

The Rosicrucian Fellowship



Occult Principles of Health and Healing

By Max Heindel

Self-Study Guide Book 2

Disease

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	{ emanates from itself	{ The Dense Body The Vital Body The Desire Body	} extracting as pabulum	{ Conscious Soul Intellectual Soul Emotional Soul
The Life Spirit				
The Human Spirit				

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 of 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 2: *Disease*** 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 4: *General Cause of Disease*

Ch 5: *Specific Causes of Disease*

Ch 6: *Heredity and Disease*

Ch 7: *The Effects of Alcohol and Tobacco*

Ch 15 *Dangers of Excessive Bathing*

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>.

A Brief Introduction and Overview

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

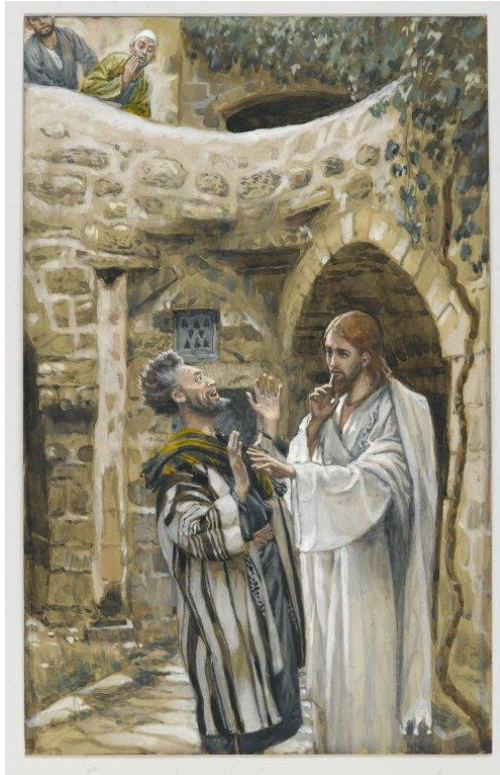
*Oh, God, increase my love for Thee
so that I may serve thee better from day to day.
Let the words of my mouth and the meditation of my heart
be acceptable in thy sight,
O LORD, my strength and my redeemer.*

- 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



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Self-Study Guide: Chapter 4

General Causes of Disease

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

Pre-Reading Activity: *What Are Your Thoughts About Disease and Health?*

Before reading Chapter 4: *General Causes of Disease* it is important that you first consider your current thoughts on the causes of disease so upon completing the reading you can then see how your thoughts were confirmed, enriched, or challenged with new ideas and concepts.

<p><i>What do you believe to be the “prime cause” of most diseases?</i></p>	<p><i>Why do you think Christ and His Gospel are necessary for our health?</i></p>
<p><i>How does a person “live a clean life” so as to ensure one’s health in future lives?</i></p>	<p><i>What do you see in the emblem of the Rose Cross that might relate to health?</i></p>

Reading Template for Chapter 4

CHAPTER 4 NOTES

Questions

Investigate

Clarity

Challenge

Chapter Questions from Chapter 4

1. What is disease?

2. What do diseases do within the body?

3. What is another description of disease?

4. How is Christ involved in healing?

5. How did the Lucifer Spirits affect humanity?

6. How can we describe the Sun of Righteousness?

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

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

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

10. Why must we learn to live as plants?

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

--

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

--

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

--

14. What is the prime cause of most disease?

--

15. What are the two classes of disabilities?

--

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

--

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

--

18. How does passion affect our rebirth?

--

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

--

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

--

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

--

22. Where are congenital disabilities traced to?

--

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

--

24. How do great shocks or fright cause disabilities?

--

25. What is the rule for abnormalities and deformities?

--

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

--

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

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

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

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

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

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Summary Questions for Chapter 4

1. What is *disease*?

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

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

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

Class Discussion Questions for Chapter 4

- How is *fire* related to disease?
- Why must we take great care about expressing *ignorance* in our lives?
- What is the difference between the *False* and *True Light*?
- Why are *egotism* and *self-seeking* detrimental to our health?
- What *Laws of Nature* must we follow to be healthy?
- How do you *preach* the Gospel of Christ?
- How can we prevent *mental disabilities*?
- How can we prevent *physical disabilities*?
- Why are *quick conclusions* about disabilities discouraged?
- How has the *archetype* of man evolved over time, and its effect?
- How is Christ related to disease and healing?

***** Research On Your Own – Chapter 4 *****

What is the *Region of Concrete Thought*?

What is *Desire Force*?

Describe the structure and function of the *larynx*.

Reflection & Connection for Chapter 4

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

Final Thoughts for Chapter 4

We are responsible for our condition and a cure must come principally as a result of our own efforts, either consciously or subconsciously put forth.

Sickness of any nature is evidence of discord—inharmony. It shows we have violated a Law of Nature.

Very often we cannot recall a violation commensurate with the severity of our sickness. Medical Astrology will give us Light.

We do not believe a just God would permit any soul to be born with a predisposition to certain diseases unless it deserved them.

The infant has not sinned or violated Nature's Laws in this life. There seems only one reasonable answer to what causes it to be born with those tendencies: It has sinned in a past life. In that former, life it held certain false and distorted ideas, which it built into this body as it came to rebirth.

We build our own bodies and build them according to our previous thoughts and ideas. We learn to build right by building wrong. We only attract harmony—health—to the extent that we previously manifested them.

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

We believe, in effecting a cure of any ailment, the most efficient means, aside from using all physical measures in which we have faith, is to earnestly and prayerfully seek out our weaknesses and eradicate them. There are physical measures which will relieve many ailments and help effect a cure, and if we do not employ them, we are negligent in our duty.

For some of us this is not easy, as it necessitates changing our lives and requires time, patience, and perseverance. But by living in harmony with Universal Law, we make it possible for our Father, the Great Physician, to restore harmony in our bodies, and such a cure is a permanent cure.

"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.

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.

Occult Principles of Health and Healing



By Max Heindel

Self-Study Guide: Chapter 5

Specific Causes of Disease

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

Pre-Reading Activity: *What Are Your Thoughts About the Causes of Specific Diseases?*

Before reading Chapter 5: *Specific Causes of Disease* it is important that you first consider your current thoughts on the specific causes of certain diseases so upon completing the reading you can then see how your thoughts were confirmed, enriched, or challenged with new ideas and concepts.

<p><i>What do you believe are the cause(s) of cancer?</i></p>	<p><i>What are some of the causes of today's eye problem in terms of vision?</i></p>
<p><i>What do you believe causes hardening of the arteries?</i></p>	<p><i>How do you explain Christ's body not being found in the tomb?</i></p>

Reading Template for Chapter 5

CHAPTER 5 NOTES

Questions

Investigate

Clarity

Challenge

Chapter Questions for Chapter 5

1. What is insanity caused by?

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

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3. Why is one type of avoidable insanity?

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4. What is responsible for epilepsy?

--

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

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

--

7. Why are breathing exercises not recommended?

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

9. What is obsession?

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

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

12. What occurs at the moment of death?

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

14. What important consequences are connected with death?

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

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

17. What happens to the vital body at death?

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

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

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

21. What are demons or devils?

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22. What two classes are similar to demons?

--

23 What are epilepsy, tuberculosis, and cancer the result of?

--

24. What is the effect of materialism?

--

25. What are vision problems the result of?

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26. What is the effect of etheric vital rays?

--

27. What will be the affects of the Christ currents?

--

28. What will occur when our blind spots are sensitized?

--

29. How are the physical atoms made to spin?

--

30. What is Odic Fluid?

--

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

--

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

--

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

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34. Why does hardening of the arteries occur?

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35. What is death to the occultist?

--

36. Why is there value in prolonging life?

--

37. How can we prolong our lives?

--

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

--

Summary Question for Chapter 5

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

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

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

Class Discussion Questions for Chapter 5

- **What are the causes of insanity?**
- **What occurs when a person becomes a medium for a Spirit form, and how can it be prevented?**
- **When does obsession occur and how is it diagnosed?**
- **What occurs at the time of death?**
- **What are the effects of the cleavage of the vital body**
- **Why is selfishness so detrimental to soul growth?**
- **What occurs when an evil nature of a person goes to the extreme?**
- **Why are evil man so dangerous to humanity?**
- **What occurs when we go to Second Heaven?**
- **What are the elementals?**
- **How are diseases such as epilepsy and tuberculosis relate to our past lives?**
- **Why is vision impaired from a spiritual perspective?**
- **How does shell shock occur?**
- **Why happens if we were to fall from a tall building?**
- **How does sclerosis occur and how can it be prevented?**

Research on Your Own Activity for Chapter 5

1. Why is the eye described as the “*window of the soul*”?

2. What healthy substances are found in *grapes/grape juice*?

3. How do our eyes change as we age?

Reflection & Connection for Chapter 5

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

Final Thoughts for Chapter 5

Spiritual Cause of Disease

The wonderful organism called the human body is governed by immutable natural Laws. All disease results from willful or ignorant violation of Nature's Laws.

People are ill because, in this Earth life or in a previous one, they have disregarded the fundamental principles on which the health of the body depends.

If they wish to regain and retain their health, they must learn to understand these principles and to regulate their daily habits in conformity with them.

This is what the Master Healer, Christ Jesus, meant when He said to the man who was a cripple: "*Thou art made whole: sin no more, lest a worse thing come unto thee.*"(John 5:14) Even the Christ could not give lasting health unless the recipient of the Healing Force refrained from indulging wrong habits which cause disease.

The recipient had to live in obedience to the God-given laws that rule man's body and his relations with his fellow creatures.

Scientific Cause of Disease

From a scientific perspective, all diseases must have a cause or "*etiology*". Diseases with an unknown cause or mechanism are called "*idiopathic*".

A disease is defined as an "*illness or sickness characterized by specific signs or symptoms.*"

Four main types of disease: *infectious diseases, deficiency diseases, hereditary diseases, and physiological diseases.*

Diseases can also be classified as being communicable versus non-communicable diseases.

The most common causes of infectious diseases are *viruses, bacteria, fungi and parasites.*

Heart disease is the leading cause of death in the U.S. and worldwide.

The "big four diseases" consist of *cancer, heart disease, diabetes and dementia/Alzheimer's.*

The "six killer diseases" consist of *malaria, tuberculosis, measles, acute lower respiratory infections, diphtheria, and whooping cough.*

Occult Principles of Health and Healing



By Max Heindel

Self-Study Guide: Chapter 6

Heredity and Disease

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

Pre-Reading Activity: *What Are Your Thoughts About Heredity and Disease?*

Before reading Chapter 6: *Heredity and Disease* it is important that you first consider your current thoughts on heredity and disease so upon completing the reading you can then see how your thoughts were confirmed, enriched, or challenged with new ideas and concepts.

<p><i>How do you think we get our traits from our parents?</i></p>	<p><i>What are some examples of heredity?</i></p>
<p><i>What are some diseases that scientists tell us are inherited?</i></p>	<p><i>What do you believe is more important in acquiring our traits, heredity or the environment, why?</i></p>

Reading Template for Chapter 6

CHAPTER 6 NOTES

Questions

Investigate

Clarity

Challenge

Chapter Questions for Chapter 6

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

--

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

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

--

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

--

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

--

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

--

7. Where is the thymus gland in the fetus?

--

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

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

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

--

11. Why happens to child at puberty?

--

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

--

13. Why aren't diseases always manifested?

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Summary Questions for Chapter 6

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

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

3. What is the function of the *thymus gland*?

4. How is the *blood* related to our identity?

Class Discussion Questions for Chapter 6

Why do people blame their parents for their bad traits?

How does the law of causation and association relate to people's beliefs about heredity?

In a spiritual explanation, when is heredity a true explanation?

How is the Ego used to explain the outcome of our traits?

How is the thymus gland related to our identity?

How is the blood related to disease?

Why do we speak about "tendencies" in explaining inheritance of disease?

***** Research On Your Own – Chapter 6 *****

1. What is the main concept of *Heredity* today?

2. What is our *inheritance in Christ*?

3. According to scientists, how is blood produced in our bodies?

Reflection & Connection for Chapter 6

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

Final Thoughts for Chapter 6

Heredity and Disease Explained by Science

Heredity is the study of how traits or characteristics are passed from the parent to the offspring in which the offspring acquire genetic information (genes) from their parents.

Hereditary diseases (hereditary disorders or genetic disorders) are medical conditions that can be inherited from one generation to the next. They are a result of changes or mutations in genes or chromosomes within the body of a person.

While some genes are linked to diseases that run-in families there are genes can also influence how you will react to medical treatments or even contribute to behaviors that lead to excessive use of alcohol or smoking.

In some cases, mutations or changes in the genetic information (genes) leads to diseases such as sickle cell anemia that then may be inherited by a parent's offspring. While in some cases, the offspring may not have the disease (or a lesser form) but carry the gene that they can then pass their offspring, hence they are called "*carriers*".

The six most common Genetic Diseases are *Sickle Cell Disease, Cystic Fibrosis, Tay-Sachs, Hemophilia, Huntington's Disease and Muscular Dystrophy*.

The most common genetic disease in the United States today that leads to death is *Cystic Fibrosis*. It causes the body to produce a thick, sticky mucus that clogs the lungs and produces infection, and interferes with digestive enzymes needed in the intestines to digest food.

Certain cancers are produced by gene mutations (changes in its structure) that can be inherited, such as breast cancer, colorectal cancer, eye cancer. And bone cancer.

Hereditary disease can be test for using genetic tests that look for changes in the genes (Molecular), analyze the structure of the chromosome (Chromosomal - number, length, etc.), and the expression of genes to determine if specific genes are turned on or off in different types of cells (Gene Expression).

The thymus gland is located in the chest between the lungs and it produces white blood cells (T Lymphocytes) which are used by our bodies to fight infection and even cancer. These white blood cells come from the bone marrow and move to the thymus to mature so they can identify and destroy any germs or foreign materials.

Occult Principles of Health and Healing



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Self-Study Guide: Chapter 7

Effects of Alcohol and Tobacco

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

Pre-Reading Activity: *What Are Your Thoughts About Alcohol and Tobacco?*

Before reading Chapter 7: *Alcohol and Tobacco* it is important that you first consider your current thoughts on Alcohol and Tobacco so upon completing the reading you can then see how your thoughts were confirmed, enriched, or challenged with new ideas and concepts.

<p><i>Why do you believe that over indulgence in alcohol over time can be bad for our bodies?</i></p>	<p><i>What do you believe smoking will do to your body over time?</i></p>
<p><i>What do you think is the best method to quit smoking, why?</i></p>	<p><i>Why do you think alcohol and tobacco might have a negative effect on your spiritual work?</i></p>

Reading Template for Chapter 7

CHAPTER 7 NOTES

Questions

Investigate

Clarity

Challenge

Chapter Questions for Chapter 7

1. What are effects of flesh and alcohol?

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2. Who first brewed alcohol in the Bible?

--

3. What was Christ's first miracle?

--

4. How is the physical body kept alive?

--

5. What happens when we take too much alcohol?

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6. How does imbibing alcohol affect our bodies?

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

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

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

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

Summary Questions for Chapter 7

1. Why are *stimulants* bad for us?

2. Why should we treat our bodies as a “*temple*”?

3. Why does *long-term abuse* block our function in the higher worlds?

***** Research on Your Own – Chapter 7*****

1. What does the *Bible* tell us about drinking?

2. Describe the *Golden Wedding Garment*.

3. What is the function of the *pituitary body and the pineal gland* in our bodies?

Class Discussion Questions for Chapter 7

- **What are the possible effects of alcohol on man?**
- **What does Christ's first miracle teach us about the need of stimulants?**
- **What are the effects of "age-long abuse" of alcohol?**
- **What are the spiritual effects of alcohol and drugs on man?**
- **What does "once a pupil, a lay brother, of a spiritual school, always a pupil and a lay brother mean, and how does this relate to our health?**
- **Why is it so important to always be clean in our habits?**
- **How can intoxicants and drugs prevent us from making spiritual progress?**

Reflection & Connection for Chapter 7

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

Final Thoughts for Chapter 7

Alcohol can inhibit our path to spiritual advancement and prevent our connection with our higher awareness or Christ-within.

Alcohol can lower your spiritual vibration and interfere with your ability to receive your spiritual messages from your intuition.

Alcohol tends to negatively affect our aura, causing it to become weakened and even producing openings that can allow for negative forces to enter and harm us.

Now the works of the flesh are evident: sexual immorality, impurity, sensuality, idolatry, sorcery, enmity, strife, jealousy, fits of anger, rivalries, dissensions, divisions, envy, [a] drunkenness, orgies, and things like these. I warn you, as I warned you before, that those who do[b] such things will not inherit the kingdom of God. (**Galatians 5:19–21**)

And do not get drunk with wine, for that is debauchery, but be filled with the Spirit, (**Ephesians 5:18**)

Jesus did drink wine in the Bible at feasts and with the Passover meal but He never got drunk. In His first miracle He turned water into wine at a wedding party, so it could be given to others who were less advanced. For people who use the stimulating properties of alcohol it inhibits organs (i.e., pituitary body, pineal gland) within the body that cannot vibrate to the higher worlds. In the time of Jesus, it was common to dilute wine with three parts water to one part wine so its alcohol content was less than three percent.

It is important to remember that alcohol is a depressant and it will lower the energy that flows through your body, disrupts sleep patterns, and breaks your spirit. It interferes with the function of the brain that effect balance, memory, speech, and judgement.

Although the Bible never addresses smoking, it does remind us to be sober-minded and keep our bodies as the temple of God so we can maintain our relationship with the Father and our fellow man.

Tobacco has many toxic compounds (i.e., tar, carbon monoxide, formaldehyde, hydrogen cyanide, benzene, cadmium and nicotine) that we take into our bodies that cause both physical harm and lower our spiritual vibrational frequency.

Occult Principles of Health and Healing



By Max Heindel

Self-Study Guide: Chapter 15

Dangers of Excessive Bathing

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

Pre-Reading Activity: *What Are Your Thoughts About Bathing?*

Before reading Chapter 15: Dangers of Excessive Bathing it is important that you first consider your current thoughts on bathing so upon completing the reading you can then see how your thoughts were confirmed, enriched, or challenged with new ideas and concepts.

<p><i>How often do you bathe, why?</i></p>	<p><i>Do you believe that water could ever be a poison, why or why not?</i></p>
<p><i>Is it better to wash in running water than standing water, why or why not?</i></p>	<p><i>When and Why do think excessive bathing could be dangerous?</i></p>

Reading Template for Chapter 15

CHAPTER 15 NOTES

Questions

Investigate

Clarity

Challenge

Chapter Questions for Chapter 15

1. How can water become a poison?

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2. What does excessive water do to the skin?

--

3. What happens when water evaporates?

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4. What happens when condensation of water occurs?

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5. What does water have a great yearning for?

--

6. What are the three things that moisture does?

--

7. Why should we wash in running water?

--

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

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9. What happens to vital body after a bath?

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

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

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

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

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

15. How is a dry bath given?

16. What are the effects of a dry bath?

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

Summary Questions for Chapter 15

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

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

3. How does moisture effect magnetism?

Class Discussion Questions for Chapter 15

- **Describe the water molecule.**
- **What occurs when water is taken in excess?**
- **How can water injure th skin?**
- **What is the relationship between water and ether?**
- **How is water related to good/bad magnetism?**
- **What are the effects of bathing?**
- **How do we recover from bathing?**
- **How is the vital body related to bathing?**
- **Why are certain classes of people prone to excessive bathing?**
- **How can a body be restored from excessive bathing?**
- **How is the chemical ether related to health?**

***** Research on Your Own Activity – Chapter 15 *****

1. Draw and label a picture of the *layers of the SKIN*

2. Describe the structure and function of the *spleen*.

Reflection & Connection for Chapter 15

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

Final Thoughts for Chapter 15

Facts About Water

Water is called the "*universal solvent*" because it dissolves more substances than any other liquid. This means that wherever water goes, either through the ground or through our bodies, it takes along valuable chemicals, minerals, and nutrients.

Pure water has a neutral pH of 7, which is neither acidic (less than 7) nor basic (greater than 7).

The water molecule is highly cohesive — it is very sticky, meaning water molecules stick to each other. Water is the most cohesive among the non-metallic liquids.

Water molecules are also adhesive in that they stick to other surfaces. Both cohesion and adhesion make water molecules very sticky!

Pure water, which you won't ever find in the natural environment, does not conduct electricity. Water becomes a conductor once it starts dissolving substances around it.

Water has a high heat index—it absorbs a lot of heat before it begins to get hot. This is why water is valuable to industries and in your car's radiator as a coolant. The high heat index of water also helps regulate the rate at which air changes temperature, which is why the temperature change between seasons is gradual rather than sudden, especially near the oceans.

Water has a very high surface tension. In other words, water is sticky and elastic, and tends to clump together in drops rather than spread out in a thin film, like rubbing alcohol. Surface tension is responsible for capillary action, which allows water (and its dissolved substances) to move through the roots of plants and through the tiny blood vessels in our bodies.

Air pressure affects the boiling point of water, which is why it takes longer to boil an egg at Denver, Colorado than at the beach. The higher the altitude, the lower the air pressure, the lower the boiling point of water, and thus, the longer time to hard-boil an egg. At sea level water boils at 212°F (100°C), while at 5,000 feet, water boils at 202.9°F (94.9 °C).

Source

<https://www.usgs.gov/water-science-school/science/facts-about-water#:~:text=Water%20is%20called%20the%20%22universal,chemicals%2C%20minerals%2C%20and%20nutrients.>

Excessive Bathing

Bathing too frequently can lead to dry, itchy skin and create cracks in your skin that allow harmful bacteria to enter. This is because excessive washing removes healthy oil and bacteria from your skin. Washing your hair too often can deplete it of its natural oils, which can cause damage and dryness.

Frequent bathing is when your skin is already dry—and especially as you age, when your skin becomes thinner and less hydrated—may increase the odds of coming down with something. Therefore, older adults may benefit from reducing the length of their showers to 5 to 10 minutes.

Showering compulsions in OCD can arise from multiple obsessions, such as: **Fear of contamination:** Individuals may need to shower excessively to remove perceived contaminants, germs, or dirt from their bodies to prevent illness or harm. Doctors and mental health professionals often recommend “exposure therapy” to treat this and other forms of OCD. Exposure therapy encourages people with OCD to start touching potentially contaminating surfaces without washing their hands afterward.

How to tell if you're actually showering too often.

- Your hair is always greasy.
- Your skin is dry.
- Your skin is red and irritated.
- Your skin always seems to be itchy.
- You have stubborn dandruff.
- Your hair is frizzy and breaks easily.
- Your hair color is fading fast.
- Your scalp is always itchy
- It's hard to run a hairbrush through your hair.

Epsom Salts Bathing

When Epsom salt is added to water and dissolves, it breaks down into magnesium and sulfate. Magnesium is an important mineral playing a role in over 300 enzyme reactions in the human body. It serves many functions, including reducing inflammation, helping muscle and nerve function and supporting the immune system. Sulfates can help flush toxins within the body.

Sore muscles – One of the benefits of magnesium is to reduce inflammation, which helps to relieve pain and tenderness from sore muscles. Many athletes turn to Epsom salt bath soaks for post-workout recovery.

Pain relief – Epsom salt can help draw toxins from your body to relieve swelling, sprains and bruises.

Foot care – Epsom salt soaks can be beneficial for those who experience a variety of foot issues. For those experiencing athlete's foot, Epsom salt can provide relief from pain and help reduce itchiness. These soaks can also help in resolving swelling and discomfort from ingrown toenails.

Stabilize mood – Some research shows that magnesium can increase serotonin levels within the body. Serotonin is a key hormone that stabilizes our mood, feelings of well-being and happiness.

Source: <https://blog.ochsner.org/articles/epsom-salt-bath-benefits/>