

# **The Rosicrucian Fellowship**



## ***Occult Principles of Health and Healing***

**By Max Heindel**

## **Self-Study Guide Book 4**

***Maintaining Health and Special  
Applications for Healing***

**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	{ 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 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 4: Maintaining Health and Special Applications for Healing*** 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 10: *The Science of Nutrition***

**Ch 11: *Astrology as an Aide to Healing***

**Ch 12: *The Therapeutic Basis of Light, Color, and Sound***

**Ch 13: *Sleep and Health***

**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](http://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

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## 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

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## 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 10**

### *The Science of Nutrition*

*But unto you that fear my name shall the Sun of righteousness arise with healing  
in his wings; and ye shall go forth, and grow up as calves of the stall.*

– **Malachi 4:2**

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

Before reading Chapter 10: *The Science of Nutrition* it is important that you first consider your current thoughts on nutrition 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 can the blood harm our bodies?</i></p>	<p><i>What is the type of water to drink on a daily basis, why?</i></p>
<p><i>What are the major groups of food nutrients?</i></p>	<p><i>Is a vegetarian diet healthy for all people, explain?</i></p>

## Reading Template for Chapter 10

### *CHAPTER 10 NOTES*

*Questions*

*Investigate*

*Clarity*

*Challenge*

## Chapter Questions for Chapter 10

<i>1. As we age what is each stage characterized by?</i>
<i>2. What is the cause of the gradual ossification of the body?</i>
<i>3. What is the only difference between an old and young body?</i>
<i>4. Where does the “deadly load” of the blood come from?</i>
<i>5. What are the saviors of man from the destructive matter?</i>
<i>6. What is always found in the urine of adults?</i>
<i>7. What is man’s worst enemy when taken internally?</i>
<i>8. How did Harvey define health?</i>
<i>9. Why is the bathtub a great aid for health?</i>
<i>10. What organ carries away the ash from the body?</i>
<i>11. What liquids contains no earthly matter?</i>
<i>12. Is sugar injurious to the general health?</i>

<b><i>13. What is the ideal diet?</i></b>
<b><i>14. What is a wonderful solvent with many healthy effects?</i></b>
<b><i>15. What is the only way that someone can determine their “good health”?</i></b>
<b><i>16. What is water referred to as?</i></b>
<b><i>17. What is the function of protein?</i></b>
<b><i>18. What is the function of carbohydrates?</i></b>
<b><i>19. What is the function of fats?</i></b>
<b><i>20. What is the function and concern of ash?</i></b>
<b><i>21. What is a calorie?</i></b>
<b><i>22. What is the function of phosphorus?</i></b>
<b><i>23. What foods contain a considerable quantity of phosphorus?</i></b>
<b><i>24. How should milk be drunk?</i></b>
<b><i>25. Where is the stronghold of the desire body?</i></b>
<b><i>26. What is the highest development of the dense body?</i></b>

***27. Why are vegetables better than meats in the diet?***

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***28. What is the law of assimilation?***

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***29. Why can't we eat mineral foods?***

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***30. What explains the sustaining power of vegetables?***

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***31. Why do meat diets require that we eat larger quantities?***

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***32. What happens when we eat the flesh of carnivorous animals?***

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***33. Why is much sickness due to eating the flesh of animal bodies?***

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***34. What is one of the most serious menaces of health?***

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***35. What are the advantages of eating fruits, cereals, and vegetables?***

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***36. What represents the twelve signs of the zodiac in the diet?***

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***37. How should we renew the supply of any salt in our body?***

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***38. What builds and cements together the cells that make up our body?***

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***39. How do we feed the sacred fire?***

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***40. Why is it unethical to eat meat?***

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***41. What does the Bible say we should eat?***

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***42. What is the full purpose of food?***

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***43. How good a substitute are beans for meat?***

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***44. What must we have if we only eat vegetables?***

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***45. Why was the temperance movement one of the most powerful factors to hasten the coming of Christ?***

***46. What is the best way to eat so we do not need to fast?***

***47. Why are citrus fruits medicines?***

***48. Why are cereals, especially rice, medicines?***

***49. What are the four ethers and their functions?***

***50. What do the Mystery Schools teach about the body?***

***51. What is "right living"?***

***52. Why do many people who adopt a vegetarian diet feel no better or in some cases even worse?***

***53. What is the health value of whole wheat flour?***

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***54. Why is coarse bulk necessary in the diet?***

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***55. What occurs when we eat every few hours?***

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***56. How are we poisoned by excess food?***

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***57. How can we prevent ourselves from producing “poison clouds”?***

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***58. What should we do if we wish to maintain health?***

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## Summary Question for Chapter 10

1. Describe a *healthy diet*.

2. Explain why a *vegetarian diet* would support a healthy life.

3. Identify the *issues* we should be careful of in terms of a *healthy diet*.

## **Class Discussion Questions for Chapter 10**

- **How is our aging characterized by an increasing degree of hardness and solidity?**
- **What is ossification and why does it bring death?**
- **What are the “earthy substances” that choke up our system?**
- **Why are some sources of water bad for our bodies?**
- **What are the proper foods and time to eat to stay healthy?**
- **What is so special about grape juice?**
- **How is discrimination used to determine our optimum diet?**
- **What are the major groups of nutrients needed by our bodies?**
- **How should we consider nutrition in terms of the dense body?**
- **What are tendencies of the vital and dense body?**
- **Why should we work towards a vegetarian diet?**
- **How is the Ego involved in our diet?**
- **How do we maintain our sacred fire?**
- **How does the Bible speak of “meat”?**
- **What is a balanced diet?**
- **How do stimulants affect the body?**

**\*\*\* Research On Your Own – Chapter 10 \*\*\***

**1. How to stay healthy on a *vegetarian diet*.**

**2. *Twelve salts* of the human body and their function.**

**3. How can foods be *medicines*?**

**4. How can we best assimilate the protein of *beans*?**

## Reflection & Connection for Chapter 10

<b>Four Most Important Things You Learned</b>
1.
2.
3.
4.
<b>Three Important Ideas for Your Work in a Healing Center</b>
1.
2.
3.
<b>Two Things You Can Share with Patients in a Healing Center</b>
1.
2.
<b><i>What are the six fruit categories with examples?</i></b>

# Final Thoughts for Chapter 10

## *The Wisdom of the Vegetarian Diet*

### Rosicrucian Fellowship Pamphlet

<<https://rosicrucian.com/zineen/pamentoc.htm>>

Most people feel that a meal without meat is incomplete, for from time immemorial it has been regarded as an axiom that meat is the most strengthening food we have. All other foodstuffs have been looked upon as mere accessories to the one or more kinds of flesh on the menu. Nothing could be more erroneous; science has proven by experiments that invariably the nourishment obtained from vegetables has a greater sustaining power, and the reason is easy to see when we look at the matter from the occult side.

#### The Law of Assimilation

The Law of Assimilation is that "no particle of food may be built into the body by the forces whose task that is until it has been overcome by the indwelling Spirit." The Ego must be absolute and undisputed ruler in the body, governing the cells as an autocrat, or they would all go their own ways as they do in decay when the Ego has fled.

The level of the consciousness of the cell determines its power as a unit. The lower its consciousness, the easier it is for the Ego to act as the governing head of the bodily functions. Cells taken into the body also have their individual and collective consciousness. Therefore, the level of their spiritual attainment is a factor to be considered when food is to be used by the organism. The different kingdoms have different vehicles and consequently a different consciousness. The mineral has only its dense body and a consciousness like the deepest trance. It would, therefore, be easiest to subject foods taken directly from the mineral kingdom. Mineral food would remain with us the longest, obviating the necessity of eating so often; but unfortunately, we find that the human organism vibrates so rapidly that it is incapable of assimilating the inert mineral directly. Salt and like substances are passed out of the system at once without having been assimilated at all. The air is full of nitrogen which we need to repair waste; we breathe it into our system, yet cannot assimilate it, or any other mineral, till it has first been transmuted in Nature's laboratory and built into the plants.

The plants have a dense and a vital body, which enables them to do this work. Their consciousness is as a deep, dreamless sleep. Thus, it is easy for the Ego to overpower the vegetable cells and keep them in subjection for a long time, hence the great sustaining power of the vegetable.

#### **Animal Food**

In animal food the cells have already become more individualized, and as the animal has a desire body giving it a passional nature, it is easily understood that when we eat meat it is harder to overcome these cells which have animal consciousness resembling the dream state, and also that such particles will not stay long in subjection. Hence a meat diet requires larger quantities and more

frequent meals than the vegetable or fruit diet. If we should go one step farther and eat the flesh of carnivorous animals, we should find ourselves hungry all the time, for there the cells have become exceedingly individualized and will, therefore, seek their freedom and gain it so much the quicker. An excess of meat is burned up, but leaves poisonous uric acid, and it is being more and more recognized that the less meat we eat, the better for our well-being.

It is natural that we should desire the very best of food, but every animal body has in it the poisons of decay. The venous blood is filled with carbon dioxide and other noxious products on their way to the kidneys or the pores of the skin to be expelled as urine or perspiration. These loathsome substances are in every part of the flesh and when we eat such food, we are filling our bodies with toxic poisons. Much sickness is due to our use of flesh foods.

There is plenty of proof that a carnivorous diet fosters ferocity. We may mention the well-known fierceness of beasts of prey, while the prodigious strength and the docile nature of the ox, the elephant, and the horse show the effect of the herb diet on animals.

### **Healthy Foods**

As soon as we adopt the vegetarian diet, we escape one of the most serious menaces of health: the putrefaction of particles of flesh embedded between the teeth. Fruits, cereals, and vegetables are from their very natures slow to decay; each particle contains an enormous amount of ether which keeps it alive and sweet for a long time, whereas the ether which interpenetrated the flesh and composed the vital body of an animal was taken away with the Spirit thereof at the time of death. Thus, the danger from infection through vegetable foods is very small, and many of them are actually antiseptic in a very high degree. This applies particularly to the citrus fruits: oranges, lemons, grapefruits, etc., not to speak of the king of all antiseptics, the pineapple. Instead of poisoning the digestive tract with putrefactive elements as meats do, fruits cleanse and purify the system, and the pineapple is one of the finest aids to digestion known to man. It is far superior to pepsin and no cruelty to sentient life is used to obtain it. Some modern nutritionists advise that for full benefit of the nutrients, citrus fruits should not be mixed with other foods.

### **Cell Salts**

There are twelve salts in the body known as cell salts; they are very vital and represent the twelve signs of the zodiac. These salts are required for the building of the body. They are not mineral salts as generally supposed, but are vegetable. The mineral has no vital body, and it is only by way of the vital body that assimilation is accomplished. Therefore, we have to obtain these salts through the vegetable kingdom.

## **Raw or Cooked?**

Heat destroys the vital body of the plant and leaves only the mineral part. Therefore, if we desire to renew the supply of these salts in our bodies, we must obtain them from the uncooked vegetable. Since cooking destroys the valuable cell salts, our diet should contain a large percentage of raw food. Herb teas, which should be steeped and not boiled, are also very rich in vegetable salts.

But we must not jump to the conclusion that everyone should stop eating meat and live entirely on raw plant food. At the present stage of evolution there are very few who can do so. We must take care not to raise the vibrations of our bodies too rapidly, for we, to continue our labor in the present conditions, must have bodies fitted for the work.

## **Harmless as Doves**

Occultists know that there is a flame in the skull at the base of the brain. It burns continually in the medulla oblongata at the head of the spinal cord, and is of divine origin. This fire emits a singing sound like the buzz of a bee and is the keynote of the physical body. It builds and cements together that mass of cells known as our "body."

The fire burns high or low, clear or dim, according to how we feed it. There is fire in everything in Nature except the mineral kingdom. It has no vital body and therefore no avenue for the ingress of the Life Spirit, the fire. We replenish this sacred fire partly from the forces from the Sun entering the vital body through the etheric counterpart of the spleen, and from there to the solar plexus where it is colored and then carried upward through the blood. We also feed this fire from the living fire we absorb from the uncooked food which we eat and thus assimilate.

Looking at the matter of flesh-eating from the ethical side also, it is against the higher conception to kill to eat. We have a heavy debt to pay to the lower creatures whose mentors we should be, but whose murderers we are; the good law which works ever to correct abuses will in time relegate the habit of eating murdered animals to the scrap heap of obsolete practices.

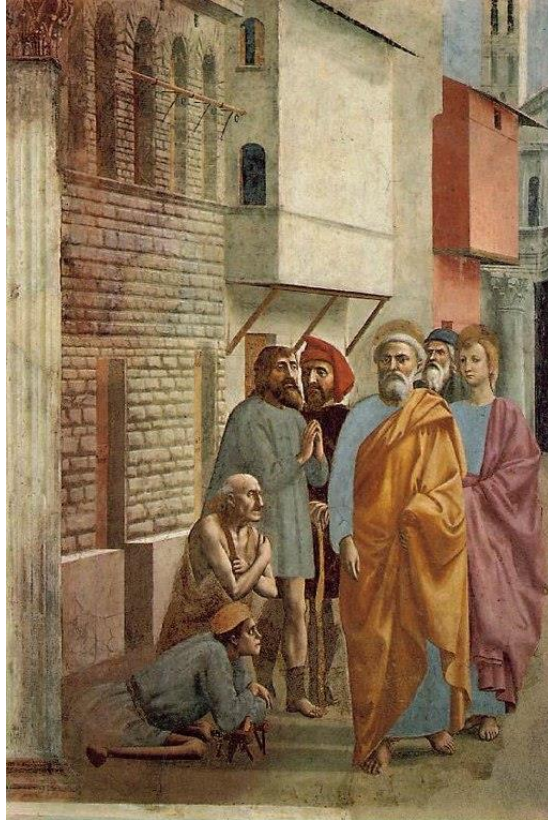
Man, in his earlier stages of unfoldment, was like the beasts of prey in certain respects. However, he is to become God-like and thus he must cease to destroy in order that he may commence to create. Flesh food has fostered human ingenuity of a low order in the past; it has served a purpose in our evolution; but we are now standing on the threshold of a New Age, when self-sacrifice and service will bring spiritual growth to humanity. The evolution of the mind will bring a wisdom beyond our greatest conception, but before it will be safe to entrust us with that wisdom, we must become harmless as doves. Otherwise we would be apt to turn it to such selfish and destructive purposes that it would be an inconceivable menace to our fellow men. To avoid this, the vegetable diet must be adopted.

## **Practical Considerations**

From the purely practical standpoint, too, the vegetarian diet is advantageous. The ever more prohibited price of meat is causing housewives to turn to substitutes, and people are gradually being taught that the God-given food, the vegetable, is most delicious and healthful. Many people who have been eating more fruits and vegetables are coming to realize that they are gaining in health and, in many cases, that this physical betterment has been accompanied by moral and mental improvement. It has been claimed that it takes twelve acres of pasture to raise the meat sufficient to feed one man. If these twelve acres of land were used for truck gardening, they would produce enough to feed several fair-sized families. With the population increase all over the world, it will soon become necessary to discontinue stock raising and devote the acreage to wheat and vegetable growing.

In this changing age, when more advanced Egos are born, many of them are naturally vegetarians; a new race having a higher consciousness is coming to birth, especially on the Pacific coast. The coming age will be a vegetarian age, and all who are progressive will naturally fall in line and become vegetarians--the others will remain behind and be classed among the stragglers of humanity.

# *Occult Principles of Health and Healing*



**By Max Heindel**

## **Self-Study Guide: Chapter 11**

### *Astrology as an Aid to Healing*

*Bless the Lord, O my soul, and forget not all his benefits: 3 Who forgiveth all  
thine iniquities; who healeth all thy diseases; - Psalm 10:2-3*

## **Pre-Reading Activity: *What Are Your Thoughts About Astrology and Healing?***

Before reading Chapter 11: *Astrology as an Aid to Healing* it is important that you first consider your current thoughts on astrology and its use towards healing so upon completing the reading you can then see how your thoughts were confirmed, enriched, or challenged with new ideas and concepts.

<p><i>Do you believe that our physical condition can be influenced by the movement of the planets, why?</i></p>	<p><i>Why do you think there should be a spiritual relationship between the healer and the patient?</i></p>
<p><i>How is your compatibility with a healer determined?</i></p>	<p><i>What information do you think you will find in a horoscope on health and healing?</i></p>

## Reading Template for Chapter 11

### *CHAPTER 11 NOTES*

*Questions*

*Investigate*

*Clarity*

*Challenge*

## Chapter Questions for Chapter 11

*1. What is our mental and physical conditioned influenced by?*

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*2. What factors should not be overlooked by a thorough scientific healer?*

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*3. How can we determine the peculiarities of the Spirit?*

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*4. What uses should astrology be put to?*

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*5. What is unique about the planets of our solar system?*

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*6. What is special about the planet that is the “tonic in the music scale”?*

--

*7. What happens when a planet is a ruler of our life?*

--

*8. What aids in building of our archetype?*

--

***9. Where is the physical body later built?***

--

***10. What happens when a seed atom cannot respond to certain notes?***

--

***11. What does the song of spheres do?***

--

***12. Where does disease come from?***

--

***13. How can we make disease disappear?***

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***14. Where does the information for our disease come from?***

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***15. When can the laws of Nature be superseded?***

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***16. What is an example of something that supersedes the law?***

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***17. How did Christ identify and heal those who were sick?***

--

***18. What does the Rosicrucian System of healing depend upon?***

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***19. What do diseased people look like with our spiritual vision?***

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***20. What center most often becomes clogged when we become sick?***

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***21. What happens when a center is clogged?***

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***22. What happens if sufferer gets stuck and is unable to take advantage of improved conditions?***

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***23. What restores the synthetic harmony of the body?***

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***24. What are the two basic laws in the science of Astro-therapy?***

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***25. What happens at the time of conception?***

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<b><i>26. What do etheric sound waves do?</i></b>
<b><i>27. What needs to occur with the etheric sound waves for health to prevail?</i></b>
<b><i>28. When does disease stop?</i></b>
<b><i>29. What happens when a healthy person gets into an accident?</i></b>
<b><i>30. What determines the pitch of the etheric vibration?</i></b>
<b><i>31. What makes some people capable of healing?</i></b>
<b><i>32. What is the first consideration in undertaking a healing case and apportioning patients among the Invisible Helpers?</i></b>
<b><i>33. Astrologically what are the four elements?</i></b>
<b><i>34. What does the success of the healer depend upon?</i></b>
<b><i>35. In terms of Saturn, when are people mutually incompatible?</i></b>

<b><i>36. What is the negative influence of Saturn compared to Mars and Uranus?</i></b>
<b><i>37. What does the Sun's influence in healing?</i></b>
<b><i>38. In terms of the Sun, when does one have great healing powers?</i></b>
<b><i>39. In terms of the Sun, what effect is being born under a cardinal sign?</i></b>
<b><i>39. In terms of the Sun, what effect is being born under a fixed sign?</i></b>
<b><i>40. In terms of the Sun, what effect is being born under a common sign?</i></b>
<b><i>41. In terms of the Sun, what effect is being born under a fiery sign?</i></b>
<b><i>32. What is the effect of being born in April with the Sun in Aries?</i></b>
<b><i>33. What is the effect of being born in August with the Sun in Leo?</i></b>
<b><i>34. What is the effect of being a nurse born with the Sun in Sagittarius?</i></b>
<b><i>35. Why is the influence of Moon the important to all the planets?</i></b>

<b><i>36. When is the force of the Moon a great aid in building up the body?</i></b>
<b><i>37. What period of the Moon has a decreasing effect as the light force becomes darker?</i></b>
<b><i>38. What are the two general classes of treatment?</i></b>
<b><i>39. When do the two class have their better effect?</i></b>
<b><i>40. What is the general rule for the classes of treatment?</i></b>
<b><i>41. What occurs when the Moon is increasing and approaching a conjunction to Mars and Mercury?</i></b>
<b><i>42. What occurs when the increasing Moon is in good aspect to Jupiter and Venus?</i></b>
<b><i>43. When are palpitations most effectively treated?</i></b>
<b><i>44. When should heart stimulants be applied with extreme care?</i></b>
<b><i>45. How can we quiet the heart action?</i></b>
<b><i>46. What is the only thing we can see in terms of forces?</i></b>

<i>47. What are the two types of magnetism?</i>
<i>48. What are all bodies of plants, animals, and men?</i>
<i>49. What is a “planetary baptism”?</i>
<i>50. Why should we consult a horoscope even if we have a feeling about the influence of another person?</i>
<i>51. When can two parties overrule the planet polarity?</i>
<i>52. What course of selection is advised for a healer and his patients?</i>
<i>53. Why is it a prime necessity that s healer should have a knowledge of astrology and the Law of Compatibility?</i>
<i>54. Why is the selection of a suitable nurse even more critical?</i>
<i>55. How is compatibility determined in the horoscope for the healer, nurse, and patient?</i>
<i>56. In terms of the healer, nurse, and patient what care must be taken with Saturn?</i>

## Summary Questions for Chapter 11

1. Why was *Paracelsus* always successful with his patients?

2. How does healing involve *stellar harmonies*?

3. In what ways did *Christ* heal?

4. How do we ensure *compatibility* of the patient, healer, and the nurse?

**5. How is the influence of the *Sun* effected by the four elements?**

**6. What is the influence of the *Moon* in healing?**

**7. Why is *planetary polarity* important in determining compatibility?**

**8. How do the *song of the spheres* influence our health?**

# **Class Discussion Questions for Chapter 11**

- **How do planetary rays influence our mental and physical condition?**
- **Why should physicians study astrology?**
- **What can we learn about a person by casting their horoscope?**
- **How can the keynote of a planet affect us?**
- **How is the archetype of the physical body built?**
- **How are stellar harmonies and discord expressed in a horoscope?**
- **How did Christ work with stellar vibrations in healing?**
- **How is the Rosicrucian System of Healing explained?**
- **What occurs when the Spirit loses touch with the outside world?**
- **How are the laws of compatibility and systemic receptibility related to healing?**
- **How are the etheric sound waves related to health?**
- **When does disease subside?**
- **How is the rising sign and the four elements related to healing?**
- **When is there the optimum spiritual relationship between, a healer, a nurse, and the patient?**
- **What is the influence of the Sun and Moon in healing?**
- **How are two horoscopes compared in matching patients to healers?**

**\*\*\* Research On Your Own – Chapter 11 \*\*\***

**1. What are the *seven planets* of the solar system and their influence?**

**2. What are the influence of the *New and Full Moon*?**

**3. What should we consider in *comparing two horoscopes*?**

**4. How do celestial music aid in building the *archetype*?**

## Reflection & Connection for Chapter 11

<b>Four Most Important Things You Learned</b>
1.
2.
3.
4.
<b>Three Important Ideas for Your Work in a Healing Center</b>
1.
2.
3.
<b>Two Things You Can Share with Patients in a Healing Center</b>
1.
2.
<b>What are the Fiery, Earthy, Airy, and Watery Signs?</b>

# Final Thoughts on Chapter 11

## *Are You Helping Your Stars?*

Rosicrucian Fellowship Pamphlet

<<https://rosicrucian.com/zineen/pamentoc.htm>>

### **Misuse of Astrology**

One not infrequently hears students of astrology express their annoyance at the way the stars work. They complain that the evil directions are always on time and marked in their effect, while very often the good directions seem to have little or no influence, and they wonder why. Have you ever realized that you cannot possibly get something for nothing, any more than you can create something out of nothing? This holds good whether you want a loaf of bread, a position, favors, or anything else. If at any time you seem to get something without paying for it you will have to settle later, and settle with interest, for it is Nature's Law of Justice that nothing is given for nothing. There must be an equivalent in one way or another; the scales may be tipped in one direction for a long time, but as surely as the pendulum swings equally to each side of the neutral point, so surely will the scales of justice swing, and swing until the balance is reached.

### **Stars Never Compel**

This holds good in astrology. It is said that "God helps the man who helps himself"; you may also say that the stars help the man who helps himself, for they are God's ministers. It should always be remembered that the stars show tendencies, they mark times when opportunities are ripe, but they never under any circumstances compel anyone to act in this, that, or the other manner. But neither are the directions haphazard events. They are lessons and experiences for us, of which we may avail ourselves or not, as we choose, within certain limits. For instance, the Moon comes to a square of Mars, and it will bring to us an opportunity to lose our temper and get into trouble thereby; then when the trouble is over and we sit down to reflect on the occurrence, we will most likely say to ourselves, well, what fools we are to allow a little thing like that to play havoc with our happiness.

### **Equilibrium**

On the other hand, if the astrological student uses his knowledge in the proper manner, then he should know what the effect of the Moon square Mars will be. He should resolve to be calm beforehand and say: "Here is an opportunity for me to rule my stars. I am going to keep my temper well under control so that no matter what happens, I am going to maintain my equilibrium." Then, when the opportunity comes along to lose his temper, he may stand firm. Although he may feel the passions surging within, he may stand outwardly quiet, keep a cool head, and when the danger is past, he will have gained a victory and learned the lesson which it was intended that he learn.

Or suppose that it is a square of the Moon to Saturn. This will impel people to worry and look upon the dark side of life, but the astrological student may say to himself when such a configuration is approaching: "No, I am not going to worry. Worry will not help matters. It hinders, because it takes from me all my strength, wherewith otherwise I could overcome conditions. I am going to look at the bright side of the matter and see what I can do to remedy the trouble."

As a matter of fact, most of the things we worry about never come to pass, and if the student can learn under this planetary direction to keep his equilibrium, to stop worrying, then he has ruled his stars and learned an important lesson. Thus, if he helps his stars by learning the lessons which they are endeavoring to teach him, the evil directions will not have the same power over him as if he simply sits down and folds his hands, saying: "Well, I cannot help it. I am under evil directions and naturally things are bound to go wrong in every particular."

### **Individual Will**

There is in the horoscope a dominant factor, namely: the Individual Will. Bear in mind that the horoscope shows only tendencies, and it has no power whatever to compel you. Compulsion is from within yourself. You, in the final analysis, are the dominant factor in that horoscope, and can by an exercise of sufficient will-power rule your stars. It is admitted that we are all weak, and therefore not able to exercise the necessary will power at all times, but that it is exactly what these evil directions are sent to us to cultivate: a stronger and firmer will to do the right thing at the right time. It depends upon ourselves whether we shall be compelled by circumstances from without or by our own will from within. Surely that is the proper way. Astrological students, above all other people, ought to be able to guide their lives safely amid the rocks and shoals of existence, because they have proper warning. They know what is coming, and they should prepare for it.

### **Cooperation**

On the other hand, it is asked: Why do the good directions not bring a corresponding measure of benefit? And the answer to that question is, for the very same lack of co-operation; it is as absolutely necessary to help our stars in one direction as to hinder them in another. Are you out of a position with, perhaps, the family finances running low and no means in sight wherewith to replenish it, but with your hopes centered upon a strong favorable direction such as, perhaps, a trine of the progressed Moon to the ruler of the sixth house or the Sun? Under these conditions you feel sure, from an astrological standpoint, that you are going to obtain a good position which will put you on easy street. Very well, you may be sure that the opportunity will come, but do not expect it to be laid in your lap without a single effort upon your part. If a thing is worth having, it is worth going after, it is worth making the very best effort to get it. Do not neglect any detail: dress yourself carefully but not showily when you go to see the person who has it in his power to bestow the favor. Remember, first impressions are important. Have all your ammunition ready in the shape of recommendations and everything else that you would have were you not depending upon an astrological aspect to help you get the position. Use every proper means of impressing the prospective

employer with your ability and you may depend that your effort will be successful, for you have helped your stars; you have grasped your opportunity.

### **Common Sense**

Or, are you about to embark on a business venture with someone else, feeling very confident because the Moon is trine to the Sun and Venus in the seventh house? Be careful that you do not lay aside your caution on that account, thinking that under such a direction no one can come into your partnership who is not all right. If you do, you neglect your part and you will have no reason whatever to blame the stars if later on it is shown that the person is not all you expected him to be. Nothing is needed in the world today in the same degree that we need common sense (or discrimination), and this applies to the department of astrology, as well as to every other department of life. Opportunity may be likened to a toboggan slide between ourselves and our desires: it is necessary for us to make an adequate initial effort in order to launch our sled upon this incline, but once we have done our part, then everything will go along swimmingly under favorable directions; then the stars are with us to impress others on our behalf, or to strengthen our penetrative power so that we may know what is best for us.

### ***The Educational Value of Astrology***

#### **Rosicrucian Fellowship Pamphlet**

**<<https://rosicrucian.com/zineen/pamentoc.htm>>**

The educational value of astrology centers in the fact that, more than any other science, it reveals man to himself. No other science is so sublime, so profound, and so all-embracing. It sets forth the relation between the Grand Man of the universe and the little god that is man. "In the image of God created He him." The Big Pattern is repeated in miniature human forms. God, the macrocosm, and man, the microcosm, are related and fundamentally one.

Material science has determined to some extent the physical effects of the rays of the Sun and the Moon. Speculations have been offered as to effects of rays emanating from other stellar bodies. Occult science, investigating the subtler forces that impinge upon emotion and mind, has charted their effects with no less definiteness than has academic science the reactions of sea and soil, plant and animal, to the solar and lunar rays.

### **Revealing Hidden Causes**

With this knowledge, we may determine the astrological pattern of each individual and know the relative strength and weakness of the several forces operating in each life. To the degree that we are in possession of such knowledge, we can begin systematic, scientific character building. We elect times and seasons cosmically advantageous to unfolding undeveloped qualities, correcting faulty traits, and eliminating destructive propensities.

The educational value of astrology lies in its capacity to reveal the hidden causes at work in our lives. It enters into the intangible, yet ever present and potent, factors in life. It transcends form. It discovers Spirit. It demonstrates reality. It touches every walk of life. It counsels the adult in regard to vocation, the parents in the guidance of children, the teachers in management of pupils, the judges in executing sentence, the physician in diagnosing disease, and in similar manner lends aid to each and all, in whatsoever station or enterprise they may find themselves.

Astrology and astronomy were at one time a single subject. The soul of things has not always been so largely hidden to the great mass of people as it has been during the past century or two of skeptical, materialistic science. We have been so far removed from the true and inner science of the stars that its higher knowledge has been practiced either by the illumined few unknown to the world at large or by charlatans who have secured fragments of the subject and exploited that little smattering of knowledge by trading upon the ignorance and superstition of the uninformed.

### **Ruling Our Stars**

Today, astronomy, child of astrology, after having left its Father's house and wandered into a far and barren country where it fed on the husks of forms and figures only, has turned and set its face toward its true home where the feast of spiritual abundance is awaiting its return. Today, men and women of first rank in the field of science are dealing with cosmic rays and their influence upon man and planet. The consciousness of the people is rapidly being prepared for an awakening on a vast scale to the recognition that, not only do stellar bodies mark time and tide, but also the impulses of our very Spirits are subject to their motions. SUBJECT to their motions, mark, but not SLAVES THERETO. The destiny of every human Ego is to rule his or her stars; knowledge of the stellar forces and obedience to their perfect patterns are the means for achieving this rulership.

Astrology is the greatest, the most sublime, and the oldest of all sciences. Its origin antedates history. Its sources apparently reach back to the time when gods are said to have walked and talked with men. It would be difficult to assign to primitive humanity the great invention of an astrological symbology, universally used throughout the ages and to which foremost seers of many lands and different religions have looked for pictorial presentation of the evolution of man and planet. In these glyphs, the understanding eye discerns the rise and fall of civilizations and the progressive unfoldment of the world's great philosophies and religions. They constitute keys with which we may unlock untold treasures in the Bible and the Sacred Scriptures of all the world.

### **A Science and a Religion**

Astrology is at once a science, a philosophy, and a religion. It is metaphysical, occult, and withal practical. The rudiments may be learned by anyone who can add and subtract. Its elements may be checked in one's own life with sufficient exactness to demonstrate the truth of its claim beyond all possibility of disbelief.

An application of the principles it teaches, whether or not those principles are fully understood, is sufficient to prove their validity by their fruitfulness in our daily life.

The errors of practicing astrologers can no more be taken as proof that astrology is not valid than can the frailties of professing Christians be taken as proof that Christianity is worthless or the Christ unreal.

Real astrologers, like true saints, are few and far between. They both represent the fruitage of many lives of noble endeavor and selfless service. Goodness comes not from creed, but by living a life of friendliness and usefulness. Wisdom comes, not from memory-knowledge, but from an age-long extract of experience.

Only those who have purified their natures and sensitized their vehicles by pure living and high motive can receive and transmute the lofty spiritual influences impinging upon us from the heavenly bodies. Lilly, the great seventeenth century English astrologer, recognizing this, wisely declared to his students that the purer their lives, the better would their judgments be. By the ear of the Spirit we may hear the music of the spheres, and by the eye of the Spirit we may read and interpret their manifold revelations.

### **Esoteric and Exoteric**

Astrology swings our life into wider orbits. It deals with our earthly span of life as but a segment of the whole. Our natal chart is what it is, not by an arbitrary decree of Fate, but as the result of our own past action or inaction. It marks the magnetic conditions prevailing at the time of our birth and affirms these to be such as will best favor the acquisition of those lessons most required during incarnation. By the operation of the Law of Consequence, this doctrine of hope and responsibility, we recognize the present to be at once fruitage of the past and seed for the future. Character becomes destiny.

Astrology, like religion, is divided into two branches, exoteric and esoteric. The exoteric covers purely mundane matters. It tells the mariner when best to set out to sea, the farmer when planting is most propitious, the physician the underlying causes of disease to be treated, the teacher the basic nature of pupils, and parents the innate tendencies and capacities of the child. It reveals the favorable and unfavorable seasons according to which election may be made.

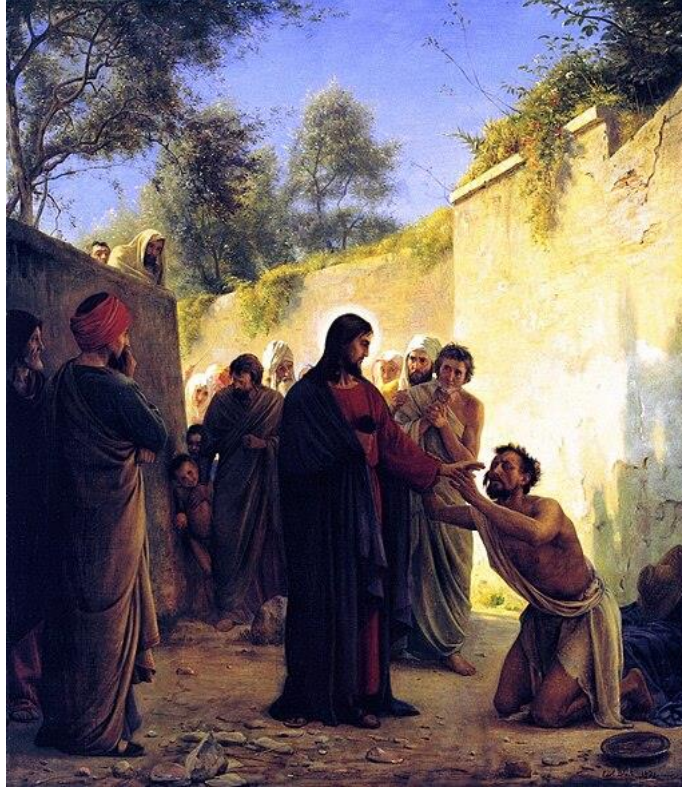
The esoteric transcends all these outer concerns. It deals with our inmost nature, with the very principle of life, the source of our being. It deals not with passing fortunes of the personality but with qualities of the soul and spiritual development. The incidents pertaining to the world of form are inconsequential to it. It is focused instead on that divine element within which is striving toward an ever-increasing realization of its unity with the whole through its contact with form, time, and space. As such, esoteric astrology becomes a spiritual science, a universal religion. Only such a science and such a religion promise to satisfy adequately the united demands of head and heart of growing, aspiring humanity.

## **Charting Invisible Forces**

More than any other factor in the world today, astrology gives promise of leading a materially-minded generation into conceptions concerning the things of the Spirit. Physical science is handicapped by its own self-set limitations. Religion is under suspicion because its ceremonies are too often antiquated and empty. Astrology links the fundamental elements of science and religion. It is based on astronomical data. It charts invisible forces. It combines the seen and the unseen, body and soul, form and Spirit.

When the rapidly quickening spiritual perceptions of the race will lead it into a serious inquiry of the celestial scroll, we may expect an era of power and illumination such as history has never known. No other subject within the entire range of human knowledge appears to hold for this day and age the possibilities open to astrologers for helping men to an elevated sense of their own dignity as citizens of the cosmos, to a greater grasp of universal law, and to realization that we are eternally secure within the caressing fold of Infinite Life and Boundless Being.

# *Occult Principles of Health and Healing*



**By Max Heindel**

## **Self-Study Guide: Chapter 12**

### *The Therapeutic Basis of Light, Color, and Sound*

*And heal the sick that are therein, and say unto them, The kingdom of God is  
come nigh unto you. – Luke 10:9*

## **Pre-Reading Activity: *What Are Your Thoughts About Healing with Light, Color & Sound?***

Before reading Chapter 12: *The Therapeutic Basis of Light, Color, and Sound* it is important that you first consider your current thoughts on alternative healing methods so upon completing the reading you can then see how your thoughts were confirmed, enriched, or challenged with new ideas and concepts.

<p><b><i>Why does the Bible speak of God as Light?</i></b></p>	<p><b><i>Which colors do you find energizing and which are calming?</i></b></p>
<p><b><i>How would you explain the “harmony” of sound?</i></b></p>	<p><b><i>How do think that music can both, build and destroy?</i></b></p>

## Reading Template for Chapter 12

*CHAPTER 12 NOTES*

*Questions*

*Investigate*

*Clarity*

*Challenge*

## Chapter Questions for Chapter 12

***1. How is God like white light?***

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***2. What do the three primary colors represent?***

--

***3. What do the three primary colors produce?***

--

***4. Who are the seven light-bearers?***

--

***5. Why do the planets receive different measures of light from the Sun?***

--

***6. Where does divine Light and Life come from?***

--

***7. What is the effect of rays from the Sun and reflected rays from other planets?***

--

***8. What are the 12 colors an occultist sees?***

--

***9. What is special about the middle color of the five additional colors?***

--

***10. What happens when the three primary colors are interblended?***

***11. What are the colors of the planets?***

***12. What produces the effect of the physical colors?***

***13. How can you restrain someone who's Mars is too prominent?***

***14. How can you help someone who is moody and taciturn?***

***15. What is the effect of red and green in the Physical World?***

***16. What happens when colors are considered from the Desire World?***

***17. Why is jealousy called the "green-eyed monster"?***

***18. What do the different colors represent in someone's aura?***

***19. What are the colors of the lower races, higher races, and Christ?***

--

***20. What is the connection between color and tone?***

--

***21. What is the harmony of the spheres?***

--

***22. What is the builder of all that is?***

--

***23. What is the occultists vision of the solar system?***

--

***24. What represents the semitones and tones of the chromatic scale?***

--

***25. What is the cosmic harp used to represent?***

--

***26. What occurs if the harmony of the cosmic harp fails?***

--

***27. What is a keynote?***

--

***28. How were the walls of Jericho destroyed?***

--

***29. What is the keynote of a planet?***

--

***30. What happens to person if one or a chord is sounded on a musical instrument?***

--

***31. What are two the things that can happen if the note sounded is the keynote of a person?***

--

## Summary Questions for Chapter 12

1. What does *God is Light* mean?

2. Describe how the solar system is one vast musical instrument.

3. How are colors used to produce desired effects?

4. How can sound be used in healing?

## **Class Discussion Questions for Chapter 12**

- **How does light come to the planets?**
- **What are the primary, secondary, and complimentary colors?**
- **What are the colors of the planets and what do they symbolize?**
- **What do the different colors of the aura represent?**
- **What is the relationship between color and tone?**
- **What is the significance of *John 1:1* in the Bible?**
- **What does the seven-stringed lyre of Apollo symbolize?**
- **How can music be both creative and destructive?**
- **What is the importance of an object's keynote?**
- **What is the effect of each person's keynote on others?**

**\*\*\* Research On Your Own – Chapter 12 \*\*\***

**1. What is *frequency and amplitude* in terms of sound?**

**What are the *Complimentary Colors***

**What is a *Chromatic Scale*?**

**What is *Tone*?**

## Reflection & Connection for Chapter 12

<b>Four Most Important Things You Learned</b>
1.
2.
3.
4.
<b>Three Important Ideas for Your Work in a Healing Center</b>
1.
2.
3.
<b>Two Things You Can Share with Patients in a Healing Center</b>
1.
2.
<b>What would you be interested in exploring about color/sound? Why.</b>

# Final Thought for Chapter 12

## COLOR THERAPY

by Altered States

### RED

RED is the first visible color we see after the infra-red band is passed. Red is thermal, heating, warming, yang and positive. It has many tendencies including the promotion of cellular growth and activity, stimulating the Will aspect, corresponding to our life force, or the circulatory system. It is therefore indicated for all colds, sluggish or dormant conditions, such as pneumonia, bursitis, paralysis, arthritis, anemia, as a liver stimulant, an energy builder, for raising the blood pressure and increasing circulation Red is called "The Great Energizer" and "The Father of Vitality." Red is warm, vital, heating. It loosens, opens up clogs, releases stiffness and constrictions. It is excellent for areas that have become stiffened or constricted. Red links with and stimulates the root chakra, at the base of the spine, causing the adrenal glands to release adrenalin. This results in greater strength. Red causes hemoglobin to multiply, thus increasing energy and raising body temperature. It is excellent for anemia and blood related conditions. RED represents VITALITY, COURAGE, SELF CONFIDENCE. Use when you need to meet a demanding day, or when you feel drained of energy. The color red provides the power from the earth and gives energy on all levels. It connects us to our physical body. Everything that is to be commenced needs the life vitality of red.

### ORANGE

Orange is the true color of the sun. Orange has a freeing action upon the body and mind, relieving repressions. Because orange is a blend of red and yellow, it combines physical energy with mental wisdom, inducing a transformation between lower physical reaction and higher mental response. Thus, it is often referred to as "*The Wisdom Ray*." Orange is warm, cheering, non-constricting. Through orange, we are able to heal the physical body (red) and, at the same time, induce within the mind (yellow) greater understanding on how the body may be kept in good repair. Orange helps assimilate new ideas and stimulate mental enlightenment. It is also helpful in dealing with excess sexual expression. Orange is the true color of the sun. Orange has a freeing action upon the body and mind, relieving repressions. Because orange is a blend of red and yellow, it combines physical energy with mental wisdom, inducing a transformation between lower physical reaction and higher mental response. ORANGE represents joy and promotes development and advancement and it animates like red, although different cures are affected by this ray. Included are inflammation of the kidneys, gallstones, prolapses, menstrual cramps, epilepsy, wet cough and all sinus conditions. Orange is warm, cheering, non-constricting. Through orange, we are able to heal the physical body (red) and, at the same time, induce within the mind (yellow) greater understanding on how the body may be kept in good repair. Orange helps assimilate new ideas and stimulate mental enlightenment. It is also helpful in dealing with excess sexual expression. ORANGE also represents HAPPINESS, CONFIDENCE, RESOURCEFULNESS. It brings joy to our workday and strengthens our appetite for life! Orange is the best emotional

stimulant. It connects us to our senses and helps to remove inhibitions and makes us independent and social. Yellow helps strengthen the nerves and the mind. It helps awaken mental inspiration and stimulates higher mentality. Thus, it is an excellent color for nervous or nerve-related conditions or ailments.

## **YELLOW**

Yellow links with and stimulates the solar plexus, or psychic center. It can be used for psychic burnout or other psychic related conditions or ailments. Yellow can be used for conditions of the stomach, liver, and intestines. It helps the pores of the skin and aids scarred tissue in healing itself. It also has a very enriching effect upon the intellect and the brain. YELLOW is stimulating to the nervous system and the intellect. These rays have an alkalizing effect which strengthens the nerves, and are awakening, inspiring and vitally stimulating to the higher mind or manas, aiding self-control. Typical diseases treated by yellow are constipation, gas, liver troubles, diabetes, eczema and skin troubles, leprosy and nervous exhaustion. YELLOW helps strengthen the nerves and the mind. It helps awaken mental inspiration and stimulates higher mentality. Thus, it is an excellent color for nervous or nerve-related conditions or ailments. Yellow links with and stimulates the solar plexus, or psychic center. It can be used for psychic burnout or other psychic related conditions or ailments. Yellow can be used for conditions of the stomach, liver, and intestines. It helps the pores of the skin and aids scarred tissue in healing itself. It also has a very enriching effect upon the intellect and the brain. Like the color of gold, yellow represents the highest of the physical colors. "Worth its weight in gold" applies to yellow. YELLOW represents WISDOM, CLARITY, SELF-ESTEEM. It gives us clarity of thought, increases awareness, and stimulates interest and curiosity. Yellow energy is related to the ability to perceive and understand. The yellow energy connects us to our mental self.

## **GREEN**

Most people associate blue with healing. However, green is the universal healing color. The ancient Egyptians and Chinese used green as the primary color of healing. Why is that? Because green is midway in the color spectrum; therefore, it contains both a physical nature and a spiritual nature, in equal balance and in equal harmony. Thus, green can be used for just about any condition in need of healing. When in doubt, green will always work. Green is the color of Nature and the earth. It is balance and harmony in essence and possesses a soothing influence upon both mind and body. It is neither relaxing nor astringent in its impact. In a more practical sense, green affects blood pressure and all conditions of the heart. It has both an energizing effect and a moderating or soothing effect.

GREEN represents BALANCE, LOVE, SELF CONTROL GREEN. It is the color of balance, harmony, nature, neutrality and of non-resistance. It was the color of the first system from which we evolved and remains with us to this day as the calming, peaceful green of spring and nature. Green corresponds to the heart center on the physical plane and heals many illnesses of this nature, specifically including heart troubles, decreasing and stabilizing blood-pressure, ulcers, cancer, headaches, nervous disorders and influenza, and acts as a general tonic. Helps relax muscles, nerves, and thoughts. Cleanses and balances our energy, to give a feeling of renewal, peace and harmony. Green connects us to unconditional love

and is used for balancing our whole being. Green is the color of Nature and the earth. It is balance and harmony in essence and possesses a soothing influence upon both mind and body. It is neither relaxing nor astringent in its impact. In a more practical sense, green affects blood pressure and all conditions of the heart. It has both an energizing effect and a moderating or soothing effect.

## **BLUE**

Dr. Edwin Babbitt, in his classic, "*The Principles of Light and Color*," states that "*The Blue Ray is one of the greatest antiseptics in the world.*" Blue is cooling, electric, astringent. It helps bleeding, decreases fevers, and cures sore throats. Blue can have a sedative effect, as expressed in the remark of "*feeling blue.*" It is a very positive color, indicating loyalty and reliability, as expressed in the sentiment of being "true blue." On the other hand, it is at the opposite end of the visible spectrum and is electric, cooling, yin and negative. Blue light will stop bleeding of the lungs, decrease fevers, cure sore throats, give relief to most inflammations of the skin and gums, and can be used with infants for pain while teething. Blue is also used for goiter, measles, chickenpox, cuts, bruises and burns. Relaxing, soothing blue rays will also bring great calm and peace to the mind that is worried, excited, or in a constant nervous state. More diseases are treated by blue light than by any other color, which is not surprising considering that cosmic fire in our system is clear cold blue. Blue links with and stimulates the throat chakra. The throat chakra is often referenced as the "power center" and "the greatest center in the body" because it is the primary center of expression and communication, through speech. Thus, the effect of blue upon this center and the aura, in general, is quite profound. Blue can be used for any type of ailments associated with speech, communication, or the throat. Solarized blue water is an excellent tonic for laryngitis or inflammation of the larynx. BLUE represents KNOWLEDGE, HEALTH, DECISIVENESS. It is a mentally-relaxing color. Blue has a pacifying effect on the nervous system and brings great relaxation. Ideal for sleep problems, and hyper-active children. Connects us to holistic thought, and gives us wisdom and clarity enhancing communication and speech. Blue can be used for any type of ailments associated with speech, communication, or the throat.

## **INDIGO**

Indigo is a great purifier of the bloodstream and also benefits mental problems. It is a freeing and purifying agent. Indigo combines the deep blue of devotion with a trace of stabilizing and objective red. Indigo is cool, electric, and INDIGO astringent. It is, also, the color ray used by Spirit to help entrance a medium. INDIGO. Indigo is a great purifier of the bloodstream and also benefits mental problems. It is a freeing and purifying agent. INDIGO, as previously stated, is the color of our solar system. It has been particularly beneficial in treating cataracts, glaucoma and various eye problems. Other uses of indigo include purification of the blood and of the mind. Ear and nose complaints, diseases of the lungs, asthma, infantile convulsions and mental complaints may be remedied through the use of indigo.

Indigo combines the deep blue of devotion with a trace of stabilizing and objective red. Indigo is cool, electric, and astringent. It is, also, the color ray used by Spirit to help entrance a medium. Indigo links with and stimulates the brow chakra (third eye) and controls the pineal gland. It governs both physical and spiritual (not psychic) perception; that is, clairvoyance, clairaudience, and clairsentience. Thus, it can be of great assistance in dealing with ailments of the eyes and ears, as well as assisting in problems or conditions related to mediumship. Finally, indigo is considered the ray of the Holy Spirit. INDIGO represents INTUITION, MYSTICISM, UNDERSTANDING. Indigo energy connects us to our unconscious self, and gives us the experience of being part of the whole universe. Strengthens intuition, imagination, psychic powers, and increases dream activity.

## **VIOLET**

Violet is truly the color of the divine Spirit. Violet works only on the levels of the Spirit. It is generally not used for physical conditions; however, some color experts believe that it does provide nourishment to the cells in the upper brain and does have a link with the crown chakra. Furthermore, it helps expand the horizons of our Divine understanding.

Violet should be used only for spiritually-related problems. Leonardo da Vinci proclaimed that you can increase the power of meditation ten-fold by meditating under the gentle rays of Violet, as found in Church windows. VIOLET is the last color we can see before light passes on to ultraviolet. This color is an excellent remedy for neurosis, diseases of the scalp, sciatica, tumors, rheumatism, cerebrospinal meningitis, concussion, cramps and epilepsy. Violet animates and cleans the venous blood. Esoterically violet is white and synthesizes all form manifestation. Violet is truly the color of the divine Spirit. Violet works only on the levels of the Spirit. It is generally not used for physical conditions; however, some color experts believe that it does provide nourishment to the cells in the upper brain and does have a link with the crown chakra. Furthermore, it helps expand the horizons of our Divine understanding. Violet should be used only for spiritually-related problems. VIOLET represents BEAUTY, CREATIVITY, INSPIRATION. It purifies our thoughts and feelings giving us inspiration in all undertakings. The violet energy connects us to our spiritual self-bringing guidance, wisdom and inner strength. Enhances artistic talent and creativity.

# *Occult Principles of Health and Healing*



**By Max Heindel**

## **Self-Study Guide: Chapter 13**

### *Sleep and Health*

*Trust in the Lord with all thine heart; and lean not unto thine own understanding. In all thy ways acknowledge him, and he shall direct thy paths. Be not wise in thine own eyes: fear the Lord, and depart from evil. It shall be health to thy navel, and marrow to thy bones. – Proverbs 3:5-8*

## **Pre-Reading Activity: *What Are Your Thoughts About Sleep and Healing?***

Before reading Chapter 13: *Sleep and Health* it is important that you first consider your current thoughts on sleep and health so upon completing the reading you can then see how your thoughts were confirmed, enriched, or challenged with new ideas and concepts.

<p><b><i>Why is sleep so critical to our health?</i></b></p>	<p><b><i>How do you think disease could also be treated sleep?</i></b></p>
<p><b><i>What is meant by the “whole armor of God” in the Bible?</i></b></p>	<p><b><i>What happens when your body goes to sleep?</i></b></p>

## Reading Template for Chapter 13

### *CHAPTER 13 NOTES*

*Questions*

*Investigate*

*Clarity*

*Challenge*

## Chapter Questions for Chapter 13

***1. What does the vital body during the daytime?***

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***2. What does the solar fluid do in the body?***

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***3. How can we describe the vital body?***

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***4. Where is the vital body from birth to death?***

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***5. What happens when blood circulation stops and then restarts in a part of the body?***

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***6. What happens to the vital body when you are dying compared to when you resuscitated from drowning?***

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***7. What happens to the physical body as the day progresses?***

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***8. What happens to the physical body in the evening?***

***9. When is the body considered asleep?***

***10. What does the Ego do during the night time?***

***11. Where is the Ego during natural sleep?***

***12. What is impossible to make a person do in natural sleep? Why?***

***13. What happens in hypnotic sleep? Results?***

***14. How do mothers use suggestion in treating refractory children?***

***15. How do occultists describe the negative effects of hypnosis?***

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***16. Why are people victims in hypnotic healing?***

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***17. How do we create a Golden Wedding Garment?***

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***18. What is the function of the Golden Wedding Garment?***

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***19. Why does our auric atmosphere change color?***

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***20. Why can evil forces work on us?***

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***21. What should we do to protect ourselves from evil?***

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***22. How should we follow the advice of Paul?***

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## Summary Questions for Chapter 13

**1. Why is sleep important in maintaining health?**

**2. How can we use suggestion to treat disease?**

**3. Why is hypnotism dangerous?**

**4. How can we protect ourselves from evil and its negative influences on our health?**

## **Class Discussion Questions**

- **What is the value of sleep?**
- **How is sleep related to the vital body?**
- **How is the solar fluid related to the vital body?**
- **When is the body actually asleep?**
- **What is the relationship between the Ego and sleep?**
- **How is disease treated during sleep?**
- **What are the effects of hypnotic sleep?**
- **How does natural sleep differ from hypnotic sleep?**
- **How is the Golden Wedding Garment produced and what are its powers?**
- **How can our aura be a protective influence?**
- **Why is everyone susceptible to evil forces?**
- **What is the “whole armor of God” and how does it protect us?**

**\*\*\* Research On Your Own – Chapter 13 \*\*\***

**1. How did the Greeks use *sleep incubation*?**

**2. Describe the *Egyptian sleep temples* functioned?**

**3. What is “*Enkoimesis*”?**

**4. What were the *two steps* in order for a patient to be considered to be treated in the *Asclepieion*.**

## Reflection & Connection for Chapter 13

<b>Four Most Important Things You Learned</b>
1.
2.
3.
4.
<b>Three Important Ideas for Your Work in a Healing Center</b>
1.
2.
3.
<b>Two Things You Can Share with Patients in a Healing Center</b>
1.
2.
<b>What suggestion would you use to instill hope and healing?</b>

## Final Thought for Chapter 13

Sleep, however, is not by any means an inactive state, as people generally suppose. If it were, the body would be no different on awakening in the morning from its condition when it went to sleep at night; its fatigue would be just as great. On the contrary, sleep is a period of intense activity and the more intense it is the greater its value, for it eliminates the poisons resulting from tissue destroyed by the mental and physical activities of the day. The tissues are re- built and the rhythm of the body restored. The more thoroughly this work is done the greater the benefit accruing from sleep.

The Desire World is an ocean of wisdom and harmony. Into this the Ego takes the mind and the desire body when the lower vehicles have been left in sleep. There the first care of the Ego is the restoration of the rhythm and harmony of the mind and the desire body. This restoration is accomplished gradually as the harmonious vibrations of the Desire World flow through them. There is an essence in the Desire World corresponding to the vital fluid which permeates the dense body by means of the vital body. The higher vehicles, as it were, steep themselves in this elixir of life. When strengthened, they commence work on the vital body, which was left with the sleeping dense body. Then the vital body begins to specialize the solar energy anew, rebuilding the dense body, using particularly the chemical ether as its medium in the process of restoration.

It is this activity of the different vehicles during sleep which forms the basis for the activity of the following day. Without that there would be no awakening, for the Ego was forced to abandon his vehicles because their weariness rendered them useless. If the work of removing that fatigue were not done, the bodies would remain asleep, as sometimes happens in natural trance. It is just because of this harmonizing, recuperative activity that sleep is better than doctor or medicine in preserving health. Mere rest is nothing in comparison with sleep. It is only while the higher vehicles are in the Desire World that there is a total suspension of waste and an influx of restoring force. It is true that during rest the vital body is not hampered in its work by tissue being broken down by active motion and tense muscles, but still it must contend with the wasting energy of thought and it does not then receive the outside recuperative force from the desire body as during sleep. – **RCC, pp. 93-94**

### HOW THE INNER VEHICLE IS BUILT

In ordinary life most people live to eat, they drink, gratify the sex-passion in an unrestrained manner, and lose their tempers on the slightest provocation. Though outwardly these people may be very “respectable,” they are, nearly every day of their lives, causing almost utter confusion in their organization. The entire period of sleep is spent by the desire and the vital bodies in repairing the damage done in the day time, leaving no time for outside work of any kind. But as the individual begins to feel the needs of the higher life, control sex force, and temper, and cultivate a serene disposition, there is less disturbance caused in the vehicles during waking hours; consequently, less time is required to repair the damage during sleep. Thus, it becomes possible to leave the dense body for long periods during sleeping hours, and function in the inner Worlds in the higher vehicles. As the desire body and the mind are not yet organized, they are of no use as separate

vehicles of consciousness. Neither can the vital body leave the dense body, as that would cause death, so it is evident that measures must be taken to provide an organized vehicle which is fluidic and so constructed that it will meet the needs of the Ego in the inner Worlds as does the dense body in the Physical World. ... The finer part of the desire body, which constitutes the Emotional Soul, is capable of separation in most people (in fact, it possessed that capability even before Christ came) and thus when, by concentration and the use of the proper formula, the finer parts of the vehicles have been segregated for use during sleep, or at any other time, the lower parts of the desire and vital bodies are still left to carry on the processes of restoration in the dense vehicle, the mere animal part. – **RCC, pp. 480-482**

In ordinary life the Ego is inside its bodies and its force is directed outward. All man's will and energy are bent upon the task of subduing the outside world. At no time is he able to get away from the impressions of his outside environment and thus be free to work on himself in his waking hours. During sleep, when such an opportunity is afforded, because of the dense body having lost consciousness of the world, the Ego is outside his bodies. If man is to work on his vehicle at all, it must be when the outside world is shut out as in sleep, but yet the spirit still remains within and in full control of the faculties, as it is in the waking state. Not until such a state can be attained will it be possible for the spirit to work inwardly and properly sensitize its vehicles.

Concentration is such a state. When in it, the senses are stilled and a person is outwardly in the same condition as in the deepest sleep, yet the spirit remains within and fully conscious. Most people have experienced this state, at least in some degree, when they have become fully interested and absorbed in a book. At such times they live in the scenes depicted by the author and are lost to their environment. When spoken to, they are oblivious to the sound, so to all else transpiring around them, yet they are fully awake to all they are reading, to the invisible world created by the author, living there and feeling the heart-beats of all the different characters in the story. They are not independent, but are bound in the life which someone has created for them in the book. – **RCC, p. 483**

### Sleep Needed by Age Groups

Age	Recommended	May be appropriate	Not recommended
Newborns 0-3 months	14 to 17 hours	11 to 13 hours 18 to 19 hours	Less than 11 hours More than 19 hours
Infants 4-11 months	12 to 15 hours	10 to 11 hours 16 to 18 hours	Less than 10 hours More than 18 hours
Toddlers 1-2 years	11 to 14 hours	9 to 10 hours 15 to 16 hours	Less than 9 hours More than 16 hours
Preschoolers 3-5 years	10 to 13 hours	8 to 9 hours 14 hours	Less than 8 hours More than 14 hours
School-aged Children 6-13 years	9 to 11 hours	7 to 8 hours 12 hours	Less than 7 hours More than 12 hours
Teenagers 14-17 years	8 to 10 hours	7 hours 11 hours	Less than 7 hours More than 11 hours
Young Adults 18-25 years	7 to 9 hours	6 hours 10 to 11 hours	Less than 6 hours More than 11 hours
Adults 26-64 years	7 to 9 hours	6 hours 10 hours	Less than 6 hours More than 10 hours
Older Adults ≥ 65 years	7 to 8 hours	5 to 6 hours 9 hours	Less than 5 hours More than 9 hours