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## Contents

<p>Achilles' Heel.....Donald W. Iverson 2</p> <p><b>EDITORIALS—</b></p> <p>The Idlest Word..... 3</p> <p><b>THE MYSTIC LIGHT—</b></p> <p>The Law and Our Needs..... 7</p> <p><b>MAX HEINDEL'S MESSAGE:</b></p> <p>Teachings of an Initiate (Chap. XXV) The Responsibility of Knowledge.... 14</p> <p><b>WESTERN WISDOM BIBLE STUDY:</b></p> <p>The Tabernacle in the Wilderness (Part I) . . . . . 18</p>	<p><b>ASTROLOGY DEPARTMENT—</b></p> <p>Daily Astral Thought and Guide..... 21</p> <p>The Children of Leo, 1957..... 25</p> <p>Readings for Subscribers' Children: Paul L. and Carol D. B..... 27</p> <p><b>NUTRITION AND HEALTH—</b></p> <p>Soybean Recipes.....Philip S. Chen 30</p> <p>Alcoholism — A Deliberate Tragedy J. Haskel Kritzer, M.D..... 32</p> <p><b>HEALING—</b></p> <p>The Lost Estate..... 36</p> <p>Healing Dates . . . . . 37</p> <p>How the Rosicrucians Heal the Sick... 38</p> <p><b>CHILDREN'S DEPARTMENT—</b></p> <p>Spring Sprites.....B. Coursin Black 39</p>
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# Achilles' Heel

DONALD W. IVERSON

In Greek mythology, Thetis, the mother of Achilles, had a strange premonition that her unusual son would die in battle and when he was an infant she dipped him in the river Styx which was supposed to make him invulnerable in war. The water touched every part of his body except the heel that she held in her hand. It was years later, during a truce in the war between the Greeks and Trojans, that a poisoned arrow, shot by Paris, and guided by Apollo himself, wounded Achilles in the heel — the only vulnerable spot on his entire body — and caused his death.

Achilles was famous for his superb physique, handsome figure, athletic ability, warlike prowess, personal bravery, and great chivalry. It seems ironic that it was during a truce in battle that he met his bitter end.

This age-old story has a modern application. It is all too apparent that this legendary hero could have been shot in the heel only when his back was toward the enemy. Eternal vigilance, today as yesterday, is still the price of safety. Nature grants to each of us certain abilities and gifts and during the course of living we add to these soul building traits of character which enable us to fight the battle of life with vigor and valor — that is if we are true to our ideals. It was only after Achilles was lured into a false truce that he let down his guard, turned his back on the foe, and thus exposed his only weak spot. His great strength and stature were of no avail in the face of this error.

In the course of our studies we subscribe — in thought at least — to many worthwhile teachings. The heart and mind swell to overflowing with rich revelations of Truth, and we, like Achilles, develop great character building qualities. However, these great attributes of the soul will fail completely — just as they did Achilles — if we allow the course of life to lull us into a truce and turn our back on the very teachings or qualities our whole being subscribes to. Indeed, the greater the goal we set for ourselves the greater may be the fall, if we fail. It must be further remembered that the god, Apollo, guided the arrow to Achilles' heel. We may say that Apollo is the impersonal Law of Cause and Effect. And this law has nothing to do with fighting some outer enemy, but in fighting one's only true enemy — himself.

Have the courage to live by your convictions always and to defend them when necessary — not in the outer world, but in the inner conflicts of the mind. The Bible says, *He that rules his own spirit is greater than he that conquers a city.* Accept the highest ideals you feel morally and spiritually able to attain and let these be your ruling stars of life. Never allow superficial opinions of others, nor immature emotions to blot out these ideals and they will surely guide you into greater concepts of Truth and give your life stability and the spirit to face all issues in life in a victorious manner.

*Courage leads starward, fear toward death.*



## The Idlest Word

**S**OME years ago a certain species of cactus was imported and planted as a protective fence in the wilds of Australia. This particular type of cactus had no natural enemies in the whole Australian continent and soon began a prodigious growth until vast areas of land were covered and the continent itself was threatened with destruction by this marching army of vegetation. Entomologists scoured the earth until finally an insect was found which fed upon this type of cactus and would eat nothing else. Thus slowly, but in time, the cactus growth was checked and brought within nature's balance, and the continent of Australia was saved from this silent enemy.

There are many cases on record where man has upset the laws of nature as he brings this world into subjugation, and until he found the corrective balance, destruction and failure threatened his every advancement. In addition to bringing something into existence, whether the mechanical product of his mind, or the product of the fields, he has always been faced with the necessity of controlling these products. This we know is true in every field of agriculture and science. In the earliest modes of transportation the beast of burden had to be trained and taught to obey its master; the power of the steam engine had to be harnessed and controlled; the great water ways of the world are regulated enabling man to cheaply generate vast amounts of electrical power; the power in the gasoline engine must be completely under the dictates of the operator; and today we see that in tapping the greatest source of physical force — the atom — it is absolutely mandatory that man have complete control of its actions if he is to share in its benefits.

Great as the power is that is behind all of this, there is however, an even greater force. And it is patent to every thinking observer that all of the above-mentioned advancements of mankind are the product of an even greater force — **THOUGHT**. Without thought none of these things would be possible. And just as it was necessary to control the marching army of destruction in the Australian cactus to prevent it from destroying an entire continent, so it is necessary that the greatest power of all — human thought — be controlled, else it can destroy the individual, a nation, or even the earth. The fact is however that man rules almost everything but his thoughts.

By a divine Thought Fiat, God has spoken this universe into existence — and sustains it by this same Fiat. Man, being *formed in the image and created after the likeness of God*, also is endowed with creative power of thought. And just as this earth has an atmosphere about it, so, too, does man have an atmosphere about himself — created and sustained by him. The only difference is that the atmosphere about the individual is composed of thought substance — a product of his own mind, while the atmosphere of the earth is comprised of various gases. Man's thoughts and feelings take shape and form, within and about himself, affecting his outlook on life, health, finances, friendships, and indeed destiny itself.

No matter how insignificant the individual may feel himself to be there is as much potential power in his thoughts as may exist in the greatest genius. Each person has the ability to mentally lay waste to his consciousness by destructive thinking, as surely as the destructive cactus — without a proper check — has the ability to lay waste to fruitful and virgin lands of fen and forest.

Carlyle has said, *the idlest word thou speakest is but a seed cast into time that grows throughout eternity*. It is also a scientific fact that one drop of water dropped in the ocean has an effect upon every single drop of water in the vast unfathomable depths of the sea. Man must yet learn to revere the divine power of thought and look upon exercising the powers of the mind as a God-given gift. He must also learn that he is accountable for the use or misuse of this spiritual force. As a matter of actual fact this is apparent — as medical science now bears out — as critical and destructive patterns of thought manifest in the body as high blood pressure, fatigue, heart trouble, ulcers, and indeed plays its subtle silent part in every illness to which man falls heir.

There is an invisible, but none the less effective, balance in nature. Every act must have its inevitable effect. When an object is tossed into the air, it must somewhere, somehow, find its way back to earth compelled by the invisible laws of gravity. Each little, or great, thought we think, must some day have its silent, but real effect in the body and life of the individual creator. When this truth of life is realized, it dawns upon the person that he grows through his thoughts and words — and out of these builds his life, destiny, and the soul itself.

Scientists have made their greatest strides by learning the *laws* governing their subjects. Without the learning of these laws and *working* in conformance with them, no scientific discovery would ever be anything more than a useless unproved theory. And just as there are laws of science which enable the scientist to accomplish miracles, so, too, are there laws of thought, which, if followed, can reap for the individual a life of health, happiness, and success — not to mention incalculable soul growth.

Experience teaches us that there are three ways in which we react to people, or any experience, or situation in life:

- (1) We are *Attracted* by the person or experience.
- (2) We are *Repulsed* by the person or experience.
- (3) We are *Indifferent* to the person or experience.

For practical purposes we may say that these represent the Laws of the Mind.

In (1), the Law of Attraction, we see all the *good* experiences in life coming into being. We like a person, act kindly toward him, and either



he responds in kind, or we are, because entertaining good thoughts, improving ourselves and our outlook on life—all of which go toward making us happier, healthier, and more successful persons. From this we can learn one law of life: Learn to like every person possible, and look for the good in all situations. We are then creating about and within ourselves a power which works for good. Paul has stated the law perfectly—*whatever is true, whatever is honorable, whatever is just, whatever is pure, whatever is lovely, whatever is gracious, if there is any excellence, if there is anything worthy of praise, THINK on these things.* (Phil. 4:8.) This Law of Attraction simply states that what you see in the outer world, and what thoughts you entertain in your mind, must become manifest in your life.

In (2), the Law of Repulsion, we find the direct cause of most of man's troubles. For as he resents, belittles, or in any way thinks thoughts of negation, he sets into operation the Law of Repulsion: It repels from him many of the good things in life—friends, happiness, accomplishment, and good health. Nurturing pet gripes, being pessimistic in mind, seeing the evil in every person and experience, and giving vent to all sorts of fears sets into operation the Law of Repulsion. Job said, "*That which I feared has come upon me.*"

In (3), the Law of Indifference, we find the meeting ground between the Laws of Attraction and Repulsion. It is neither good nor evil and thus gives us a clue and a pattern for better human behavior especially where the individual may be having trouble controlling his own thoughts when in situations not to his liking.

This law manifests—in a sense—in a nullifying manner; it cancels out whatever would normally come into being. Thus it becomes a legitimate and powerful aid in overcoming the effect of the Law of Repulsion. This law simply states that when we are faced with a circumstance, when we are tempted to resent, argue, or send out destructive thoughts of hate, we can, through this law, change these evil propensities into constructive channels and gain much benefit thereby. This is accomplished by neither agreeing, nor disagreeing with a person with whom we may feel some animosity. Adopt a *neutral* attitude of mind toward any person, or any situation that normally disturbs you. When the Disciples questioned Christ concerning the fate of Judas, He said, "*What is that to thee? Follow thou me,*" and the attitude of Paul, "*None of these things move me,*"—when in time of trial—represent supreme examples of this Law of Indifference: Being indifferent to the evil.

It is said that Pythagoras—to teach his students this Law of Indifference—would have his students attend the most hotly debated political subjects of that day, listen impassionately to each side, and although in the very midst of a great emotional crowd never take sides nor show any inner or outer emotions regardless of how compelling the speaker or throng became. They were to view every possible scene that would normally call up before the mind intense feelings of hatred or compassion for a cause and yet remain unmoved, but mentally awake and informed on all views of the subject. In other words, he was training his students to be scientists of the mind; to learn first of all to truly evaluate a problem and always have complete control of the mental faculties.

The Rosicrucians teach that the expression of thought is man's highest

privilege, and that the power of thought is destined to become objectified. Further, even at the present time man molds matter both by thought and voice, as instanced in scientific experiments where thoughts have created an image on photographic plates, and where the human voice has created geometrical figures.

Experiences in the physical world train us in the proper use of thought. We are not yet perfect and therefore think imperfect thoughts and have immature feelings and emotions which create like thought patterns and these manifest in our lives as the things which cause us trouble, sickness, and failure. And through seeing and experiencing the *results* of our thoughts, we learn what not to do. Also, by right use of the power of thought, we bring into being those qualities of life we cherish and enjoy and because of these good experiences, we are learning the correct use of the laws of the mind.

Today, more than at any other time in history, man needs to streamline his entire life so he gains the maximum amount of true enjoyment and accomplishment. By applying the balance of self-mastery, and corrective mental thought, man can keep the rich soil of the soul from being choked, just as controlling the cactus prevented destruction of the continent of Australia. This can be done by following these rules:

(1) Endeavor to like all persons and look for something good in every situation.

(2) Adopt a philosophical attitude of indifference, where the above may not seem possible.

*Search me O God and know my heart:*

*Try me and know my thoughts:*

*And see if there be any wicked way in me,*

*And lead me in the way everlasting.*

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## FROM THE DESK OF THE EDITOR

### MEMO:

#### *To All Readers:*

You will be pleased to know that commencing this month there is a *Daily Meditation and Astral Guide* section added to the magazine. For each day of the month there is a meditation and daily guide for practical living. Both the meditation and daily guide are based on the planetary influence of the day. This should serve as an invaluable aid in establishing spiritual harmony as well as laying down simple rules for practical every day living in accordance with the prevailing planetary aspects. *The Message of the Stars* is the text book which is used in compiling the daily guides. I feel certain you will find this section of great practical value and will want to tell your friends about it.

In His Service,

THE EDITOR.

# THE *Mystic* ... LIGHT



## The Law and Our Needs

**T**HE Law of Consequence is undoubtedly the most fundamental law in human destiny. But we have to remember that it is not a static law. We constantly use it to set new causes into operation which will create new destiny to balance and improve the old destiny brought from the past. The Law of Consequence is intimately tied up with the Law of Rebirth, sometimes called the Law of Reincarnation. We have all lived many lives on earth in the past, and we shall live many more in the future. In each of these past lives we have set various causes into operation some of which are only now in the present life bringing their effects into view. These effects are called karma, or debts of destiny. Thus we are paying debts from the past, and we are also reaping rewards from the past. And we call these, respectively, bad or good destiny.

The first thing we have to realize is that *character* is *destiny*. Destiny is a reflection of character. Our environment is a looking glass in which we see our character reflected. There is an exception, however, to this general rule. This is, that in our last embodiment on earth we may have effected a reformation so that now we have what may be called a good character. However, we may still be having misfortunes or debts in the present life in spite of this remodeled character. This is due to the fact that we have brought debts over from the past which we are now paying

and, as you know, when one is paying up debts he usually finds that the process is limiting, confining, and sometimes unpleasant. But he has the consolation that debts once paid will never have to be paid again, and he will therefore be free of them in all his future lives.

The traits of character that most often cause bad destiny are those of anger, fear, pride, hate, revenge, sensuality, selfishness, envy, and intolerance. The first thing to do is to scrutinize our habitual line of thinking and see if we have any of these traits in our make-up even in a small degree. If we find that we have, then we must go to work on them and gradually remove them. The two principal means of doing this are a change in thought and in actions, particularly toward others. Thought, however, is the more basic, and if we correct our habitual thought, we shall find that our actions almost automatically follow the revised pattern of thinking.

This brings us to a most important factor in the situation, namely, the *creative power of thought*. This power is the most fundamental and potent factor in human life. The saying, "Thoughts are things," is startlingly true. Every time we think a thought we are making a thought form which may become a living force. It floats in our aura and becomes a part of our individual mental atmosphere; therefore a part of our very life.

Then the next step in the activity of

creative thought is that it clothes itself in the substance of desire and emotion. This has two effects: First, it may lead to corresponding action. Second, thought forms not calling for immediate action may be stored in the memory as patterns for future use. We have access to them at any time; thus they may eventually appear as physical realities in our environment, making it good or bad according to the thoughts that created it.

Therefore, if you wish to change your environment and your fortune, *change your thoughts*. By so doing you will be making new and good destiny, which in due time will appear in your life, and which will give you better work and supply many of your material needs.

The destructive desires and emotions, such as anger, hate, revenge, resentment, but particularly anger, disrupt and disarrange the thought forms and the thought creations of good which we have previously made, and thereby delay their materialization. When we have yielded to anger or revenge, for instance, and dissipated some mental creation of good, the corresponding thought form configuration has to reassemble itself before materialization can proceed. This takes time and delays the period when there might have been a favorable change in our environment or general fortune. Therefore, you see the great importance of watching your thoughts and emotions.

Someone may ask: "How can I avoid bad thoughts and desires and keep them out of my mind? It seems almost impossible at times to keep them from slipping." The answer is, *Thought Substitution*. It is based upon the principle that two thoughts cannot occupy the mind at the same time, and is similar to the principle of physics that two bodies cannot occupy the same space at the same time. When you are bothered by bad thoughts of any kind, simply *substitute another thought*, and concentrate on it so positively that the bad thought cannot get in. It is very simple, and only requires practice to make it com-

paratively easy. Bad desires are excluded from the mind by the same process; thus, by substituting some constructive thought in the place of the thought of wrong desire, the latter is very neatly shut out. A scientific and very effective device.

The next potent subject which we will consider is the existence of the *Inner Power*. This is something about which most people have no knowledge, and something which they usually do not even suspect the existence of. Nevertheless the Inner Power is a stupendous factor in human life and the one upon which general success in life is most dependent. The Inner Power is the Ego, the Spirit, Higher Self, the vitalizing Life which comes from God, and the essential power that keeps man going. The Inner Power is the God Within, and the God Within is part of the God Without, the God of the Universe. The Inner Power is your personal link with God. Therefore, you can see how powerful is this inner, higher self. It is *omnipotent* because it is a part of the God of the Universe. This omnipotence, however, is more or less latent in humanity at the present time. It is the function of evolution to unfold it into positive, dynamic omnipotence. This is what we are gradually learning to do in our daily lives and by our succession of rebirths.

This Inner Power affects the personality and the daily life in this way: the God Within, which is omnipotent and possessed of all wisdom as well, is constantly sending messages down into the conscious mind. These messages appear as intuitions, inspirations, and original ideas. They tell us what it is that the Higher Self in its wisdom wishes us to do.

If we follow these suggestions and put them into effect, the results in our life will be constructive. Failure will be changed into success, the obstacles which have beset us will gradually disappear, and we shall find that everything begins to work together for good and for suc-

cess in every department of our life. If we ignore the intuitions from the Inner Power and follow the self-indulgent desires and straying thoughts of the personality, then we shall find that our troubles will increase and our pathway through life will become more difficult. You can see how important it is to be on the alert to catch the ideas and intuitions of the Power Within and then put them into effect.

One can most effectively receive these messages by quieting the conscious mind, and particularly by having quiet times for meditation so that when the conscious mind is stilled, the Power can speak to us and we will hear it. However, it is speaking to us and sending us mental messages all the time, no matter how active we are. Conscience is another of the messages of the Power Within which we would always do well to obey. If we will only follow the directions of this Power, it will speak to us in ever clearer tones, gradually reshaping our lives and transforming our failures into success.

We must cultivate belief in the existence of the Inner Power and belief in its ability to transform our lives. This belief is the wire, the electrical circuit, which connects us with it. If we establish a clear connection between the Power and our conscious mind, the results will be very much better, because then the Ego can send its messages to us much more clearly and effectively. Disbelief in these things impairs the connection and in some cases may even destroy it. Then we are left more or less without the guidance and wisdom of the God Within and easily run amuck so that failure follows. Thus you see this belief is of great importance. Some people call it faith, faith in God; but it is the same thing, namely faith in the God Within and its power, which is a part of the God Without and His omnipotence.

If we listen to and obey the suggestions and directions of the Power Within, fear and anxiety are taken away and we

gain poise, which is a large factor in material success. We lose our fear both of life and death. We know that all things are ordered with wisdom and that they will turn out well.

We can, moreover, increase the good results by praying to the Power Within, by talking to it, having conversations with it, because it is right here, nearer than breathing. It will hear us and make the wise response. Some people call this praying to God; it is the same thing because it is to the God Within. By praying we are making new good destiny to neutralize and offset some of the bad debts of our previous years and lives.

When you talk to the Power Within, either mentally or in words, tell it what your ideals are, your ambitions, what you wish to accomplish, what you would like to have. But then leave the materialization to the Inner Power. Don't make the mistake of demanding this or that. When you have finished your conversation you have made the thought form, and in due time it will be materialized for you by the Spirit in such form and to such degree as it deems wise, particularly if you repeat it from time to time. Be content with this, knowing that it embodies the highest wisdom.

This is *living by faith*. By living serenely in the knowledge of the existence of this Inner Power, and having belief or faith that it will work out a perfect result in our lives, all fear and anxiety for the future will gradually disappear, and we shall become confident, poised, and tranquil. We shall then be able to meet situations successfully which before defeated us and caused us to fail. Therefore, living by faith not only increases our material success, but it also makes us much happier.

An invisible institution conducted by the Lords of Destiny, which may be called the Universal Bank, is the next topic of vital importance we want to take up. Into this all-important institution, we are continually making de-

posits. Every good thought, feeling, and action makes a deposit there. All our constructive work, our self-discipline, our service to others, and all our other actions which are in harmony with the Divine Will make deposits in the Universal Bank. These deposits are the source from which we draw our destiny, our good fortune, and our opportunities. The unseen Director of this Bank together with the Agents of Destiny keeps an unerring record of all deposits.

From time to time the Director declares a dividend in the form of some opportunity, success, good luck or "windfall." Although nothing can ever happen by chance, most people think that these things happen more or less accidentally. But they are mistaken. The Inner Power within each of us is a high official of that Bank and has much to do with the declaration of dividends.

Since the Universal Bank is backed by the Universe, it cannot fail. You can never lose nor be defrauded of anything that is really yours. "Your own will come to you." There is never a mistake in the cosmic credit in which this bank deals. If your destiny and success are not what you would like them to be, then it is because your credit in the Universal Bank has been temporarily depleted. In such a case, there is nothing to do but get busy and make new deposits. As stated above, you make deposits to your credit by constructive work, service, and self-discipline. You may be sure that your diligence in these respects will soon greatly improve opportunities and circumstances. Thus you see that your destiny is all *self-created*; that luck and chance are only apparent and that they were in reality created by you in the past. You are surrounded with the materialization of your past acts and thoughts. The overcoming of undesirable traits, and the building up and reformation of your character is a most potent means of making deposits in the Universal Bank.

The "universal supply" which metaphysical students so frequently talk about is merely another name for the Universal Bank. Many students seem to think that they should be able to get from it a complete supply of everything they want simply by making some form of affirmation. They make the mistake of thinking they can draw from it without first making the necessary deposits. This is equivalent to trying to "get something for nothing." One should not at any time demand the materialization of any specific thing but should leave that to the Lords of Destiny who have the wisdom to do it properly. We have neither the right nor the wisdom. For if you demand and specify certain materialization of your thought creations, you are very likely to make a mess of it and get something you don't want.

One reason why some people do not achieve success is that they unconsciously or ignorantly violate the Law of Giving and Receiving. There is really a cosmic law administered by Unseen Forces which decrees that in order to receive, one must first give. By sharing what we have, we open the channel which permits an inflow of the desirable things into our lives. The Master teaches the existence of this law in St. Luke's Gospel when He says, "Give, and it shall be given unto you; good measure, pressed down, and shaken together, and running over, shall men give into your bosom. For with the same measure that ye mete withal, it shall be measured to you again." An understanding and acceptance of this law, and an intelligent effort to comply with it will eventually bring a change for the better in one's affairs.

The Golden Rule, "Do unto others as you would have others do unto you," also embodies an important psychological principle. This rule is unequivocal. It definitely tells us to do good to others at all times, under all conditions, regardless of what they do to us. The rule is im-

personal; the conduct of the other fellow does not enter into the case. If disregarded, bad effects are sure to follow. Putting it into practice will eventually bring a decided improvement in one's environment and material conditions. It gives one a magnetic personality, one which attracts others and enlists their help and cooperation in carrying out one's projects. It creates a magnetic force which is a means of increasing success in all lines. We should never allow resentment from the mistreatment of others to prevent us from doing to them as we should like them to do to us. It really pays to carry out the Golden Rule, which is not merely a religious ideal.

There are two or three other metaphysical or psychological principles which one should know about and which will improve one's personality and increase success in the matter of work and in the supply of material needs. Looking for the Good in everything and every situation, no matter how lacking it may seem on the surface, is one of these. The mere act of looking for good makes a thought form which will in time materialize into more good, more success, more favorable conditions. Looking for good is like starting a snowball which grows in size as it rolls downhill. That also is a property of all thought forms. Those of a like nature combine and grow rapidly. This applies to looking for the good. The good in one's environment can be very definitely increased by the practice of this principle. Praise is an extension of this. Praise is like sunlight—the sunlight of the soul. It promotes both good will and success. Praise what is good in others wherever there is the slightest excuse for doing so. And above all, don't forget to praise and thank the Inner Power each day for its life, its guidance, and its supply of all your needs. All things come from that Power.

Forgiveness is a practice which one cannot afford to neglect. Forgiveness is scientific. Forgiveness brings into play

the forces of the unseen planes about us. It dissolves the thought forms of hate, revenge, and ill will, and prevents their materializing into adverse fortune. Unforgiveness, which includes resentment, grudges, and revenge often materializes into some of the most unhappy conditions of life, particularly if allowed to continue by habitual thinking along those lines.

Hate is the most destructive force in the universe, and unforgiveness and revenge are phases of hate. Revenge is the most deadly of passions; it will surely frustrate success. No matter what happens, one cannot afford to hold resentment or to indulge in revengeful thoughts. You can be perfectly sure if someone has mistreated you that the unseen Law will bring him whatever retribution is needed (merited).

The Bible says: "Beloved, avenge not yourselves.... I will repay, saith the Lord." Do not take this matter into your own hands because you will only be setting into operation psychological forces that will react upon you sooner or later to your very real disadvantage. The rule is, forgive everything and keep on forgiving regardless of all personal inclinations; you will not lose as you might erroneously think.

This brings to mind a principle of vital effect upon success: "To do the will of another is the acid test of love." The Bible reaffirms this when it says, "Agree with thine adversary quickly." Self-will is self-love, and self-love is a phase of hatred to others. The application of this principle is particularly valuable in avoiding quarrels and settling those already begun. Naturally we should not do the will of another if it entails an injustice to ourselves or to others. We should sacrifice personal inclinations and advantages in so far as possible to meet the ideas of our opponent and to satisfy his sense of justice. By so doing we shall transform him into our friend. Self-will obstructs the success which friendly cooperation would establish.

You have heard much concerning confession. Perhaps you thought it of no value. You may have thought that confessing your wrongdoings to a priest or minister would have no effect. However, there is a very important metaphysical principle concealed in it; namely, confession dissipates the emotional force built into thought forms of past wrongdoing, releases it, and helps to restore poise to the personality. When wrong is done which involves fear, shame, anger, etc., that thought form sinks down into the subconscious, and there ferments. Particularly so, if the wrong is not righted at the time. Thought forms of this kind may ferment in the subconscious for years and eventually generate what are called "complexes." If one has enough of these complexes buried in the subconscious, he gradually loses his poise and becomes nervous, sometimes neurotic. This is where confession comes in. Confession releases the emotional energy in the buried complexes so that it evaporates and is no longer in a position to cause trouble.

Confession does not have to be made to a priest or a minister. It could be made to the person who has been wronged. It is very helpful to confess to some trustworthy person. Or it can be made to one's Higher Self. This confession to the Higher Self is called Retrospection by us. It should be made after retiring each night, reversing the order of the day's events. Retrospection to be effective should be done with the greatest possible amount of feeling of contrition; in so doing, we are purifying and releasing the suppressed emotional force of the hidden complexes. Large numbers of people find that confession in one form or another gives almost unbelievable relief and is followed by a remarkable increase in material success.

It is an excellent idea to extend the principle of confession or retrospection to the preceding years of life so as to clear up the complexes that have become imbedded in the subconscious and

which frustrate success. This process might be called delayed retrospection. This is done best in writing. Sit down and write out systematically a general outline of the events of the past which have involved fear, anger, shame, etc. Do as much as you can at a time. Later continue until the whole life has been retrospected. Gradually a wonderful mental and emotional release will be found. And this will be reflected in improved conditions affecting work and material needs. This writing should be done secretly, and of course, names of others should be omitted. Be sure to destroy such writing.

One cannot be a true success in life unless he has a reasonable degree of health, therefore we must consider health in seeking a satisfactory supply of material needs. One must always realize that his life force comes from the Power Within the Ego. If anything interferes with the flow of this life down through the personality and the body, ill health results. It is possible to imprison the Ego behind a cloud of wrong thought forms, false beliefs, so that constructive flow of the life force from the Ego is decidedly reduced. If one makes destructive thought forms (those of fear, anger, sensuality, etc.) which limit him, and if he allows himself to believe in the power of evil over him; if he believes that he is limited in life and always will be—all these things tend to imprison the Ego.

For health it is necessary that the personality, the mind, and the will cooperate with the Ego and refuse to make restricting thought forms. In addition to refusing to add to this mental cloud of the past, it is possible to forge an instrument with which the existing thought cloud can be pierced and destroyed. This instrument is *new* thought forms of confidence, and strength, of the omnipotence of the Inner Power of optimism, of success, and of sureness that all good things are obtainable. Make new thought forms along this line, and they will combine themselves into a com-



posite thought form of great strength and potency. This will be the instrument to pierce the mental cloud and to release the Ego.

Realize that only wrong thinking can block that power. Then change your thoughts, and that power will be released and will work a miracle in your life. It will restore your health. It will change your mental condition. Use your imagination to make mental pictures of improved health and of the great power of the Ego within, and these pictures will blend with other thought forms of strength and courage and become a part of the instrument of release. You will find that you are no longer the slave of ill health. You will find that health is the normal accompaniment of poise and of a balanced emotional condition. With health will come a greater ability for success in work and in all material lines.

*Happiness resides solely in the mind.* External conditions have an influence on happiness only as they are allowed to affect the making of thought forms through the mind. Thought forms have the property of clothing themselves with that substance of the invisible plane which we know as emotion. If we think thoughts of optimism and happiness, emotional substance of happiness is built into the mind, and we are happy regardless of all material and bodily conditions.

If, on the other hand, we make thought forms of fear and failure, they build into the mind the emotional substance of unhappiness, and we would be unhappy even if we had all the wealth of the world and even if our health were perfect. Thus you see that happiness resides solely in the mind, and that by thought control, and thought substitution, one has the key to happiness and success at all times.

In conclusion, we will give you three little formulas for self-help which are based on sound metaphysical principles, and which have proved their value.

First, Positive Thought. Keep your mind habitually positive and alert, not

relaxed and inert. Positive thought automatically shuts out a crowd of tramp thoughts and desires that are floating through the mental atmosphere. When these thoughts are shut out they cease to be an influence in the life, and one's mental creations become far better, with a decided increase in the materialization of the desirable things of life.

Second, the Golden Key. When you are in trouble, when you have lost something of value, when you are afraid you are going to lose your money, your friends, or your job, don't continue to make thought forms of these undesired losses, which would add to the general depression, but instead reverse the process and *think of God*. God includes all desirable things. By refusing to think of misfortune and by constantly thinking of God you are making thought forms of strength, beauty, goodness, and success, even though unconsciously. These in due time will materialize into good, and the calamity you feared will have been averted.

Third, the Power of Duty. Duty performed one day at a time has the power to create enough good to get you through the day. And tomorrow will be another day in which you can repeat the process. Duties performed with love are a way of liberation. This is a vital key to success over any period of life. The success which comes as a result of duty performed will not always be the kind that you yourself would have selected, but it will be true success from the standpoint of the Spirit and that is the main thing. Moreover, in due time this will resolve itself into a form of success which will be easily recognized and admitted as the best kind. In the meantime you will be relieved of fear and anxiety because you will know that everything will come out all right in the end. Thus, through the power of duty performed you will become able to *live by faith* in the Inner Power, which is the most fundamental secret of success in life, including work and the supply of all material needs.

# MAX HEINDEL'S MESSAGE

## Teachings of an Initiate The Responsibility of Knowledge

### CHAPTER XXV



**A**T the time in the far, dim past when we began our lives as human beings we had had very little experience, and consequently we had very little responsibility. Responsibility depends upon knowledge. The animals, we find, are not amenable to the law of causation from the moral standpoint, although of course, if an animal jumps out of a window, it is amenable to the law of physical causation, inasmuch as when it falls upon the ground beneath, it may possibly break a limb or cause itself some injury. If a man should do the same thing, he would be amenable to the law of responsibility in addition to the law of cause and effect. There is for him a moral responsibility, for he knows better, and he has no right to injure the instrument that has been given him. So we see that we are morally responsible according to our knowledge.

As we have gone through the experiences of many lives, more and more faculties have become ours, and we are born each time with the accumulated talents which are the results of the experiences of those lives. We are responsible, therefore, for the way we use them. It is necessary that we should put these talents to use in life, for unless we do, they will atrophy just as surely as will the hand that is not used and that hangs limp and idle by the side. Just as surely as that hand atrophies, so surely will our spiritual faculties atrophy unless we put

them to usury and gain more. There can be no resting, no halting on this path of evolution which we are treading; we must either go forward or else degenerate.

There is, then, evidently much responsibility attached to knowledge. The more knowledge we have, the more responsibility we have—that is very plain. But looking at it from the still deeper viewpoint of the occult scientist, there is a responsibility attached to knowledge which is not ordinarily perceived by humanity, and it is this particular phase of responsibility that we wish to discuss here.

Mabel Collins avers that the story in her book called *The Blossom and the Fruit, or the Story of Fleta, a Black Magician*, is a true story. She states that the material for this story was brought from a far distant country in a very strange manner, and that from the standpoint of one who knows, there are in it some of the very deepest truths pertaining to the gaining of knowledge and its use. We are told there how Fleta in the beginning of her embodiments, while still in the savage state, murdered her lover, and that from that murder, through the cruelty involved in it, she obtained a certain power. That power, naturally, according to the deed, went in the direction of black magic. Therefore in the life with which the story deals, she possessed the power of a black

magician. She forced her lover to kill an entity in order that she might gain new power. It was in this black manner that she utilized her knowledge.

There is a very deep truth here. All knowledge that is not saturated with life is empty, purposeless, and useless. The life that gives power to knowledge may be obtained in various ways, and may also be put to use in various ways. Once it has been obtained, it may be stored in a talisman, and then used by others for a good or for an evil purpose according to the character of the one who uses it. If it is stored within the one who develops the power himself, then it will be used according to the character of that man or woman. This is on the same principle that we may store up electricity in a battery, so that it may be taken away from the electric station and used for a variety of purposes by others than the one who stored it. So, also, the dynamic power that comes through the sacrifice of life for the purpose of gaining occult power, may be used in one way or the other if stored in a talisman.

We see this great fact in life particularly illustrated in the legend of Parsifal. In this beautiful legend, the cleansing blood of the Saviour given in noble self-sacrifice—not taken from another—was received in a vessel which then became a talisman, and was capable of giving spiritual power to many who looked upon it if they were pure, chaste, and harmless. We have also the symbol of the spear which was the cause of the wound from which the blood flowed. This was stained with the cleansing blood, which made it a talisman that could be variously used. During the reign of Titurel the Grail mystery was powerful; but when the Grail was given over to Amfortas, son of Titurel, he went out armed with the holy spear to slay Klingsor. He then ceased to be harmless; he wanted to pervert that great spiritual power and use it to slay an enemy. Even though it was an enemy

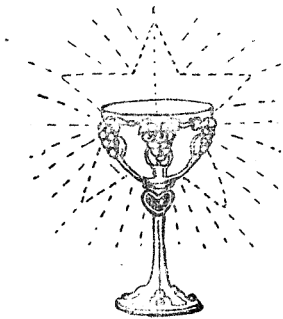
of the good, it was not right to use that power for that purpose, and therefore the power turned against him. He had ceased to be chaste, pure, and harmless, and then the power gave him the wound that would never heal. So it is also in other cases.

We read of David the bloody man of war, who was forbidden by the Lord to build the Temple. Even though that Lord was a god of war, having had to punish nations in order to bring them into the right, He could not use the instrument which had been soiled by the blood of His wars for the purpose of building a temple. That had to be left to David's son, Solomon, the man of peace. We are told how Solomon desired wisdom, great knowledge, not in order that he might increase his territory and make his people a great nation, but in order that he might better rule the people who had been placed under his care; and knowledge was given to him abundantly.

We also learn how Parsifal, the antithesis of Amfortas, was the offspring of a man of war, a bloody man, who died. Through Herzleide, heart affliction, the posthumous child Parsifal came into the world. In the first part of his career he used the bow, but at a certain stage he broke it, became chaste, pure, and harmless, and by the power of these qualities stood firm in the day of temptation, and wrested the spear from Klingsor, who had had it since the day when Amfortas lost it. Parsifal, in his wanderings between the time when he received the spear and the time when he returned to the Grail Castle, was beset by many temptations and much sorrow, trouble, and tribulation. Men had sought his life, and many times he realized that he might have saved himself by the use of the holy spear if he would have turned it against his enemies. But he knew that the spear was to be used not for hurt but for healing; he realized the sacredness of the power which the sacrificial blood had given to the talisman, and

that it must only be used for the very highest purpose.

So we find everywhere that those who come into possession of spiritual power will never make use of it for any selfish purpose. No matter what trouble comes to them, they stand firm on that point. No matter how hard they may be beset, they never for a moment think of prostituting their power for selfish gain. Though such a one, if he likes, may feed five thousand who are hungry and away from their source of supply, he will not take even one little stone and turn it to bread to appease his own hunger. Although he may stand before his enemies and heal them, as the Christ healed



the ear of the Roman soldier, he will refuse to use his spiritual power to staunch the blood that flows from his own side. It has always been said of such men that "others they saved, themselves they would not save." They could always have done so, for the power is great. But if they had so used it, they would have lost it; they had no right to thus prostitute their power.

Then there is a different kind of mystery from that of the grail. For instance, John the Baptist's head was placed upon a platter after he had been sacrificed, and others derived a certain power by looking upon that spectacle. The Greek myth tells us of Argus, who had so many eyes that he could see everywhere—he was clairvoyant. But he used his power for a wrong purpose,

and Mercury, the god of wisdom, cut off his head, and took away his power. Every time that a man seeks to use his spiritual knowledge and power in a wrong way, he will lose them; they cannot remain his.

Even when we look at knowledge from a scientific standpoint, we realize that it takes life, for every thought which we think breaks down tissue in our brain, which is built of little cells. Every cell has its own individual cell life, and that life is destroyed by thinking, or rather, the form is destroyed so that the life can no longer manifest in it. There is always the taking of life in whatever direction we go after knowledge. There are those who take life in scientific experiments out of pure curiosity. There are those who are cruel in the taking of life, as in vivisection, and here, when the quest of knowledge is pursued solely from the motive of curiosity, there is a dreadful debt laid up against a future day, for the equilibrium will surely be restored.

So we find it in the case of Fleta, that the sacrifice of life at one time in the physical world was followed by sacrifice in another world; but through it she gained a power that brought her even to the very temple doors, where she stood and demanded Initiation. Her motives, however, like those of Klingsor, were not pure. She was not chaste, not fitted to have spiritual power in its full measure and to be counted as one of the helpers of humanity; therefore she was banished from the door of the temple, and died the death of the black magician. A veil hangs before that death, and we are not told what is behind it. Those things are perhaps better left untold. But the lesson is just as valid, that we cannot take life nor in a wrongful way amass knowledge without incurring a dreadful liability thereby. The only reason which is satisfactory and proper for the quest of knowledge is that we may thereby serve and help the race in a more efficient way.

At the present time the sacrifice of life in obtaining knowledge is unavoidable; we cannot help it. But we should seek that knowledge with the purest and the best of motives, for the life that we destroy is legion. The occultist, who sees the life that is coming to birth, the elemental life which is seeking embodiment and which is deprived of its forms by the process of obtaining knowledge, is amazed sometimes at the vast loss of the separate life that is thus sacrificed, and sacrificed to no good purpose. Therefore we reiterate that no one has the right to seek knowledge unless with the purest and the best motives.

If, on the other hand, we walk the path of duty, if we seek to do those things well and thoroughly which come to our hands, and if we have spiritual aspirations without aiming to force spiritual growth, then we shall be comparatively easily fitted for having higher powers. It is a beautiful feature of the Rosicrucian exercises that they not only give us spiritual knowledge, but they fit us for having that knowledge. We must learn to walk the path of duty, to live the good life. Never mind a long life; so many people, as Thomas à Kempis says, are concerned with living a long life. But never mind this. Rather let us strive each day to do our duty; then we shall surely be fit to have the higher knowledge that goes with exalted powers.

No matter what our sphere, there is always a place where we may make use of our knowledge, not to preach sermons, not to talk to people from morning till night about the things we know that they may admire our knowledge, but that we may live the spiritual life among them, that we may stand to them as living examples of our teachings. There is for every one of us this opportunity. We need not look very far for it; it is right here.

Thomas à Kempis has expressed this in a manner which only a mystic can do. He has given the idea in such beau-

tiful words that it would pay us well to read and ponder a few of them in his "Initiation of Christ." He says:

"Every man naturally desireth to know, but what does knowledge avail without the fear of God. Surely, an humble husbandman that serveth God is better than a proud philosopher who studies the course of the heavens, and neglecteth himself . . . The more thou knowest, the heavier will be thy judgment unless thy life be also the more holy. Be, therefore, not puffed up, but rather fear for the knowledge that is given thee. If it seem to thee that thou knowest much, remember that there are many things which thou knowest not. Thou knowest not how long thou mayest prosper in well doing."

Therefore let us remember that we should not seek after knowledge simply for the sake of knowledge, but only as a means to the living of a better and a purer life, for that alone justifies it.

Next month—*The Journey Through the Wilderness.*

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## TO CALM THE NERVES

If a person of a nervous temperament will endeavor to perform calmly and quietly the exercises of Retrospection and Concentration—fully described in *The Rosicrucian Cosmo-Conception*—he will experience a very beneficial effect, particularly if he will strive to *relax every muscle* of the body during the exercises. If the patient will completely relax his muscles, let go of outer thoughts, calmly and quietly review the day's happenings—in reverse order—in the evening exercises, and concentrate upon a high ideal—such as the Lord's Prayer—in the morning exercise, the nervousness will gradually disappear.—*Occult Principles of Health and Healing.*

# WESTERN WISDOM BIBLE STUDY

## The Tabernacle in the Wilderness

### PART I

REFERENCES: Genesis 6, 7, 8, 9; Exodus 3-14, 25-40; Hebrews 9.

**W**E read in the Bible the story of how Noah and a remnant of his people with him were saved from the flood and formed the nucleus of the humanity of the Rainbow Age in which we now live. It is also stated that Moses led his people out of Egypt, the land of the Bull, Taurus, through waters which engulfed their enemies and set them free as a chosen people to worship the Lamb, Aries, into which sign the sun had then entered by precession of the equinoxes. These two narratives relate to one and the same incident, namely, the emergence of infant humanity from the doomed continent of Atlantis\* into the present age of alternating cycles where summer and winter, day and night, ebb and flow, follow each other. As humanity had then just become endowed with mind, they began to realize the loss of the spiritual sight which they had hitherto possessed, and they developed a yearning for the spirit world and their divine guides which remains to this day, for humanity has never ceased to mourn their loss. Therefore, the ancient Atlantean Mystery Temple, the Tabernacle in the Wilder-

\*Occult science teaches that Atlantis was a continent which existed between Europe and America, where the Atlantic Ocean now lies. As the heavy fogs of Atlantis condensed more and more, the increased quantity of water gradually inundated that continent, destroying the greater part of the population and the evidence of their civilization. Great numbers were driven from the doomed continent by the floods, and wandered across Europe.

ness, was given to them that they might meet the Lord when they had qualified themselves by service and subjugation of the lower nature by the Higher Self. Being designed by Jehovah it was the embodiment of the great cosmic truths hidden by a veil of symbolism which spoke to the inner or Higher Self.

In the first place it is worthy of notice that this divinely designed Tabernacle was given to a chosen people, who were to build it from free-will offerings given out of the fullness of their hearts. Herein is a particular lesson, for the divine pattern of the path of progress is never given to anyone who has not first made a covenant with God that he will serve Him and is willing to offer up his heart's blood in a life of service without self-seeking. The term "Mason" is derived from *phree messen*, which is an Egyptian term meaning "Children of Light." In the parlance of Masonry, God is spoken of as the Grand Architect. *Arche* is a Greek word which means "primordial substance." It is said that Joseph, the father of Jesus was a "carpenter," but the Greek word is *tekton*—"builder." It is also said that Jesus was a *tekton*, a "builder." Thus every true mystic Freemason is a child of light, a builder, endeavoring to build the mystic temple according to the divine pattern given him by our Father in Heaven. To this end he dedicates his whole heart, soul, and mind. It is, or should be, his aspiration to be "the greatest in the kingdom of God," and therefore he must be *the servant of all*.

The next point which calls for notice is the location of the temple with respect to the cardinal points, and we find

that it was laid directly east and west. Thus we see that the path of spiritual progress is the same as the star of empire; it travels from east to west. The aspirant entered at the eastern gate and pursued the path by way of the Altar of Burnt Offerings, the Brazen Laver, and the Holy Place to the western-most part of the Tabernacle where the Ark, the greatest symbol of all, was located in the Holy of Holies. As the wise men of the East followed the Christ star westward to Bethlehem, so does the spiritual center of the civilized world shift farther and farther westward; until today the crest of the spiritual wave which started in China on the western shores of the Pacific has now reached the eastern shores of the same ocean.

The ambulant nature of this Tabernacle in the Wilderness is therefore an excellent symbolical representation of the fact that man is migratory in his nature, an eternal pilgrim, ever passing from the shores of time to eternity and back again.

*The Court of the Tabernacle* was an enclosure which surrounded the Tabernacle. Its length was twice its width, and the gate was at the east end. This gate was enclosed by a curtain of blue, scarlet, and purple fine twined linen, and these colors show us at once the status of this Tabernacle in the Wilderness. We are taught in the sublime gospel of John that "God is Light," and we know that this light, which is God, is refracted into three primary colors by the atmosphere surrounding our earth, viz., blue, yellow, and red. It is a fact well known to every occultist that the ray of the Father is blue, while that of the Sun is yellow, and the color of the Holy Spirit's ray is red. Only the strongest and most spiritual ray can hope to penetrate the seat of consciousness of the life wave embodied in our mineral kingdom, and therefore we find about the mountain ranges the blue ray of the Father reflected back from the barren hillsides and hanging as a haze

over canyons and gulches. The yellow ray of the Son mixed with the blue of the Father gives life and vitality to the plant world, which therefore reflects back a green color, for it is incapable of keeping the ray *within*. But in the animal kingdom, to which unregenerate man belongs anatomically, the three rays are absorbed, and that of the Holy Spirit gives the red color to his flesh and blood. The mixture of the blue and red is evident in the purple blood, poisoned because sinful. But the yellow is never evident until it manifests as a soul body† the golden "wedding garment" of the mystic Bride of the Mystic Christ evolved from within. (Matt. 22:11-12; I Cor. 15:44.)

Thus the colors on the veils of the Temple, both at the gate and at the entrance of the Tabernacle, showed that this structure was designed for a period previous to the time of Christ, for it had only the blue and the scarlet colors of the Father and the Holy Spirit together with their mixture, purple. But white is the synthesis of all colors, and therefore the yellow Christ ray was hidden in that part of the veil until in the fullness of time Christ should appear to emancipate us from the ordinances that bind, and initiate us into the full liberty of Sons of God, Sons of Light, Children of Light, Phree Messen or Mystic Masons.

The Brazen Altar was placed just inside the eastern gate, and it was used for the sacrifice of animals during the temple service. The idea of using bulls and goats as sacrifices seems barbaric to the modern mind, and we cannot realize that they could ever have had any efficacy in that respect. The Bible does indeed bear out this view of the matter, for we are told repeatedly that God desires not sacrifice but a broken spirit and a contrite heart, and that He has

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†The two vital ethers of the vital body, the light and reflecting ethers. These are attracted by living a life of "loving, self-forgetting service to others."

no pleasure in sacrifices of blood. In view of this fact it seems strange that sacrifices should ever have been commanded. But we must realize that no religion can elevate those whom it is designed to help if its teachings are too far above their intellectual or moral level. To appeal to a barbarian, religion must have certain barbaric traits. A religion of love could not have appealed to those people, therefore they were given a law which demanded "an eye for an eye, and a tooth for a tooth." There is not in the Old Testament any mention whatever of immortality, for these people could not have understood a heaven nor aspired to it. But they loved material possessions, and therefore they were told that if they did right



they and their seed should dwell in the land forever, and their cattle should be multiplied, etc.

The Altar was made of brass, a metal not found in nature, but made by man from copper and zinc. Thus it is symbolically shown that sin was not originally contemplated in our scheme of evolution and is an anomaly in nature as well as in its consequences, pain and death, symbolized by the sacrificial victims. But while the Altar itself was made from metals artificially compounded, the fire which burned thereon unceasingly was of divine origin, and it

was kept alive from year to year with the most jealous care. No other fire was ever used, and we may note with profit that when two presumptuous and rebellious priests dared to disregard this command and use strange fire, they met with an awful retribution and instant death. (Leviticus 10:1-2.) When we have once taken the oath of allegiance to the mystic Master, the Higher Self, it is extremely dangerous to disregard the precepts then given.

We are told by the apostle Paul that the Tabernacle in the Wilderness was a shadow of greater things to come. It may therefore be of interest and profit to see what is the meaning of this Brazen Altar, with its sacrifices and burning flesh, to the candidate who comes to the Temple in modern times. In order that we may understand this mystery, we must first grasp the one great and absolutely essential idea which underlies all true mysticism, viz., that these things are *within* and not without. It is not the Christ without that saves but *the Christ within*. We must build the Tabernacle within our own hearts and consciousness. We must live through, as an actual inner experience, the whole ritual of the service there. We must become both the altar of sacrifice and the sacrificial animal lying upon it. We must become both the priest that slays the animal and the animal that is slain. Later we must learn to identify ourselves with the Mystic Laver, and we must learn to wash therein in spirit. Then we must enter behind the first veil, minister in the East Room, and so on through the whole Temple service until we *become* the greatest of all these ancient symbols, the Shekinah Glory, or it will avail us nothing. In short, before the symbol of the Tabernacle can really help us, we must transfer it from the wilderness of space to a home in our hearts so that when we have become everything that that symbol is, we shall also have become that which it stands for spiritually.





## Daily Astral Thought and Guide

*There is a time to every purpose under the heaven. (Ecclesiastes, 3:1.)*

### THURSDAY — AUGUST 1

*I dedicate this day to the mastery of self and the expression of kindness to all from the inner Christ.*

Today seek help from those who can assist you in any worthy endeavor. Solution to serious problems—with added thought—can be found. P.M., good for study and meditation.

### FRIDAY — AUGUST 2

*Today, Heavenly Father, grant me the inner peace which sees through all problems and reveals Thy will.*

Guard against emotional thinking—follow the voice of intuition. Pursue scientific studies and work. Keep active throughout the day with a serene mind concentrating on the immediate objectives.

### SATURDAY — AUGUST 3

*My body is the Temple of God and as I take proper care of it His healing force works in and through me.*

Do not overindulge, but eat wisely and shun all threats to health. Outline business and personal plans for the future. Listen to opinions of trusted friends, and avoid arguments. Be receptive.

### SUNDAY — AUGUST 4

*This is the Lord's day, I will rejoice and be glad in it.*

A.M., go to church. P.M., entertain friends or business associates you wish to impress, but do so on a high moral and spiritual plane. Don't try to sell but influence only.

### MONDAY — AUGUST 5

*My mind is centered on the inner Christ and His presence establishes peace and order in me, and my world.*

Avoid element of chance in public dealings. Ignore problems in the home—set an example. Hard work and effort of past could bring reward. Worthy plans receive favorable response.

### TUESDAY — AUGUST 6

*The peace of the Father rules supreme in all that I think, say, do, and feel today.*

You have the courage and energy to accomplish your goal. Envision your objectives and work for their fulfillment. Be economical. Early A.M., and late P.M., ideal for meditation and prayer.

### WEDNESDAY — AUGUST 7

*Let the words of my mouth and the meditation of my heart be acceptable in Thy sight O Lord.*

Overcome desire for harmful pleasure.

The mind is keen and answer to perplexing problems can be found. Don't become emotionally involved, but think through all daily challenges and experiences.

THURSDAY — AUGUST 8

*Thy Light is a lamp unto my feet, O God, as I walk the path of self-mastery and devotion.*

Emotions are intensified, rule your feelings. Kindness to others pays rich reward later. Finish up old business—clean house. Renew, or begin, study of occult. Rise above hurt feelings.

FRIDAY — AUGUST 9

*The Mind which was in Christ, is also in me, and through this Mind, I have self control in all things.*

Steer clear of all negative influences. Assert your independence where necessary. Originate new ideas. Health and general welfare rate improvement. Be diplomatic and express love to all.

SATURDAY — AUGUST 10

*Within my Soul is the universe and this universe is ruled by divine law and order.*

Emotions and the mind tempted to be highly vacillating. Get away from normal work—enjoy family or friends in social pleasure. Don't take offense. Protect your health. Avoid untried ventures.

SUNDAY — AUGUST 11

*God's song of life sings in my breast, and I echo His words and life to all whom I meet.*

Devotional service helps to overcome tendency to lose temper, or to be domineering. Faculty of imagination at high tide—use to advantage in artistic or spiritual pursuits. Spiritual study, P.M.

MONDAY — AUGUST 12

*By centering my mind on the objec-*

*tives ahead, I rise above all thoughts of worry and gloom.*

Be alert to deception. Be wary of personal bitterness. Guard against possible loss of finances. Keep the mind free of worry by concentrating on work at hand. Express only positive thoughts.

TUESDAY — AUGUST 13

*God's life is my life. In Him I live and move and have my being. He fulfills my every need.*

Correct trouble in home or at work by lending a helping hand. Keep from criticising. Watch the diet and avoid personal relations where motives may later be questioned. Overlook others' faults.

WEDNESDAY — AUGUST 14

*Through the inner light of Spirit, I am guided in all I think and do this day.*

Don't speculate. Avoid extremities. Question your own reasoning. Postpone decisions where possible. Cultivate new friends. If possible take time out for relaxation and sport.

THURSDAY — AUGUST 15

*God's love is centered in my heart, and I radiate this love to all persons.*

The mind is quick, inventive, and dependable. Study of occult philosophy and astrology favored. Start new ventures. Maintain positive attitude of mind. Seek help in matters of health.

FRIDAY — AUGUST 16

*Today I rejoice that, "the fruit of the Spirit is love, joy, peace, longsuffering, gentleness, goodness, faith."*

Maintain a serene mind. Seek opinions of others. Guard against hurt feelings. Give all problems serious thought before conclusions reached. Show appreciation where due. Concentrate on needs of others.

## SATURDAY — AUGUST 17

*I lay all my desires upon the altar of Christ and rest in the assurance that He is the grantor of all good.*

Feelings are apt to be touchy and thoughts erratic. Health may be improved by attention to diet and asking of aid where needed. Think through all problems and decisions should be dependable.

## SUNDAY — AUGUST 18

*The love of God radiates throughout my being and I am bathed in the sunlight of His Presence.*

Travel and writing greatly favored. Seek the brighter side of life. Plan a full day of activity, mentally, physically, and spiritually. P.M., plan next week's activities.

## MONDAY — AUGUST 19

*Thou Lord art my life and my strength and my thoughts are centered in Thee.*

Submit plans to superiors and public for favorable receptivity. Steps taken toward improvement of health and finances should be successful. Maintain mental equilibrium. Be optimistic.

## TUESDAY — AUGUST 20

*Through God's help, my mind is free and clear and I see His Presence in all situations and persons.*

Take special pains to be kind and avoid conflicts. Guard against accidents. The mind should be illumined and capable of sounding the depths of serious problems of business, home, or philosophy.

## WEDNESDAY — AUGUST 21

*This day I promise my Higher Self to make use of hidden talents in service to others.*

Innate ability along constructive lines offers new opportunities. Work for and expect results of past efforts. Any concrete plan of business, home, or personal life should now be put into operation.

## THURSDAY — AUGUST 22

*Today, I sweep the cobwebs of doubt and fear from my mind and express God's Spirit of life and accomplishment.*

Health can be improved by mental optimism. By sincerity of purpose, you have the confidence and esteem of others. Resist desire to splurge. Get all correspondence up to date. Help a friend.

## FRIDAY — AUGUST 23

*I resolve to see only the good in all persons and regardless of outer appearances, recognize all as Sons of God.*

Live a full day of work and good expectation. Means of improving living conditions in general are at hand. Good day to start any new venture. Improvement in health or income possible.

## SATURDAY — AUGUST 24

*Outworn thoughts and feelings are washed from my mind and today my entire trust is on High.*

Stable emotions can improve health and general outlook. Avoid temptation to overtax in work or play. Have an open mind toward opinions of others. If possible postpone changes now apparent.

## SUNDAY — AUGUST 25

*God is the light of my life and in my heart is the Tabernacle of His Presence.*

Spiritually minded should devote this day to study and meditation. Underplay own sense of importance. Plan new projects. Seek answer to personal problems. Kindness pays big rewards.

## MONDAY — AUGUST 26

*Through realizing my own imperfection I am forgiving of others and God is forgiving of me.*

Don't act impulsively. Follow the rules and regulations at work or in legal matters. Patience much needed today.

Don't undertake unnecessary chances or obligations. Ignore petty problems.

TUESDAY — AUGUST 27

*I am conscious of God's love in me and I am at peace with all His Creation.*

Today you have the incentive to accomplish what you have been putting off. Exercise independent initiative in helping improve working and living conditions. Accept added responsibility.

WEDNESDAY — AUGUST 28

*By the power of the inner Christ, I am the ruler of my thoughts and feelings.*

Improvement in matters of health and personal relations can be expected. Discuss plans of work or home with those who can help to bring these plans into being. Group work and study favored.

THURSDAY — AUGUST 29

*God works in and through me to accomplish His will—I am an ever improving channel of His expression.*

The mind is clear—act on completed plans. Make improvements in home and at work. Appeal to public or groups to accomplish desired ends. Ask for help from those in authority.

FRIDAY — AUGUST 30

*By the Light of Christ abiding in me, I am aware of my oneness with all life.*

Don't take offense or imagine you are disliked by others. Feelings apt to be on edge, guard against emotional explosions. Help in sufficient quantity is available to overcome personal shortcomings.

SATURDAY — AUGUST 31

*Today I give thanks to the Father for His many blessings and know that wherever I am, there He is.*

Travel favored. Complete plans for future work. Give special attention to perplexing problems. Writing, speaking, and all forms of communications should be rewarding. Keep a clear mind.

## ROSICRUCIAN TERMINOLOGY

The Rosicrucian Philosophy teaches that man is a complex being, an Ego, or threefold Spirit possessing:

(1) *A Dense Body*, composed of the solids, liquids, and gases of the Physical World. It is the visible instrument he uses here in this world to fetch and carry—the body which people ordinarily think of as the whole man.

(2) *A Vital Body*, which is made of ether and interpenetrates the visible body as ether permeates all other forms, except that the human beings specialize a greater amount of the universal ether than other forms. This ethereal body is our instrument for specializing the vital energy of the Sun, and for carrying on the functions of assimilation, growth, propagation, etc.

(3) *A Desire Body*, which is our emotional nature. This finer vehicle pervades both the Dense and Vital Bodies. It is seen by clairvoyant vision to extend about sixteen inches outside the visible body, which is located in the center of this ovoid cloud as the yoke is in the center of an egg. The Desire Body contains sense centers which, when properly developed, are man's means of perception in the Desire World.

(4) *The Mind*, which is a mirror, reflecting the outer world and enabling the Ego to transmit its command as thought and word. It is the link between the Spirit and its bodies. At the present time it is but an unformed cloud, but will eventually be as well organized as man's other bodies.

*The Ego* is the threefold Spirit which uses these vehicles to gather experience in the school of life and transmute it into soul power. *The Ego* is the "I" of each person—the individual consciousness which is normally thought of as the *self*, or *personality*, that expresses through the above vehicles.



## The Children of Leo, 1957

*Birthdays: July 23 to August 24*

**T**HE Leo child is a child of the Sun. This fixed fire sign is ruled by the Sun. Leo is masculine and positive, vital, high-minded, proud and loyal. Leo natives are warm-hearted, loving, sympathetic, never mean or petty.

The symbol for Leo is the Lion, King of the Jungle, and all loyalty comes under the rulership of this sign. Leo is the proud aristocrat and natural lover of the zodiac. He seeks to rule through affection. Leo carries himself with a natural dignity and commands respect wherever he goes.

Leo is ardent and ambitious, idealistically emotional; he does everything sincerely but in a dramatic manner. Although he is a "show off" and seeks the limelight, he is honorable and wants to be worthy of recognition. He is strong-willed, loyal to his ideals, and inspires others to follow and match his achievements. He works vigorously but when his work is done he turns to play and pleasure with equal enthusiasm.

Leo is an executive, a leader, an organizer; but Leo is also the sign of pleasure and entertainment. It rules

children and youths. More vacations are enjoyed during the solar month of Leo than at any other time of the year and the Sun is strongest in this sign. Leo people respond to sunshine and shadow more than any others; they must have affection, recognition and approval, for disapproval and dislike chill and depress them (but not for long as their courage keeps them fighting). Like the Sun Leo people make the world a brighter, better place by their presence.

Leo rules the heart and the back; natives of Leo must not put too much strain on either. Physical and emotional excesses are particularly harmful to them, as they are susceptible to heart ailments and their arteries are likely to harden earlier than those of others.

Leo people have an innate feeling of superiority which should be curbed, especially when dealing with inferiors; they must guard against seeking or using their power for their own benefit or making any attempt to rule others against their best interests.

There is a grandeur in the Leo but he must guard against false pride, arrogance, and boastfulness. He must avoid a bombastic attitude, egotism, and an

attempt to monopolize the spotlight. Leo must cultivate modesty and humility.

As the ruler of pleasure and romance, Leo stands at the top of the entertainment world. Leo natives are endowed with great talent and creative ability, a sense of showmanship and organization. Many outstanding entertainers, dramatic actors, and producers are born under the sign of Leo.

Leo loves children; he wants a large family and the best of everything for them. The best is *never* too good for Leo. Everything he does and everything he owns must be an outer evidence of his inner prestige and power. Leo loves glamour and luxury. He is a lavish host. He is Lordly and Powerful; his keyword is *I will*.

Leo has great faith. Faith is his watchword; his principle is spiritual; his intellect is comprehensive, influenced by his feelings, for Leo's heart is greater than his mind. His speech is deliberate. His motto is *Power*.

Leo is commanding, radiant, energetic and outspoken; these are his best traits. His negative qualities are vanity, arrogance, and pompousness. Leo can be masterful, dominating, unreasonable, stubborn, and cruel. His very worst quality is domination; his best is loving kindness. Leo is an individualist; he is ruled by the Sun, the planet of individuality.

Gold is Leo's metal. He should always wear on his person something made of gold. The diamond is his jewel. Sunday is his day and the red rose or poppy is the flower allotted to him.

An amazing and remarkable year lies ahead for all Leos, due to the vehement, electrifying and unpredictable influence of Uranus which will remain in the sign of Leo for the next seven years.

As the solar month begins, the Sun, although separating from, continues within orb of its sextile to Jupiter until August 1st. The most favorable of all aspects, it bestows upon its natives success, health, wealth, and happiness.

During the entire solar month, Saturn is in trine with Uranus, exact on August 6th. This promises success for a public career, for it gives ambition and determination. Between July 23 and August 11, the Sun joins in this aspect conjunct Uranus and trine Saturn, and brings out the finest characteristics of the three planets. Many of these children will become outstanding citizens. They will be able to concentrate on large problems, plan and organize great schemes, and exercise authority. They will have intuition and foresight when important steps are necessary. Because of their efficiency they will be in demand to fill important positions in large corporations.

Between July 23 and July 30, Mercury is conjunct Mars, Venus conjunct Pluto and sextile Neptune. This gives a mechanical and ingenious trend to the mind and arouses strong sympathy and love for the masses of humanity. Some successful inventions in electronics and aviation will be the outcome of this. Others born at this time will be able to express their high ideals, deep emotions, fertile imaginations, and inspirational talent in music or art.

The parallels between Sun and Saturn, July 24, and Sun and Uranus, July 28, makes high-strung nerves and impulsive children and weakens their power to recuperate from illness. August 1st and 2nd, Mercury is parallel Neptune. This gives extraordinary perception and magnetic healing power.

From July 31 to August 9, Mercury is square Saturn. This slows down mental processes, sometimes causing defective hearing. There could be many delays in the lives of children born during this period. Some of the children born under this aspect may become bitter and sarcastic and live as recluses in late life.

Not all children born during this solar month will become outstandingly successful for some less evolved may react

(Continued on page 40)

# Readings for Subscribers' Children

PAUL L.

Born November 17, 1952, 6:52 P.M.  
Latitude 40 N., Longitude 84 W.

Cusps of houses: 10th, Aquarius 13; 11th, Pisces 12; 12th, Aries 22; Taurus intercepted in the 12th; Ascendant, Gemini 6:32; 2nd Gemini 29; 3rd, Cancer 20.

Position of the planets: Jupiter, Taurus, 14:41 R; Part of Fortune, Gemini 11:45; Uranus, Cancer 18:17 R; Dragon's Tail, Leo 16:26; Pluto, Leo 23:16; Saturn, Libra 22:21; Neptune, Libra 22:39; Sun, Scorpio 25:34; Moon, Sagittarius 0:47; Mercury, Sagittarius 16:06; Venus, Capricorn 2:35; Mars, Capricorn 27:05; Dragon's Head, Aquarius 16:26.

The planets in Paul's horoscope are well distributed throughout the signs, giving him initiative, fixity of purpose, and adaptability; making him spiritual, inspirational, intellectual, practical, and emotional. As the majority of his planets are setting in the western side of the chart other people play an important part in this boy's life and make co-operation a necessity. He should, however, use great precaution in forming partnerships. The emphasis in this chart lies in the 6th house of health and service.

Paul was born with the Sun in the Cancer decanate of the high-powered, shrewd, and secretive sign Scorpio. This indicates that he has deep-fixed but controlled emotions. He has great depth of feeling and will be imaginative, spiritually sensitive, intense, and determined by nature. The Sun's trine with Uranus gives strong will power. The 4th house is the home of the soul and Pluto here indicates a universal citizen whose home is anywhere and everywhere.

Paul may be possessive, self-willed, and secretive. He will have a keen interest in practical and occult sciences and will seek to penetrate the secret forces and mysteries of nature.

The planet Mars rules this horoscope. It dominates the entire chart and Paul's life. It is the ruler of Scorpio, his Sun's sign; is the most highly elevated planet; and is in Capricorn where it is exalted and has its greatest power. This planet of dynamic energy and desire has many aspects both favorable and unfavorable which will bring out the highest and the lowest qualities of Scorpio and cause active conflict between the higher and the lower nature. This boy's parents can make great progress with him through religion or philosophy.

Mars sextile both Sun and Moon will bring out Paul's best qualities and provide many opportunities for him to manifest them. This will give him physical vitality and courage. It will make him ambitious, enterprising, and a good business executive, dignified and highly esteemed. Paul will be capable of assuming command and authority. He will be gallant, energetic, enthusiastic, and constructive in his efforts.

The Sun in the 6th house is more favorable for employment and business success than for health and Paul must not let his ambitions nor his pleasures undermine his health. This boy should have early instruction in hygiene and learn the value of a clean, healthy body. Abstinence from stimulants, wholesome diet, and regular habits are essential for his health as there may be a tendency toward nervous indigestion, unusual stomach conditions, and kidney ailments, due to Saturn and Neptune in Libra.

Paul has great power, excessive energy, and determination which must

have an outlet. The Sun trine Uranus sextile Mars gives him dauntless courage and strong will power to carry him over life's hurdles, but Mars opposite Uranus square Saturn and Neptune in cardinal signs shows there is a side to his nature which must be transmuted into constructive channels. Aquarius on his present Midheaven shows that his goal in this life is altruistic, humanitarian, and scientific.

A new cycle and the development of the higher self is indicated by the 9th house position of Mars, the planet of desire, and its changing positions from the earthy Capricorn to Aquarius, but more especially is it indicated by the very New Moon just entering Sagittarius to join forces with the mental Mercury already in this fiery, inspirational sign. Its sextile aspect to the 10th house cusp opens the door of opportunity through which Paul may express his high aims and lofty altruistic ideals.

Paul has the sign Gemini on the Ascendant of his horoscope. This makes him a thinker, gives him skillful, agile hands, a good mind, and quick perception. His outlook on life is intellectual, dual, and adaptable. Mercury, the ruler of Gemini, is in Sagittarius the sign of the higher mind, sextile Saturn, Neptune and the 10th cusp. This gives Paul high aspirations and inspirational ideas, intuition, foresight, ability to visualize and concentrate and offers opportunity for mental accomplishments. Paul has some talent and a great deal of magnetic healing power. He respects the law, has a keen sense of justice and a desire to improve his mind. He will be interested in developing the higher side of his nature through the study of religion, philosophy, and travel. He is encouraged in this by his parents and opportunities will be made for him. Paul should be encouraged to participate in competitive sports which would give him real pleasure and indulge his ambition to excel. The field of sport offers a good, clean, active profession.

Paul is a born detective or investigator, well qualified to become a Secret Service agent where his penetrating mind and tireless efforts would prove valuable in detecting and wiping out crime. But Paul seems best qualified for a military career. His executive ability and fearless, aggressive nature would enable him to achieve high rank as an officer serving his country in foreign lands. The combination of Gemini-Scorpio qualities expressing through the constructive side of Mars makes it possible for Paul to become an expert surgeon. Paul must live a life above suspicion and learn to adhere strictly to the "Golden Rule."

#### CAROL D. B.

Born May 14, 1954, 9:44 A.M.

Latitude 41 N., Longitude 74 W.

Cusps of houses: 10th, Aries 4; 11th, Taurus 10; 12th, Gemini 19; Ascendant, Cancer 22:04; 2nd, Leo 11; 3rd, Virgo 4.

Position of the planets: Sun, Taurus 23:13; Mercury, Taurus 29:59; Venus, Gemini 19:03; Jupiter, Gemini 27:58; Uranus, Cancer 19:59; Pluto, Leo 22:34; Moon, Libra 16:37; Neptune, Libra 23:56 ♀; Saturn, Scorpio 4:44 ♀; Part of Fortune, Sagittarius 15:28; Mars, Capricorn 8:03.

This little girl was born with the Sun in the steady, kindly, dependable sign Taurus, a fixed earth sign ruled by Venus, the planet of Love and Beauty. She will be fixed in her ideas and at times she may appear headstrong, unreasonable, or stubborn, for she will be deliberate in making decisions and slow in making adjustments. Her nature is generous and faithful. She will grow up to be practical, ingenious, and independent.

She has fixed opinions and the courage of her convictions, but her outlook on life will be emotional and much concerned with mother, home, and family.



Uranus in Cancer conjunct the Ascendant sextile the Sun gives Carol a magnetic personality, interest in occult subjects, and intuition. Venus, the ruler of Taurus, is conjunct Jupiter in Gemini trine the Moon and Neptune in Libra. This gives her personal charm and artistic talent. It is quite likely that Carol has an exceptionally nice singing voice. Gemini offers more than one avenue for the expression of her talents and always suggests some branch of literature.

The Sun in Taurus in the 11th house is elevated above the other planets; it is sextile Uranus and the Ascendant but square to Pluto in the house of finance. This indicates many unusual opportunities in life and the assistance of loyal friends in the accomplishment of her hopes and wishes. It gives physical vitality, a strong will and determination.

Carol will always be honest and conscientious regarding financial affairs. She will have the courage, patience, and perseverance to make a success of whatever she undertakes. The Sun shines upon her every effort and material success is assured with the Sun in Taurus rising high and Venus her ruler conjunct Jupiter in Gemini in the 12th house, trine Moon and Neptune in Libra, all four planets sextile Pluto in the 2nd house; many opportunities are available for her to make money. These aspects favor wealth, health, and happiness. They give her good mentality, vivid fertile imagination, artistic talent, creative ability, charming personality, popularity, and material success.

Both Venus (her ruling planet) and Jupiter, the two benefics, are well placed in the sanctuary of the 12th house where Venus is exalted and compassionate, and Jupiter is dignified and benevolent. In this house they offer Carol divine assistance through meditation. In solitude she will find peace and harmony.

Afflictions of Neptune and Uranus to the Ascendant and its ruler the Moon may indicate some physical or person-

ality handicap to overcome. Both Taurus and Cancer are inclined to indulge the appetite and overeat rich foods. This child should cultivate a taste for simple, wholesome foods and learn to eat moderately.

She needs careful, patient, loving guidance through childhood to aid her in acquiring emotional control and the ability to distinguish between true and false values. In disciplining Carol it is best to appeal to her affections, or her practical nature. Never force her but let her find her own solutions in solitude.

The 10th house in any horoscope is the house of achievement and recognition, professional or otherwise. Carol has 4 degrees of the courageous and pioneering sign Aries on her 10th cusp. Aries is ruled by Mars the planet of dynamic energy and desire and is in the 6th house of service. It is in its exaltation in Capricorn and sextile (opportunity aspect) to Saturn the planet of ambition. This indicates Carol's ambition and willingness to work hard and that opportunities will be available to her. Carol is well qualified to become a career woman. She has business aptitude and executive ability. She enjoys power and seeks authority. She believes in sound, constructive things and will strive toward their development.

Carol should seek employment in some large institution, such as a bank or other financial organization; or in some industry connected with direct products of the earth, as real estate, agriculture, or mining.

Carol has sufficient artistic talent and exceptional appreciation for unusual ingenious color combination to justify its development into a career. Her talents could prove valuable in the creation and production of spectacular telecasts.

Carol might prefer employment in a hotel, hospital, or prison office as Venus, a benefic, her life ruler and also ruler of her 4th house is conjoined with Jupiter, the great benefic, in the 12th house of institutions.



## SOYBEAN RECIPES

### SOYBEAN LOAF

Mix 2 cups soybeans, cooked and mashed;  $\frac{1}{2}$  cup bread crumbs; 2 eggs;  $\frac{1}{2}$  cup milk; 2 tbsp. grated onion; 4 tbsp. butter or shortening;  $\frac{1}{2}$  cup water; 1 tbsp. celery salt. Put into buttered pan and bake for 20 to 30 minutes. Serve with tomato sauce.

### BAKED SOYBEAN CROQUETTES

Add 2 tbsp. minced onion,  $1\frac{1}{2}$  cups diced celery (tough celery should be parboiled), and  $1\frac{1}{2}$  tsp. salt to 1 cup tomato puree and bring to a boil. Mix 5 tbsp. flour and 2 tbsp. melted fat together and add the boiling tomato puree mixture slowly. Cook to a thick paste and cool. Add 3 cups soybean pulp. Shape into croquettes. Roll in cornflakes, then in a beaten egg to which 2 tbsp. milk have been added, and again roll in cornflakes. Place on a greased baking sheet and bake in a hot oven ( $410^{\circ}$  F.) for 20 to 30 minutes. Makes 10 to 12 croquettes.

### STUFFED TOMATOES

Remove pulp from center of 8 or 9 large tomatoes. Sprinkle inside with salt. Fill with mixture of tomato pulp, 2 cups soybean pulp,  $\frac{1}{2}$  cup diced celery cooked in  $\frac{1}{4}$  cup water, 1 tsp. onion,  $\frac{1}{2}$  tsp. minced green pepper. Cover tops with buttered crumbs. Place in a greased pan and bake in a hot oven ( $410^{\circ}$  F.) for 25 to 30 minutes or until tomatoes are soft. Makes 8 or 9 servings.

### SOYBEAN AND VEGETABLE SALAD

Blend cooked soybeans with any cold, diced cooked vegetable or with raw vegetables such as carrots, celery, radishes, or tomatoes, and season with French dressing or mayonnaise. Finely diced cheese makes a tasty addition.

#### Other Salad Combinations:

1.  $\frac{1}{2}$  cup each of raisins, chopped apple, boiled soybeans, chopped celery. Mayonnaise dressing.

2.  $\frac{1}{2}$  cup each of soybean cheese, raisins, chopped apple;  $\frac{1}{4}$  cup chopped nuts.

3.  $1\frac{1}{2}$  cups cooked soybeans, 1 cup finely diced carrots, 1 tsp. finely cut onions, 1 cup diced celery, 1 cup shredded cabbage,  $\frac{1}{4}$  cup French dressing.

Mix all ingredients of each recipe together and serve on crisp lettuce.

### GRAHAM CRACKER AND SOY PUDDING

Cream 2 tbsp. fat with  $\frac{1}{4}$  cup sugar. Slowly add 2 eggs, well beaten, and  $\frac{1}{2}$  tsp. vanilla. Mix  $1\frac{1}{4}$  cups crushed graham crackers,  $\frac{1}{2}$  cup soy grits or flour, 1 tsp. baking powder, and  $\frac{1}{2}$  tsp. salt. Add to the first mixture with 1 cup milk. Fold in  $\frac{1}{2}$  cup nuts, if desired. Bake in a greased dish in a moderate oven ( $350^{\circ}$  F.) about  $\frac{1}{2}$  hour or until the pudding sets and is slightly browned.

## CHEESE AND VEGETABLE SOUP

Cook  $\frac{1}{2}$  cup chopped carrots and 2 tbsp. onion in  $\frac{1}{2}$  cup water until tender. Drain off liquid and reserve. Melt 3 tbsp. butter or margarine and blend in 3 tbsp. all-purpose flour and  $\frac{1}{4}$  cup soy flour. Add 2 tsp. salt. Blend in  $3\frac{1}{2}$  cups milk gradually. Cook, stirring constantly until mixture thickens. Add vegetables, vegetable liquid, and  $\frac{1}{2}$  cup grated cheese. Stir and cook until cheese is melted. Serve garnished with chopped parsley.

## BOILED CUSTARD

Heat 2 cups soybean milk,  $\frac{1}{4}$  cup sugar, and  $\frac{1}{8}$  tsp. salt in a double boiler. Stir in 2 beaten eggs and heat until mixture coats a spoon. Cool and add  $\frac{1}{2}$  tsp. vanilla. Serves four.

## ASPARAGUS LOAF

Beat 1 egg slightly. Add 1 cup heated soybean milk gradually and mix. Add  $\frac{1}{2}$  tsp. salt,  $\frac{1}{2}$  cup bread crumbs, 1 tbsp. melted fat, and 1 tsp. minced onion. Allow to stand until crumbs have absorbed part of the liquid. Fold 2 cups canned or cooked asparagus into the mixture carefully. Pour into a greased loaf pan and bake in a moderate oven ( $350^{\circ}$  F.) for 30 minutes. Serves four.

## SOYBEAN OMELETTE

Beat the yolks of 4 eggs until thick and lemon-colored. Add  $\frac{1}{2}$  tsp. salt, 4 tbsp. milk, and 2 cups soybean pulp. Beat egg whites until stiff but not dry. Fold into egg mixture. Melt 2 tbsp. margarine in skillet over low heat. Turn omelet mixture into skillet. Cook about 5 minutes until omelet is puffy and browned on bottom. Bake in a moderate oven at  $350^{\circ}$  F. for 10 to 15 minutes. Fold in half. Serve at once.

## MERINGUE BARS

Sift together  $\frac{1}{2}$  cup stirred soy flour, 1 cup sifted cake flour, 1 tsp. baking powder, and  $\frac{1}{2}$  tsp. salt. Add 1 tsp. vanilla to  $\frac{1}{2}$  cup shortening and cream; gradually add 1 cup sugar and cream

until light. Add 2 beaten eggs and blend thoroughly. Add the mixture of dry ingredients and mix well. Spread as thinly as possible in two greased 9-inch-square cake pans and cover with topping.

*Topping:* Beat the white of 1 egg until stiff but not dry; fold in 1 cup brown sugar and spread over batter; sprinkle with  $\frac{1}{3}$  cup shaved nuts. Bake in a moderately slow oven ( $325^{\circ}$  F.) for 30 minutes. Cool and cut in rectangles.

## PEANUT CANDY

Combine  $\frac{1}{2}$  cup stirred soy flour, 2 cups brown sugar,  $\frac{1}{4}$  cup peanut butter and  $\frac{1}{2}$  cup milk. Boil 5 minutes over low heat, stirring constantly. Remove from heat, add  $\frac{1}{4}$  tsp. salt and beat until thick. Add  $\frac{1}{2}$  cup chopped peanuts and pour into a greased pan,  $8 \times 9 \times 1$  inches. When cool, cut into small pieces. Makes 3 dozen pieces.

## OATMEAL PUDDING

Heat 1 cup soybean milk to boiling and add  $\frac{1}{4}$  cup oatmeal slowly with constant stirring. Then add  $\frac{1}{3}$  cup brown sugar mixed with  $\frac{1}{2}$  tsp. cinnamon and finally  $\frac{3}{4}$  cup chopped apple. Boil until thick. Serve with boiled custard. Serves two.

## WHOLE-WHEAT MUFFINS

Sift together into a mixing bowl  $\frac{2}{3}$  cup stirred soy flour,  $\frac{2}{3}$  cup whole-wheat flour,  $\frac{2}{3}$  cup sifted all-purpose flour, 2 tsp. baking powder, 1 tsp. salt, and  $\frac{1}{4}$  cup brown sugar. Combine 1 beaten egg, 1 cup milk, and  $\frac{1}{4}$  cup melted shortening. Make a "well" in the dry ingredients and add the liquid mixture. Stir until the flour is just dampened. Fill greased muffin pans  $\frac{2}{3}$  full. Bake the muffins in a moderately hot oven ( $375^{\circ}$  F.) for about 20 minutes. Makes one dozen muffins.

From the Book: *Soybeans*, Philip S. Chen, Author. Pub., The Chemical Elements, So. Lancaster, Mass. (\$3.00.)

# Alcoholism---A Deliberate Tragedy

J. HASKEL KRITZER, M.D.

**A**LCOHOL is an Arabic word meaning "something subtle." It is a toxic waste product caused by an airborne micro-organism, the yeast plant, in its action upon sugars. It decomposes the complex sugar molecules, producing a poisonous fermentation called alcohol. It serves legitimate and essential laboratory and industrial purposes.

The yeast micro-organisms thrive and multiply in this fermentation until the alcoholic strength reaches 13 per cent, when they perish in their own toxic excreta. When a person consumes a sufficient amount of this distilled excrement he becomes intoxicated. Repeated too often, it results in alcoholism.

Alcoholism, therefore, is a disease; as self-inflicted as most human diseases are, with this difference: alcoholism, like suicide, is deliberate, though fortunately not as final, for the alcoholic still *can* choose to quit alcohol, heroic as the effort may have to be. Alcoholism which is no respecter of persons or social status, is a preventable and curable disease, as testify the thousands of members of Alcoholics Anonymous and others who have been definitely cured.

Alcoholism, like narcotics, destroys the man, for it divorces the animal man from the real man, the thinker, the perceiver, the chooser, thus leaving the mere shell, an animated shadow in human form. He is often more destructive and vicious than the unmolested animal, for the human vices and animal passions held in check by the thinking man, the controller, are now set free. The result is too well known. It is recognized as a major source of evil, immoralities, juvenile delinquency, diseases, especially venereal and mental diseases.

It is granted that no one designedly becomes an alcoholic, but the undisputed fact is that the first and subsequent drinks *are* deliberate though often repugnant. Indeed, there are few who acquire an uncultivated tolerance for the ill-tasting alcoholic irritant. Once the habit is acquired, alcohol is freely imbibed just for the novel pleasure of it, or for euphoria—the sense of well-being—artificial and exaggerated though it is.

There are those who drink for the sake of "getting drunk," as an escape from a humdrum existence and from a variety of frustrations and the resultant sense of inferiority. Some drink to release internal inhibitions, others as a revolt against external prohibitions; while considerable social drinking is done for good fellowship's sake. Whatever the reasons for drinking, the choice is still a deliberate one.

It is only after repeated indulgence that the drinker slips unconsciously into degrees of intoxicating flights from exacting realities into a world of phantasy. He has reached the border line when the feeble admonition of the "still small voice" slowly yields to the deceptive self-assurance—a sort of seductive boastfulness of being able to "quit any time I want to"—when he finds himself a "compulsive drinker," the slave of alcohol with a steadily diminishing choice in the matter. The very nature of alcohol is a compulsion to repeat the drink rather than to leave it; Also it weakens the will to *want* to quit. Two strikes against the good intentions.

The Ancients had a proverb for it: "The man takes a drink, the drink takes

a drink, the drink takes the man." For the truth is that alcohol in whatever form—be it whisky, wine, or beer, disguised as a cocktail or highball—still is not a beverage, something to drink. It is a *drug*—a poisonous, narcotic, and habit-forming drug, ethyl hydrate, ethyl alcohol. It is not a stimulant but a depressant. The seeming stimulation is due to a lessening of restraining inhibitions deemed essential and proper when sober. Alcohol does not produce heat in the body as commonly believed; on the contrary, it dissipates it quickly by dilating the arterioles and capillaries of the skin, which actually diminishes bodily heat while causing a momentary surface warmth. It also lowers resistance to disease.

Like any narcotic, alcohol first benumbs and later destroys the higher brain centers and intellectual faculties. The drunken stagger shows what it does to the motor nerves and muscular coordination. Self-control, self-discipline, discrimination, and judgment are suspended and supplanted by maudlin, unbridled animal sensuality, often running riot. A blasted life, a social misfit, an economic liability, a family tragedy, he is now an alcoholic patient, perchance on his way to an insane asylum or to a premature grave.

The American people in 1955 consumed \$10,090,000,000 worth of alcoholic beverages. Of this total \$5,035,000,000 was for hard liquor and wine and \$5,055,000,000 for malt liquor.

Marty Mann, Executive Director, National Committee on Alcoholism, states that "about one billion dollars is the annual cost to society for the care of inebriates." There are no available figures of other incalculable losses as the aftermath of this staggering spree. Nor are there complete figures of the loss of life. For obvious reasons death certificates do not always show alcoholism as the cause.

In his book *How to Live Without Liquor*, published by Farrar, Strauss,

and Cudahy, New York, N. Y., 1955, Ralph A. Habas, Ph.D., states in the United States alone 65 million persons use alcoholic beverages. Of this total eight million are habitual drinkers and at least four million are those whose drinking has become a serious problem to themselves and to others.

The number of problem drinkers among women actually equals or exceeds the number among men, according to Dr. Marvin A. Block, Buffalo physician widely known for his work in alcoholism. In the city of Los Angeles alone, police arrested 5969 women for drunkenness in 1956. On a national scale before World War II, one out of six women was an alcoholic, now it is at least one out of four.

This is not a pleasant record to behold of mothers and potential mothers of the race, who thus cripple their bodies and minds, upsetting their psychic equilibrium. Worse yet, they inflict the irritating alcoholic poison upon their unborn babies, whose very life-blood is that of the mother, circulating through the placental membrane. The cold facts in vital statistics dealing with this subject make distressing reading.

Woman-like, milady who watches her weight by counting calories in her diet, will deny herself a mayonnaise salad dressing, yet will drink cocktails which greatly exceed mayonnaise in calories. She is also blissfully ignorant of the fact that alcohol disturbs the function of metabolism, causing fatty degeneration of such vital organs as the liver and heart.

When an alcoholic takes a drink, an irritation is set up in the brain. This in turn, causes a change in the patient's personality which deprives him of his erstwhile rational sense and will. It has been found that an ordinary drink affects the ability to measure distances and as little as two-thirds of a tablespoonful of alcohol diminishes clearness of vision. Many observers hold that, by taking a moderate drink four hours be-

fore driving, one is no longer a "safe" driver.

Scientific tests prove that in automobile driving the amount of time between receiving the impression of danger and the reaction to avert it varies from one-fifth of a second to a second. One or two drinks retard this reaction, and while there is not enough alcohol in a drink to intoxicate, yet there is enough narcosis to lessen spontaneous reaction to emergencies. This may in some motorists make the difference between arriving at the appointed destination a whole man or one of two other possibilities: a spectacular ambulance ride to the hospital or an unscheduled rendezvous with the coroner at the morgue. Something for participants in cocktail parties to consider is that one or two cocktails may supplant caution with recklessness caused by the deceptive buoyance it produces, particularly in teen-agers.

*Accident Facts*, 1956 Edition, reports that alcoholic beverages were involved in 26 out of every 100 traffic fatalities in 1955. Of the 38,503 people who died in motor vehicle accidents in 1955 alcohol's share was 9,958.

Society protects itself and the alcoholic against himself, but it is at the mercy of the moderate or social drinker.

A perusal of pre-war European reports in the extensive literature on alcoholism shows that the so-called "wine drinking countries" like Italy and France have their problems of alcoholism and all its evils, even though there is less obvious acute drunkenness. Field Marshall Von Moltke summarized beer-drinking Germany's alcoholism problem when he said, "Beer is a far more dangerous enemy to Germany than all the armies of France."

That alcohol does not provide a stimulus to creative art as some erroneously believe has been proven by many qualified observers. In the March, 1946, issue of the *Quarterly Journal for the Study of Alcoholism*, Anne Roe, Ph.D., reports a study of the personalities and drink-

ing habits of twenty leading painters who represent all of the current trends in American art. With one exception, they have all found that "alcohol is not a good stimulus to creative work and that they do not use it consciously for this purpose. If they have a heavy schedule of work, they may deliberately avoid its use, except to a very limited extent."

One top-ranking artist stated that "a pre-dinner cocktail had made it impossible for him to draw a straight line at eleven at night."

An understanding of the psychophysiological aspect of the cells of the human body may help to prevent the alcoholic habit. The cell is primarily a unit of life. It has a degree of intelligence of its own, as is seen in its selection of the nutritional elements it needs. The brain cells select phosphorous; the bones, calcium; the hair and nails, silicon; and so on.

The cell has also a memory of its own. Indeed what else but cell memory is the precise technique of the musician's fingers playing the instrument? The typist's lightning-like fingers at work, the dancer's symmetry and grace of movement? Or the skillful hands of any manual craftsman? All show a perfect example of cell memory—lessons learned and remembered.

Training the cells to alcohol adaptation takes less effort, for alcohol is a carbohydrate of high caloric content, a deceptive temporary food substitute which checks the desire for food, resulting in vitamin deficiency and cell starvation. The cell may learn to depend upon alcohol for its life-sustenance. When deprived, it causes acute hunger, a fierce craving, an infernal torture known only to alcoholics and, to a lesser degree, to those engaged in their rehabilitation.

Witnessing an alcoholic in the throes of delirium tremens is not a pretty spectacle. No less painful is the moral anguish following the "hangover" the

morning after, when the alcoholic surveys the spiritual and material wreckage. The remorse and futility of atoning for the grief inflicted on loved ones are a veritable "devil's brew" that only man can conjure for himself.

A noteworthy phenomenon observed by this writer in institutional practice years ago was the effect of meat eating on craving for alcohol. Withholding meat from the patient's diet, while under treatment, caused a marked lessening in the craving which eventually ceased entirely. However, the craving returned immediately after the patient's first meat meal, even after prolonged meat abstention. Significant also is the fact that alcoholism is unknown among non-meat eaters.

There is an obscure factor in Nature which if recognized and utilized in alcoholism, would help considerably to check the progress of the disease and effect its eradication in the earlier stages. This factor is the "Law of Cycles," erroneously called "habit." Yet it is the very basis and process by which habit is formed.

The cycle begins with the moment of the first thought or act of any kind or of any event, great or small. In alcoholism, the cycle begins with the first drink. It gains momentum with each repetition, until the tendency with some drinkers becomes fixed and compulsive. The cyclic law, however, is equally as effective in *breaking* any habit as it is in forming it—drinking included. It is even more effective when consciously employed. Breaking the first cyclic impulse to repeat an act is difficult; it is less difficult in the second effort and still less in the third and so on. Eventually the tendency fades out.

It must be emphatically stated that no habit, however firmly entrenched, can long survive the sustained impact of "cyclic law" knowingly applied and strengthened by man's resolute will to conquer.—Reprinted from *New Outlook*, May, 1957.

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## The Rosicrucian Fellowship

Oceanside, California, U. S. A.



## The Lost Estate

What is a man profited, if he shall gain the whole world, and lose his own soul?—Matthew 16:26.

**T**HE deeply mystical and soul stirring biblical story of the Prodigal Son who left his father's household, wandered into the wilderness of the world, and fed upon the husks of its pleasures, is emblematic of all mankind. In the dim, long forgotten past, we have all left our Father's house and are now *wandering in the wilderness* of the world, for the most part completely oblivious of our true divine stature—*Sons of the Most High*. Nevertheless, within the immortal soul of each there sounds a compelling voice which urges us to return to the throne of the Father.

For the most part this *still small voice* has been smothered and silenced by a life which allows little or no time for spiritual study or contemplation. Material pursuits *alone* without a balanced life of prayer, study, and meditation, have starved the inner man as eating the husk without the kernel would starve the physical body. Some intuitively sense and respond to the inner spiritual desire to regain a conscious oneness with the Creator; seeking to express in their minds and outer life, divine harmony, peace, and happiness. For they realize—if but dimly—that they lost consciousness of their spiritual estate by paying too much attention to the things of this

world and therefore, as they correct this error, and take time daily to turn their thoughts to God, they are in effect building the inner bridge which leads to the Father's home.

Man is, in a sense, a law unto himself. What he thinks in his mind must through immutable laws of nature become established in his own consciousness and world. *As a man thinketh in his heart, so is he*, are the greatest words ever spoken for the modern seeker of this Lost Estate. Our thoughts, we are told, come home to roost. Because our thoughts take shape, and form, in the invisible worlds—and return to their creator—we have the creative ability to shape for ourselves a personal world of heaven or hell; a life filled with peace and true achievement, or inharmony and failure; a physical body which is a true guest chamber of the soul, or one which is its prison. Modern science has confirmed much of the Rosicrucian Mysteries and today we know that there are worlds within worlds. Man is himself a universe in miniature. We may say that man was created in thought by the Divine Architect of the universe, and just as our thoughts make a pilgrimage out from us and return to us, so, too, are we as God-thoughts, making a pilgrim-



age through matter, divinely destined to return to the abode of His Presence—co-creators with Him. How long it takes to make this cyclic journey is up to the individual effort and adaptability.

Just as there are those who are responsive to the Divine Fiat and purposely seek this inner kingdom, so, too, there are those who are too absorbed in the affairs of the world to make any conscious effort to seek and regain this lost spiritual heritage. However, all of us have experiences in life which impel us to seek this lost estate—to a degree we all experience a spiritual homesickness. Because this spiritual kingdom is at the extremity of our consciousness, it is usually while we are at the extremity of our moments of inspiration—or sometimes suffering—that we know we are citizens of another, more sublime world. The moment of this realization may pass, but the unconscious yearning for a richer and fuller life shall ever have its silent effect. It is said that man is incurably religious. Take religion away from a person and he—almost without exception—will spout atheism with as much vigor, or more, than the religious fanatic will shout for his cause.

Yes, as Prodigal Sons, we have all left the high spiritual estate of the Father, to concentrate our attention upon this earth sphere, and gain much needed experience and soul growth—just as a seed is planted in the warm, form-giving ground, to enable it to grow into a majestic example of that inner pattern indelibly ingrained in it. BUT, this physical existence and clothing is but a means to an end and not the end in itself. This is a very necessary, but nonetheless temporary, state of physical manifestation. When the tree reaches maturity it bears fruit which is planted in more fertile ground—thus it is with the Spirit of man. The Spirit is forever outgrowing its earthly form and ever seeking greater and nobler soil in which to sink its roots, take form and grow.

The Prodigal Son of old, after he had

spent his substance in riotous living, realized through his adversities that to be a servant in his father's household was to be infinitely more desirable than to continue in his old way of living. With some misgivings in his homesick heart, and fear of his father's wrath, and with a contrite spirit, he turned his face homeward. He was overwhelmed with unspeakable joy as his father—seeing him from afar—rushed forth to meet him, embraced him, clothed him, and had a great feast in celebrating his return.

The spiritual healing message from the Rosicrucian Healing Temple, this month, is that there is really only one place wherein you can return to the Father's house—and that is within yourself. You are through your thoughts, prayers, and experiences in life, building an inner spiritual temple of the Spirit and it is in this Tabernacle that you are to meet God face to face and answer His Call to return home. The path leading to this Lost Estate is found through exercising self control, love and devotion to high ideals, a short period of time set aside each day for study and prayer, and a life of service—which is prayer made manifest. Regardless of what has been done in the past, when the sincere soul seeks this Inner Presence—God reaches for His hand to welcome His wandering Son home.

\* \* \*

#### HEALING DATES

Visible Helpers are just as necessary as Invisible Helpers, and our friends and patients may share in a high privilege, as well as add much to the power of liberated healing force, by joining us in prayer for the sick. Our Healing Service is held every evening in the Healing Temple at 6:30, and in the Pro-Ecclesia at 4:45 P.M. when the Moon is in a cardinal sign on the following dates:

July . . . . .	3—10—17—24—30
August . . . . .	6—14—21—27
September . . . . .	2—10—17—23—30

## How the Rosicrucians Heal the Sick

**T**HE Rosicrucian method of healing is as effective as it is unique. It is a method which is accomplished by spiritual means but requires a certain amount of cooperation from the person who is in need of healing. The applicant is required to write the request in pen and ink, as this ink carries with it the effluvia of the Vital Body and becomes the means by which the Invisible Helper is able to gain entrance into the person's body and effect the required healing. Further, the person asking for help is required to write at least once each week giving a short report on his condition to keep the Invisible Helper informed as to the progress which is spiritually seen by the Invisible Helper via the effluvia carried in the ink of the new report.

Invisible Helpers are Probationers of the Rosicrucian Order who, by virtue of living a pure life, work under the guidance of the Elder Brothers and other Probationers who are physicians. They work in bands and do most of their work at night while their physical bodies are asleep. These bands are formed all over the globe, therefore this ministry is perpetual.

The Invisible Helpers will help any person under fourteen when asked to do so by the parent, but each person after this age must make his own request for help. Almost without exception the person who has asked for help will receive immediate relief—that very night. However, the actual healing will be accomplished in accordance with Nature's laws and this time varies with the condition and cooperation of the person in need. While the Invisible Helpers are giving help from the invisible realm, we request each person to seek within himself the cause of his problem and endeavor to apply the ounce of prevention where possible. Also, we request that the person cooperate in every way with our Healing Department and whether

the letter is immediately answered—which usually it is—or not, a weekly, brief report be sent to Headquarters on the progress made.

Diet should always be changed slowly. However, a vegetarian diet should be undertaken with accent on fresh fruits and vegetables.

This healing work is completely spiritual and even before your request reaches Headquarters, the Invisible Helpers, operating under the command of Christ to, "Heal the sick" are drawn to the person and must in accordance with absolute law, render all possible aid; "ask and ye shall receive."

Occasionally we refer those who have asked for help to a doctor of their choice to augment the healing. However, even if this is done, the Invisible Helpers continue their work from the inner realm—this is true even in cases of surgery.

We do not pray for anyone's prosperity, success, etc., however, by request sent to Headquarters the Invisible Helpers may help with personal problems of home, children, etc., where the need is based on one's spiritual welfare and harmonious home life.

Everyone is invited to join us in prayer for the sick at any time of the day or night, but especially at 6:30 P.M., your time, when possible. Close your eyes, relax, and envision the Rosicrucian Emblem with a pure white rose in the center and silently meditate upon the words, "Divine Love and Healing." You thus become a channel for releasing the healing balm which comes direct from the Father and this becomes the spiritual panacea which the Invisible Helpers use in their healing ministry. At various times of the day and night, prayers are said for the sick at Headquarters and everyone is given individual attention.

Send your request to The Rosicrucian Fellowship, Oceanside, California,

# Children's Department

## Spring Sprites

B. COURSIN BLACK

**T**ITA was angry. Tita was very angry. The very idea of a music lesson today! On Saturday, of all things, and the sun golden as the heart of a daisy. So Tita had skipped out and hidden in the grove by the brook.

She lay on the cool earth. The brook sang to her. The song of the brook was gurgly with joy. Tita felt quiet now, and happy. She stared at the creamy clouds and wished she could ride them.

Then came the music. So faint, so sweet she thought it was a lazy bumblebee. But no, it was different. She turned her head. Then she looked hard.

The creature was tiny as a minute. All shimmery green, with yellow hair like a filmy robe. And she was playing! Playing a violin of two of the smallest blades of grass that ever were. Tita rubbed her eyes.

"Ah! so you finally can see me!" The creature's voice was tinkly, like a cube of ice in a glass you shake.

Tita only stared harder. But she was full of wonder.

"My name? Seeba," the elfin girl said, as though reading Tita's thoughts.

"But — what — what, why —" Tita spoke at last, her eyes very big.

"Nobody ever sees me," Seeba read her thoughts again, "unless she has caught the Spirit of Spring."

Tita opened her mouth for more questions. But Seeba smiled and waved her hand. "Come," she said, "I'll show you."

All at once Seeba grew tall, till she was as big as Tita. They were standing in a large forest. Monster trees were all

around, and hills and a roaring rushing river so very wide the far shore was not even in sight. Tita looked around, frightened.

"No," Seeba said. "Everything is the same. You have just been changed to my size. The trees are just grass, the hills are clumps of earth. And see the little brook." She pointed toward the roaring, rushing river.

Seeba took her hand. They walked over the strange ground till they came to a cave. Tita kept thinking. She had so many questions. But she was so busy looking at things. A monster rock stood by the cave. It was blue and shiny.

"Remember the blue bead you lost?" Seeba asked, touching the giant rock and smiling at Tita's expression of surprise.

Suddenly Tita screamed. A great snake went wiggling by. Seeba spoke softly. "An angleworm. He carries away the gravel and brings rich earth instead, so the flowers will grow."

They came to a log that crossed the tunnel. "The root of a violet," Seeba explained. She spread silken wings that Tita had not seen. Together they flew over the root.

Tita could no longer see. It was dark as ink. Then she was aware of a faint silvery glow. Brighter and brighter it grew. Flying birds seemed to glow with the light. "Fireflies," said Seeba. "Our lighting system."

Then they saw a number of queer little men, dressed in brown, with empty buckets. "Gnomes," the elfin creature told Tita. "They collect the

dew in buckets and water the roots."

Then there came a line of dainty creatures like Seeba. Some were orange, some rose, some green. They had full buckets and were pouring the dew on some roots. "Sprites of Spring," Seeba said, like a guide on a sight-seeing bus. "They were lazy today and are late."

"Are you a Sprite of Spring?" Tita asked. She was still afraid of things. And her voice sounded so tiny when she spoke.

"Oh, yes. I went to the South all winter. We came North in a cloud train, a few weeks ago."

Suddenly she stopped. She turned



pale and started to tremble. "The Queen," she said quickly. "She will punish me. If I could hide somewhere. But it's too late."

A gleam of dazzling yellow light shone against Tita's eyes, and before them stood a vision of loveliness. She was taller than Seeba, and wore a bright green gown that shone in all the colors of the rainbow. Her hair was bluish in color, but it didn't look strange. Tita thought she had never seen anyone so beautiful. But the Queen's eyes were flashing.

"You didn't come to practice," the Queen spoke, looking at Seeba. "You ran away and went outside to play. Well, for that you will stay in the cave all night and not go up to the clouds. And you'll play your violin all night."

Seeba began to plead. "It will rain tonight, dear Queen," she said tearfully.

"I do love to ride the raindrops, and there will be so many new Sprites coming."

One of the vast snakes came in sight. Tita forgot that it was only an angle-worm. She began to run. Faster and faster she ran. And then she was out in the sunshine. Alone. She rubbed her eyes and stared about. It must be very late. The sun had almost set. Dark clouds were gathering. Tita did not wait. She ran home....

That evening Tita played her violin. Her mother played the piano. Dad read his newspaper. Brother Jan was oiling a baseball glove.

Then Tita heard the music. Faint and sweet it was, as fairy bells.

"The Spring Sprites," she said eagerly. Brother Jan looked up and sniffed. "Aw," he grumbled. "It's raining. Now we may not be able to play ball tomorrow."

Tita tilted her nose at him. How could a boy know? But she understood. The Spring Sprites were coming in full force. Now all the glory of spring would burst forth. The woods and fields would feel the magic. She wondered if Seeba was riding the raindrops. Or if she had to stay in the cave and practice. Tita took up her violin and began to play again hard.—From *Aquarian Age Stories for Children*, Volume I.

\* \* \*

## CHILDREN OF LEO

(Continued from page 26)

to the negative influences of Sun square Neptune, July 23 to August 3, and Venus square Saturn which overlaps from July 27 to August 7. They may become victims of drugs or alcohol. They must be carefully taught to abstain from stimulants. Consideration for others is an important lesson for them to learn.

From July 29 to August 17, Mars is conjunct Pluto and sextile Neptune. This gives an interest in mystical and occult subjects. It intensifies desire and gives strength to purpose. It brings Destiny to a climax.