance of the Region of Abstract Thought, which we have specialized within the periphery of our individual aura. Thence we view the impressions made by the outer world upon the vital body through the senses, together with the feeling and emotions generated by them in the desire body, mirrored in the mind.

From these mental images we form our conclusions, in the substance of the Region of Abstract Thought, concerning the subjects with which they deal. These conclusions are ideas. 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 itself from the Region of Concrete Thought. The image may be projected in one of three directions:

(1) It may be projected against the desire body in an endeavor to arouse feeling which will lead to immediate action.

(2) Where no immediate action is called for by the mental images of impacts from without, these may be projected directly upon the reflecting ether, together with the thoughts occasioned by them, to be used at some future time.

(3) It may be projected toward another mind to act as a suggestion, to carry information, etc. When the work designed for such a thought form has been accomplished, or its energy expended in vain attempts to achieve its object, it gravitates back to its creator, bearing with it the indelible record of its journey.

At our present stage of evolution we say that the mind is born at the age of twenty-one, but the prime of mentality is not reached until about the forty-ninth year.

The mind is the focusing medium whereby the ideas wrought by the imagination of the Spirit are projected upon the material universe. First they are thought forms only, but when the desire to realize the imagined possibilities has set the man to work in the Physical World, they become what we call concrete "realities."

At the present time, however, the mind is not focused in a way that enables it to give a clear and true picture of what the Spirit imagines. It is not one-pointed. It gives misty and clouded pictures. Hence the necessity of experiment to show the inadequacies of the first conception, and bring about new imaginings and ideas until the image produced by the Spirit in mental substance has been reproduced in physical substance.

At the best, we are able to shape through the mind only such images as have to do with Form, because the human mind was not started until the Earth Period, and therefore is now in its form, or "mineral" stage, hence in our operations we are confined to forms, to minerals. We can imagine ways and means of working with the mineral forms of the three lower kingdoms, but can do little or nothing with living bodies. We may indeed graft living branch to living tree, or living part of animal or man to other living part, but it is not life with which we are working; it is form only. We are making different conditions, but the life which already inhabited the form continues to do so. To work with life is beyond man's power until his mind has become alive.

In the Jupiter Period the mind will be vivified to some extent and man can then imagine forms which will LIVE AND GROW, LIKE PLANTS. In the Venus Period, when his mind has acquired "Feeling," he can create living, growing, and FEELING things. When he reaches perfection, at the end of the Vulcan Period, he will be able to "imagine" into existence creatures that will live, grow, feel, and THINK.