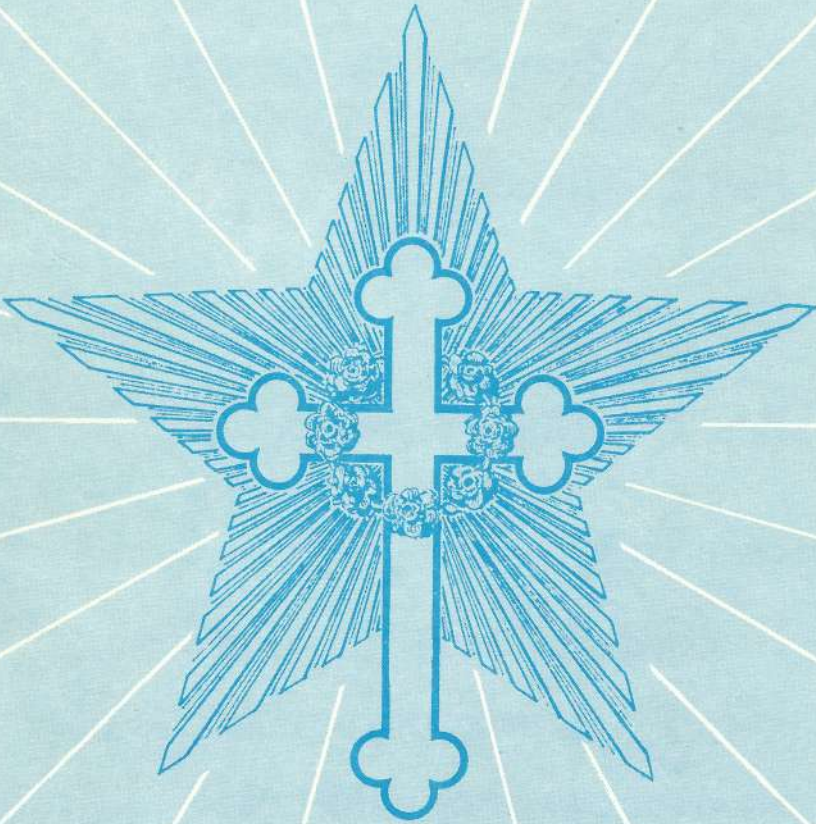


January, 1977 50c

RAYS from the Rose Cross



*The
Rosicrucian Fellowship*



OCCULT PRINCIPLES OF HEALTH AND HEALING

by

Max Heindel

Part 1 — Man and His Vehicles

Part 2 — Disease

Part 3 — Healing

Part 4 — "There is No Death"



CHAPTERS ON:

ASTROLOGY AS AN AID TO HEALING

HEREDITY AND DISEASE

THE THERAPEUTIC BASIS OF LIGHT, COLOR, AND SOUND

244 Pages

Fully Indexed

Cloth Bound

**The Rosicrucian Fellowship
2222 Mission Ave. Box 713
Oceanside, CA. 92054 , U.S.A.**

The Rosicrucian Fellowship Magazine

ESTABLISHED BY MAX HEINDEL
JUNE 1913

Vol. 69

No. 1

January

1977



"A Sane Mind, A Soft heart, A Sound Body"

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Subscription in the U.S., Canada, and Mexico, one year \$4.50; two years \$8.00. Other countries, \$5.00. U.S. money or equivalent. Single copies 50 cents, current or back numbers. Entered at the Post Office at Oceanside, California as Second Class matter under the act of August 24, 1912. Accepted for mailing at special rate postage provided for in Section 1103, Act of Congress of October 2, 1917, authorized on July 8, 1918. Writers of published articles are alone responsible for statements made therein.

Issued on the 5th of each month. *Change of address* must reach us by the 1st of month preceding any issue. Address ALL correspondence and make ALL remittances payable to The Rosicrucian Fellowship.

Printed and Published by

The Rosicrucian Fellowship
P.O. Box 713 Oceanside, CA 92054 USA



BELOVED ONE

Shining, Radiant, Beloved One,
Whose Love invites all those to come
For help, for solace, or Grace Divine;
Who offers hand to realms Sublime,
Where woes and problems melt away,
Where dawns a new and thankful day,
FOR OPPORTUNITIES TO GROW

We fall, Beloved, and fall again,
And fail, and groan, and cry for gain,
Yet deep within we HEAR your call
To rise and reach for distance tall,
To bask in Light and Radiant Love,
And thank our Father on above,
FOR OPPORTUNITES TO GROW

Again, again, do we repeat
The trials and errors that do deplete
Our personal radiance, so that we must
Turn once again to you in Trust,
And try again to comprehend
The Plan Divine, as now we tend
OUR OPPORTUNITIES TO GROW

And then, O Master, comes the day
When the veil of darkness lifts away
When with a glorious and radiant thrill
We comprehend! Then pause so still
To pour out thanks, and to project
Our wisdom new, and not reject
OUR OPPORTUNITIES TO GROW

Then how life changes for the best,
As trials and troubles cannot rest
With weight and sorrow on the heart.
As lesson, learned, does now impart
Divine intention that we might
Praise GOD, and Master, with delight,
FOR OPPORTUNITIES TO GROW

—Dot Common

MY ELUSIVE SONG

Right out of the blue sky a song came to me,
Whispering lyrics with a sweet melody.
Floating on the wings of a beautiful thought
As if it were something the angels had
brought.

It lingered awhile, and then faded away,
Escaping from me, no, it just wouldn't stay.
I tried to recapture the whole of the theme
But it faded away as if in a dream.
But it left behind a great feeling of peace
And fulfillment that only Love can release;
Leaving me with peace and feeling so odd,
As if I were touching the hand of God.
With only the essence I feel from my song,
I'll share it with you, and you pass it
along.

—Virginia Lee Clarkson

TOMORROW

He was going to be all he wanted to be,
Tomorrow.

No one should be kinder and braver than he,
Tomorrow.

A friend who was troubled and weary he
knew,

Who'd be glad of a lift and needed it, too,
On him he would call and see what he could
do,

Tomorrow.

The greatest of workers this man would have
been,

Tomorrow.

The world would have known him, had he
ever seen

Tomorrow.

But in fact he passed on and faded from view,
And all that he left here when living was
through

Was a mountain of things he intended to do
Tomorrow.

--Anonymous



Editorial

A New Year

A clean slate, an open road, a new chance. All of these things we think of as the bells of the New Year ring out.

We look back the way we have come, but seldom are we satisfied with what we have done. Sometimes it is a divine discontent we feel when we realize how little we have learned and grown. Sometimes, also, it is a worldly discontent that we haven't gained more of a material nature.

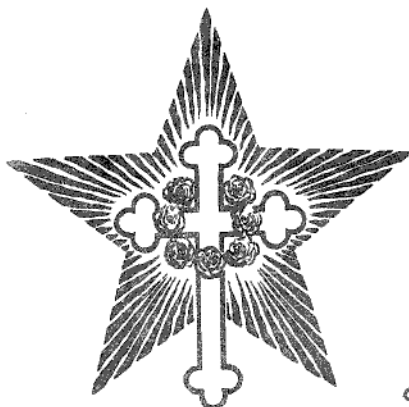
Time, the artificial marker in eternity, again sweeps past a milestone. The world pauses to acknowledge it and even as it does so is swept onward into the future. We cannot stand still. Even the very atoms in our body are in ceaseless, rapid motion. The stars in the sky and the globe we rest upon are hurtling through space at tremendous speed.

Scientists tell us that each atom is like a miniature solar system. When we consider the millions of atoms which compose the human body we can see that we are, indeed, bodies of Light. The whole mass is captured and slowed to the point where the form is visible to our physical eyes as solid matter. Nevertheless, it is Spirit. Someone has said that matter is intercepted Light. God is Light. All is God. It must, then, follow that there is no other substance which we can use to build the body. It is we, ourselves, who determine the amount of Light which we conceal or reveal. It is there if we but let it shine.

If we begin to take note of the comforts and conveniences we enjoy and make the effort to give them a moment's thought of appreciation, we will find our lives enriched. The moment we are in is the important one. What we do with it colors those that follow. An attitude of appreciation and recognition of the blessings we are constantly receiving cannot but enrich our appreciation of the moment which follows.

If we are truly on the spiritual path we consider each day, each moment, a new beginning, for we are constantly aware and striving for renewal of purpose and action. It is good to use the New Year as a starting place for improvement of self. Let us also remain sensitive to the world around us and our relationship to it each day, endeavoring to make each better than the last.

Mystic



Light

Serving

Helen Pelletier

In our world of tone, energy waves of vibration continually are serving the Earth and all life on it — for good or ill. In man, these vibrations are patterned by motive, which is established by desire and implemented by will-power. Pointing this will in the most truly progressive direction, man is taught that loving service to others is the ideal way of life.

Awareness of our individual power potential is still new to humanity. We are literally miniature powerhouses, each ruling his microcosm as God rules the macrocosm. The realization of such power awakens the desire and will to use it. Because desire and will determine the nature of our motives, and motive determines the kind of vibrations we release to the world, serving the needs of others easily is overlooked amid the delights of exercising self-will. This preoccupation with self and lack of interest in the needs of others creates changes in our vibrations that are felt more as *disservice* to our world and all life here.

Motives cannot be hidden or denied. They are recognized, especially when the fruits of negative thought and action return to the sender multiplied in force. How often are we warned about this aspect

of the law: that what we burden or bless returns to burden or bless us and that it is unwise to release a thought we do not wish to see returning to us increased in intensity!

We know these truths, but often lose sight of them until experience makes us aware of the divine love with which we are surrounded. Shame for the selfish, unloving motives overtakes us. We would hide them or justify them until we are motivated to alter them by considering others first.

The great Hierarchies entrusted with man's evolutionary progress work patiently to see that all of his experiences serve as stepping-stones to growth. Because our Father's Law is unchanging, it is His good will that every experience man fashions for himself be turned to good purpose. Even when we release only good energy vibrations merely in order that only good ones return to us, at last we are aware of the Law and our need to obey it. At last we understand the importance of screening our motives, because all manner of justification cannot transform a selfish act into an altruistic one, nor can its motive be glossed over. Gradually, we learn to choose

true service for the joy of serving. How wise are our God and His ministers!

Motive determines the nature of energy waves that all life sends forth. Only goodwill motives produce thought and action worthy to be called service. All others — envy, anger, hate, and the like — are based in love of self and must be counted *disservice*. They produce evil thought and action. We understand, however, that all experience is good experience under existing circumstances, and therefore "evil" is to be turned to good account for onward growth.

While we are developing the will to screen out low desire and selfish motives and learning the ideal serving way of life, man experiences service and disservice from his fellow man, from life-waves beneath his scale of development, and from those in advance of him. Man blesses and exploits the mineral, plant, and animal kingdoms and, in turn, is blessed and exploited by them. The same is true regarding life-waves stronger and more developed than man.

Our richest blessings come from those creative Hierarchies to whom the Father has entrusted our protection and growth. Their service is rendered in purest wisdom and justice, in accordance with God's will, and much progress is achieved wherever man responds to their guidance.

Lucifer Spirits

Disservice, however, is far more difficult to turn to good account. The Lucifer Spirits are the outstanding example of disservice. We know them as: "A class of Beings who attained to a stage of evolution far beyond that of humanity in the Moon Period, but fell short of the development of the Angels. They are demi-gods, and could not take a dense body like man. They needed a brain and spinal cord and so, when man built such an instrument, it was to their advantage to prompt him in the use of it."

Humanity needed self-awareness in order to establish individuality. The use of our wonderful instruments, a spinal canal and a brain, however, was taught us from selfish

motive! And how readily man responded to it! How readily he permitted this invasion and misuse of the instrument he had built! And how readily did these demi-gods establish a city of Babylon in the left hemisphere of man's brain and take dominion there as king! This symbolic Babylon, city of confusion where sorrow and suffering abound, is precisely what willful man endures today!

Surely, this is no small matter! Indeed it is outright *disservice* that is requiring many lives for man to conquer and transmute to good growth. And judging from man's share of guilt for continuing to submit to such demoralizing mistreatment from demi-gods, it is obvious that our disobedience to God's Law is more deeply entrenched and crystallized within us than we had realized. Christ

When man's degenerative motives and actions had seriously crystallized his physical body and the Earth on which he lives, outside help was sent to teach him directly. The great Sun Spirit, the Christ, using the pure physical body prepared for Him, walked among the people during a brief ministry as Christ Jesus of Nazareth. His pure motive was to complete man's individualization by teaching him to understand his own divine powers and learn rightly to develop and use them.

Many heard, and some understood and followed this great Friend to man. His Teaching has spread around the world. However, among the doubters and disbelievers, the unyielding crystallization of mind and heart and of the Earth itself, persisted, making necessary the Christ's continuing annual service here. He returns after every harvest season, entering Earth's confining atmosphere to enliven an otherwise cold, barren globe and to assure growth and another harvest for man's sustenance in the coming year.

In this superb demonstration of the Father's good will for man, we have the perfect example of loving service, the sacrifice of a Friend, arousing man to awareness of his own latent powers with which

to overcome every challenge, even that of the Lucifers. This great Friend gives of Himself fully before leaving the Earth each spring with His joyous message of Eternal Life.

Identifying Himself, "I am the way, the truth and the life. . ." and "I am the Light of the World," Christ Jesus taught His followers, "Ye are my friends" and "Ye are the Light of the World!" "The works that I do shall ye do also, and greater. . ." With such statements, His followers are to understand that what He came to do for us, man can and must learn to do for himself for, as sons of God, we have the divine capability. We are to develop and control our powers and, with loving motives, cleanse ourselves and this Earth of the hardness caused by selfish vibrations. Then shall man fully function as the "Light of the World." **Babylon and New Jerusalem**

The Bible offers prophetic symbols to comfort every man as he is able to perceive their truth. Among these we find two cities mentioned: Babylon and New Jerusalem. This symbolic Babylon seems to represent the trauma created by conflict between Lucifer and each Ego for control of his will-power. The second is a City of Peace "that shall arise after the fall of Babylon." From the Memory of Nature, occult students are provided helpful interpretation of both.

First, Babylon is a city situated upon seven hills, having dominion over the world, with Lucifer (day-star) ruling as king. The seven hills, like mountains, are prominences especially suitable for observation and, in the human head, refer to the two eyes, two ears, two nostrils, and mouth. Babylon is located in the left side of man's brain, "a city where mankind has ceased to act in unison, separating into warring nations," making it "the seed ground of all ills imaginable." Our Intuition confirms that this is a city of confusion and distress which man presently knows all too well.

In superb antithesis to our Babylon, the New Jerusalem of the future is called

"the bride;" it comes down from heaven, has twelve gates that are never closed, although the precious Tree of Life is within; there is no illumination but, instead, the light is within. There is no night, and the "Light of the World" Who shall arise *after* the fall of Babylon, shall reign over it forever and there shall be no pain nor sorrow there.

From this information, we understand that man's present state of mind and his self-will must "fall," must change, before the future Jerusalem can replace the sorrows of Babylon. Therefore, these two states of mind and the transition from one to the other depict the struggle of spiritual man, the Ego, to gain control over his vehicles. And, until this conflict is resolved, we understand the Christ's Teachings and His continuing sacrifice on our behalf as the loving visitation of a friend when illness strikes. With the purest, most helpful motive, He stands in for us, His friends, as the Light of the World, until such time as we attain the wisdom, purity, and strength to fulfill our destiny of purifying and governing this Earth as sons of God must do, literally becoming its Light.

Man needs friends to love. To earn them, he must be a friend by expressing love to others. Everyone who has pursued this course agrees that one cannot love others without being hurt. Yet what is self-hurt but self-love? That is not love for others at all. Getting this straight clarifies and adjusts our motives. When this is accomplished, our reactions to whatever others direct to us can be received with love, as from a friendly teacher, whether it wound or please us. Without bitterness or feelings of self-injury, we can take all experiences to our Inner Counsellor and there find a true reaction.

Love

Service, when we first consider practicing it, sounds too much like duty and responsibility to an Ego who is still determined to exercise self-will. How complicated life becomes at this point, trying

to please God by obeying the Law and, at the same time, pleasing self! It is impossible to do; but the divided loyalty persists until the solution of our magnificent Friend the Christ dawns upon us. Declaring that He came to fulfill the Law, He simplified it, sweeping all of the Commandments into one brief Commandment: "Love one another!" Even obedience loses its distasteful connotation when linked to love. That leaves only the hurdle of insecurity to overcome — the fear associated with our vulnerability when we love others. How shall we safely follow the Christ's instructions?

"Love your enemies, and pray for them that persecute you; that ye may be the sons of your Father who is in heaven. . . ." Our great Friend anticipated and met our fears with a promise to His faithful followers:

"If ye love Me, ye will keep my Commandments, and I will pray the Father and He shall give you another Comforter, that he may be with you forever, even the Spirit of Truth."

Man calls this Spirit of Truth forever with him Intuition, an Inner Teacher. Our loving Friend has prayed the Father on our behalf. We find perfect security as we learn to perceive and follow the silent Inner Voice of wisdom guiding us in every detail of life.

Today the violent vibrations emanating from man's Babylon seem to grow more painfully penetrating. Our strongest brothers, too, have their breaking point in this world of tone, and when the cacophony reaches that point, personal Babylons fall — if not by free choice, then out of sheer agony. Therefore, our best spiritual nursing service is needed *daily*.

Forgiveness

For remedy, then, the selfish exploitation of the Lucifers must be viewed as a painful lesson in will-control. If spiritual man is to take full command of his vehicles, as taught by the Christ and confirmed by our Inner Tutor, this is where all thought for self, including bitterness toward the Lucifers, must end, and where

the change-over to higher motives must begin. We must radiate love in return for their action. The single word for it is forgiveness.

As good incentive, we find absorbing interest in physiology involving, among other things, study of circulation of the blood, that life-giving vehicle of the Spirit, and the heart muscle, which is such an anomaly to modern day physiologists. Understood to be an involuntary muscle with lengthwise stripes like other involuntary muscles not under control of the will, the heart now is exhibiting some cross-stripes like a voluntary muscle, and shifting from its left side position in the body to a "right" position as, bit by bit, spiritual man increases control of his organs.

In time, we are told, those cross-stripes will develop fully, and the heart will be under man's control. This means that we shall be able to direct circulation of the blood at will. Flow of life-giving blood then can be directed to the right hemisphere of the brain, now known to be little used, and supply can be cut off from the left side, bringing about the fall of our Babylon, our city of confusion and sorrow, ousting Lucifer, its king. And when the blood is directed freely to the right brain, the building of our New Jerusalem shall be in progress!

By obeying our inner guidance, we find that the little self is learning its total security. Now we can forget all fears for self — the selfishness fear causes — and turn attention to freely loving and serving others. Each gain in will-control we can visualize as a love offering of gratitude to our great Friend the Christ for His sacrificial service to us and for the Light increasing within man, cleansing and lighting our Earth!



The Enigma of Truth

Robert C. Lewis

When the Divine Spark which became an individual human Spirit separated itself from the rest of the Universal Spirit and formed its own individual Ring of the Niebelung, it eventually brought into being the individual Ego.

The individual consciousness and intelligence of this Ego was obtained by a process of restriction. In order to be conscious of that which is without, the Ego must draw within its circle and form the illusion that it is separate from all that exists outside the sphere of its consciousness. This individual sphere of consciousness may be expanded gradually through the evolution of the physical senses and the development of the soul body which is attained through a life of service to others. When we consider the millions of human beings whose ring of consciousness interpenetrates the consciousness of other human beings, then the host of Angels, Archangels, planetary Spirits, Solar Gods, Universal Spirits and finally the Supreme Deity, which engulfs all consciousness that manifests within Him, we are left with a deep sense of humility.(1)

The enigma of truth lies in the mere fact of our looking for it. We limit ourselves in the mere act of thinking about it or reading about it. What we read about truth is only something someone else thinks about it. At present, words are a very crude form of communication. We are told, in *The Rosicrucian Cosmo-Conception*, that the higher Beings of the Jupiter Period consciousness teach us not by words but by projecting pictures before our consciousness. When we reach the Jupiter consciousness our own words will have the power

of creation. (2) The mere fact of the use of words implies that there is a separation between the writer and the reader. As far as is known, Christ Jesus left no written words. Even His spoken words as reported by His followers are very few. He taught simply by "being." The drama of His actions in a perfect life showed mankind the way to follow. To find the truth we must be the truth. It cannot be found by intellectual means. As Confucius says: He who tells knows not. He who knows tells not.

Perhaps here Confucius is referring to the Absolute Truth, the Supreme Being. The Supreme Deity, being all that is, omnipotent, omnipresent, and omniscient, there could be no other being not under His authority, outside His space or beyond His knowledge to whom the Absolute Truth could be revealed. Any being, intelligence, or lesser Deity, no matter how large, powerful, or intelligent, that manifests within the Supreme Being could not understand the Absolute Truth. The part can not comprehend the whole.

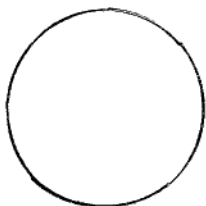
Speculation upon the Subject of Absolute Truth therefore seems futile if it is unknowable; yet, we are given consciousness within divine Consciousness. Why were we allowed to develop intelligence within higher levels of divine Intelligence? An answer to this question seems impossible, but perhaps we can find solace in the comparison of the love of a mother and a father for their child. The child is gradually given the benefit of the parent's experience of the physical world, but knowledge that may be dangerous to the child is withheld

(1) See diagram 6, page 178. *Cosmo-Conception*, Max Heindel.

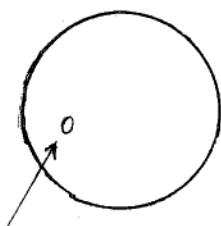
(2) Page 417-419 *Cosmo-Conception*, Max Heindel.

until he can understand and handle it.

Suppose we use the symbol of infinity, a circle whose perimeter has no beginning or end and whose area is conceived to be boundless, to represent the Absolute or the Supreme Being. Within that circle we place a small circle to represent the boundry of an individual human Ego or the Ego's consciousness. That which is within the small ring will always remain separate and at the most only dimly conscious of that which is outside the ring, as long as the ring remains.



Absolute Truth, Unlimited Consciousness, knowing no boundary.



The Ego's self-restricting Ring of the Niebelung separates the Ego from the Absolute.

As stated above, total consciousness would seem to be total unconsciousness, because if the Absolute were all that exists there would be nothing without the Absolute to be conscious of. However, as the child starting the first day of school, we must proceed from the known, step by step, to the unknowns that we are capable of comprehending.

A bottle of sea water floating in the ocean will remain separate from the rest of the ocean as long as the cork is in the bottle, but when the bottle is uncorked, the sea water becomes one with the rest of the ocean. This illustration seems to fit

the Buddhist idea of Nirvana: to become one with the whole. Nirvana implies "the complete extinction of individuality without loss of consciousness." (3) But how are we to still remain conscious if we are no longer individuals?

Let us suppose now that the symbolic Ring of the Niebelung is elastic and porous, that the substance in it is capable of penetration and of being penetrated, and that it is capable of mutation.

A cake of ice can not occupy the same space as another cake of ice, but if both cakes of ice are melted the molecules of water from each cake of ice can interpenetrate each other. If the water is boiled to form steam, the two original cakes of ice can interpenetrate each other even more and expand to engulf much more space. If we follow the mutations of the two cakes of ice through the atoms of hydrogen and oxygen comprising the original water from which the ice is formed and on through the de-crystallization of the matter into Spirit, we find that two key words always apply. They are: penetration and mutation. Just as the solid cakes of ice must undergo mutations to become liquid and gas in order to penetrate each other, so also the vehicles of the human spirit must undergo mutations to function in higher planes. In order for the Ego consciously to penetrate higher realms than the physical world, the Ego must have a vehicle made of the substance of those realms. Such a vehicle is composed of reflecting ether and light ether and is called the soul body. This vehicle cannot be produced through intellectual means. There is only one way to produce it. That way is through Love. Whenever an act of unselfish love is performed or help is given to others, these two substances — light ether and reflecting ether — are added to the vital body. When enough of these substances are accumulated, the soul body is formed. (3) Runes, Dagobert D. Editor, *The Dictionary of Philosophy*, Philosophical Library, New York.

(Continued on page 15)

1977 — A New Cycle

Christine Lindeman

Evolution proceeds in a series of cycles. The human Spirit moves in an elliptical orbit around its Source, which is God. We are farthest away from God during the Earth-life portions of our cyclic journey, and nearest Him during our post-mortem sojourn in the Third Heaven, the Region of Abstract Thought.

The law of periodicity determines our cyclic evolutionary progress, just as it determines the sequence of seasons, the alternation of day and night, and the tidal ebb and flow. Periodically we live on Earth, die, ascend to heaven, are reborn, and die again. Each Earth life is a chapter in a "serialized" life story, which increases in interest and importance as we ascend to ever higher stations of human responsibility.

Carrying this picture farther, we can describe each Earth life in terms of its own cyclic progressions. The recurring cycle of the seasons, the ingress and departure of the Christ Ray, establish a twelve-month pattern for all human beings on Earth. The inflow of cosmic force which imbues Egos, depending on the degree of their responsiveness, with the desire to surge forward spiritually, is followed each summer by a time of heightened physical activity. Each fall and winter we can, if we wish, take advantage of the renewed Christ aura to strengthen ourselves and our vehicles in terms of spiritual progress. Each year we can, if we wish, improve upon our standing of the year before, thus making each of our yearly cycles better than the one previous. At the end of an Earth life of many such cycles, we will find that we have made considerable progress and soul growth, and that our "treasures laid up in heaven" as permanent acquisitions of the Spirit will be much greater than they were when we began that particular lifetime.

The calendar year, although a man-made delineation of time, does parallel fairly closely the changing of the seasons and the earthly ingress and outgo of the cosmic Christ force. The "new beginnings" so hopefully spoken of at the start of each calendar year and the new year's resolutions so blithely espoused at this time are made during a period when spiritual forces are abundantly available for their implementation. We can bring about new beginnings in our lives at this time, if only we know enough to avail ourselves of the spiritual forces presently interpenetrating the Earth and if we have the deeply-ingrained desire, the will-power, and the dedication to do so.

We *can* implement a glorious new twelve-month cycle of existence for ourselves right here and now, at the beginning of *this* new year. We do not have to wait for the cycle that will come with a new life on Earth. We can re-dedicate ourselves to our ideals or impose new, more lofty, goals upon ourselves and seize upon the forces now available to help us reach these goals. If we sincerely want to and if we sincerely try, we can be much better people at the end of the cycle, 1977, than we are now at the beginning of it.

In the post-mortem period, after an Ego has gathered strength in the reservoir of pure Spirit which is the Third Heaven, it awakens to a desire for more experience — a desire which will lead it to another pilgrimage through matter in the dense world. This marks the beginning of a new cycle, but the Ego is not entirely freed from the cycles which have come before. As it descends toward rebirth, it can gather only those materials for its new vehicles for which it already has an affinity — an affinity based upon its conduct in previous lives. Similarly, although it will have some

choice regarding the general experiences and environment of its forthcoming Earth life, it is under obligation to pay certain debts of destiny and learn certain lessons — all, again, based on conduct in previous lives.

In like manner, the cycle of each calendar year cannot be entirely separated from that of the previous year. We have set certain causes in motion, the effects of which will have to be played out. We have strengthened certain characteristics which, depending on their beneficial or malefic nature, will help or hinder us in the year ahead. If we want to progress, we will have to work at transmuting certain questionable aspects of our personalities and our environment and, hopefully, we will also have certain strong points to use to our advantage.

Rebirth

An Ego coming to rebirth has been purged of the weight of evil committed in previous lives and has been strengthened with the soul power then gathered. It is clothed only in the forces of the four seed atoms which contain the essence of good of all its previous lives; it carries only latent *tendencies* of evil with it. In a somewhat similar manner, we can, if we will, undertake now to divest ourselves of our bad habits and unworthy desires and to employ to full advantage the strengths and talents that we already have built up for ourselves. Although neither the degree of purging nor the extent of strengthening are likely to be as great as what takes place in Purgatory and the First Heaven, we can, if we are willing to make the effort, clean our slates to a considerable degree for progress during the forthcoming year.

Just as the Ego coming to rebirth is usually given its choice of several life panoramas, each containing various lessons and debts of destiny which it eventually will have to encounter, so also are we now in a position to determine which particular things we want to work on during the new year. Do we have to learn patience? tolerance? forbearance? Must we strengthen our inclinations to serve or to seize opportunities for growth whenever they

arise? Are we, perhaps, not as understanding of other people as we should be? Are there particular individuals with whom we must learn to live in harmony and friendship? Have we done things during the past year of which we are, or should be, ashamed, and for which we must make restitution?

Doubtless, many such considerations weigh upon all of us, and, naturally, we cannot expect to right every wrong and transmute every unworthy trait in one calendar year. But we *can* pick a few matters for particular attention during 1977 and then concentrate our energies on trying to make needed progress in those areas. This, of course, is in the spirit of traditional new year's resolutions. Most new year's resolutions, however, are short-lived. If we hope to make real progress in 1977, we must see to it that our dedication to our resolutions remains continually active until the goal has been reached.

Spiritual Wisdom

The Ego coming to rebirth, while still in the Spirit worlds, is imbued with spiritual wisdom and understands that a difficult Earth life ahead — replete with painful lessons and disturbing experiences — will, if "lived right," afford for it considerable progress. Only shortly before birth, when already divested of some of its spiritual understanding, is it likely to look askance at the panorama of the life ahead and attempt to run away from the encounter.

Again, a parallel can be drawn with the Ego starting the cycle of a new calendar year. If we now deliberately and enthusiastically embark upon a program of self-improvement, setting high standards and goals for ourselves, we also must steel ourselves not to abandon them once the going "gets rough." Because, certainly, if the goal is high, the going is very likely to be difficult. Old habits are not overcome easily; new, positive characteristics are not acquired without effort; unfortunate relationships with other people generally are not mended in an instant; understanding and insight

are not obtained unless we take deliberate measures to obtain them. If we really wish to make progress, we must continually bear in mind the importance of *persistent* striving.

Finally, the Ego coming to rebirth is not entirely enmeshed in an endless chain of cause and effect. In addition to reaping certain elements of what it has sown in the past, the Ego also to a certain extent is free to engender new causes — to embark upon unique creation — to unfold Epigenesis. This, too, is true of us in the new cycle which is 1977. No doubt we all will reap the results of past action during this year, but in addition, we can set new causes in motion which will determine

the nature of our harvests in 1978, 1979 — and in lifetimes to come.

The results of the cycle, calendar year 1977, will be up to us. We have made of ourselves what we are at the moment, and we will have made of ourselves what we will be at the end of the year. One thing is certain: just as progress or regression are the only two alternatives in evolution, so, also, are they the only two alternatives open to us in the year ahead. We will each enter 1978 a different person from what we are at the present time. We will have gone either forward or backward, according to our own conduct. We will not be permitted to stand still.

* * * * *

An Experience in Thought Power

Mary C. Lundy

I had just been to a Catholic Mass. I was lying down and praying the Rosary. When I had completed praying this special rosary prayer, I continued lying still for a few minutes with the Rosary still in my hands. Suddenly, I was surprised to see the Rosary glow with an assortment of beautiful colors, more beautiful than I had ever seen. I thanked the Lord for the blessing of those few minutes, as I felt I wasn't worthy to have received it.

As soon as the colors faded I sat down to write a letter to my 11-year-old granddaughter, for whom my special rosary prayer had been recited. She lived in another state, clear across the country. In my letter, I asked her exactly what she had been doing at the particular time I had this experience. I sent the letter air-mail, directly from the post office, so that it would reach her in time for her to be able to recall for certain what she had been doing.

Her reply stated that she had been lying on the floor looking at a comic paper when suddenly she took her eyes away from the comics, looked up, and saw a "vision" of me sitting in the rocking chair in the corner. She stated that it

seemed more than a "vision" as it appeared that I was there "in the flesh." She was not frightened, because such experiences were common in our family.

Time passed and she grew up, married, and had several children. A couple of years ago, while we were still living in different states, she wrote to me stating that her eldest daughter, then about 13, had come running out of her bedroom into the living room, crying. She had just seen a "vision" of me as if I were "really there in the flesh," and heard my voice telling her how much I loved her. I immediately replied, telling my granddaughter that I had been once again praying the Rosary, this time especially for my *great* granddaughter, who had this second experience.

Now we live only a few miles apart. Recently I asked my great granddaughter how, at the time of this second incident, my voice sounded. She explained that it was not as an "inner" voice, but as if we were speaking aloud in personal conversation.

Praise the Lord we are able to have such experiences to help strengthen our faith.

"Resist Not"

Sue Goske

When the aspirant to the higher life first puts his foot to the Path, he finds, like those who entered the outer court of the Tabernacle in the Wilderness, the Altar of Burnt Offerings. Purification is the first requisite step of his journey, and the ardent aspirant will no doubt want to be rid quickly of all evils which impede his progress. However, before attempting to deal with evil, he must have a perfect knowledge of it to insure success.

Everything exists as *vibration*. The nature of a thing is determined by its own particular rate of vibration. What is generally referred to as "good," vibrates harmoniously with the Laws of Nature; it is co-operation, unity, and all that conduces to the welfare of the whole. When our actions spring from altruistic desires we vibrate harmoniously with the whole, and since we are a part of the whole we benefit also.

Evil is a discordant note. Each time we act with selfish desire -- that is, for the benefit of only the part -- we initiate a vibration in discord with the whole. And, because we reap as we have sown, in just proportion and likeness according to the Law of Consequence, we reap discord. Selfishness is self-undoing. As long as man lives in discord with Nature, whether through ignorance or willfulness, he will suffer. He never breaks Nature's Laws -- they break him. However, from the pain and suffering experienced through this discord, he can distill wisdom when he learns to stop *resisting* that which is greater and begins living in harmony with Nature. In this we see "evil" working ultimately for the good, because, were it not for discord, we would never appreciate harmony so dearly, nor might we even seek it.

Aspirants of the Old Testament, or

Old Dispensation, were bound to the obedience of the Law by fear -- fear of evil and fear of punishment. But with each age of growth our requirements change, and Christ came to give us the Law of Love, which we learn not to fear, but to embrace. Love and fear are two distinct vibrations. "Perfect love casteth out fear." It is for the love of the Law that the aspirant dedicates himself to living the life of his Ideal and works to transmute his lower nature in order to become a pure channel of divine Love and Healing. Christ Jesus gave the occult key to the subtle manner in which this transmutation must be done when He said, "Resist not evil."

Resistance implies *friction*, *struggle*, and *intense opposition*, none of which are consistent with the spiritual equipoise the aspirant is striving to develop: "Be still, and know that I am God."

The words "fight" and "destroy" are sometimes figuratively used when referring to the "battle" against evil. But these are not consistent with the harmless life which the aspirant is striving to live. Furthermore, if these methods are employed in their literal sense, we might painfully discover we've neither the knowledge nor the right equipment to prevail. This happened to Amfortas in Wagner's soul drama, "Parsifal", who sought to destroy the evil Klingsor with a force which was meant only for healing. Here we have a clue to success and a hint at failure. Amfortas failed because he sought to pervert a sacredly entrusted power -- to destroy instead of heal. As a result of its misuse he lost the power. What is of special significance is that *he* received the effect of his own intentions by incurring

a wound that would not heal so long as the evil remained unredeemed.

We might well interpret the precept "resist not evil" as "resist not discord, but resolve it into harmony." Had Amfortas' intentions, and therefore his vibration, been that of forgiveness, redemption, and love, he could never have been harmed and would have succeeded in subduing Klingsor's powers, because the Christ Love is the vibratory keynote which is above evil and great enough to transmute it to good. By trying to conquer something outside himself before he had conquered his own inner nature, Amfortas also failed the temptations of Kundry, the physical body.

Tests

Temptations are tests which we meet all along the Path, and which, when viewed correctly, are stepping-stones rather than obstacles. In the process of transmutation which is the redemption of the lower nature, the evil within ourselves, these temptations reveal to us where further distillation is required. If particles of selfishness, greed, fear, vanity, egotism, etc., are still present, they ring in sympathetic vibration to the pitch of the temptation, just as one tuning fork vibrates sympathetically with another of the same pitch in its proximity -- because they are alike.

Had he none of these lower vibrations in him, Amfortas would not have been ensnared by Kundry's seduction. Perfect spiritual discrimination would have revealed her ulterior motives, and he would have seen through the guise of her great beauty, which Klingsor had power to perpetrate. After all, who would submit to evil in its true form! But, no matter how pleasant an appearance evil may assume, it can never produce the vibration of good because that vibration is not itself. This is why we learn to discriminate and to test all things, even our own motives and intentions, with the Name and white Light of Christ, the vibration of which evil cannot withstand.

This principle of vibration is the reason why the Black Magician, Klingsor, so feared

Parsifal, the pure fool. We, too, are advised to "become as little children." It is a scientific axiom that "out of nothing nothing comes." The magician, like the alchemist, needs a nucleus around which to build his work. In Parsifal there was no evil nucleus, no vibrations of guile, impurity, vanity, selfish desire, or fear, no sympathetic pitch which Klingsor could amplify and turn to his own advantage. Conversely, when we, the spiritual alchemists, vigilantly seek the good, or God-nucleus, in others and all things, we can amplify that pitch and, in time, with sufficient strength and love, transmute any existing evil into good.

Lao Tzu expressed the vibratory principle thusly: "I have heard that he who possesses the secret of life, when traveling abroad will not flee from rhinoceros or tiger; when entering a hostile camp he will not equip himself with sword or buckler. The rhinoceros finds in him no place to insert his horn; the tiger has nowhere to fasten its claws; the soldier has nowhere to thrust his blade. And why? Because he has no spot where death can enter."

Transmutation

Having thus changed or transmuted himself, the possessor of the secret of life -- the Philosopher's Stone -- controls his immediate environment from the inside, where his vibration, or nucleus, is only that of life, and so there is no death in him. He does not flee, which would be the result of a vibration of fear, and he does not anticipate animosity with others because he has become one with all and powerfully projects this frequency of unity. In the vibration known as white Light all colors are unified. St John wrote that God is Light, and "if we walk in the light, as He is in the light, we have fellowship one with another."

When we strive to develop the Christ within, we begin changing our own vibration to His exalted Love which is the Bread of Life and the Light of the World. Through singleness of purpose set unwaveringly upon our goal we are raised up. We modulate from darkness to light, from separateness to unity, from selfishness to altruism, from

vengeful desire to forgiveness, from passion to compassion, from misunderstanding to love that passes all understanding.

Truly, "loving, self-forgetting service to others is the shortest, the safest, and the most joyful road to God." It is short because it is a conscious recognition of our purpose; it is joyful because it benefits others -- contributes to universal welfare -- what each part does affects the whole; and it is safest because vibrating only to "loving self-forgetting service," we run no risk of getting puffed up and falling into the snares of vanity and egotism. Perfect charity is not puffed up. Purity, spiritual humility, compassion, service, and self-sacrifice -- these are our keynotes. The rough stone becomes smooth when polished by service and takes on a redeeming power which turns all it touches to gold.

Still, there are tests, all along the way, on every level of spiritual attainment. Even the Christ was tempted for our sakes. Faced with power, wealth, and comfort on one hand, and agony, humiliation, and the cross on the other, could we choose as easily as He? If our vibrations are pure and our priorities in order, such tests can only make us stronger.

Filled with such deep compassion and concern for the welfare of others, love of the Law, and complete subservience to the Father, we can say with Christ Jesus, "Not my will, but Thine be done." When tempted to use spiritual powers for self in time of need, we can repeat with Christ Jesus, "Man shall not live by bread alone, but by every word that proceedeth out of the mouth of God." When dared to test Divine Providence we will assert with Christ Jesus, "Thou shalt not tempt the Lord thy God." And when presented with a path which is down-grading to the Spirit and detrimental to the whole, the Higher Self will proclaim to the lower nature, "Get thee hence, Satan; for it is written, thou shalt worship the Lord thy God, and Him only shall thou serve."

Christ came not to resist nor to destroy evil. Through the cleansing blood of sacrifice

which flowed on Calvary, He diffused His pure desire body over the planet so that its mighty love and healing vibrations could purify the desire realm of earth and transmute the evil there. And to the transmutation of our own lower desire natures, he gave the occult key, "resist not evil," because discord must be resolved into harmony.

We are also admonished to love our enemies, seek the good in others, bless them that curse us, and pray for those who persecute us, because this kind of Love is the vibration which evil cannot tolerate. Evil cannot penetrate a devout ring of true love, just as it cannot penetrate the "golden wedding garment" which is a product of our love and service to others.

Resist not evil, but bless and redeem it. Parsifal was pure, guileless, and enlightened by compassion. Clothed with this protective aura, the "whole armor of God," he was impervious to Klingsor's attack. And, using the spear for its rightful purpose -- healing -- he dissolved Klingsor and his evil by blessing him with the sign of the cross.

* * *

THE ENIGMA OF TRUTH

(Continued from page 9)

The soul body can separate itself from the rest of the vital body and the physical body, thus providing a vehicle in which the Ego can consciously function outside the physical body and in planes higher than the physical plane. In this way, the Ring of the Niebelung is penetrated and the consciousness of the Ego expanded beyond the limit of the physical senses. Thus the path to truth is through Love.

By Love are blest the Gods on High:
Frail man becomes a Deity when Love
to him is given.

Tis Love that makes the heaven shine
with hues more radiant, more divine
and turns all earth to heaven.

—Schiller

Friendliness

Thomas O'Hare

The words of the Christ, "Ye are my friends," appear on the wall of the Chapel at Mt. Ecclesia. These words sound a keynote to which we aspire and which is an important element of true Christianity.

This keynote also is contained in the Rosicrucian Fellowship Prayer, which we repeat every Sunday. This prayer offers our requests concerning friendship. We ask for: "not more of love, but skill to turn a frown to a caress." We ask: "to give to others all we have of courage and of cheer." We ask: "to be the friends we wish to be." We ask that we may be able "to lift with all our might all souls to dwell in harmony in Freedom's perfect light."

Most of us have a good idea of what friendship is all about. Our friends are people we really love; we give to them freely of that which is ours. We enjoy their company and wish to share ourselves and our lives with them. In return, we want to have some share of them, both good and bad. These relationships might be called deep friendships, and they constitute only one level of friendship.

There are other levels of friendship, of which one is simple friendliness. We might also call this courtesy or the awareness of others.

Students of The Rosicrucian Fellowship know that a major portion of the correspondence is addressed: "Dear Friend." We may ask, can we call someone we have never seen and never spoken to, a friend? Surely not in the first sense mentioned above — that of deep friendship. This level of friendship grows only out of sharing and doing things together.

On the other level referred to, however, the level of friendliness, a person can be so addressed. For the salutation, "Dear Friend," says many things in just a phrase.

First, it tells the person that we care about him even though we do not know him — we care for him because we are related, by virtue of the fact that we are all human beings. Second, it tells the person that we wish him well and are willing to give to him of that which is ours.

Let us look back at the Fellowship Prayer for a moment. We ask: "Not more of love, but skill to turn a frown to a caress. . .to give to others all we have of courage and of cheer." This is definitely a level of caring, but no conditions are set on it. Nothing is said such as: "This only takes place with close friends." Instead, it speaks to all levels of friendship from the very personal and intimate to the most impersonal. But notice that a sincere type of caring is being referred to; in all cases that caring is personal because caring is a personal action. No one is going to have much success in giving courage and cheer without being personal.

There is a level of communication which we all encounter throughout our lives, whenever we see strangers. In fact, most of the world is made up of people who are strangers to us, and yet the world is our family and our country. The last time we repeated the Rosicrucian Fellowship Prayer, did we include in our thoughts the strangers of the world when we asked "to give to others all we have of courage and of cheer," and "to be the friends we wish to be"? Naturally, we don't consciously exclude them, but we possibly don't include them, either.

How many of us can say that we have given very much to comparative strangers? How much do we give to the people we pass on the street or see in

the store? Are we conscious and aware of them? Are we friendly or do we go our own way? Do we give them a little care, a little cheer, a smile, or a kind thought, or a blessing as we pass? How many of us have prayed for someone whom we just noticed on the street? We ask "to lift with all our might all souls to dwell in harmony in Freedom's perfect light."

Many of us have grown accustomed to walking around with a well-padded shield around us, especially when we are in the midst of strangers. This is natural and is in some way necessary to keep us from being overwhelmed by the world. But most of us take it too far, for we have learned to do it too well. This shielding is learned very early. Those of us who have worked with small children know this. Very young children do not recognize the differences between people — those differences of which we are so very conscious — so they literally can run to a stranger and play with him. But at a certain age, the child begins to fear strangers to the point of retreating from them and hiding. This is the beginning of the shielding process.

As occult students, we must consciously avoid becoming less friendly, even though the tendency is to retreat from the world. We generally believe that we are more sensitive and the world's vibrations may jar us so we pull back a little for that added protection. Maybe we are offended by the fact that someone drinks or still eats meat, so we avoid him. But that person needs cheer, care, and hope just as much as we do.

There is still another reason why we have a tendency to withdraw from the world. Most of us are afraid, especially of strangers. Interestingly enough, they are afraid of us, too. Most of us probably have observed our domestic animals, especially dogs. What can epitomize friendliness better than a dog? Very few people can resist a friendly dog. Dogs will go from stranger to stranger and share their affection. They are not bottled up in all the social games. There

is obviously much for us to learn from our younger brothers.

Some of us have been in this situation: we are walking somewhere, perhaps shopping, and we suddenly notice someone and are drawn to him. As we stop to look at him, our hearts immediately go out to him because we realize that he is sad or lonely. Our very first impulse is to walk up to him and ask if everything is all right. We may even start to move before our minds catch us. We start to think. From that point on, everything is lost. We begin to rationalize: "well, what if he really isn't sad; what if he thinks I'm some kind of nut; what if I get embarrassed?" Dozens of excuses may flash through our minds in a split second. Usually we remain rooted to the spot and finally give up. It is at this point that we should remember the friendliness of a dog. He doesn't think — he does!

Now this should not be misunderstood. It is not intended to imply that we should spend all of our time running around and running down strangers, making sure they know that we are friendly. It is only the awareness that should be worked upon; the more mundane things take care of themselves as we change our awareness.

We should try to be aware of how we react to strangers. Are we afraid, and if so, why? Observe how many chances to be friendly we let go by; we'll probably be surprised.

True friendliness requires us to get out of our shells, and that is not easy. Many of us keep people at a certain distance by our attitudes and the way in which we treat them. We must treat people as equals in order to be truly friendly to them.

Friendliness requires a certain boldness and strength. Are we going to be hurt if we smile at someone and he growls back? We cannot allow rebuffs to close us off from the world of strangers.

Finally, we must remember that, in order to touch another person, we also must be touched. It is a reciprocal process.

(Continued on page 21)

Love

Edward H. Laroza

Students of the Western Wisdom Teachings generally recognize love to be of two distinct types. In spiritual astrology, these two types of love are represented by the inner revolving planet and deity, Venus-Aphrodite, and by the older Titan deity and outer revolving planet, Uranus.

The ancient Greeks, the founders of Western civilization and thought, had two deities for love. The first, and eldest, having no mother, is the daughter of Uranus. She is called the Heavenly Aphrodite. Second is the daughter of Zeus and Dione, who was known among the Greeks as common love. To designate a force such as love with the name "common" is not to reduce its importance, however, but merely to note that this type of love is widespread.

The venusian love is a natural kind of love, seen everywhere in Nature. Here at Mt. Ecclesia we sometimes see very small birds pursuing large crows. They are defending their nests against great odds. Many kinds of animals will go to great lengths to protect and nurture their young. They will approach starvation for the sake of their young. The parents will use themselves as decoys against predatory animals, in order to protect their offspring.

Beauty, too, is a characteristic of this common, natural, and venusian love. In Nature, everywhere we look, we see natural beauty abounding, always in exquisite harmony. It may be the brightly-colored New England fall where reds, oranges, and yellows all fit beautifully together over the brown earth and under the blue sky. Or, it may be the breath-taking glory of the mountains where, in gradual ascents, the mud-colored flatlands give way to the brush-covered hills. Higher up the mountain comes the verdure of pine forests standing harmoniously against the white apron of

wind-frozen rain. And at still higher altitudes sheer granite faces stand boldly out into the bluest of sky. Here the air and the ethers are so clean, so vibrant, that the dense body seems to speed up to the vibratory rates of the vital body, and each of the bodies in succession seems to leap up into higher and higher attainment until it seems that we will burst with love into the Love which surrounds us.

Within the human family, love has a long and interesting history. For the sake of clarity, let it be understood that the discussion here still focuses upon "common" love.

As we consider the ones we love, most people would normally include their families and a few close friends. The immediate family obviously has its beginnings with a man or a woman seeking a spouse for the purpose of creating a family, wherein they may learn and practice the rudiments of love. We say rudiments because this is love which is freely obtained and freely given. Rudiments also implies an early phase of development. The purpose of this discussion is to show just how rudimentary this phase of development is as compared with the later, ultimate phase.

Common, venusian love begins with individuals comprising the family unit. As stated in *Message of the Stars*, the way in which Venus is placed in a person's horoscope pretty much determines the relative ease or difficulty he has in developing love through the rite of holy matrimony and the privilege and sacrifice of childbearing.

In the section of the *Cosmo-Conception* entitled "The Evolution of Man," we are told that after man ceased to be hermaphrodite — that is, after the division of

the sexes — man incorporated will and woman, imagination, which together constitute the two-fold soul force. By expressing imagination, woman is able to create within her womb a new body for an evolving Spirit. Man provides the essence of concentrated human will within the spermatozoa cell. This, then, is the first division of the sex force.

The second division comes about as an endeavor by the Ego to build a mind. A part of the procreative sex force was sent upward, for the purpose of building a brain, as well as a larynx. With mind, a link is provided between the Spirit and the outside world. The cost of this is a sizeable reduction in the procreative powers.

We read in the *Cosmo*, p. 285: "The force that goes outward for the purpose of creating another being is Love. The Angels sent out their whole love, without selfishness or desire, and in return, Cosmic Wisdom flowed into them.

"Man sends out only part of his Love; the residue he selfishly keeps and uses to build his inner organs of expression to improve himself; thus does his love become selfish and sensual. With one part of his creative soul power he selfishly loves another being because he desires co-operation in propagation. With the other part of his creative soul power he thinks (also for selfish reasons), because he desires knowledge."

Selfishness

Selfishness, generally speaking, has a very negative connotation. At a certain point in our evolution, however, selfishness is not only a desirable trait, but also a mandatory condition. It developed when evolving humanity ceased its journey of involution and commenced that of evolution — that is, evolving the self through an awareness of physical reality.

What occurred, then, was a division of one force, which is generally called love, for the creation of another, the mind. Division is separation. This division is epitomized today by the two categories of people following two separate paths, devotional and reasoning.

The combination of the two represents an important aspect of the Western Wisdom Teachings.

The relationship of love to beauty was touched upon briefly. The relationship of love to reason also warrants attention.

The pioneer portion of humanity received the germ of mind in the last half of the Lemurian Epoch; the remainder of humanity received it during the first half of the Atlantean Epoch. This, then, resulted in the acquisition of the first rudiments of self-awareness.

We are told that, before the link of mind had been given, "The higher part of the desire body became a sort of animal soul." It gained control of the lower part of the threefold body until the link of mind was given. Then the mind coalesced with this animal soul and became a co-regent.

Thus, the mind and reason are bound up in desire, making it very difficult for the threefold Spirit to control the threefold body. Had this condition prevailed, it is possible that humanity might never reach its ultimate state of perfection. As the resources of the Spirit are will nigh infinite, however, a plan was devised.

We are told that the threefold Spirit dwells primarily within three centers of the brain, and that two aspects of the Spirit have secondary headquarters in other parts of the dense body. Since the Life Spirit promotes universal Love and Unity, the plan was for it to move down into the heart, where it could work directly with the blood, which is the highest expression of the vital body for it nourishes the entire physical organism. The love and unity in the World of Life Spirit, through their correlation to man via the vital body, are able to remain as active in the dense body as the brain is active in the mind.

Seed Atoms

The heart is also the home of the seed atoms, without which there can be no evolution, for to evolve aright a history of past experience must be maintained. Otherwise, there would be no continuum from life to life. The Spirit's journey would

begin and end with one lifetime: how very absurd.

The information recorded on the seed atoms is supplied by inspired air which contains the critical fourth ether. It passes directly into the World of Life Spirit and is indelibly recorded in the true Memory of Nature. This is the source of the intuitional impulse, and is a good example of how the heart, or love, can give better guidance than reason. Since the Life Spirit is in close contact with cosmic wisdom and resides in the heart, the inspiration it gives the Ego is infallible. That is, it is infallible until the slower-acting reason, the reason abiding with the animal-soul, has time to compute relative advantages and disadvantages from, of course, a selfish viewpoint.

It is at this point that the beauty of the plan devised to give love the upper hand over reason becomes manifest. What will happen is that, as the heart becomes more and more under the voluntary control of the Life Spirit, it will begin to withhold blood from those areas of the brain devoted to selfish purposes. These areas will gradually atrophy.

Quoting from the *Cosmo*: "On the other hand, it will be possible for the Spirit to increase the blood supply when the mental activities are altruistic, and thus build up the areas devoted to altruism . . . in time, the desire nature will be conquered and the mind emancipated by Love from its bondage to desire."

This is truly a sublime, magnificent, beneficent, and beautiful plan. The phrase, "when the mental activities are altruistic," should not go unnoticed, however. Perhaps this will impel us all to better and more beautiful thoughts.

Heavenly Love

It is time, now, to re-introduce heavenly Love — the Love which was born of Uranus, without a mother, that is, of purely divine origin. Indeed, the World of Life Spirit draws its Love from a divine Source, that is, the Wisdom aspect of the triune God, the Father of our solar system.

The Father incorporates three aspects —

Will, Wisdom, and Activity — to create and promote further self-consciousness. We, as evolving Spirits, are a part of His consciousness and therefore literally swim in His divine Love.

The higher ray of Uranus bestows upon those advanced Egos who resonate with it the highest form of human love — altruism. That is love given for the sake of giving love, not for the chance of receiving love in return. This is the difference between common, venusian love and heavenly Love. In astrology, Uranus is known as the higher octave of Venus largely for the reason that it promotes love unselfishly.

Christ Jesus showed altruistic love when He wept over Jerusalem and said that, as a hen gathers its brood under its wing, so would He have loved to gather the people to His bosom. Altruistic love embraces all, universally.

Unlike venusian love, altruistic love, although freely given, is not so easily obtained. It is a love created by those who possess it thru many labors of selfless service, for it is beyond selfishness.

For examples of altruistic love, one only has to read from the four Gospels. Christ, our Teacher, is the Lord of Love. For an example which transcends the love of family, or common love, recall the words of Christ Jesus when He said, in answer to the question, "Who are my mother and my brother?" "Those who do the will of my Father."

Max Heindel says: "Love is the unifying force in life, and according to the higher teachings we are required to love our kin, but also to extend our love natures so that they may also include everyone else. It is good that we love our own mother and father, but we should also learn to love other people's mothers and fathers, sisters and brothers, for universal brotherhood can never become a fact so long as our love is confined only to the love of the family. It must be all inclusive."

Again: ". . . by setting our ideals high

we shall live nobler and better lives than if we do not aspire, and in time and through many births we shall eventually attain, because the inherent divinity in ourselves makes it imperative. . ."

Service

So we see the supreme importance of living the life of selfless service, developing our soul bodies to the fullest, and learning the ways of altruistic love. Only in this manner are we to come closer to the realms of the Father in self-consciousness.

Now, in the latter part of the 20th century, man finds himself just past the half-way point in the seven Periods of evolution. Many changes await us and they seem to center and focus around the ideal and practice of love.

Science fiction is a literary form obsessed with the future. Writers of this form base their futuristic projections upon the contemporary status of mechanical development. For this reason, science fiction is filled with bizarre tales of supergadgetry and the people who use it. Some writers, in addition, try to project more than man's physical machinery by projecting some of his inner machinery, usually the brain. Lacking occult knowledge and, often, lacking spiritual faith, these writers fall far afield.

By projecting *love* into the future, however, a more accurate picture may be obtained. Love from the source of divine Wisdom has created our being, projected through the past, present, and future. If we meditate on this theme, undoubtedly much along these lines will be revealed.

The most salient clue to man's future development is provided by Christ Jesus, Who said that henceforth Love must supersede law. This is not common, family-type love, but the all-embracing, altruistic, heavenly Love. Through Love all things are made possible.

It is almost impossible to conceive of a human society based, not on law, but on Love. How will transgressors of Love be punished? Relating to this question, Mr. Heindel tells of the legend of the Manichees:

"In the legend of the Manichees, there are two kingdoms — that of the Light Elves and that of the Night Elves. The latter attack the former, are defeated, and must be punished. But, as the Light Elves are so thoroughly good as the Night Elves are bad, they cannot inflict evil upon their foes, so *they must be punished with good*. Therefore a part of the kingdom of the Light Elves is incorporated with that of the Night Elves and in this way the evil is in time overcome. Hate which will not submit to hate must succumb to Love."

We, as Spirits in matter, are evolving our faculty of love. When this evolution is complete, we will be reunited with the Father through the Divine Spirit.

* * *

FRIENDLINESS

(Continued from page 17)

We all have experienced this in our close friendships, but how many of us extend the same element into our friendliness? Will we reach out and dare to show someone that we care about him just because he is human?

* * *

It is by *feeling* the higher emotions that we raise ourselves the easiest. It is good to study and to develop our minds, but there is a great danger in this age of becoming ensnared in the meshes of intellect. Paul struck the nail on the head when he said: "Knowledge puffeth up, but love edifieth." We all wish to *know*; it is natural that we should, but unless our knowledge serves to make us better men and women, better *servants* to our fellows, it does not make us *greater* in the sight of God. Therefore cultivation of *right feeling* is of enormous importance.

MAX HEINDEL'S MESSAGE

The Purpose of Physical Existence



The following question has been asked: "I see quite clearly how we can learn great lessons concerning this physical expression of life, but do not see why the physical world is necessary to teach us ethics or morals. If it were possible to learn ethics and morals in the higher worlds, just why is a physical world necessary? While formulating this question, it occurred to me that all other worlds might be said to be physical by those who inhabit them. Would this be the answer?"

Yes and no. All other worlds are not by any means physical even to those who inhabit them. It is perfectly true that one feels the handclasp of a friend in the invisible world just as we do here, but that is because we think resistance into the hand of the other party and our own. We do this quite unconsciously, but the effect is the same. Our hand stops when it meets the other's, just as it would be stopped by the solid flesh and bone here in this world. But did we not think this resistance when we clap our friend on the back in the first joy of greeting our hand would go straight through his body; and we can at any time interpolate our own body into his or anyone else's without inconvenience to ourselves or to them.

Here in the physical world such a thing, of course, is impossible. Here everything is rigid and solid, comparatively speaking, but it is this very quality that imparts value to the physical world as a school in right and accurate thinking, for that is what it is. An inventor may mold in his mind from mind stuff an engine or a

machine which he has designed to do a certain work. The machine which he thus visualizes has wheels that revolve perfectly, and the whole thing works smoothly, but when he comes to put his ideas down on paper so that workmen may execute his design, it is probable he will find alterations are necessary in this plan. Later when the wheels have physical form in iron and steel, it is quite likely that some of them will rub against each other and cannot be put into the places which he had designed for them in his mind because those places are already occupied with other wheels. Thus it is necessary for him to remodel his idea in such a manner as his physical machine shows him to be necessary, until he has it running perfectly. His thought and idea are corrected by the mistakes as shown in the physical world. Had there been no physical world, he would have had no means of correcting his inaccurate conception of what that machine should be. It is very important that he should learn to think accurately and correctly, for by and by when we are sufficiently evolved we shall not stand laboriously and fashion things with our hands, but we shall conceive the idea in our minds of what we want to create. Then we will speak the word that will bring it into being. These creations will not be mere machines, but they will be living things. If we do not learn to think correctly,

we shall create monstrosities that will have to be destroyed because of the evil nature they will develop in whatever Spirit inhabits them.

That brings us back to the question about ethics and morals. It is said that "handsome is as handsome does," and also that "beauty is only skin deep." At the same time, it cannot be denied that the face is an expression of the soul. We speak about someone as having a good face and another as having an evil expression, showing the power of thought to mold the flesh in accordance with the morals and ethics of the person. Therefore we are learning morals and ethics here, and we must learn them in order that we may understand how to use them to mold the form and features of the things that we shall create. But in order to become thoroughly efficient tools, our morals and ethics must be intensified a thousandfold, just as we have already seen is the case with thought. Thought is all-powerful in its own subtle realm, but it is hampered when working on the resistant material of the physical world. Similarly, morals and ethics are also handicapped; they are, however, being developed by exercise, much as the muscle grows, and there could be no exercise if they were not used in a world where there is resistance. This is a slow process, but it makes for efficiency.

If you remember the law of infant mortality, you will also recollect that the little children who die because an accident or other unfortunate circumstance prevented them from living their purgatory after their previous life are taken straight into the First Heaven and are there taught by compassionate ones the moral lessons they should have learned in their previous purgatory. Let us suppose that one of the lessons that a Spirit had to learn was sympathy, because it had been cruel and hard in its previous life. Perhaps it had tortured animals physically or human beings mentally and found great pleasure in so doing. Such a little child would then be

taken to purgatory at a time when a Spirit of similar propensities was living its purgatory and expiating acts of cruelty. The child's body would probably be interpolated into the desire body of the other person, and it would feel what he or she would feel, that is, the suffering of the tortured animals on account of their physical pain and the suffering of the human victims in mental anguish. Thus the child would pick up very quickly the lessons that had to be learned, and would be made ready for rebirth in a short time.

So both the invisible and the visible world play their part in teaching us ethics and morals, and there is no doubt that both are indispensable, or the wise Beings who guide us on the path of evolution would find other means of more efficiency to teach the needed lessons.

* * *



THE ROSICRUCIAN INITIATION

The Rosicrucian method of Initiation aims to bring the candidate to compassion through knowledge, and therefore seeks to cultivate in him the latent faculties of spiritual sight and hearing at the very start of his career as an aspirant to the higher life. It teaches him to know the hidden mysteries of being and to perceive intellectually the unity of each with all so that at last through this knowledge there is awakened within him the feeling that makes him truly realize his oneness with all that lives and moves; which puts him in full and perfect tune with the Infinite, making him a true helper and worker in the divine kingdom of evolution.

—Max Heindel

Studies in the Cosmo-Conception

Adoration

Q. When the aspirant has attained to contemplation, has he reached the highest step in his exercises?

A. When the height reached through contemplation has been attained and the aspirant has realized that he is in truth beholding God in the Life that permeates all things, there remains still to be taken the highest step, adoration, whereby he unites himself with the Source of all things, reaching by that act the highest goal possible of attainment by man until the time when the permanent union takes place at the end of the great Day of Manifestation.

Q. Can man attain these heights without aid?

A. It is the writer's opinion that neither the heights of contemplation nor the final step of adoration can be attained without the aid of a teacher.

Q. How does one find a teacher?

A. The aspirant need never fear that for want of a teacher he will be delayed in taking these steps, nor need he be concerned about looking for a teacher. All that is necessary for him to do is to start to improve himself and earnestly and persistently to continue therein. In that way he will purify his vehicles.

Q. How does that profit him?

A. His vehicles will continue to shine in the inner worlds and cannot fail to attract the attention of the teachers, who are always watching for just such cases and are more than eager and glad to help those who, because of their earnest efforts to purify themselves, have won the right to receive

help.

Q. Then one need never seek a teacher among men?

A. "Seek and ye shall find," but let us not imagine that by going about from one professed teacher to another we are seeking. "Seeking" in that sense of the word will avail nothing in this dark world. We ourselves must kindle the light — the light which invariably radiates from the vehicles of the earnest aspirant. That is the star which will lead us to the teacher or, rather, the teacher to us.

Q. How soon may one expect results from the exercises?

A. The time required to bring results from the performance of the exercises varies with each individual and is dependent upon his application, his stage in evolution, and record in the Book of Destiny; therefore, no general time can be set.

Q. How do the results differ?

A. Some, who are almost ready, obtain results in a few days or weeks; others have to work months, years, and even their whole life without *visible* results. Yet the results will be there and the aspirant who faithfully persists will some day, in this or a future life, behold his patience and faithfulness rewarded and the inner worlds open to his gaze, finding himself a citizen of realms where the opportunities are immeasurably greater than in the Physical World. From that time — awake or asleep, through what men call life and what men call death — his consciousness will be unbroken.

Ref. *Cosmo* — pp. 495-497



WESTERN WISDOM BIBLE STUDY

Eighth Commandment — Exodus 20:15

“**T**hou shalt not steal.”

The eighth Commandment, as in music, is the octave of the first. It strikes the same note on a higher level. It is a new beginning. With the eighth Commandment, lessons have a new character.

Let us for a moment recapitulate: The Commandments are milestones on the aspirant's path. The seventh Commandment outshines all others so far discussed. It is the sunshine Commandment. In it, everything we have learned reaches a point of superlative intensity: not just enjoyment, but thrill; not just love, but exhilaration; not just sweetness, but vivaciousness; not just “I will,” but irresistible enthusiasm. When eyes are moist with joy, when hearts are full to overflowing, when fervor and enthusiasm compel, that is the seventh Commandment: attainment, *the* requisite on the disciple's path.

Let these qualities be the mark of the aspirant: utter composure, peace and rest, but also instantaneous enthusiasm, fire, and intensity in purposeful labors. The measure of our fervor is the speedometer of our progress on the path. This marks the culmination of the seventh Commandment within ourselves: the union of the passive and the active, the electric and the magnetic, body and soul. Without this balance within there is restlessness and triviality; and without this balance we cannot reach the eighth Commandment.

The eighth Commandment was given to Moses for his people at a time when they had no personal possessions. At that time the Israelites were traveling; for years past and years to come no one could call a patch of land his own. Whatever of wealth they had brought out of Egypt belonged to all alike in a common treasury

that was used and supervised by their leaders. They had only the clothes on their backs, and there was nothing to steal. Why, then, this terse Commandment?

This Commandment challenges faculties in man which are above reason and thought; they belong to the world of Spirit. Christ Jesus summed up the interpretation of all the Commandments in the words: “My kingdom is not of this world.” The Sabbath we must keep holy is not of this world. The father and mother whom we must honor are not of this world. That which we must not kill is not of this world. That which we must not steal is not of this world.

In the eighth month of prenatal life, all the actual building of the physical body is finished; the potentialities of the superman, the potentialities of adeptship, are added in the body. There is an addition of points in the sacral vertebrae which are related to the creative powers in man. This is the particular field of labor of the Lords of Form, working through Scorpio. In this new world of Scorpio — a world of challenge to the powers of creativeness — we find ourselves acting like little children tempted by shiny things. We rush after the brilliant flame of creative power, only to hurt and burn ourselves. The fall of man consisted of this undue appropriating, this stealing of the sword and fire of creativeness before we knew how to handle its powers safely.

Man is never tested in the use of powers without being instructed in their control. The tools given us with which to handle the power of creativeness safely are humility and morality. From little strands of purity, unselfishness, and generosity, the wise aspirant weaves the

garment of morality, which is as a pair of asbestos gloves with which we can handle this brilliant fire safely. The number eight is called the little holy number and is associated with the spinal spirit fire.

The strong characteristics of Scorpio, the eighth sign, are great determination, lofty aspiration, strong love, and heroism. If we use these qualities, we can drive false conceptions, impurities, weaknesses, and bad habits out of our Temple. These ignoble qualities betray and steal the high purposes of the superman within us. Scorpio is the eagle of transmutation; it is the first sign of self-mastery.

How much power the world has arrogated to itself without the pass-key of holiness. Humanity is guilty of stealing power; the consequent suffering is everywhere.

Usurping power has given rise to one pathetically common human attribute, that of pride. Therefore Scorpio turns healer by virtue of humility. Pride sports many premature attainments. Humility, on the other hand, is the grateful acknowledgment of powers vastly higher than our own. Humility is a most necessary virtue.

Christ Jesus said: "Render unto Caesar that which is Caesar's." Similarly, we can say, "Give unto God what is God's." Thou shalt not steal means: Thou shalt not arrogate, usurp, take for your own use that which never belonged, nor ever will belong to you, that which in all eternity belongs to God — His power, His might, His holiness, His right, His order. If, as aspirants on the path, we sanctify God within our hearts and attribute all power to Him, we are then blessed with a measure of power and holiness commensurate with our humility. But if we consider ourselves sanctified and arrogate power to ourselves in order to shine among men and greedily rule over them, then we are thieves and robbers. Whosoever raises himself above his fellow beings in a hard and self-centered manner transgresses the eighth Commandment.

Power is safe only in the hands of the humble. The power of love is safe only in the heart of the self-controlled and the morally pure.

Do not steal, for all things come to him who waits, who watches, who prays.

* * *



Star Thoughts

J. Otho Gray

Who can behold the majesty of the heavens without his intuition telling him there is a God upon Whose power alone every man and constellation must utterly depend for preservation and safety? The evening sky with its pagentry of stars is a spectacle that invites the observer to contemplate himself and spell out somewhat of the hidden lore that reveals him as great and as enduring as all the legions of the milky way.

How commanding are the heavens studded with flaming suns — Vega, Capella, Aldebaran, and their myriad of fellows. How beautiful are the heavens blazing with speeding constellations — Andromeda, Cassiopeia, Corona Borealis, and their multitudinous kin. Yet pigmy man microcosmically is a counterpart of them, for he is a living universe as impressive as the physical universe in which he lives.

Human troubles lose some of their bulk when we spend a quiet hour in communion with the stars. About their cold aloofness is a gracious comfort and tranquil assurance that all will be well with us even as all is well with them. By all means read the literature of the heavens, for such inspiring study enriches our reverence for the Creator and increases our benevolence towards humanity.



ASTROLOGY

Chromastrology and Tone-Astrology

Maridene Lee

The universe is divided into seven different Worlds or states of matter. The substance of each of these Worlds varies in density and vibration and is amenable to laws which are practically inoperative in the others. The five lower Worlds constitute the field of man's evolution, the three lowest being the scene of the present phase of man's development. The Physical World is the world of form; the Desire World is the world of color; the World of Thought is the world of tone.

Max Heindel tells us that in the Desire World thought blends and shapes colors at will. These thought creations glow and scintillate, having been painted with living, glowing materials. Artists have great delight in the ever-changing color combinations. Music is also heard in the Desire World and is more beautiful and permanent than in the Physical World.

However, the World of Thought is particularly the realm of tone, for here are the keynotes of the archetypes of all forms. These forms are the crystallized sound-figures of the archetypal forces playing into the archetypes, just as geometrical figures are created when drawing a violin bow over the edge of a glass plate. This realm is also the real home of the human Spirit, and music is a reminder of this heavenly home. Color is also everywhere apparent in this realm.

There is an intimate connection between color and tone. When a certain note is played, a certain color appears simultaneously. However, the tone is the originator of the color, and, being from a higher realm, has the greatest power over man. It is the tone that builds all forms and this same harmonious sound vibration is the elixir and panacea of life.

All of the forms in the material universe have a certain color and emit a definite tone. Form is the most stable of the three attributes of nature, for it remains in status quo for a considerable time, changing very slowly. Color changes more readily, fading and sometimes changing hue when held angular to light. Tone is the most elusive and fluidic of all, for the tone dies and vanishes the moment after it is born. Tone must be recreated each time to hear it.

Man lives not only an outward life in the form world but also an inner life in the worlds of desires and thoughts. At the present time it is only while asleep that the majority of mankind are able to be helped by Teachers and Invisible Helpers from the inner invisible worlds. However by working with color and tone, one is able to align himself consciously with the invisible forces of Nature.

Form, color, and tone are only different

expressions of one and the same group of forces at different rates of vibration. Each World (Physical, Desire, or Thought) tells its own story from its own angle, and an understanding of each is necessary to obtain the total picture.

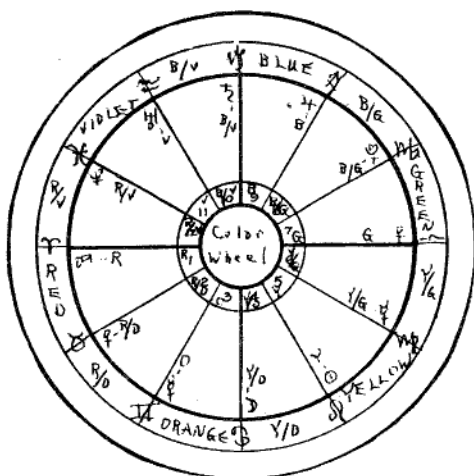
There are twelve fundamental vibrations to the Universe. In traditional Western music, there are twelve semi-tones within an octave. In the color wheel, there are twelve colors, including three primary, three secondary, and six intermediate colors. There are unlimited octaves of those twelve fundamental vibrations. Just as the highest spiritual force works in the densest physical substance, so tone from the World of Thought has its physical counterpart in sound vibration.

The variety of visible and invisible substances that compose existence can be explained according to rate of vibration. As the rate of vibration increases, matter becomes more attenuated. Matter crystallizes as the rate decreases. The raising or lowering of vibrations takes place in octave unisons, with color, tone, and form moving together in the same direction.

Astrology can be a great help in working with colors and tones. There already has been some effort by various individuals to correlate tone and color with astrology. Let us remember that all such correlations are valid for the specific purposes for which they were created. However, new viewpoints aid in understanding more of the total picture. Herein is presented a new viewpoint that is both logical and practical for the purpose of harmonizing the vehicles of man -- the body, the emotions, and the mind. Chromastrology consists of relating color with astrology, just as Tone-astrology relates tone with astrology. A color wheel of twelve colors and a tone wheel of the twelve semi-tones within an octave are the basis for the correlations. A horoscope calculated and colored with the appropriate colors gives a pictorial representation called a chromascope. A horoscope with appropriate tones indicated is called a tonescope.

To make an astrological color wheel,

use a new horoscope blank, place Aries on the Ascendant, and write in the succeeding signs around the chart. Also write in the ruler of each sign in the usual planetary places, using only the higher octave rulers when there are dual rulers. Now color with a set of crayons (or paints) a pure red in the inner circle space marked 1, also color the red in the space for Aries in the sign circle. You may need to extend the house cusp lines out into this circle. Also draw a red line through the Mars that touches the red of the Aries space and extends about half way to the inner circle. Since there is a definite correlation between the signs, houses, and the planets ruling the signs, the same color will be used to represent the sign Aries, the first house, and Mars, the ruler of Aries. The second house uses the red-orange color, also Taurus, and Venus. The third house is orange, also Gemini, and Mercury, and so on around the chart.



Once the astrological color wheel is complete, certain facts will be noticed. Warm colors, those of lower vibration, make up the lower half of the chart, often called the personal half. Also these colors represent the personal planets. The upper half of the chart consists of the cool colors, those of higher vibration, and shows the impersonal outer planets and the impersonal signs and houses. Venus is ruling Libra alone until the

outer planet beyond Pluto is discovered. Likewise Mercury rules Virgo until Vulcan between the Sun and Mercury can be calculated. It will be noticed that the primary colors of red, yellow, and blue make up the fire trine. The secondary colors of orange, green, and violet compose the air trine, with the intermediate colors making up the water and earth trines. The seven rainbow colors of the solar spectrum include a color called indigo. This is a blue-violet (sometimes called midnight blue in fabrics) and represents Capricorn, Saturn and the tenth house. Oftentimes in metaphysics the blending of all the colors into one color is called indigo. It can be seen that of all the colors on the color wheel indigo is the darkest and the closest to what is generally called black. From the White Light all the colors are differentiated and individualized. When these individual colors are all blended together again, they form a blackness. Colors come into manifestation or into Cosmos through whiteness and return to spirituality or Chaos through blackness. The gateway into manifestation is through Cancer, ruled by the Moon, and the gateway to Initiation and liberation is through Capricorn, ruled by Saturn, these being the closest zodiacal color representations of whiteness and blackness.

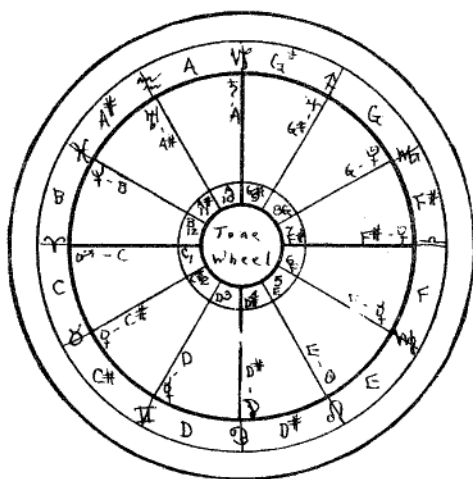
To make a chromascope for a person, a complete horoscope must first be calculated. Then place the colors from red to red-violet in the inner ring of the horoscope that has the numbers written in. This shows the normal colors of the circumstances of life or the houses. In the outer sign of the ring, write the signs from the calculated chart. Then color in the appropriate color according to the color wheel in the space for the sign. If a house begins at 15 degrees Leo, start the yellow color about halfway in the previous house. If there is an intercepted sign, determine the amount of space it will cover in the house, leaving indicated room for the previous sign and the following sign. Spread signs will have a color covering more than one house space. The houses and signs

have now been shown by color. The planets remain to be indicated. Draw lines of appropriate color halfway from the sign ring which it touches to the inner ring, writing the name of the planet first and coloring over it. For Mercury and Venus add the extra color to the line.

Progressions and transits may be indicated by drawing colored lines outside the outer ring. The planets are driving forces, urges, or modes of expression that are colored and modified by the static forces of the signs, and brought forth in certain departments of life, the houses. Orange Mercury would be difficult to express if in blue-violet Capricorn or in blue-green Scorpio. It can readily be seen that similarity of colors will indicate an affinity and a more harmonious condition. Those planets that colorwise are distant from home base in sign and house will be the ones that will require more effort to harmonize. All colors in themselves are good, but it is in the way that they are combined with other colors that difficulties may arise. The solution to harmonizing colors, whether you know Chromastrology or not, is in working with all the colors in their pure form, understanding the symbology of astrological qualities connected with each. Studying the chromascope aids in seeing geometrical color-patterns as they exist in archetypes.

Tone-Astrology uses the twelve pitches of the chromatic scale from C, the lowest vibratory pitch, to B, the highest in vibration. A tone wheel may first be constructed with C representing Aries, the first house, and Mars. The appropriate pitches and house correspondences from which signs and planets may be derived are C sharp-second house, D-3rd, D sharp-4th, E-5th, F-6th, F sharp-7th, G-8th, G sharp-9th, A-10th, A sharp-11th, and B-12th. Sharps have been used rather than flats in order to see the upward progression of the pitches. Musicians will note that the fire, air, water, and earth trines are augmented triads, and the cardinal, fixed, and common crosses consist of diminished seventh chords of our notes.

To make a tonescope, write the pitches as they occur on the tone wheel in the inner ring of house numbers. Then write the signs in the sign ring as they occur on the calculated horoscope. Beside each sign write the appropriate pitch for it. Write the planet in its usual place on the calculated chart and then write its pitch according to the tone wheel. Mercury and Venus will have two pitches indicated. Transits and progressions may be indicated by lines and pitches written beyond the outer ring. As with the chromascope, it will be observed that certain pitches will be close to one another in affinity, and others will be distant. The goal of tone-astrology is to make all the tones harmonious so that there is in reality a music of the spheres or a cosmic symphony. Working with tones aids in aligning oneself with cosmic forces that hum through the archetype.



Color and tone are vital forces that work through and in every cell, nerve, gland, muscle, and bone of the body and also in the aura. They possess usable energy that can be used to aid in harmonizing the body. Those asking for help are receptive to healing vibrations that can arouse and strengthen their own resources. The Elder Brothers and Invisible Helpers answer their call for help by sending out a stream of spiritual power, possessing color and

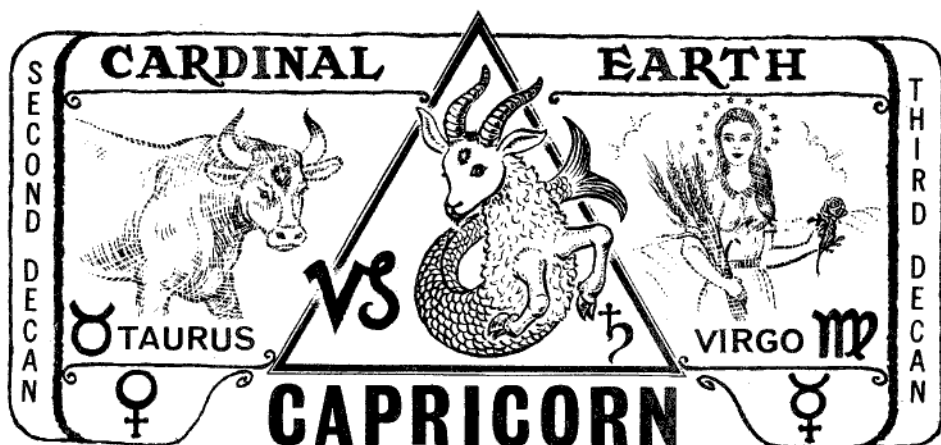
tone, that enters their auras to aid in harmonizing the body.

Those aspirants who wish to work consciously with the forces of tone and color may practice concentration on each tone or each color until there is full power to hold it steady in the mind. Much observation of the colors in Nature and listening to the tones of music should precede this concentration. After learning to hold a specific color or tone in mind, then one may climb stairsteps of color or tone from the lowest to the highest vibrations. When going from red to red-violet or from C to B in pitch, move slowly so as to fully become one with the particular color or sound before moving on to the next higher one. This exercise serves as a lifting of consciousness as well as a process in concentrating energies.

When proficiency in concentrating on tones and colors has been achieved, then astrological correlations may be added to the concentration exercise. Since the chief purpose of Chromastrology and Tone-astrology is to harmonize the body, heart, and mind, then astro-diagnosis correspondences as given by Max Heindel are most helpful. When bathing oneself in a tone or color, the energy must be regulated so that there is a steady flow that allows gradual absorption. These energy waves that are more powerful than medicine have long been known and used in re-harmonizing the body for the restoration of health. The Pythagoreans, Egyptians, Greeks, and alchemists were proficient in their use. Since each organ of the body must be revitalized through its etheric counterpart, results are gained more quickly in the Etheric Region than in the Chemical Region of the Physical World through the use of imagination and concentrated will in liberating vital forces.

Since everything is dependent on light and sound on this physical plane as well as on the inner planes, a balanced diet of colors and tones is necessary for survival as a form of nourishment to be assimilated

(Continued on page 41)



The Children of Capricorn, 1976-77

Birthdays: December 22 to January 19

SIGN — Capricorn, the seagoat.

QUALITY — Cardinal, or forceful expression of energy in initiating a project or putting some plan into action. Cardinal energy can concentrate itself in one direction in order to gain results, but constant feedback is usually required to maintain the energy flow.

ELEMENT — Earth, or the body. Earth is motivated by basic needs and finds a sense of reality in tangible things. Earth is usually a very patient element and lives strongly in the present.

PHYSICAL ANALOGY — Rocks, stones, crystals.

EXOTERIC ANATOMY — Specific: knees, gall bladder, and the medulla of the suprarenal glands. General: skeleton, joints, cartilage, ligaments, tendons, connective tissue, epithelial tissue, hair, skin, teeth, auditory organs, spleen, minerals carried in the blood, and all mineral deposits in the body.

PHYSIOLOGY — Saturn, the ruler of Capricorn, governs all processes in the body that have to do with crystallization, hardening, decay, or decomposition. Along with Mars, Saturn rules the processes of

catabolism, bile formation, and urea formation. It seems that Saturn precipitates waste products out of the various body tissues, while Mars purges them from the body.

Saturn provides the minerals needed to build the bones and skeleton, and also gives the pattern along which they form, thus giving structure to the body. However, the Moon does the actual work of building the minerals into the pattern provided by Saturn. Without this pattern, the Moon forces would build crystalline material into the body at random, eventually transforming it into an amorphous rock.

Saturn also has considerable influence over the parasympathetic nervous system, especially the vagus (pneumogastric) nerve, whose function is to slow down all bodily operations in order to conserve energy and minimize wear and tear on the body.

ESOTERIC ANATOMY — Capricorn is one representation of the dense, physical body.

TABERNACLE IN THE WILDERNESS — Capricorn corresponds to the Ark of the Covenant placed in the West Room. It is interesting to note that every year as the Sun enters Capricorn, Christ renews His covenant with mankind by being born again into the Earth on Christmas Eve.

It is a covenant fulfilled from year to year. In our own individual lives it shows that we, too, must keep a covenant to redeem the lower self. We must not aim for spiritual development by withdrawing from the world, but by overcoming it. We must face our responsibilities in the world and work with the limitations we encounter. But we must also extract a spiritual essence from these experiences by applying the qualities of love, kindness, tolerance, and patience, thereby gaining the spiritual power that will eventually raise us above the necessity for material existence.

Inside the Ark of the Covenant were placed the Tablets of the Law, the pot of Manna, and the Rod that Budded. These articles symbolize the results of a spiritual life lived in the world but not subject to the world. These results are: the ability to distinguish with unerring accuracy the true from the false and the right from the wrong, despite any attempt at disguise or subterfuge (Tablets of the Law); the surety of being sustained through any difficulty without lack or need (Pot of Manna); and the ability to heal and comfort others in their time of need and distress (Rod that Budded).

BASIC INFLUENCE — The basic characteristics of Capricorn tend to impart a systematic approach to experience, an ability to organize and utilize factual data and tangible realities, and a need to be involved, grounded, or rooted in these tangible realities. There may also be a need to discover, establish, or maintain a pattern to existence, and people under this influence often feel disturbed when this pattern cannot be found. It can sometimes be difficult for them to act spontaneously or extemporaneously in informal or unexpected situations.

POSITIVE INFLUENCE — The development of positive Capricorn characteristics tends to make a person especially trustworthy, diligent, and precise. When such a person accepts a particular responsibility, he is usually very conscientious in carrying it out and expects others to be so also.

Self-discipline and a controlled composure are usually important to this type of person. He often has the ability to plan things out very carefully and thoroughly, taking into account all possible contingencies. This quality of being able to establish a reliable pattern and give structure to a chosen line of endeavor can be invaluable in both mundane and spiritual concerns.

NEGATIVE INFLUENCE — When the influence of Capricorn is misused and abused it tends to produce a dogmatic, suspicious, and fearful attitude. This type of person is prone to look out for his own personal interests without too much regard for others. He tends to be suspicious of the intentions of others and fearful for his own position and place in life. He can be deceptively pleasant and accommodating so long as he stands to gain something from others by that attitude, but if he can get the same results through the exercise of power, force, or authority, he can be rather callous and inconsiderate.

LESSONS — To get the most good from the development of positive Capricorn characteristics and to prevent the development of negative ones, the following considerations would be beneficial: self-sacrifice for the good of others; sympathy for the joys and sorrows of others; greater trust in the potential of others; and more self-conscious control over involvement in mundane matters.

RULER — Saturn is the ruler of Capricorn and therefore has the greatest freedom of expression when in this sign. Saturn is the planet of pattern, structure, responsibility, and foresight. Saturn brings us the limitations we need in order to concentrate and channel our energies in a properly useful way. Through the resistance offered by experience, the forces represented by this planet influence us to turn our attention outward and face the necessities and requirements of existence, learning to be responsible for our own actions and their consequences. If we learn our lessons from these experiences we gain self-confidence, equipoise, consideration and respect for others and also

from others, and the ability to persevere in the face of difficulty. If, through self-will, we fail or refuse to learn from our experiences, Saturn brings us fear, sorrow, frustration, depression, and self-pity.

EXALTATION — Mars is exalted in Capricorn and therefore has its potential for good or ill significantly augmented when placed in this sign. When the dynamic, aggressive, and unceasing energy represented by Mars is supported by the structuring effect of Capricorn, the ability to get results is nearly irresistible. As an illustration, the Mars energy by itself is like an open fire, while Mars in Capricorn is like an internal combustion engine, where that fire is controlled and regulated. Thus harnessed to a specific task, this energy has an immensely greater potential for productivity.

DETRIMENT — The Moon is in detriment in Capricorn and therefore tends to be restricted in its ability to express its essential nature. The Moon indicates our inner moods, subjective habit patterns, and sense of self-worth. These things are very real in a personal way but do not have much objective or "measurable" reality. Capricorn usually concerns itself with the latter type of reality. Thus, Moon in Capricorn often depends on the support of outside evidence or encouragement for the maintenance of a stable self-image. This could lead to lessened self-confidence and perhaps a tendency to interpret the actions of others too personally. On the other hand, a more spiritually evolved person could use this influence to be more objective and detached about himself and about his actions. This ability to judge and evaluate oneself more accurately by laying aside personal bias gives a more reliable basis for self-improvement and self-control.

FALL — Jupiter is in fall in Capricorn and therefore tends to sacrifice itself for the greater manifestation of Capricorn influences. Jupiter in Capricorn may produce a restless desire continually to improve social conditions and the quality of the individual environment. Such people may be hard to

please because they are seldom satisfied with anything as it is. They often have noble motives but their means and methods are not always on the level. We must realize that the means always qualify the ends which are attained. A spiritualized application of this influence can be expressed as follows: "The power for fulfilling your duties always comes from above, and by immersing yourselves in the higher spheres you will learn how to fulfill the tasks according to the Creator's will. Judge, act, and fulfill while standing over and above it all." (*The Bridge Over the River*, p. 89)

At present, Neptune is also considered to be in fall in Capricorn. Here, too, Neptune is required to sacrifice its substance in order to spiritualize the experiences encountered by the soul in the physical realm.

GREEK MYTHOLOGY — Saturn is primarily symbolized by Chronus and Chaos in Greek Mythology. Chaos was the first god, being created before all other gods. This is a symbol of the Saturn period, the first manifestation of life in substance after its emergence from the preceding Cosmic Night. Chronus is "Father Time," a primary manifestation in the physical world. The story of Chronus eating his children is a symbol of how an overly-materialistic attitude can smother spiritual inclinations. However, Zeus' eventual triumph over Chronus shows the eventual triumph of spirit over matter.

COSMIC CHRISTIANITY — "Arise, shine, for thy Light is come!" The Christ is born again on Christmas Eve, when the Sun is in Capricorn. He comes to help set us free by raising the vibrations of our earthly environment and by giving us His love without reservation. The lesson to be learned here is that we must manifest the Christ Life toward others in our everyday associations and activities, not just in those situations that are naturally conducive to spiritual devotion and contemplation. Only then are we repaying our debt of gratitude to Christ. Of what use is our spiritual development if we do not apply it to the

succor of the downtrodden around us? Christ Himself said that He came not to those who had no need of salvation, but to save that which was lost.

INDIVIDUALITY, VITALITY, AND AUTHORITY. Sun in Capricorn gives individuals impelled by a keen sense of duty and the desire to be highly regarded by society. Thus, these individuals seldom follow other than conventional paths. Reliability, persistence, and trustworthiness are Capricorn's greatest virtues. Saturn, ruler of Capricorn, is in Leo this month, augmenting the desire to achieve positions of power and responsibility in government and business. Because pride is a common downfall of Leo and Capricorn, cultivation of humility in childhood would be wise.

Sun and Saturn are in each others' signs, giving the Leo traits of self-confidence, authority, and more of a vital, quiet but commanding manner than is usual for Capricorn. These individuals have the dual ability to serve in a subordinate position when the head of the corporation is present and act in the boss' position when he is absent. Sun sextiles Uranus Dec. 24—Jan. 8, denoting independence, persistence, and a shrewd, penetrating mentality which is methodical, pragmatic, but accepting of new ideas.

Sun squares Pluto Dec. 28—Jan. 11. This aspect greatly intensifies ambition but brings a danger of becoming so wrapped up in work that sight is lost of other concerns. Also, this aspect requires one to work in cooperation with large numbers of people; thus these individuals fit in well in large corporations and government. There is, however, a temptation to try to manipulate the masses and be drawn into questionable moral situations.

Jan. 3—9, Sun conjuncts Mercury, denoting children especially methodical and careful in details. Their analytical minds will cause them to seek executive positions such as that of consulting engineer. This pertains especially to those born Jan. 6—9, when Sun and Mercury sextile intuitive, inventive Uranus.

Jan. 4—18, Sun trine Jupiter in Taurus opens the serious Capricorn nature to the pleasures of family life, and promotes consideration of others. Jupiter's influences broaden the outlook, thus countering the narrowness of intense ambition. They give an optimistic faith and promote the vision to see business opportunities.

SELF-EXPRESSION AND LOGIC. Mercury is in Capricorn throughout the solar month. The logical, methodical mind will understand progressive ideas, but innate caution and persistence in checking all facts before making a decision will typify these natives. The speech will be polite, generally with a reserve promoting harmonious relations with most people. Dec. 22—Jan. 6, Mercury trines Jupiter, denoting ability to recognize financial opportunities and take advantage of every chance. This aspect impels to pleasure in, and aid from, fraternal organizations.

Jan. 3—12, Mercury squares Pluto, denoting keen observation of and insight into desires of the public, thus leading to great power of persuasion. The aspect also indicates a nervous disposition, given to worry and pessimism. Jan. 9—17, Mercury conjuncts Mars, giving influences similar to those of Pluto in speeding up mental processes and sharpening insight into human nature. When the native is tired or under pressure, the Mars influence may cause impatience, jumping to conclusions, and sharp speech; this problem is not great, however, because Mars is exalted in Capricorn and energy is conserved, allowing persistent application to long drawn-out work.

Jan. 5—19, Mercury sextiles Uranus, portending rapid, intuitive analysis: the mind is especially fast while Mercury also conjuncts Mars, until Jan. 17. The Uranus influence stimulates the mind to idealism and to examine unusual and new ideas without losing sight of practical considerations. Jan. 9—15, Mercury sextiles Venus in Pisces, denoting a potential for soft, polite speech and sensitivity to the feelings of others. Understanding of public

taste for home decorations or collectors' items may also be evident.

LOVE, ARTISTIC APPRECIATION, AND SOCIABILITY. Dec. 22—Jan. 3, Venus is in Aquarius, making for a friendly, outgoing manner which wins many acquaintances. Strong saturnian influences make for very restrained expression of affection, founded on dislike of emotional display and on the aquarian love of freedom. Dec. 22—26, Venus trines Pluto, sextiles Neptune, and opposes Saturn. The opposition denotes attraction to one who will likely respond coolly to affection and possibly be difficult due to health problems or a domineering nature. The outer planet aspects stimulate ideals of impersonal love and duty to all.

Dec. 23—Jan. 1, Venus squares Jupiter, giving a great love of pleasure, a desire to strive for peace and justice, and ability to attract many friends. Temptations are to give overly much value to material security and cultivate the friendship only of those who are in a position to aid social status or career. Ability for self-control and emotional detachment should allow these children to take or leave their pleasures. Dec. 27—Jan. 19, Venus sextiles Mars, testimony to the harmonious blending of sexual desire with love and to initiative and self-esteem balanced by consideration for others.

Jan. 4—19, Venus is in its sign of exaltation, Pisces, where feelings are strongly sympathetic. Pisces is the sign of the poet, and Jan. 9—15, Venus sextiles Mercury, providing an artistic, creative avenue for both pleasure and business pursuits.

Jan. 9—19, Venus trines Uranus, giving a magnetic personality, progressive love ideals, and the potential for wise use of the sexual forces. Especially Jan. 13—19, while Venus squares Neptune, will love ideals be high and potential for musical and artistic inspiration strong. Venus square Neptune denotes high but illusory love ideals. These people must look at partners and love expectations realistically to avoid

being subject to self-deception and disillusionment. Jan. 18—19, Venus sextiles Jupiter. This aspect expands sensitivity to poetry, art, and pleasures in fraternal membership, and may impel to an appreciation of devotional worship.

COURAGE AND ENTERPRISING INITIATIVE. Mars is in Sagittarius. Dec. 22—31, denoting high self-esteem, optimism, courage, initiative, and persistence. Mars in Sagittarius gives self-esteem in terms of mental abilities and education, but with Sagittarius' ruler in Taurus, self-esteem often may be based on material wealth. Jan. 1—19, Mars is in its exaltation sign, Capricorn, emphasizing dynamic energy. Mars in Capricorn causes self-esteem to be based on others' opinions; thus these individuals generally act conventionally and strive for high reputations.

VISION, EXPANSION, AND ORTHODOX RELIGIOUS TENDENCIES. Jupiter is in Taurus, an earth sign denoting love of family, pleasures of the table, and conventional religious conceptions. Neptune is in the sign of religion, Sagittarius, and there is a capacity for strong devotional feelings which may lead to progressive religious conceptions.

INDIVIDUAL EMOTIONAL AND PERSONALITY PATTERNS IN SOLAR-LUNAR RELATIONSHIPS. (The Sun and Moon signs are in capitals, Sun sign first.)

CAPRICORN-CAPRICORN. The solar month opens Dec. 22 with the Moon in Capricorn accompanying Sun and Mercury. The basic mental processes and emotional nature will be serious, self-controlled, somewhat given to pessimism and melancholy. The mind will be thorough and methodical. Both luminaries in Capricorn tend to crystallizing influences.

CAPRICORN-AQUARIUS. Dec. 23—25. These individuals will be thorough and practical, but able to see the advantage of new, unusual, ideas. The emotions will be under control of the will and capable of changing quickly if the person is motivated from within. The mentality

will be rapid and inventive.

CAPRICORN-PISCES. Dec. 25—27. These children should have sensitive intuition to guide them toward fulfillment of spiritual and worldly goals. Social work might be an outlet for the service orientation of Capricorn combined with the sympathetic, universal ideals of Pisces.

CAPRICORN-ARIES. Dec. 27—29. This double cardinal sign influence gives the enterprising executive who will get to the top quickly. Capricornian diplomacy and consideration for others sometimes may not be used under the impatient influence of Aries Moon. In general, these natives will tend to be energetic, courageous, persistent, and perhaps a little too hard working.

CAPRICORN-TAURUS. Dec. 30—Jan. 1. This double earth sign influence adds to that of Mercury and Jupiter in earth signs. These individuals will be astute and ambitious, but may be overly conventional and slow to change. Love of harmony, pleasures, and family life should be prominent.

CAPRICORN-GEMINI. Jan 1—3. Gemini intellectual influence and love of travel combine with Capricorn influences to produce scholars with likely interests in history and other subjects connected with the past. Communications ability and restless urge to travel also blend well with characteristics of good salesmen, advertisers, and practical psychologists. The feelings are of a mental nature, often emotionally superficial but capable of sustaining interest in subjects others think dull and dry.

CAPRICORN-CANCER. Jan. 4—6. Cancer, the sign opposite Capricorn, gives children with more emotion, sensitivity, and sympathy than typical Capricorn. Their emotional restlessness finds outlet in work or other physical activity. These individuals may have difficulties in partnership because insecurity causes them to demand continual affection or other emotional support from their mates.

CAPRICORN-LEO. Jan 6—8. Moon and

Saturn in Leo give individuals who strive to occupy positions of authority; pride will make it difficult for some to act in subordinate positions. The urge to share experiences is strong; thus they make excellent teachers. Dignity, loyalty to employers, self-confidence, and ability to impress others with their warm enthusiasm and commanding manner will augur well for success.

CAPRICORN-VIRGO. Jan. 9—10. These individuals will be highly mental, given to analysis and method. Desiring the good graces of their fellowmen, these individuals are always ready to be of service. They excel as accountants and in other professions where attention to detail plays a large part. An astute, worldly wisdom is evident, but the emphasis on earth signs indicates possible inattention to unseen realities or the practical exercise of faith. The Virgo tendency to worry and pessimism must be curbed lest it lead to health difficulties.

CAPRICORN-LIBRA. Jan. 11—13. Moon in the sign of partnership reinforces Capricorn's tendency to concern with others' opinions. These children will feel a duty to entertain socially. With Venus in exaltation and Moon in Libra, the artistic, poetic, and inspirational faculties should be highly evident. The tendency to work in partnership should predominate.

CAPRICORN-SCORPIO. Jan. 13—15. The astute judgments of Scorpio combined with its healing power and desire for protecting others can impel some to be doctors and others to be sharp but fair and helpful businessmen. The critical and discordant side of Scorpio can impel toward mistrust of their fellows and intense melancholy which offsets the potential happiness of Sun trine Jupiter also in effect now. Likely the negative side of the Scorpio moods will prevail only early in life. Self-control and courage will grow as experiences teach the value of a positive outlook and detached impersonal judgment.

(Continued on page 41)



NEWS

COMMENTARY

Seaweed and Solar Power

An interesting, if not unique, plan to increase the availability of solar energy through the more extensive use of sea-farming has been endorsed by the Cousteau Society. In a Special Report entitled "The Ocean Food and Energy Farm Project," issued as a supplement to *Calypto Log*, Vol. 3, No. 2 (the public organ of the Cousteau Society), this plan is explained and strongly advocated.

The project was envisioned by Dr. Howard Wilcox of the Naval Undersea Center in San Diego. In an introduction to the Report, Jacques Cousteau writes: "...the sea is the best natural concentration of solar energy. . . it is also in the sea that *farming* would be the most efficient source of food and of energy. . . The Cousteau Society fully endorses the revolutionary views of Dr. Wilcox and will help to promote the project."

Briefly, Dr. Wilcox calls for the cultivation of open ocean space which has not yet been used by man in order to capture solar energy and, simultaneously, to produce food and a number of valuable chemicals. Photosynthesis, observes Dr. Wilcox, is an advantageous technique for harnessing solar energy because it presents no storage problem and it can be used to produce other desirable materials such as food. Photosynthesis, of course, is the process by which solar energy is converted into

vegetation.

Thermal pollution caused by fossil and nuclear fuels is increasing on a world-wide scale, and for this reason, if no other, a cleaner energy source -- such as, most particularly, solar energy -- must be more fully utilized. At the same time, the problem of securing sufficient crop yields to meet the world's expanding population also continues unabated and, as the Report points out: "it will be very difficult to maintain peace or political and social stability in the world when some nations are capable of providing food for their populations while others must undergo mass starvation." The Ocean Food and Energy Farm Project has been designed to speak to both these needs.

The concept of the project is "to cultivate rapidly growing and easily harvested types of seaweeds on lines in open-ocean or coastal nurseries, and then transport these lines to supporting structures embracing thousands of acres and lying 40 to 80 feet below the surface of the open ocean." Cool, nutrient-rich waters lying approximately a thousand feet below the surface will be brought up to fertilize the crop. The seaweed will be converted into foods, fertilizers, methane and other fuels, and industrial materials.

Solar energy, used to grow the seaweed, is a renewable resource; thus, this project will not engender or contribute to an "energy shortage." In addition, the use of seaweed reduces the need for fossil fuel, thus permitting a decrease in the ecological

problems that arise from mining.

Scientists in various parts of California and Hawaii are currently engaging in preliminary investigations and steps for the project. A seven-acre experimental farm was successfully maintained for some time in the ocean off southern California.

The future of the project is viewed optimistically: "Assuming a two percent conversion efficiency for converting solar radiation into the stored energy of seaweed compounds, five percent conversion efficiency for the production of human food from the seaweed, and 50 percent conversion efficiency for the production of other products from the seaweed, the marine farm concept is 'conservatively' projected to yield enough food to feed 3000 to 5000 persons per square mile of ocean area cultivated, and at the same time it will yield enough energy and other products to support more than 300 persons at today's U.S. per capita consumption levels. Since the oceans, 'conservatively estimated,' appear to contain some 80 to 100 million square miles of 'arable surface water,' this means that marine farms could conceivably support a human population ranging from 20 to more than 200 billion persons, depending on the degree of affluence assumed."

U.S. Seed Bank Preserves Plant Species

About 90,000 cans of plant seed have been placed in cold storage here since 1958 in what some scientists believe is man's most farsighted attempt to insure against some future genetic catastrophe that could destroy crops on a massive scale.

The seeds, housed in the stone and cement building of the National Seed Storage Laboratory, come from every conceivable plant species in the world.

Their presence here signifies growing concern in agricultural circles that the spread of new, high-yielding but possibly vulnerable hybrid plant varieties could soon pose perils to the world's food supply.

The fear is that as the new "miracle" seeds supplant the traditional ones that have been used

by farmers on every continent for centuries, the hardy ancient types will be discarded and the special properties of their genes and chromosomes will be lost forever.

Dorris C. Clark, a botanist at the Agriculture Department's seed bank here, said the growing national collection is aimed at preserving endangered species, as well as furnishing plant breeders with a rich and diverse source of genetic material from which to develop new kinds of disease-resistant plants.

Most scientists still believe that the danger of an entire grain crop's being wiped out because of the loss of some vital property is still remote. But a number of them said the danger might be growing.

"A crop-by-crop analysis reveals an extremely risky dependence on narrow genetic bases," wrote University of Illinois plant geneticist Jack R. Harlan in *Science* magazine. . . .

Scientists said that blight damage to the 1970 corn crop was extensive, largely because the hybrid corn grown widely in the United States appeared to have little or no resistance to it.

In the United States the hazards of a genetic disaster have been greater than in some other countries, because this country has almost no native plant stock and has had to import virtually all the crops grown locally from abroad.

Even the potatoes, peanuts, corn and tomatoes raised by the American Indians originated in Latin America.

Over the years most of the original varieties have been lost. Scientists estimate that two-thirds of early U.S. oat varieties, 98% of the clovers and 90% of the soybean strains, or cultivars, have disappeared.

Many of the seeds stored here are the product of seed-gathering expeditions to remote parts of the world where such crops had their early origins. . . .

There is no way of telling which of the thousands of varieties stored here may someday be useful, Clark said. But as the uniformity of crops increases, the seed bank gets more requests from plant breeders for seeds that could restore some of the lost properties.

Clark said there are genetic limits on agricultural expansion in the United States, because plant breeders, in developing high-yielding types, sometimes breed out other vital properties.

"This laboratory is valuable because we don't know what our future genetic needs will be," he said. "Twenty-five years ago nobody was looking for qualities such as hardiness in tomatoes. But with the mechanical harvester that became important."

With the banning of DDT and other farm chemicals, plant breeders are showing renewed interest in ancient species that have natural resistance to disease, Clark said. . . .

A comfortable margin for each cultivar is 10,000 seeds, of which at least 60% are germinating.

Technicians are constantly testing the seeds trying to get them to germinate on special moist blotters or in small hothouses in the laboratory. Clark said the laboratory had never experienced a total loss of a variety in storage.

The seed bank also stores duplicates of the miracle seeds developed over the years at the International Maize and Wheat Improvement Center in Mexico -- "in case an earth-quake or some natural disaster" wiped out the collection at the site.

American scientists say that seed collections such as the one here have obvious security importance. (Fort Collins, Co.)

Los Angeles Times,

Establishment of the seed bank was no doubt a wise move. Material scientists themselves have admitted that they do not yet know enough about genetic manipulations to be able to predict positively the results of their experiments. It is fortunate that sufficiently far-sighted individuals have taken the precaution of preserving a reservoir of reliable seeds from which a world food supply reduced through catastrophe -- genetic or otherwise -- could be replenished.

Granted, some of the "miracle" plants recently developed in the interests of easier commercialization have enjoyed widespread popularity to date. Nevertheless, as this article indicates, reliance on a narrow, or a relatively unknown and untried, genetic base is risky at best. One cannot help but wonder how long the temporary success of a new highly-touted type of fruit or vegetable actually will last.

Luther Burbank, who worked with plants from a *spiritual* basis as well as with material knowledge, achieved outstanding success. Spiritual understanding, however, is lacking in the efforts underlying much present genetic experimentation, which is being conducted, by and large, in the interests of more effective commercialization. Under the circumstances, it is well, indeed, to preserve at least a residue of what Nature has already given us.



Groups in Other Countries

ARGENTINA

Buenos Aires: — Casilla 118; Suc. 6
Buenos Aires: — Ave. Carabobo, 836
Córdoba: — Calle 1 No. 40; B. Yapeyú
Córdoba: — Gomez Pereyra, 3195
Corrientes: — Casilla 118
Formosa: — Casilla 95
Formosa: — Moreno, 979
Rosario: — Jujuy 2662
Salta: — Casilla 238
Tucuman: — Casilla 81; Suc. 2

BRASIL

Sao Paulo: — Sede Central do Brasil R. Asdrubal do Nascimento, 196 — Caixa Postal 7962
Sao Paulo-Penba: R. Cirene Jorge Ribeiro, 188
Sao Paulo — Lapa: R. Joao Anes, 18
Sao Paulo — Santo Andre: R. Dr. Cesario Bastos, 366
Sao Paulo — San Jose dos Campos: Caixa Postal 369
Sao Paulo — Piracicaba: Rua do Rosario, 1331
Rio de Janeiro: R. Jose Bonifacio, 1035, Apto. 204 — Todos os Santos
Porto Alegre: — Rua Santana 1021 R.G. do Sul

CHILE

Santiago: — Casilla 9154
Viña del Mar: — Ave. Marina, 970

COLOMBIA

Bogotá: — Apartado Aereo 2127
Bucaramanga: — Carrera 8 A No. 41-19

COSTA RICA

San José: — Apartado 6239

CUBA

La Habana: — Santa Amelia, 22114; Aroyo Naranjo

ECUADOR

Quito: — Salinas, 446

MEXICO

Mexico, D.F.: — Apartado M-7569

PARAGUAY

Asunción: — Washington, 673

PERU

Lima: — Casilla 10134

PUERTO RICO

Caguas: — Calle Baldorioty No. 44 00625
Rio Piedras: — Calle 34 S.O. No. 1324 00921

REPUBLICA DOMINICANA

Santo Domingo: — Apartado 613

URUGUAY

Montevideo: — San Jose, 1184

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2222 Mission Ave.
 Oceanside, CA 92054 USA



Book Review

"Training for the Life of the Spirit"

Training for the Life of the Spirit, by Gerald Heard, Strength Books, a division of East Ridge Press, Hankins, N.Y.

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This is a new, paperback edition of a book written several decades ago by one of the most advanced, prescient, open-minded thinkers of the present century. Gerald Heard long foresaw the moral and spiritual decadence now abroad in the world and urged that the "Life of the Spirit" replace the life of self-interest so actively engaged in by materialistic society. This book is a practical endeavor to establish guidelines for living a spiritual life in a material world.

Mr. Heard defines the Life of the Spirit as "the continuation of our evolution. . . our continued growth in awareness, understanding and grasp of Reality." Mr. Heard's theory of human evolution closely parallels that given in the Western Wisdom Teachings: man has progressed from an unawareness of his nature as a separate individual to the present point of total individuality at the expense of a common consciousness. From this point, the direction of his continuing evolution demands that he turn inward and attempt to understand and gain control of himself, thus providing a necessary counterbalance to his present knowledge of the physical world and his power to exploit it.

The spiritual training envisaged by Mr.

Heard will result in a threefold development: growth of conduct through purgation, growth of character through proficiency, and growth of consciousness itself into completion. Mr. Heard stresses, however, that training alone is not sufficient; in order to progress, we must know where we are going. We must know "that we can evolve further; that evolution is essential if we are to be adequate to face our present crisis; that evolution is spiritual, it is a growth in consciousness, in awareness, in power and control through understanding our connection with all life and with the Eternal Life which sustains all life; that evolution is now achieved . . . only by the skilled, conscious training of our spirits." Mr. Heard posits an essential link between cosmology and ethics, stressing that an ethic not based on a cosmology is not true, and a cosmology that does not result in "a life of deduced action" -- an ethic -- is devoid of meaning.

Of the several practical steps leading toward spiritual proficiency suggested by Mr. Heard, his discussion of the types and manner of prayer may be of particular interest to the occult student. Our ability to pray and the nature of prayer evolve as surely as do other human characteristics.

Initially, we engage in vocal prayer, which itself evolves from lengthy petitions for material wants to brief but intense affirmations of thanksgiving and adoration.

Mental prayer proceeds directly from sincerely motivated vocal prayer. As we think more deeply about what we are saying, we become less glib and more meditative, until only a few words, such as "Almighty God," cause us to plunge into reflection of their fathomless significance. Affective prayer, or prayer of pure will, results, at last, in a sense of the Presence, in which the Presence seems infinitely remote and unattainably desirable. From the intensity of the yearning that then occurs we, in time, learn to abstract the violence of the will. Then remains a quiet intensity of interest and vigilance, a receptivity of open mind and heart, in which the prayer of simple regard flourishes. This represents "the rise of a new unstraining quality of effortless intensity" in which equipoise is attained and devotion is unwavering.

* * *

CHROMASTROLOGY AND TONE-ASTROLOGY

(Continued from page 30)

into the being. Man is surrounded by those forces and radiations essential to his existence, just as he is surrounded with air necessary for physical life. Cosmic currents of light and sound are located not only on the surface of the Earth but also above and through it. When color and tone strike a surface, the homogenous particles are thrown into sympathetic vibration with the incoming current. Consequently the organism is vitalized. If there are particles within the organism that are non-conductive, of opposite rate of vibration, or if the power of the incoming current is too strong, then abnormal reactions and serious harm may be done. Therefore a knowledge and understanding of the quantity and quality of color and tone is necessary in their constructive use. Chrom-astrology and Tone-astrology are in their infancy. The union of tone and color with astrology opens wide a new field of scientific endeavor with a great potential for healing the sick in the world.

CHILDREN OF CAPRICORN, 1976-77

(Continued from page 36)

CAPRICORN-SAGITTARIUS. Jan 15—17. The careful, methodical preparations typical of Capricorn Sun will allow these individuals confidently to proceed with their plans. These individuals will have vision and self-confidence blended with the patience and forethought to implement their plans successfully and, if necessary, over a long period.

CAPRICORN-CAPRICORN. Jan 17—19. Sun trines Jupiter. At the end of the lunar cycle the Sun influences are stronger than Moon, so a positive emotional outlook is expected. However, both Lights in the same sign greatly emphasize that sign. Single-mindedness in achieving ambition, while ignoring family and healthy recreations, may result. These individuals will use a slow, persistent approach to all problems; their emotional responses will be notably dry and reserved.

CAPRICORN-AQUARIUS. Jan 19. The solar month ends. The cardinal signs are the turning points on the Sun's path. Here the Sun, in the last degree of a cardinal sign, pictures a life that probably will change at some point from a highly self-restricted, ambitious, and conventional one to one of a freedom-loving, progressive-minded, and spiritually-oriented person typical of the higher side of Aquarius.

* * *

When Goethe says that in every human condition foes lie in wait for us, "invincible only by cheerfulness and equanimity," he does not mean that we can at all times be really cheerful, or at a moment's notice; but that the endeavor to look at the better side of things will produce the habit, and that this habit is the surest safeguard against the danger of sudden evils.

—Leigh Hunt

READERS' QUESTIONS

Man and Fire

Question:

If we can say that fish are related to the element water, birds to the element air, and land mammals to the element earth, which animals can we say are related to the element fire?

Answer:

This question is of a speculative nature and depends on the way in which the inquirer wishes to classify animals. Things can be classified in many ways to serve different purposes. However, if we use the *anatomical* classification of man as an animal (remembering, however, that from the spiritual point of view man comprises an entirely separate life-wave) we may suggest that the "animal" related to the element fire is man.

Fire is a manifestation of Spirit. Man, unlike members of the animal life-wave, has an individual indwelling Spirit, guiding his own development and destiny. Members of the animal life-wave are not yet individualized, but ruled by their Group Spirits. Man is the only "animal" that can consciously harness and use the physical counterpart of the divine fire, or Spirit, for his purposes in the material world.

The spinal Spirit Fire in man is the essential element in spiritual alchemy, the elixir of life which transforms the ordinary human being into the Philosopher's Stone, fashioned when the Christ Within each individual Ego has grown to full stature.

It is an anatomical fact that the spinal cord is divided into three sections, from which the motor, sensory, and sympathetic nerves are controlled. Astrologically these are ruled by the Moon, Mars, and Mercury. Among ancient alchemists, they were designated by the three alchemical elements, salt, sulphur, and mercury. Between and

upon them played the spinal Spirit Fire of Neptune. It rose in a serpentine column through the spinal cord to the ventricles of the brain.

In the great majority of mankind the Spirit Fire is still exceedingly weak. But whenever a spiritual awakening does occur in anyone, the down-pouring of the Spirit augments the spinal Fire to an almost unbelievable extent. Then a process of regeneration begins whereby the gross substances of the threefold body of man are gradually thrown out, rendering the vehicles more permeable and quickly responsive to spiritual impulses. Gradually, the body of this aspirant is transmuted into the Philosopher's Stone. When this has been accomplished by all mankind, the Transfiguration of humanity will be complete.

Pain and Progress

Question:

In *Mysteries of the Great Operas*, concerning Tannhauser, we are told that "we always reap a harvest of pain whenever we go contrary to the laws of progress. . ." But is it not true that one often gets more pain for "progress," and, possibly, very little pain for no progress at all?

Answer:

In a *temporary* sense only, this may be true. A criminal or a cruelly self-centered person may, in a particular lifetime, find everything going his way, think he is "riding high," and feel no pain at all. Eventually, however, the Law of Consequence will catch up with him and, in a future lifetime, he will pay the penalty for his misdeeds. Then he will feel the pain. We cannot act contrary to natural law without experiencing pain. It may not be immediate, but eventually it will be felt.

It is also true that we may feel pain while we are making progress. This pain, however, is caused by the war between our Higher Self and our lower nature. The lower nature does not want to release its hold on us, and we must battle to overcome temptations. The pain exists because the lower nature is still so strong, and it is strong because we have in the past acted contrary to the law of progress. If we had not, the temptations we must now so painfully overcome would not be temptations in the first place. Once we have subdued the lower nature, however, achieving thereby a fair degree of equipoise and self-reliance, the pain ceases, and we find that we have made considerable progress.

Swords of Despair and Truth

Question:

In *Mysteries of the Great Operas*, concerning "The Valkurie" (p. 87) Mr. Heindel mentions the sword "Nothung," which Siegmund and Sieglinde take with them in their flight from the house of Hunding. Is there any correlation between this sword and Christ Jesus' statement that: "I come not to bring peace, but a sword"?

Answer:

"Nothung" as identified by Mr. Heindel is "the child of distress, the courage of despair." This sword was provided by Wotan, chief of the gods, himself, in acknowledgement of the fact that even the gods are capable of error. Even this sword, however — the courage of despair — cannot prevail over the power of creed, unless the one who wields it is deeply imbued with the power of Truth. Only with Truth — not with despair — can the falsehoods and errors of the world be vanquished.

The sword of which Christ Jesus spoke, however, is the sword of Truth — the sword which represents obedience to natural law. This sword will be needed to fight and transmute the evil abroad in the world,

and only the wielding of this sword will eventually bring about the Kingdom of Universal Brotherhood of which Christ Jesus was the harbinger.

Also, Christ Jesus knew that to bring unification among the many different groups, as well as peace among the warring elements, would require much fighting among mankind.

Earth During New Jerusalem

Question:

If our lowest vehicle in New Jerusalem will be etheric, and the Earth will become transparent, does this correspond with the Jupiter Period or the period of Cosmic Night?

Answer:

The Earth is gradually becoming etheralized. In the New Galilee, which is the sixth Epoch of the Earth Period, the Earth will be made of ether — no longer of the dense material substance. Then our physical bodies will be made of ether also. This does not correspond to the Cosmic Night. During the Jupiter Period, however, the Earth again will be located in the Etheric Region, as it was in the Moon Period.

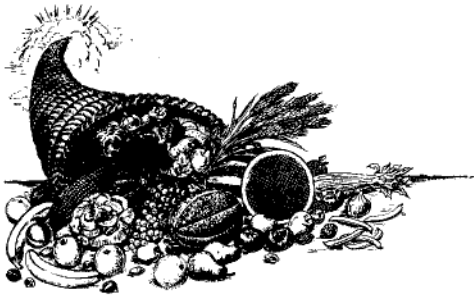
Vehicles in New Jerusalem

Question:

What vehicles will our present animal, plant, and mineral kingdoms possess in the time of the New Jerusalem?

Answer:

The vehicles of the mineral, plant, and animal are undergoing their growth upward, toward spiritualization, just as ours are. After they reach the nadir of materialization, they will become more etheralized. This would be according to the Law of Analogy. We are not told the exact nature of the form which those etheralized vehicles will then take, however.



NUTRITION and HEALTH

Potatoes in the Diet

Scientific eating not only keeps people healthy, but greatly reduces the cost of living. The housewife today, in supplying her family with healthful nutrition, is forced to consider the necessities and not the luxuries in foods. There is a great danger lurking when the body is not fed properly.

Back in 1909, Dr. Hindhede of Copenhagen, Denmark, a food scientist of world wide reputation and author of the book, "What to Eat and Why" conducted experiments with thousands of people by feeding them large quantities of potatoes, along with green, leafy vegetables. We Americans in recent years have come to look down on the habit of eating potatoes not realizing that the potato when properly prepared, is an excellent food for the body. There are several important secrets regarding this popular vegetable which I will disclose to you. The potato peeling which the average housewife chooses to throw away contains the most important food elements of the potato. It is rich in potash, silicon, sodium and magnesium. I recommend that all potatoes, with the exception of the Idaho baking potato, be boiled with their jackets on. I also strongly urge that potatoes be thoroughly washed.

The potato peelings may be placed in a gauze bag and cooked with various

soups and broths. In this way you will provide your bodies with a nutriment of mineral salts that are very important for health. When potatoes are boiled, the water in which they are cooked should be used as a beverage instead of being thrown away. Such water is rich in alkaline mineral salts and is excellent for building an alkaline blood stream.

When Sir Walter Raleigh sent his first cargo of potatoes to England nearly three hundred and fifty years ago, Europe was suffering from the great and frequent prevalence of scurvy. After the potato had come into general use this great scourge of the middle ages almost disappeared.

Kon and Klein of Warsaw, Poland, experimented with two adults who lived for five and one half months on potatoes with fat and a small allowance of fruits. They remained in excellent health with good digestion and every evidence of good nutrition.

Potatoes are very rich in vitamin B, the growth vitamin and are especially indicated in the diet of children. The chief defect of the potato as a complete nutriment is its lack of lime, but this element may be supplied by oranges or dairy products. The Irish combination potatoes and buttermilk is almost ideal. With the addition of greens nothing is

lacking and on such a diet men would be as healthy and enduring as these times require.

We have found that the potato due to its high water content is not properly prepared when it is cooked too long. Recently biochemists have found that if water is brought to a boil in an enamel-ware pan, then the potatoes added, cut in small slices and placed on the back of the stove to simmer, this method of preparing potatoes adds a highly nutritional form of carbohydrates and agrees with many patients who suffer from gastric disorders.

Potatoes are not only excellent food — they are remedial. They will dissolve uric acid and lime deposits and are indicated in gout and rheumatism. Potatoes, according to nutritional investigations, when properly boiled are easily digested in 30 minutes. I do not advocate the frying of potatoes from a nutritional point of view as the grease in which they are usually fried carbonizes on the outside and creates an indigestible food. All families should use large quantities of potatoes with their peelings. However, it is well to avoid the use of both potatoes and bread at the same meal. Recent scientific investigation has shown that the potato is not the fattening food it has been heretofore called. by Dr. W. Robert Keashen, *Health and Vision*,

Vitamin C Acts on Polyps, Says VA Doctor

Massive doses of Vitamin C have been used successfully to treat a polyp of the colon believed to lead to cancer, Dr. Jerome J. DeCosse, Medical College of Wisconsin, Milwaukee, reports.

Eight patients were given three grams of C daily in timed-release capsules over periods of four to thirteen months. The polyps disappeared completely in two cases. One patient had 120 polyps, the other 20. In three patients, the polyps partially regressed, one from 45 to 17. In the remaining three there was no change, or an increase.

Dr. DeCosse said the research team hypothesized that the vitamin interferes with bacterial growth that could lead to polyps in the colon.

The patients suffered from a rare inherited condition which if untreated in adolescence causes death by age 40.

National Health Federation Bulletin, March 1976

Here, then, we find another use for the versatile vitamin C. The value of this nutrient seems to be continually on the increase.

From the Rosicrucian Fellowship Vegetarian Cookbook

EGGPLANT

Eggplant has only recently been used in the United States, although brought here by the Spaniards nearly 100 years ago. It had wide acceptance in other parts of the world, dating from antiquity. Referred to as a glandular food; valuable in anemia, excellent for kidneys and nerves; a remedy in pancreas afflictions. Contains chlorine, phosphorus, potassium, vitamins A and C.

EGGPLANT STEW

1 medium eggplant, not peeled
3 large tomatoes, peeled & chopped
1 small green pepper, chopped
1 small onion, chopped
3 Tbs olive oil
1 tsp vegetable salt
3 Tbs unbleached flour
Grated cheese
1 Tbs brown sugar
1/2 bay leaf
2 cloves
bread crumbs

Bake eggplant in 350 degree oven about 45 minutes, until tender; peel and cube. Place in oiled 1 1/2 quart casserole. Blend heated oil and flour; add ingredients except cheese and crumbs; simmer 5 minutes; pour over eggplant. Top with crumbs and cheese. Bake in 350 degree oven 30 minutes.



HEALING

Thinking Ourselves Healthy

“The slightest thought, feeling, or emotion is transmitted to the lungs, where it is injected into the blood. The blood . . . is the carrier of nourishment to every part of the body, and the direct vehicle of the Ego.”

This passage from the *Cosmo-Conception* (p. 91) indicates clearly the importance of constructive thought. It is literally true that we are what we think — physically and spiritually. The nature of our thoughts shows prominently in our facial expressions and our whole physical form. The environment and associates which we choose for ourselves — as well as those among which we appear to be thrust “haphazardly” — also are reflections of our habitual trends of thought.

If we want to have healthy bodies, then, we must inject into our blood streams the right kind of thoughts and emotions. Every thought we think has a vibratory power, depending for its strength upon the initial force of will which sent it forth. This thought becomes a part of our composite power and attracts to itself material of a like kind. In this manifestation of the law of attraction lies the key to “thinking health.” The more we think of “the good, the true, and the beautiful,” the more we strengthen the health-attracting

element in our aura. Thus we literally are able to inject health into our blood-streams and thence into our bodily tissues.

Disease results from wrong thought and consequent wrong action — the disregarding of natural law. This evil, as any other, may be overcome with good. We can build up such a force for good by constant efforts to think constructively that evil will automatically disappear for lack of nourishment. Let us think health into our bodies — thoughts of joy, gratitude, beauty, kindness, and love.

* * *

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 4:15 P.M. when the Moon is in a cardinal sign on the following dates:

January. . . 4—11—18—24

Children's Department



What A Mess!

Dagmar Frahme

Once, on a blustery Tuesday in May,
Some mischievous Nature Imps came
out to play
They thought it might give them a great
deal of cheer
To turn the old-fashioned World right on
its ear.
And so, while the snow fell, the roses
bloomed red,
And wheat that was baked turned into
purple bread.
The lettuce grew square, and the violets
grew thorns,
And soft cuddly rabbits grew sharp, pointed
horns.
The pine trees had oak leaves, the maples
had cones,
The strawberries turned into white little
bones.
The grass blades all grew right down into
the ground,
And coconuts fell without making a sound.
The horses all barked, and the ostriches
mooded,
The turtle-doves brayed and the elephants
cooed.
The butterflies grew to a height of six
feet,
While hornets and wasps looked for granite
to eat
The wind from the south was as cold as
could be,
And hundreds of pussy cats swam out to sea.

Orioles lay upside down in their nests
While weaving cob-webs into tight little
vests.
The clouds overhead turned a bright shade
of pink,
And wispy white milkweed was covered
with ink.
The rocks became soft and the mountain
tops flat,
And thin little ants put on layers of fat.
The water in rivers flowed upstream for
miles;
Rattlesnakes all wore incredible smiles.
Spiders spun webs of tenacious steel wool,
And rubber in rubber plants lost all its pull.
Lightning made circles all over the sky
And Grandmother Frog sang a sweet lullaby.
Lima beans grew on the outside of pods,
And handkerchiefs grew underneath golden-
rods.
Gophers built mounds rising up in the air,
And earth worms were covered with long,
golden hair.
Walnuts had juice that could be squeezed
and poured,
And oranges came in the shape of a gourd.
Eagles flew backward in columns of fours,
While woolly lambs called to them with
lions' roars.
But just as the uproar had reached its
full height,

And our old-fashioned World was a sorry,
sad sight,
The Head Nature Spirit emerged from a
cloud,
And bellowed in tones that were frightfully
loud:

"How dare you to flaunt all the natural laws
And burden the Earth with such cumber-
some flaws?
Your mischief, my Imps, I cannot over-
look."

And with that he took hold of two Imps,
and he shook
Them so hard that they thought that they
never would be
Able to move again naturally.

"Now then—" the Head Spirit still sounded
gruff,
And one little Imp whispered, "This will
be rough!"

"You bet it will be!" the Head Spirit
was grim.

"Before any one of you gets food in him,
Or has a vacation, or even a rest,
You're going to make this poor World
look its best.

Take all those pussy cats out of the sea,
And take all those pineapples off the pear
tree!

Give back to the rattlesnakes all their
fierce frowns.

Remove the iguana herds from peoples'
towns.

In short, put things back just the way
that they were,

And never again let such mischief occur!"

It took thirty days and a great deal of
strain
(For we know that it's harder to put back
again

The things that so easily we can destroy)
But at last the Imps finished, and each
Nature Boy

Resolved that not ever again would he try
To make chaos in places where order was
nigh.

And the world once again, it was pleasant
to see,

Became what it first was intended to be.

The Fairies Have Never a Penny to Spend

The fairies have never a penny to spend,
They haven't a thing put by;
But theirs is the dower of bird and of flower,
And theirs are the Earth and the sky.
And though you should live in a palace of
gold
Or sleep in a dried-up ditch,
You could never be poor as the fairies are,
And never as rich.

Since ever and ever the world began
They have danced like a ribbon of flame,
They have sung their song through the
centuries long,

And yet it is never the same.

And though you be foolish or though you
be wise,

With hair of silver or gold,

You could never be young as the fairies are,
And never as old.

—Rose Fyleman



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By Max Heindel

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