

THE
ROSI-CRUCIAN FELLOWSHIP
MAGAZINE

RAY'S FROM THE ROSE CROSS



FEATURES

* * *

Pinnacles of Achievement

Mental Development

**Getting Along with the
Zodiac**

Children Who Make Believe

* * *

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Two Questions: One Answer

IN anticipating a confluence between Religion and Science, it is plausible to imagine a person whose background has been that of one of the more rigorously authoritarian, institutional orthodox religions, challenging that possible development on the basis of some such fundamental question as: "But how can Science ever substitute for the redemptive name of Jesus Christ?" That is always a justified soul-searching question for a member of one of the innumerable Christian sects to ask under any circumstance.

However, in this specific case that question prompts an even more searching question toward a mutual answer, a question that poses great constructive and evolutionary potentials. "What pinnacle of recognition has orthodox dogma accorded Jesus Christ in His more exalted name as a manifest personification of the creative Light of God?" That is, as the true Light which lighteth *every* man that cometh into the world, as stated quite bluntly and without equivocation by St. John in the opening verses of his gospel.

Astoundingly, modern Quantum Science has resolved both hypothetical questions with dynamic impact. Science has done that by its findings that all matter-and-life, including the fleshly being of man, is indeed essentially of the nature of hypersentient electromagnetic *light energy, light photons, light quanta*. This is relevant to Einstein's formula as to the creative interrelation of mass, energy, and hypersentient light. Further, Max Planck, father of the Quantum Theory, postulated with Walther Nernst, a fellow scientist, that so-called "empty" space is actually a vast reservoir of that vibrant hypersentient light energy of tremendous magnitude, normally not detected because it streams through all things equally. Then, recently, Kirlian photography has furnished evidence of a personal hypersentient conceptive light Self. So thanks to Science, which tends to unity and not divisiveness in its theories, there is little doubt as to the hypersentient Light in which all creation lives, and moves, and has its being according to Quantum Mysticism.

Thus is affirmed the direct factual Fatherhood of God through the pervasive divine creative Light. (*Matt. 23:9-10*) This knowledge of every man's heritage in the Light would seem to redeem man from enslavement to the damning guilt complex imposed by the myth of man's *per se* heritage in the "First Parents", in the flesh, rather than in the conceptive Light.

So progressive, educational, and meditative invocation of the hypersentient Light, either personal or companionate with others, may act to educate an individual in the conscious, subconscious, and superconscious areas of being, to an ever more radiant kindred attunement with the Christ Light. (*John 1:12-13*). This attunement may then activate the help of the Light, in its inherent love expressed in wisdom, in meeting the hard challenges of daily life and living. At least scientific identification of self with the Light is worth considering as a vitalized, redeeming way of life, for open-minded youth and other free seekers after attainment, that far transcends the intrusion of arbitrary, delimiting, divisive dogma --- as does the divine Light itself. --- W. L. K.



Pinnacles of Achievement

Part I

SINCE man became an individualized Spirit, dwelling in a separate body of his own --- his temple of God --- he has increasingly felt an inner urge to go forward. He has sensed beckoning heights of achievement on both the physical and the spiritual planes and yearned to scale these dimly perceived pinnacles. As Max Heindel pointed out: "*Onward, Upward, Forever!* is the battle cry of the conquering Spirit. Ever since 'their eyes were opened' the human race has been consciously imbued with that divine discontent which is our means of advancement upon the path of evolution. This is true of the great majority at least; there are some who have lagged and 'kicked against the pricks', but continued prodding will and must eventually bring them to the goal of perfection and reunion with God."

The immediate pinnacles of achievement to which man has aspired have changed as he has progressed on his evolutionary journey, for the Divine Hierarchs who have guided and prodded him have carefully provided him with the ever-higher ideals suited to his progress from time to time. During the earlier stages of his existence in ancient Atlantis, after he had become an indwelling Spirit, he was given certain precepts which were embodied in what are known as the Ten Commandments. In these man was commanded to acknowledge and worship only Jehovah God, to use the Lord's name only with reverence and respect, to keep the Sabbath Day holy, to honor his parents, to respect the right to life of all other human beings, to live chastely, to use and enjoy only his possessions, to tell the truth, and to avoid covetousness. We note that the Commandments were primarily of a moral and spiritual nature, acknowledging the reality of the indwelling Spirit, but applying largely to his outer behavior.

These pinnacles of achievement were not easy to reach by the humanity of that time, and we are told in the Old Testament of how they disobeyed again and again the commandments of Jehovah and had to be severely punished before being brought into line again. We know that even now a considerable part of humankind have not yet learned to obey these commandments. The reason for mankind's

slowness in becoming obedient to the laws given for his benefit is rooted in the fact that during the Lemurian Epoch, millions of years ago, there occurred certain events which changed the original plan for man's progress. A class of stragglers in the angelic life wave, whom we call the Lucifer Spirits, were in need of a physical brain through which to express themselves. They therefore took advantage of the opportunity to imbue man's consciousness with knowledge concerning the divine creative force which nascent man was not yet ready to handle properly. Although this knowledge resulted in brain-consciousness and independence, its mis-use brought sickness, pain, and death.

It was also during the Lemurian Epoch that there occurred a coalescing of the mind of man with a part of the desire body, thus enmeshing the mind in the selfish lower nature. The Hierarchs guiding man's progress gave the laws of the Race Religions to emancipate intellect from desire, but egotism and selfishness were already firmly implanted in his consciousness. Since that time the problem of humankind has been to transmute the lower attributes into higher ones.

During the ages that have transpired since ancient Lemurian and Atlantean times man has made tremendous strides on the material plane, has reached hitherto undreamed of pinnacles of achievement by means of the intellect. His scientific accomplishments, presently being climaxed by putting men on our Moon and probing farther into space to obtain information concerning Jupiter and other planets of our solar system, have been truly phenomenal. Without question the pinnacles of achievement reached by man on the physical plane by means of the intellect are such as to excite our admiration and wonder.

But what about the moral and spiritual heights yet to be scaled? It is evident, as we look about us, that the pinnacles of achievement along spiritual lines which have been ascended by the majority of humanity are not on a par with those reached on the material-intellectual plane. The innate selfishness of mankind has held sway in the affairs of the world on to the present time.

The truth of this statement is most evident in the countless wars that have raged between families, communities, and nations,, as groups of people have vied with one another to gain territory or material riches, to impose religious beliefs upon others, to gain power, or simply to settle personal disputes. Written history has been largely an account of the carnage between warring nations, and within these groups until recent times war was practically the only method used to settle arguments and disputes concerning various matters. Treaties, wherein terms of cessation of hostilities were agreed upon, were usually made only when one or both of the adversaries had exhausted their man-power and material means. It has all been largely a matter of which group had the greatest military strength: war machines and missiles, along with the material equipment to keep in action their legions of men trained in the art of killing their fellow humans --- including women, children, the ill and the aged.

Although the sentiment against war has grown and continues to

grow, we know that it still exists today. Even when there is peace within nations, the spirit of competition is rife among individuals and groups. Political, economic, and industrial groups, as well as individuals, vie with each other to attain high position in government, industry, etc., to build up material fortunes, to form trusts and thus gain complete control of the buying and selling of commodities for profit, to amass the largest collections of art and other material possessions --- to out-do and out-smart others in every way possible. Surely, it is only too painfully obvious that, as Max Heindel stated: "All our troubles in the world, whether we recognize it or not, come from the one great fact of our selfishness Selfishness is the prime cause of diseases, sorrows, and pains."

But a new age has been dawning during the past nineteen hundred and seventy-three years. A higher dispensation was inaugurated with the coming of the Christ. On Golgotha, by means of the flowing blood, this mightiest of the archangelic Spirits entered the Earth and became our planet's indwelling Spirit and Saviour. Since that time He has been radiating the power of a redeeming love to all the inhabitants of our globe. As a result we see on the horizon new pinnacles of moral and spiritual achievement toward which we are all urged, and which must eventually be reached by every human being.

The occult student realizes that the races, having fostered egotism and patriotism under the direction of the Race Spirits and Jehovah, are now on the wane, as the Christian principles of altruism and unity slowly become dominant. But the pace is slow and there is great need for added effort on the part of everyone. What can we do to further the aims of the Higher Ones for humankind? What are the overall means available to us for cleansing the consciousness of humanity from the areas of mental and emotional complexities manifesting in greed, violence, poverty, ignorance, drug addiction, crime and lust? How can we accelerate the rate of spiritual progress toward the new pinnacles before us, gleaming with the splendor of compassion and divine love?

It would seem, first of all, that we should give more enlightened consideration to the basic needs of the younger generation in our educational institutions. Instead of over-stressing factual knowledge, as we have been prone to do in the past, would it not be much better to stress the unfolding of the spiritual potentials within the child? Instead of giving the pupil high marks only for having memorized assigned lessons, or having mastered problems, would it not be much more sensible to grade him also for having displayed such traits as honesty, truthfulness, tolerance, and consideration for others? Rather than lead children to believe that success in life depends chiefly upon being able to amass material possessions or gain high worldly position, should we not instead encourage them to believe that true success lies in developing character --- in becoming men and women who, knowing that the real purpose of life on Earth is to unfold the limitless potentials of the Spirit, to strive for that unfoldment as they help others do the same? Instead of teaching youngsters to out-rank their fellow-students, no matter

(Continued on page 11)

THE Mystic ... LIGHT

 The title 'THE Mystic ... LIGHT' is rendered in a mix of fonts. 'THE' is in a simple sans-serif font. 'Mystic' is in a large, elegant cursive script. '... LIGHT' is in a bold, blocky sans-serif font. To the right of 'Mystic' is a decorative graphic consisting of a five-pointed star with a cross in the center, a lit lamp to its left, and a heart with a flame to its right. Below these elements, a horizontal line is drawn, with several lines radiating downwards from the center, suggesting light rays.

Mental Development

WILLIAM COROT

A person who has once consciously experienced what has been called "the grace of creative concentration" cannot again feel unconcerned about wasting time, indulging himself in meaningless or "time-killing" pursuits, or generally dissipating even a small amount of his mental energy. If he has, in the past, delighted in mental idleness and laziness, he will probably continue to carry on in this fashion for a while --- old habits being, as they are, hard to break --- but his conscience, prodded by the memory of the upliftment and accomplishment resulting from his moments of creative concentration, will cause him ever more discomfort whenever he indulges in mental dissipation. Eventually he will begin to sense that it is truly a sin against the Spirit to succumb to mental indolence, to squander his intellectual endowments, and to lead, even in part, an unproductive existence.

One of the reasons for our sojourn on this planet is that we may develop the creative power and capacity which is within us all. When we once see what this power can achieve, and what great capacity actually does lie latent within us, we shall no longer be content to let others amuse us, do the thinking that we could do for ourselves (and perhaps even better), and

to sit back and, in effect, watch the world go by. We shall more and more want to participate actively in constructive, original thinking, to utilize as many moments as we can in this way, and to experience the joy and elation which occurs when such thought is translated into action and bears manifest fruit. Our former ideas of "relaxation" --- perhaps to sit overlong gazing at meaningless programs on television, or to read literature of dubious merit and value requiring little or no mental response, to attend "Grade B" movies, or any other sort of mundane, passive activity --- will also gradually be altered. What was once the difficult task of concentration, study, or creative thought, engaged in only after a determined effort of the will and certainly not regarded as an enjoyable or wished-for pastime, will gradually become a more natural, familiar, and even sought-after process. In time, the effort of will put forth as a prelude to such activity will become minimal, and the former leaning toward and yearning for unproductive passive activities will change to a feeling of acute distaste for undertakings of this nature.

This is by no means to imply that it is necessary to turn into a mental drudge or to lead an exclusively con-

templative life in order to experience the upliftment of creative concentration. Far from it. The results of creative concentration must be translated into creative action if they are to have any meaning for the creator or his fellows. Purposeful activity, after concentration, must be allotted its share of time, and certainly a life spent exclusively in "thinking" without "doing" would not fulfill the purpose of our existence on Earth.

This is also not to say that relaxation is unimportant. Quite the contrary; judicious periods of relaxation interspersed among the times of creative concentration and activity are extremely necessary to most of us at our present stage of mental development. There are as yet very few who can continually sustain a high degree of uninterrupted, intensive mental or mental/physical activity without the refreshment offered by periods of a less demanding type of occupation. Relaxation need not be passive, however, and mental relaxation should not mean that the mind is not to be used at all.

For instance, as a "break" in study one can read less serious literature that is nevertheless stimulating and thought-provoking. Philosophical treatises can be set aside in favor of travel books, nature or animal studies, or whatever happens to be of particular interest. Such books are mentally challenging in their own way but still offer to the mind a variation from the more serious type of reading. Relaxation combined with mental stimulation is also obtainable through such activities as walks through Nature --- if we keep our eyes and ears open and try to learn while we are walking --- listening intelligently to good music, visits to museums, or meaningful, elevated conversation with friends. Surely all these pastimes, and many others, are more productive than the sheer inertia which passes for relaxation on the part of so many members

of our society.

One of the worst faults in which we can indulge is that of mental laziness. The mind is the most recently acquired of our four vehicles and, as such, is the least developed. Max Heindel has given us much information about the mind in his various writings. He tells us, for instance, that: "The mind is the most important instrument possessed by the Spirit, and its special instrument in the work of creation. The spiritualized and perfected larynx will speak the creative Word, but the perfected mind will decide as to the particular form and the volume of vibration, and will thus be the determining factor." (*Cosmo*, p. 425) A lofty goal, indeed, but man still has far to go in mental development before attaining this pinnacle.

In *Letters to Students*, p. 163, Max Heindel tells us that: "The mind of most people is like a sieve. As water runs through the sieve so also thoughts flit through the brain. . . . the mind does not hold on to any of them sufficiently long to learn its nature certainly when the power of thought-control has been gained, the possessor holds within his mind the key to success in whatever line he may be engaged."

Again, in *Gleanings of a Mystic*, p. 143, he states: "It is indeed a true saying that 'an idle brain is the devil's workshop,'" and the safest way to attain to interior purity and cleanliness is to keep the mind busy all the time, guiding our desires, feelings, and emotions toward the practical problems of life"

It is obvious from all this how far the mind must yet evolve, and what a reprehensible waste of time it is to fill the mind with idle, vagrant, or unworthy thoughts instead of exercising it in an effort to increase its strength and potential. As it is, it will require many lifetimes of sustained mental effort to evolve the mind. Does it not seem reasonable, then, that we ac-

tively help the process in all possible ways, rather than impede it by refusing to stimulate and exercise the mind or to project it into new, challenging situations in which it can begin to work on those latent creative powers which it must eventually manifest?

Keeping the mind occupied in constructive channels of service to mankind is the only way to help it evolve to that point of creative perfection for which it is destined. Every time we permit ourselves to become mentally indolent or to harbor destructive or vagrant instead of constructive and, if possible, creative, thoughts, we hold our minds back just that much more. Furthermore, the more of this kind of activity we indulge in, the harder it will be to begin again to use the mind for worthwhile things. Mental laziness, catered to by amusements and distractions imposed exclusively from without, is very pleasing to the lower nature, which will not easily give it up once it has become a habit.

There are many times during the day --- when we are engaged in necessary, although routine, tasks --- that the mind can be exercised. Periods of house or yard work, the time spent on public transportation commuting to and from work, moments of "waiting," for appointments or whatever, can all be utilized to good mental advantage. Most of us have, at the backs of our minds, vague ideas for projects or courses of action which present themselves as intriguing possibilities for future consideration "when we have time." Most of us, also, have more time than we think for contemplation and consideration of such new schemes which flit through our thoughts in this manner --- provided we use the time we do have wisely.

Half the battle of getting new things started --- something that many people find so difficult to do --- is thinking out fully in advance the

course of action to be taken, considering the consequences of each proposed step, and forming mentally a detailed overall picture of the plan, its manifestations, and its consequences. Once all this is firmly in mind, the rest is often fairly easy. Much of this mental work could so easily be done while performing those routine activities during which so many of us now are inclined to have no serious thoughts at all, or to be --- so wastefully --- resentful, bored, or simply "unthinking."

Many of our problems can be solved in the same way. If something troubles us --- even if we face a trial that seems insurmountable --- often, simply by clear, logical, *calm* thought we can figure out the necessary things to do to alleviate the difficulty. Again, most of us will find that we *do* have the time to engage in this kind of thought if we will only properly utilize all the moments at our disposal.

Our minds are capable of great things, if we but give them the chance. Constructive mental activity, interspersed with periods of mental relaxation which is also of a constructive nature, will mold them, slowly but surely, into instruments of unbelievable strength and power. "The grace of creative concentration" must be earned through proper mental exercise and activity. Once we have earned it, we will find our lives so enriched and expanded that we would be most reluctant to return to those days when mental endeavor was a strain from which we tried to shy away.

* * * * *

"Paul tells us that to be carnally minded is death, but to be spiritually minded is life and peace. This is the exact truth, for the mind, which is the link between the spirit and the body, is the path or bridge, the only means of transmission of soul to spirit."

--- Max Heindel.

Incurable ?

VEDA BURNAUGH COLLINS

COME on, Old One, sturdy and neglected friend of the past, let us get to work. You have still a great many miles to go, and so do I before we both quit. Remember how secretly insulted I was when, upon telling a grandson he could have you "before long," he replied, "Oh, Grandma, that old typewriter probably belongs in a museum by this time; what I really want are your notebooks filled with poetry." It isn't ethical to give away a friend, so I gave it no more thought and let you continue to hide behind first one piece of furniture, then another. No wonder you pouted and looked sullen; you let me know in no uncertain way what you thought of me, and of poets in general. I'm sure I've heard the grumble, "Quitter!", more than once.

So let us disregard the red tags hung on us, the "obsolete," the "incurable ills," etc. What we want is something on the incurably optimistic side. We were ever optimistic, and how our spirits would soar upon the completion of a well-rounded poem. We thought we were "some pumpkins," even after the critic thought far less of our efforts than we did. How did all this dark and useless side of things begin? Well, it all began back in my teens---so long ago?--- when I contacted a virus which in turn became Parkinson's Disease. You just fell like the next domino. We didn't have a chance, but we didn't know that for many long years. Man was going to the Moon, and he would soon lick any little old disease that came along. He did find something which helped many, many people, but I am still one of those it can't help. Parkinson's Disease destroys the central nervous system.

The acquisition of serenity in the face of certain disaster is difficult. Everyone must die, but to know you are actually in the sometimes slow, sometimes swift, process of death, killed by an enemy no one can conquer, is to discover just how brave or how cowardly you actually are. To die is to die at some distant time and place, not today, not tomorrow. It is, then, in the face of the enemy and his unseen weapons that one gathers one's resources found at hand and instructs oneself in the qualifications needed to do battle.

First, one learns to employ the emotions, not in the timid process known before but in a new, dynamic method. Individuals must use their emotions, but first they must experience them as one learns hunger, thirst, love, and hate. There is pain, unceasing pain, and many nights when sleep evades and is totally illusive. But there is always beauty, and the mystic glimpses of a heaven men must learn to know. No emotion is constantly in use, and none must be allowed to atrophy because of a mortal enemy, but there is no control over the coming and going of emotions. Just to use them is the idea.

One cannot contribute to the resources of mankind without first having experienced. So the poet, in his battle with disease, learns cunningly to use his emotions to express his experience. Each of us is individual, a universe unto himself. It is useless to explore a patient's body and ignore his more complete, secretive, soul or mind. Pills do nothing for a man whose emotions are deeply injured, and whose soul is ill. The ancient Greeks knew that one cannot be treated while the other is ignored.

Emotions require exercise, as does the muscular system of the body. Left in disuse, all things atrophy. Talents left unused become useless. Any writing is an exercise for the mind and the emotions. The author discovers that it is useless to contribute a scrap of beauty not first experienced as an emotion. Poetry expresses the primeval needs of man. An essay is poetry, and must have form and grace and beauty.

Doctors use the word "incurable" as gently as a dentist seeks to probe out an ulcerated tooth. Sometimes you must discover for yourself that the disease which has marked you for destruction is in that class still known as incurable. Once the word is out in the open to be looked at and measured, weighed, and examined, it is as self-destructive as a time bomb in a suitcase. "Incurable" may be only a brief span, or it can be a long, almost unendurable, process of slow death. In time, incurable becomes terminal. Exploring all the various types of incurables seems of greatest interest to me. One needs to be productive. The very word "atrophy" is anathema to a healthy minded person. And my mind is healthy; only the brain suffers the strange "electronic breaks" and seizures common to those afflicted with Parkinson's. Why remain passively coupled to a negative fate; why not do battle and discover just how strong one really is?

Mobility is the function under attack from Parkinson's Disease. Speaking, walking, writing---all are terribly inhibited. Thought is sometimes interrupted by brief periods of forgetfulness. One recovers quickly so the damage is not too great. It may become more intensified as time goes on.

Parkinson's Disease has destroyed from the beginning of man's written history although, in biblical times, it was called palsy. You, Old One, being mechanical, can work at a great rate

if cleaned, oiled, and kept in good repair with new ribbon and clean type. It is a little different with me, but together we can make a good going concern. Spiritually, I must call on the Master of the Universe for courage which I do not possess, for death makes cowards of us all. The seizures are almost worse to witness than to endure, so great patience is called for, not only on the part of the sufferer, but also on the part of friends and family, who are not likely to understand just what it is that must be faced.

A new medication, widely heralded, had been introduced against this disease with surprising results. In my case, what first seemed to be a wonderful remission began an almost worse destruction than the disease itself. I was not cunning enough to realize that what was inhibiting all my creative instincts and killing my love and ability to write was the medication, which was easing the symptoms but not slowing the disease. It was all too complicated, and I had no medical researcher at hand with time to employ in the discovery of what was ailing me. Having had a radical mastectomy, I was still undergoing examinations for cancer. I was arthritic, too, and as if that wasn't enough, angina began to terrify me with its steel claws in my chest. The Killer was a Masked Antagonist, waiting to move in for the kill. He almost made it, too.

Alexis Carrel, the noted doctor and scientist, would have been very interested, I am sure, for it was he who said in his splendid volume, *Man, the Unknown*, that sensitive people suffered from angina where a strong and healthy person died at the first attack. What should a physician do if, in giving the new medication for Parkinson's Disease, he suddenly discovers that his patient appears to wither and die? It was with sincere regret that he finally admitted defeat and with-

drew the medication. Not a moment too soon, as I well knew. The only other alternative is brain surgery, but my protesting body, a surgical map now with the finest stitchery known to the profession, revolts at that verdict. Better that I leave my affairs in the hands of the Master of the Universe. He may have songs for me to sing.

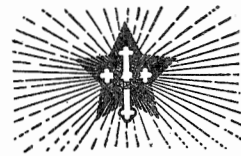
Be it thin, spiritless, uninspired --- each individual must add to the Universe something which would not otherwise exist. Suffering is the most unique, the most personal, gift of all. It is best illustrated in writing, painting, poetry, or music --- that heavenly agony of sound. Is it even possible that this rare experience may add something to the knowledge of the Master, and to his understanding of us? The Lord will forgive everything but despair; we should forgive ourselves everything but despair.

Now it is that the word "incurable" comes to consciousness as anything but negative, and in saying it I find it has always been my boon companion. Was I not ever optimistic against crushing odds? Is this not being an incurable optimist? Was I not ever hopeful, cheerful, when even the dark "night of the soul", as it is known by the saints, was upon me? Is this really the meaning of incurable? A romantic, incurably so, must ever find life, and living, an incredible romance.

There is the other side to the coin, always, and so, I said to myself, the old team of "typewriter and me" can surely overcome the hunt-and-peck system enough to tell our story. It might help someone else; who knows, the afflicted are many. That is why, with dusting, oiling, and a new ribbon, Old Friend, you are embarked on a new beginning. We are not going to become victims of the Clean House Syndrome, or the Liberated Woman; we are still going to be writers, poets if possible.

There is the incurable curiosity a-

bout the "many mansions in my Father's house," but there is also the incurable excitement of watching one's first seagull tie a silver bow against the blue, blue sky at Marblehead --- a much better form of being incurable than to sit, trembling and in fear. An incurable memory is what I long to have, that each bright and beautiful moment may never be forgotten, that it may be used over and over in figures of speech so beautiful that they will haunt forever the halls of other men's souls. Impossible? Not if Christ helps. And He will.



Never regret leaving a role in life, no matter how delightful the role has been. New roles lie ahead. I am not an active mother, but how could I be? I've become a grandmother, then a great grandmother --- which reminds me how swiftly "incurable" can become "terminal." Let me make the most of each day and take good care of honest old friend Typewriter.

The present need, and desire, for self-expression is a timid little ghost of its young ebullient self, but it has come creeping back to its habitat in my heart which it so happily occupied for so many years. It had chosen a strange site for its housing but if, by the Grace of God, this is its natural home, then none can say me nay! I, the householder, must be an ever-gracious host, an industrious host, and an incurably romantic host as I was in my middle years. It is not a choice; it is a dedication.

To be not only a poet, but an incurable poet, is something new under the Sun! Parkinson's may be my enemy, but he hasn't defeated me yet.

Shep, the Hand-me-down Dog

JEAN CARTER

LONG ago I flung at someone, guilty of pushing a book my way too enthusiastically, the declaration: "No book ever changed *my* life!"

Since that time the memory of the statement uttered so heatedly has brought me a smile, because truthfully I am the result of many books and the ideas or ideals contained in them. One of the recent books to open a new world to me is J. Allen Boone's *Kinship of All Life*, for this carried forward an idea given in the Western Wisdom Teachings about Group Spirits --- that there is a Group Spirit with the responsibility and direction for animals, birds, etc., of a given species, that this accounts for what science calls *instinct*. It is explained that this is the reason birds of a given species migrate at the same time; they are obedient to their "Boss", and this also accounts for their "look-alike" because they have less individuality than man.

When *Kinship of All Life* came into my hands, I read with mystical appreciation about the author and Strongheart, the first German Shepherd actor in the film industry. Since reading the book, the "Boss" of our dogs has been a special Being to me with the responsibility for dogs, and the explanation of the Group Spirits has seemed most logical, as well as personal.

One day a "hand-me-down" dog came to us. Someone apparently took him for a ride and turned him loose near our farm. From the living room window our daughter Mari saw him wandering, anxious and forlorn. She stepped to the porch, whistled him to her, and then with a twinkle in her eyes came to me in the kitchen and said, "Mom, look what followed me

home!" She named him "Shep", to which he responded.

Shep joined the family --- with reservations. He never fully accepted us adults, but three teenagers he loved. He accepted our other dog, a puppy named Kutha after the pony in the *Jet* books. Our Kutha is half Border Collie and Almostanythingelse. Initially she seemed a bit jealous of Shep, for when I'd take a walk down our country road she'd walk with neck and head stretched upward so that my right hand just fell on top of her head, and she paced herself so that that position held. When Shep joined me because Kutha was there; he expertly wove his steps before me, cutting at angles to the right and to the left, forcing me to change my stride and notice him, and of course interrupting Kutha's pace as well.

Gradually through the weeks and years Shep and Kutha adjusted to each other, Kutha growing from puppy to maturity and developing a game of her own: champion groundhog chaser of the area. She taught the skill to Shep, and they hunted as a team, to the delight of our farmer who found the groundhog holes in the fields a detriment to his equipment.

As time slid along we noticed Shep greeted us at our homecomings with Kutha but never permitted our patting his head, always remaining that inch beyond reach. Mari and Don were received with precious personal enthusiasm. Also, he never got very close to our cars, apparently associating them with his abandonment. Bob or I could place his food bowl near him, but he waited for us to retreat before he approached it.

The teenagers grew up, too, Doug was off with Uncle Sam in a foreign

country, Mari at college in Colorado. Don, employed in the same company as I, sold his car a couple of weeks before going into the service, and we commuted together.

One September Friday Shep refused his food. Although he lowered his head to the bowl, he quickly raised it with an air of repugnance and walked away. It occurred again on Saturday, and the same attitude prevailed toward dinner on Sunday, although I mixed delectables with his dinner, including a raw egg whipped up. By Monday Shep was thin and seemed to weave as he walked, and I was scared. I tried praying about him but my feelings were more apparent than my faith.

Mondays are hectic in our house. We begin at 5 A.M. to get Dad off on his week's long-distance assignment, and it's a long day with a full workday sandwiched in---after our own twenty-five mile commuting to the office. Probably Don already felt queasy about his life-style changing when, a little before closing time he called me, "Do you mind driving home? I'm pooped!"

When a nineteen-year-old doesn't want to drive, he is exhausted!

At home that evening Shep wobbled away from the food, and I said to Don, "We *have* to get him to the vet! Can you help me?" I hated asking him, knowing his exhaustion---but remembering Shep's attitude toward cars.

Thinking to telescope the timetable, I called the vet for an appointment, and he replied, "Come by 8:30."

Don's big hands fondled Shep's coarse brown hair all the way, reassuringly. At the vet's, eighteen people with various animals extended beyond his office examination room into the parking lot. Don remained in the car with Shep when I went inside the waiting room. When "next" resounded to the waiting room, a woman got up with her pet, but I said softly, "I have an appointment."

Overhearing my remark, the vet ap-

peared in the doorway, saying, "There are no appointments on Monday nights."

"You gave me an appointment over the telephone," I replied.

"No," he said. "I only meant you wouldn't have to wait so long if you came at 8:30."

The woman and her pet went in and I stood there a moment or two. Whom should I sacrifice---the exhausted young man or the sick dog? Frankly, I was pretty weary, too, after the 5 A.M. rising.

But I really couldn't push Don's physical endurance. Slowly I walked to the car. Actually I had a tremendous plus in the whole matter, for often Don had come to me in confidence from his office to mine to say, "Ma, pray for So-and-so." He had done this about office associates, and I treasured his faith-at-work, reasoning that there probably aren't many nineteen-year-old lads who evidence faith in prayer, or faith in their mother's "pipeline." Sliding into the driver's seat, I said, "Don, we misunderstood each other. He doesn't have appointments on Monday nights. You're too pooped to wait, and so am I. Let's put it in the hands of the Lord."

We drove over the country road in silence, and at home, after helping Shep out of the car, Don flopped into bed.

I, too, retired shortly, and in my exhaustion experienced confusion. I know one can go direct to God and that there is nothing impossible to Him. But I was thinking of the "Boss" of dogs and feeling I ought to approach him, too. But who is the Group Spirit of dogs? I tried to think, but suddenly "the world was too much with me." I just couldn't do more than say from my heart:

"Group Spirit, whoever you are, please just take Shep and make him well. Whatever seems the problem, please heal it. You have a Boss, too.

(Continued on page 132)

Pollution Control

CATHERINE ROBERTS

PROBABLY our most serious form of pollution is thought pollution, for is not every kind of pollution traceable to the original thought? This is not as unrelated as it might seem at first glance. Why do any of our polluting conditions exist? Is it not because of thoughts of greed and self-benefit with no concern for others? Such thoughts are contagious, and so the pollution spreads as each individual scrambles for advantage.

If we were able to see with our eyes what happens when we think, how would it affect our thinking? If we could see a thought of compassion actually blessing and comforting another, a thought of joy bringing light and a mental lift, or a thought of peace soothing and harmonizing, would we not try harder to hold this type of thought?

If we could see a critical thought adding to another's burden, perhaps being the thing that tips the scale toward failure, or an angry thought sowing destruction, would we cease indulging ourselves in them? Make no mistake about it, such thoughts are indeed a pernicious form of self-indulgence. Broadcasting the static of negative, hateful thoughts jams and distorts the clear reception of the positive. Of course we can take action and protect ourselves from this type of assault; we are not helpless before it. But what of those who are unaware that it exists and don't know how to protect themselves?

Unless we keep alert and "on guard" we are apt to become more and more isolated and insulated, feeling ourselves separated from our fellow men. So many things have led man to believe that he is fractionated. His life is lived in cubicles, one of work, one

of worship, one of recreation, one of family, one of self, etc. This is an illusion. No matter how he tries to keep each separate from the other, each profoundly affects the other, whether he be aware of it or not.

And more: not only is each individual whole and complete, all parts of his life --- physical, mental, and emotional --- affecting all other parts, but also each one affecting all other men. And even --- to carry it to the full --- affecting all else in the universe. Each grain of sand and distant star are linked together in one indissoluble, symphonic epic, each part interacting and having an impact on every other, each animate, each contributing to the drama, important in his role and necessary to the performance.

Man has a grave responsibility to keep the harmony; to keep the performance moving in its logical sequence to its glorious finale. He must maintain his wholeness, not only to be able to live fully himself, but because no one lives fully until all do.

In the daily run of things we manage to stay --- if not completely positive --- at least not terribly negative in our thinking, and even remember part of the time Paul's admonition about "... whatsoever things are true, whatsoever things are honest, whatsoever things are just, whatsoever things are pure, whatsoever things are lovely, whatsoever things are of good report: if there be any virtue, and if there be any praise, think on these things." (*Phil.* 4:8) But then something happens to upset us. Outwardly we may seem the same, but inwardly a great, seething turmoil begins. Irritability, anger, annoyance, and dislike churn about and we feel the pressure building. We hold imaginary dia-

logues, with clever and caustic comments.

Well, as any chemist will tell you, a caustic substance burns, and the fire that is kindled in us is a destructive one. If allowed to continue, the effect will soon become visible in the body in the form of illness or disability of some kind. For our own well-being we simply cannot afford to continue this type of indulgence. We know better and we know what to do about it---replace negative thoughts with positive ones---but we prefer to indulge ourselves in childish mental foot stamping and screaming. Thus we pollute the atmosphere around us.

Our responsibility is not to ourselves alone but to our brother as well. We are a part of an undivided whole with the privilege of helping that whole express in love and harmony. There are times when we petulantly feel that we don't care, but underneath we know that we do. If we will sit back and detachedly examine why we are reacting with annoyance or anger and honestly evaluate the situation we may be surprised at what we learn. It may also give the perspective we need again to become master of our thinking, refusing to give out what we do not wish to receive, being an instrument of peace and a builder in the temple of God.

When the smoke and fury of our turbulent emotions subside, we can see that we have been polluting our environment. It may take awhile before we are willing to admit that we could have controlled our reaction. We try to justify it by pointing to someone else's action as a cause, and maybe we have been sorely tried and tempted. But how else can we learn self-discipline? If we are given no opportunity to practice we will never develop the strength to resist. In any case, the conduct of another is not our business; how we respond to it is. There is an old adage which says that the only person you can change is

yourself. It is not necessary that we condone a wrong action, only that our own reaction be right.

What is "right"? Right is that which is positive, loving, constructive, non-polluting, harmless, and helpful, to ourselves and all of God's creation.

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EDITORIAL

(Continued from page 101)

what, should we not encourage them to compete only with themselves---to strive toward excellence in moral and spiritual fiber?

Surely we need to change the general attitude of competition to that of cooperation, which necessitates some degree of consideration for others. This is one of the pinnacles of achievement now looming before us. Fortunately, there are evidences that the more forward-looking people in all nations are realizing the futility of the competitive attitude and are seeking to stress and practice the idea of cooperation. Because of this we have a World Bank, a World Court, the Common Market, a World Council of Churches, an international effort to control the sale and use of narcotics, and a United Nations Organization, which has achieved notable successes in settling disputes, as well as some failures. The failures are to be expected as long as the national spirit and selfishness are allowed to prevent the larger consciousness of universality. As humanity moves closer to the Aquarian Age we shall see more concern by all nations for others---at least in providing all with the essentials of food, clothing, and shelter. The expanding consciousness which the Christ Force and the Aquarian vibrations are bringing is being shown in the increase of the altruistic attitude everywhere.

(Continued)

MAX HEINDEL'S MESSAGE

Taken from His Writings

OCCULT PRINCIPLES OF HEALTH AND HEALING

(THIRD INSTALLMENT)

Man and His Vehicles



The Dense Body --- Evolution (Cont'd.)

THE Akkadians were the sixth and the Mongolians were the seventh of the Atlantean Races. They evolved the faculty of thought still farther, but followed lines of reasoning which deviated more and more from the main trend of the developing life. As the heavy fogs of Atlantis condensed more and more, the increasing quantity of water gradually inundated that continent, destroying the greater part of the population and the evidences of their civilization.

Central Asia was the cradle of the Aryan Races, who descended from the Original Semites. Thence have the different races gone out. It is unnecessary to describe them here, as historical researches have sufficiently revealed their main features.

The Brain and Nervous Systems

In the Saturn Revolution of the Earth Period the dense body was given the ability to form a brain and became a vehicle for the germ of mind which was to be added later. The impulse was given to building the frontal part of the brain. The brain and the nervous systems are the highest expression of the desire body. They call up pictures of the outside world, but in mental image-making, the blood brings the material for the pictures; therefore, when thought is active the blood flows to the head.

In man the brain is the link between the Spirit and the outside world. He can know nothing of the outside world except through the medium of the brain. The sense organs are merely carriers to the brain of impacts from without and the brain is the instrument which interprets and coordinates those impacts. The Spirit, aided by the Angels, built the brain to gather knowledge of the Physical World. When the Ego entered into possession of its vehicles it became necessary to use part of the creative force for the building of a brain and larynx. The Lucifers are the instigators of all mental activity, by means of the part of the sex force that is carried upward for work in the brain. Thus did the evolving entity obtain brain consciousness of the outside world at the cost of half its creative power.

Physiologists note that certain areas of the brain are devoted to particular thought activities, and phrenologists have carried this branch of science still farther. Now, it is known that thought breaks down and destroys nerve tissues. This and all other waste of the body, is replaced by the blood. When, through the development of the heart into a voluntary muscle, the circulation of the blood finally passes under the absolute control of the unifying Life Spirit it will then be within the power of that Spirit to withhold the blood from those areas of the brain devoted to selfish purposes. As

a result, those particular thought centers will gradually atrophy.

Brain-knowledge, with its concomitant selfishness, was bought by man at the cost of the power to create from himself alone. When man learns to use his intellect for the good of humanity, he will gain spiritual powers over life, and in addition, will be guided by an innate knowledge as much higher than the present brain-consciousness as that is higher than the lower animal consciousness. The brain is, at best, only an indirect way of gaining knowledge and will be superseded by direct touch with the Wisdom of Nature, which man, without any cooperation, will then be able to use for the creation of new bodies.

In the Moon Period it was necessary to reconstruct the dense body to make it capable of being interpenetrated by a desire body, and also capable of evolving a nervous system, muscle, cartilage, and a rudimentary skeleton. This reconstruction was the work of the Saturn Revolution of the Moon Period.

The reconstruction of the dense body gave the first impulse to the incipient division in the nervous system which has since become apparent in its subdivisions: the voluntary and the sympathetic. The latter was the only one provided for in the Moon Period. The voluntary nervous system was not added until the present Earth Period.

When the division of the Sun, Moon, and Earth took place, in the early part of the Lemurian Epoch, the more advanced portion of humanity-in-the-making experienced a division of the desire body into a higher and a lower part. The rest of humanity did likewise in the early part of the Atlantean Epoch. This higher part of the desire body became a sort of animal soul. It built the cerebro-spinal nervous system and the voluntary muscles, by that means controlling the lower part

of the threefold body until the link of mind was given.

Part of the involuntary muscular system is controlled by the sympathetic nervous system.

The seat of the Human Spirit is primarily in the pineal gland and secondarily in the brain and the cerebro-spinal nervous system, which controls the voluntary muscles.



The Blood

The study of the blood is very deep, far-reaching, and of supreme importance from whatever viewpoint we analyze it. It builds the physical body from the time the seed atom is deposited in the ovum till the rupture of the silver cord ends material existence, being one of the highest products of the vital body and the carrier of nourishment to every part of the body. It is the direct vehicle of the Ego, having injected into it every thought, feeling, or emotion transmitted to the lungs.

In infancy, and up to the fourteenth year, the red marrow-bones do not make all the blood corpuscles. Most of them are supplied by the thymus gland, which is largest in the foetus and gradually diminishes as the individual blood-making faculty develops in the growing child. The thymus gland contains, as it were, a supply of blood corpuscles given by the parents, and consequently the child, which draws its blood from that source, does not realize its individuality. Not until the blood is made by the child does it think of itself as "I", and when the thymus gland disappears, at the age of fourteen, the "I" feeling reaches its full expression, for then the blood is made and dominated entirely by the Ego.

(Continued)

Studies in the Cosmo-Conception

This department is devoted to a study of the Rosicrucian Philosophy by the Socratic Method, the material being taken from the Rosicrucian Cosmo-Conception.

Altruism: How Awakened?

Q. How is the religious urge toward Altruism awakened in man?

A. If one of two tuning-forks of exactly the same pitch is struck the sound will induce the same vibration in the other, weak to begin with but if the strokes are continued the second fork will give out a louder and louder tone until it will emit a volume of sound equal to that of the first.

Q. Must the forks be near each other?

A. This will happen though the forks are several feet apart and even if one of them is encased in glass. The sound from the smitten one will penetrate the glass and the answering note be emitted by the enclosed instrument.

Q. What is the effect of such an experiment?

A. These invisible sound-vibrations have great power over concrete matter. They can both build and destroy. If a small quantity of very fine powder is placed upon a brass or glass plate and a violin bow drawn over the edge, the vibrations will cause the powder to assume beautiful geometrical figures. The human voice is also capable of producing these figures; always the same figure for the same tone.

Q. How does sound affect a person?

A. If one note or chord after another be sounded upon a musical instrument --- a piano, or preferably a violin, since from it more gradations of tone can be obtained --- a tone will finally be reached which will cause the hearer to feel a distinct vibration in the back of the lower part of the head. That note is the "keynote" of the person whom it so affects.

Q. Is the effect beneficial?

A. If it is struck slowly and soothingly it will build and rest the body, tone the nerves and restore health. If, on the other hand, it be sounded in a dominant way, loud and long enough, it will kill as surely as a bullet from a pistol.

Q. How does this illustration apply to the inner force?

A. If we now apply what has been said about music or sound to the problem of how this inner force is awakened and strengthened, we may perhaps understand the matter better. In the first place, let us particularly note that the two tuning-forks were of the same pitch.

Q. Suppose this had not been the case?

A. Then we might have sounded one of them until the crack of doom but the other would have remained mute. Let us understand this thoroughly: vibration can be induced in one tuning-fork by one of like tone only. Anything, or any being, can be affected as above stated by no sound except its own key-note.

Q. What do we conclude from this in regard to Altruism?

A. We know that this force of Altruism exists. We also know that it is less pronounced among uncivilized people than among people of higher social attainment and among the very lowest races it is almost entirely lacking. The logical conclusion is that there was a time when it was altogether absent. Consequent upon this conclusion follows the natural question: What induced it?

--- Reference: *Cosmo*, pp. 369-370.

WESTERN WISDOM BIBLE STUDY

Culmination of the Ministry

The Empty Tomb

THE empty tomb has been the cause of much speculation among orthodox Christians. Its meaning, however, becomes plain when studied esoterically. The atoms of the body of Jesus, pure and holy as he was, vibrated at a much slower rate than the vibratory forces of the Christ Spirit. Consequently, frequent acceleration of the atoms of Jesus' body had to take place during the three-year Ministry. This acceleration of the vibrations of the atoms would have shattered the physical body of Jesus had not the powerful will of the Master, assisted by the skill of the Esenes, held it together. Had the atoms of the body been asleep, as those in the bodies of ordinary humanity, it would have required a long time for the physical form to disintegrate after it had been vacated by the Christ; but in the case of Jesus the atoms had become so highly charged with life that they quickly found their full freedom as soon as the integrating Christ Spirit left the physical body at the time of the Crucifixion. When we learn to make and keep our bodies fully alive, we shall not change atoms or bodies so often, nor will the work of disintegration be so long a process.

The stone rolled away from Jesus' sepulchre was a great circular rock moving in a groove like a mill stone which, when rolled over the entrance, closed it like a door. The Romans sealed it by drawing cords in front of it, the cords being fastened on each side of the tomb by wax or clay so the authorities would know if the tomb had been entered. Such a stone would require several men to move it.

The stone rolled away means eso-

terically the complete overcoming of materiality and all obstacles that prevent attainment of that complete self-mastery which opens the way of Initiation. This overcoming is always accomplished through the resurrection of the Christ Power within man himself.

The earthquake recorded as having occurred when Christ arose from the tomb was caused by the change of atomic vibrations in the Earth as the great Sun Spirit freed Himself from its confines. The same phenomenon took place for the same reason when He entered the Earth at the time of His Crucifixion.

In the Ritual of the Empty Tomb, the Christ as the Wayshower for all mankind demonstrated to His followers the final and most difficult work to be accomplished on this physical Earth: the transmutation of matter into spirit. When this has been learned, man will have gained mastery over sickness, age, and death. In esoteric terminology, this attainment comes with the Initiation belonging to Earth, the densest of the four elements. It is the last of the Four Great Initiations.

In the early morning hours of the first Easter, several women came to the empty tomb besides the blessed Mother Mary and Mary of Magdala. These included the Virgin Mother's sister; also Mary, the mother of James and Jude; and Salome and Joanna. These women were all there in preparation for experiencing the illumination that follows upon passing through the Rite of the Resurrection. The two Angels that they saw guarding the open grave represent the purified desire body and the luminous etheric

(Continued on page 132)



Getting Along with the Zodiac

E. L.

Part 4 --- What Cancer Needs to Know about Other Signs

LIFE is a serious affair with you, and your bumps and bruises are many. People, too, fail you, but that is chiefly because you do not understand them. You are too sensitive and your imagination finds cause for concern where none exists in fact. If you will try to grasp the difference in temperament of natives of the various signs you will save yourself many heart-burnings and disappointments.

Leo (fixed-fire) is the sign following your own. This is called the sign of rulership, and the Leo-born expects to do the directing. Even when you are his full partner, the Leo will say "I" instead of "We" and act as though he were sole arbiter of your combined destinies. However, he is a loyal friend, and you may cut yourself off from a grand friendship if you allow resentment to grow.

Virgo (common-earth) is considered harmonious to Cancer, but unless you learn to overlook the critical ways of these folk, your feelings will be sadly hurt. Your Virgo friend may be depended upon to tell you when your logic is awry, but she may interrupt your most eloquent recital to do so. Try to appreciate her good intention even though you do feel sat upon.

Libra is the cardinal-air sign and

its natives often act suddenly and positively. Since you, too, are very active this may result in cross purposes very disturbing to a home or organization. So if you have this sign to reckon with, learn to air your view and plans in advance and thus avoid awkward situations.

Scorpio (fixed-water) is somewhat congenial to you, but the Scorpio native is intense with strong desires and a sharp tongue. You must learn to take the bitter with the sweet here, tolerantly.

Sagittarius (common-fire) has little in common with you. Remember this if you have one in your own family and do not try to cast him in your own mold. If you do he will wound you with gruff words, for the Sagittarian is the most heedless of all in his disregard for the niceties of language or custom. But take him as he is and he is a swell pal.

Capricorn (cardinal-earth) is the opposite sign to yours, and you are a unique pair of opposites in that you are much alike. You both love order and tradition, you are both hard workers, you are both firm believers in conservation. But you are both of cardinal signs and subject to the problem of conflicting action. You are inclined to be unreasonably tenacious in your viewpoint, while he is more coldly calculating in his.

Aquarius (fixed-air) is the sign of brotherhood and he tries to be a friend to everyone. But you stand for the "old and tried" system while he stands for the "new and untried." However, when you find him dangerously radical, remember that the world would crystallize and all progress come to an end if it contained nothing but conservative Cancers following tradition and revering the past.

Pisces, last of the water signs, gets on well with you. You may feel that he does not make the most of his opportunities, but you will find him adaptable to your scheme of life and a pleasant companion both for your serious endeavors and your moments of dalliance.

Aries is the cardinal-fire sign and the one you are apt to have the most conflict with. The Arian is the most aggressive of all people, always out on the skirmish line scrapping for his cause. Try to get him on your side or let him severely alone. He's always stepping on toes or putting noses out of joint, so don't get the notion he is picking on you exclusively. That's just his way.

Taurus (fixed-earth) is about as congenial as anyone you can find, valuing home and possessions. The Taurus housewife can give you a run for your money. She is as economical as you are, and much calmer about it. Borrow her serenity and flair for beauty and you will have a fuller life.

Gemini (common-air) is hard for you to understand. The natives of Gemini seem to take life lightly from your standpoint. True, they never fuss about trifles --- a thing you are inclined to do. They play Mary while you play Martha, worried about a host of infinitesimal details. Enjoy their nonsense and don't worry about their faults.

Famous natives of your sign include John Quincy Adams, Calvin Coolidge, John D. Rockefeller, John Wanamaker. Helen Keller, Irvin Cobb,

Emmaline Pankhurst, Charles Laughton, Alexis Carrel, Mary B. Eddy.

Part 5 --- What Leo Needs to Know about Other Signs

Leo is the sign of rulership and you Leos naturally find yourself gravitating to an executive position. But do you ever stop to think that the executive needs psychology? You can't handle people well unless you understand them, and if you want to keep from putting round pegs in square holes, study and classify people astrologically and get an insight into what makes them tick.

For instance, take Virgo (common-earth), the sign following your own. It is the lucky executive who has a Virgo at his elbow. You can delegate all the actual work to your Virgo subordinate with the certainty that it will be quickly and efficiently performed without sighing for praise or press notices. But don't try to put up a bluff with him, for no man is a hero to his Virgo secretary.

Libra (cardinal-air) may fascinate you with her airs and graces, but don't surround yourself with too many of this type for their ups and downs of temperament make an uneasy atmosphere for an organization. Besides, if one gets the edge on you, you will have a time regaining supremacy. Libra takes a high polish, but so does granite, and an ambitious Libra may forget to weigh mercy with justice.

Scorpio (fixed-water) is inharmonious to Leo, and this is one sign that you will have a hard time getting along with peaceably. Take steps to bind him through loyalty to ideals, for if you depend upon personality you will soon find him a malcontent and a focussing point for destructive criticism.

Sagittarius (common-fire) responds readily to Leo. You can play on his heart strings like a harp. However, Sagittarians are offhand and breezy in

their manner and you will be wise not to insist upon punctilio from them. They will talk back, but they will also back you up with their last cent and every atom of energy.

You will need to move carefully when dealing with Capricorn (cardinal-earth). These people will not consider you a trustworthy leader if you exhibit any lack of self control, love of ostentation, or impulsive judgment (your particular weaknesses). Give your Capricorn an orderly program to execute or free rein to evolve one for himself, and let him alone as much as you can.

Aquarius (fixed-air) is the opposite sign to yours. You are somewhat alike and very dissimilar. Whereas Leo stands for the governments of the world, Aquarius stands for the Brotherhood of Man. Leo must rule until humanity has the laws written in its heart --- when Aquarius will take over. Hence, Aquarius, at the present time, is not concerned with personal power but with universal betterment. Let your Aquarian establish the policy; let your Capricorn establish the application and carrying out. Aquarius makes a good mate for Leo because that will keep the balance between mundane and spiritual affairs.

There is a mystic tie between Leo and Pisces (common-water) which has been noted by some astrologers, although the connection is not quite clear. Be that as it may, you will find faithful friends in this sign. A Pisces wife seems to keep the Lion's mane brushed down smoothly, and if I were a feminine Leo executive I would try the experiment of putting some Pisces males in key positions under me.

Aries (cardinal-fire) is closely akin to yourself. Aries likes to lead, but the distinction has been made that Leo is general-in-command and Aries is field officer. Give your aggressive jobs and violent action to Aries and he will be happy and not contest your leadership.

Taurus (fixed-earth) may be violent-tempered at times, but he will work hard in the more humdrum jobs. He wants to be well paid and he will not be hectored. He has a distinct turn for management, and does well under responsibility.

Gemini (common-air) is a comfort to you. He is gay and entertaining, doesn't covet your job, can do a variety of things, and is generally obliging. However, some have a tendency to undervalue the importance of the job and to take life too casually, particularly among the feminine sex, so don't rely on them too strongly.

Cancer (cardinal-water) does not get on too well with you. You will need to make special efforts to conciliate him. He is very apt to think himself snubbed or ill-treated. Use kid gloves.

Perhaps you have not attained an executive position as yet. In that case make yourself as efficient as possible and study the above remarks from the reverse --- how to accommodate yourself to the idiosyncracies of the man higher up. Famous Leos: Max Heindel; H.P. Blavatsky; Henry Ford; Bernard Shaw; Tennyson; Shelley; Herbert Hoover.

Part 6 --- What Virgo Needs to Know about Other Signs

Virgo is rather harshly treated by the average astrologer, who always seems to stress the weaknesses rather than the desirable qualities of the sign. Perhaps this is because Virgo is the sign of the perfectionist and it is disconcerting to find flaws amidst seeming perfection. On the other hand, to the seeker of perfection such as the typical native of Virgo it is very irritating to find so little of it elsewhere; consequently the Virgoan may become hyper-critical in dealing with others. You must remember this tendency of yours to find fault, if you are to get along with others and re-

ceive from them a satisfying measure of love and loyalty. You must not impute base motives just because you find actions incomprehensible.

To begin with let us take Libra (cardinal-air), the sign following your own. The Libran is an impulsive creature given to sudden decisions followed immediately by fears and misgivings. Therefore he is unpredictable, which is very trying to your logical mind. He has little self-control, whereas you have much. Try to remember that he is composed of conflicting ingredients which just must bubble over at times. If you will treat him as you would a bottle of pop, all will be well. When his turn comes to act, remove the stopper gently---he needs no stirring up---let his talents, charm, and ability pour out, then put on the stopper gently but firmly. With a little practice, you will find just the well-chosen words to do the trick, for no one excels the Virgoan in handling other people, once he discovers the need for doing so.

Scorpio (fixed-water) is a moody sign inclined to lash out with the tongue when things go wrong. Since you are inclined to be unduly hurt by rough words, learn to accept them philosophically. Your Scorpio friend is faithful and can be depended upon in a pinch, but he will work hardest when he sees some reward for himself, for even the most idealistic Scorpion is self-centered. If you want the full benefit of his splendid powers and abilities, dangle a little bait before him.

Sagittarians (common-fire) are usually a trial to you. Those people are happy-go-lucky, which does not fit in with your somewhat anxious attitude toward life. Don't let your impatience get the better of you, for this is a fiery sign and if pushed around or goaded, the Sagittarian can flare up spectacularly. He is apt to be careless in personal appearance, judged by your own immaculate standards,

but if he is true to himself he has spiritual prophylaxis and can pass through moral or physical corruption untainted. So give him the benefit of the doubt.

You get along pretty well with Capricorn (cardinal-earth). This is an earth sign like your own with the same practical viewpoint, and there is no clash on idealistic grounds. However, the Capricornian is ambitious and you may find it necessary to guard against being used for selfish ends by the primitive type, whose ambition is all for self.

You do not have much in common with Aquarius (fixed-air), but the Aquarian is such a friendly soul that you probably like him all the same. The true Aquarian is all for progress whereas Virgo is a trifle on the conservative side. You may have many an argument, but differences of opinion will not lead to enmity unless you, yourself, cannot bear contradiction. The Aquarian rarely holds dislike.

Pisces (common-water) is the opposite sign to yours, and contrary in every way. If you are broadminded enough to find this diverting, you may get a great deal of pleasure from a Piscean friend. Both Aquarius and Pisces will stretch your imagination and widen your horizons, which are apt to press down a bit close to earthy sign people unless they keep in contact with less earth-bound souls. One warning: don't try to match ailments with your Piscean friend, for she is sure to have two operations to your one.

Aries (cardinal-fire) and Virgo are not compatible. Marriages between these two signs are rarely happy unless planetary configurations hook up unusually well. The reason for this is that Aries is too unreasonable for your rational mind. Aries is the sign of fiery zeal and high enthusiasm, and unless well guided, much mis-directed energy results, all of which is true

ly painful to the efficient and logical native of Virgo. If you have an Arian in your family, learn to keep one lap ahead mentally and keep him steered into the proper channels of expression.

Taurus (fixed-earth) is in harmony with you, and you get along well on most counts. The Taurean has ideas in general much like your own, but he has a healthier way of expressing himself. His outlook on life is more wholesome in some respects, as he is usually strong and healthy and has a tendency to make light of illness, although fearing it. He is apt to tell you that your ills are imaginary, but can hold on to his own stubbornly!

Gemini is a common sign and so is Virgo. The common signs are rather hard on each other as a rule, for the flexibility which constitutes their common nature works out differently

according to the element involved. In the Geminian, whose airy nature leans naturally to shifting conditions, it results in a tendency constantly to change the pattern of life to suit the changing conditions. Your earthy nature, in tune with a stable element, tends to weave one continuous pattern in which your flexibility enables you to take advantage of changing circumstances without breaking the pattern. Hence you find the Geminian inconsistent. When this annoys you, calm yourself by reflecting that the intrinsic nature of the Geminian is as the wind, shifting and changing, but pleasant and interesting.

You get along fairly well with Cancer (cardinal-water) but you make a bad team when you both get to worrying together. Cancer can be quite a worrier, but when it comes to health or sanitary conditions, you are usually in the lead.

Leo (fixed-fire) is a fiery sign with which you have little in common, but nevertheless you get along pretty well. The Leo likes to be leader, which does not bother you as a rule, for the true Virgoan is more concerned in getting the thing done in the right way than he is in claiming credit for the result. In fact, you usually function best as the subordinate who has actual charge of all the details than you do as the head of the enterprise. It has been said that every business does best with a Leo as head and a Virgo second in command. However, never make the mistake of thinking that fate requires you to work under an unfair or unreasonable boss. Get out at once, for your keen sense of values will make you unhappy and then your critical, analytical qualities will function on their destructive side, ruining your disposition and standing in the way of your success.

Famous natives of Virgo: Goethe; Maeterlinck; Cardinal Richelieu; Lafayette; J.P. Morgan; Tolstoy; H.G. Wells; Bret Harte; Greta Garbo.



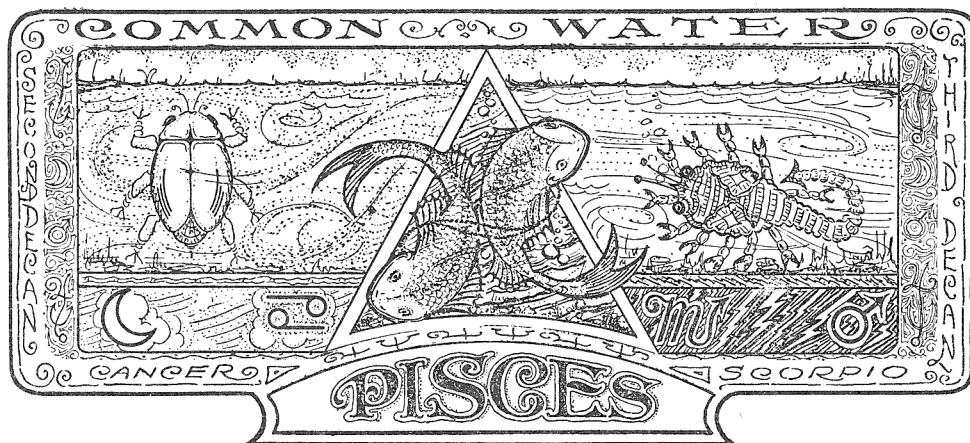
Your Child's Horoscope

THIS IS AN OPPORTUNITY FOR
A READING

Each full year's subscription to this magazine, either new or renewal, entitles the subscriber to a chance for a reading of a child's horoscope in this department. Character and vocational delineations are made for applicants of any age up to 14. The names are drawn by lot each month, but unless there is an unusually large number of applicants you may have more than one opportunity for a drawing. Application for reading should be sent in when the subscription is made or renewed.

Data required are name, sex, birth-place, and year, month, and date of birth, also hour and minute as nearly as possible. If *Daylight Saving Time* was in effect this should be stated.

We do not read horoscopes for money and we give astrological readings only in this magazine.



The Children of Pisces, 1974

Birthdays: February 19 to March 21

PISCES, third of the watery triplicity, and representative of the common or flexible quadruplicity, is the 12th house sign, and people with the Sun in this part of the zodiac often have considerable destiny to work out in their lives. They are under the particular influence of the spiritual planet, Neptune, and are therefore quite sensitive to superphysical vibrations.

Because of their changeability and lack of stability, as well as their ready response to their surroundings, these children need more careful rearing than many others. They should be surrounded by as wholesome conditions as possible, and guided into association with others who will be morally uplifting and stabilizing to them.

The Pisceans usually like change and the sensational, and some may rove about in an aimless manner, without a definite goal in life. However, the more developed type can be very methodical and careful in performing their tasks. Fantasy and other-world ideas and conditions appeal to them, so that they may need direction along practical lines.

Generally speaking, the Pisceans are peaceable and easy going, but this is sometimes because of their aversion to physical effort. Their nature is basically kindly and sympathetic, though, and they are usually quite devotional. Control of the appetites should be stressed in training these children, for they are prone to excess in eating, drinking, and emotional indulgence. Most of them are excellent dancers. (Neptune rules the feet.)

There are five planetary aspects in operation during this entire solar month: Venus trine Mars, Jupiter trine Saturn, Saturn trine Uranus, Jupiter trine Uranus, and Neptune sextile Pluto. All the children born in this period will have such basic traits as ambition, aspiration, business acumen, fondness for pleasures and sports, a sense of justice, benevolence, interest in the occult, executive ability, sincerity, a strong intuition, ingenuity, and breadth of vision.

From February 19 to 27 there is a square between Mercury and Neptune, tending toward lack of memory, indolence, and a disposition to dream the time away. There is a restless desire

for fame and an inability to fit in anywhere. Continual constructive thought and action are required to master these characteristics.

Jupiter and Mars are in square aspect from February 19 to March 11, the signature of the gambler, and if one of the planets is in a watery sign, there may be impulsiveness, drunkenness, and dishonesty, also. Plenty of wholesome exercise is needed by these children to encourage a sluggish circulation, and they should be well trained in wise eating.

From February 20 to 28 the Sun and Mercury are conjoined, which favors the memory and mentality on the days when the orb of aspect is as much as three degrees or more.

The Sun squares Neptune from February 20 to March 8, raising the vibrations of the aura and thus bringing the person in touch with the denizens of the invisible world. But the undesirable type of these beings is apt to be attracted under the square, so that one should avoid seances, the ouija board, and other such negative psychic phenomena.

From February 27 to March 21 Mercury trines Saturn, acting as a brake on the flighty mind and giving it seriousness, depth, and power of concentration. There is forethought, profound reasoning ability, and patient persistence, all of which help to insure success in whatever undertaking the native may pursue. The native is cautious and diplomatic, also, and being absolutely honest and fairminded, he makes an excellent judge.

Another fine aspect to Mercury, the conjunction with Jupiter, lasts from February 27 to March 21. This configuration is one of the finest assets in life, for it shows a cheerful, optimistic disposition with the ability to look always on the bright side. The mind is broad, versatile, and able to reason correctly and form a reliable judgment. Success in literature and law is highly favored, and the native

is much respected for his honesty and sincerity.

A third most desirable aspect to Mercury, the trine from Uranus, also lasts from February 27 to March 21. This stellar pattern indicates an original, independent mind, impatient of the fetters of tradition and convention. It is the hall-mark of the pioneer in thought and invention, the indication of genius. The ideas and ideals are exceedingly lofty, progressive, and inspiring; in fact, they are so much so that they are beyond the comprehension of the average individual. Hence they may be considered cranks by some, but, nevertheless, they usually have a good many friends because of their kindly and sympathetic nature. Literary, scientific, and inventive pursuits are all favored.

From March 5 to 21 Mars opposes Neptune, indicating a coarse, sensual, militant, and impulsive side to the nature. These natives are apt to be too self-indulgent and fanatical to get along well in society, so that they should be trained from early years in the more refined attitudes. "Loving, self-forgetting service to others," is an excellent motto for them to embrace at an early age.

Venus sextiles Neptune from March 6 to 21, indicating the inspirational musician. The imagination is fertile, the emotions deep, and the nature tends to be pure and chaste. A platonic union is possible.

From March 12 to 21 the Sun and Saturn are in square aspect, a configuration which tends to lower the resistance. The nature tends to be selfish and pessimistic, too, so that these children should be taught to be considerate and kindly toward others and to look on the bright side of life. It should be kept in mind that difficult experiences are the means by which we make soul growth, and if we make up our minds to do so, we can change ourselves and our attitudes so that the experiences are not painful.

Readings for Subscribers' Children

KATHLEEN M.

Born February 21, 1972, 2:39 P.M.

Latitude 29N57, Longitude 90W24

Signs on Cusps of Houses:

ASC, Cancer. .21.39	4th, Libra.11.00
2nd, Leo.14.00	5th, Scorpio. .16.00
3rd, Virgo. . . .10.00	6th, Sagitt. . . .21.00

Positions of Planets:

Dragon's T. . . .3.54	Leo.1st
Pluto.1.29R	Libra.3rd
Uranus.17.58R	Libra.4th
Part of F. . . .23.25	Libra.4th
Neptune.5.13	Sagittarius. . . .5th
Jupiter.2.36	Capricorn.6th
Sun.2.19	Pisces.8th
Mercury.6.09	Pisces.8th
Venus.13.32	Aries.10th
Mars.7.27	Taurus.10th
Saturn.29.59	Taurus.11th
Moon.4.05	Gemini.11th

The Sun, Mercury, Moon, and Neptune are all in common signs in this chart, and the planets are quite scattered, so that Kathleen will need perhaps above all else to learn stability and persistence in purpose. Four planets are in cardinal signs, and cardinal signs are on all the angles, indicating a very active child, perhaps too active for her own good. Only two planets are in fixed signs.

The solar orb is in the watery, emotional sign Pisces, conjoined to Mercury (rising 4 degrees after the Sun), sextile Mars and Jupiter, square Neptune, Moon, and Saturn. This is a very sensitive child, subject to varying moods, rather easily influenced. Her parents should make special effort to see that she is brought up in pleasant, wholesome surroundings. The sextile of the Sun to Mars (in Taurus in the 10th) and to Jupiter (in Capricorn in the 6th) is excellent from

the standpoint of health, and also points toward friendliness of nature, generosity, and optimism, as well as courage and determination. However, the squares of the Sun to Saturn, Moon, and Neptune are not so favorable. At times physical resistance will be rather low, and there will be obstacles and delays in life---which can be wonderful opportunities to learn unselfishness and consideration for others. Kathleen is apt to be too fond of the so-called "good things" of life, and unless she is taught to exercise self-control in eating and to exercise sufficiently, she will suffer from physical disorders resulting from sluggish circulation. She also has a tendency toward false pride, extravagance, and love of display. Self-restraint, thrift, and honesty are all traits to be stressed in her training.

Mercury in Pisces makes the same aspects as the Sun, so that the sensitive, receptive side of this child's nature is increased. She is bright enough mentally, but should be taught to keep her mind active along the positive path, never to give way to daydreaming or passivity, and under no circumstances attend seances or participate in any negative psychic phenomena. Swimming and dancing would be excellent for her to learn early, but care should be taken in connection with water, until she is old enough to look after herself.

Venus in Aries in the 10th conjoined with the MC favors public life, but the opposition to Uranus can bring sudden difficulties unless precaution is taken. Mars is also in the 10th, in the Venus-ruled Taurus, and well aspected, increasing the probability of a public career.

The watery sign Cancer on the ASC increases the emotional side of Kathleen's nature. Cultivating an impersonal attitude will help her greatly.

ALEJANDRO D.

Born February 15, 1973, 10 A.M.

Latitude 34N03, Longitude 118W15

Signs on Cusps of Houses:

ASC, Taurus . . . 9.21	4th, Cancer . . . 25.00
2nd, Gemini . . . 9.00	5th, Leo 21.00
3rd, Cancer . . . 2.00	6th, Virgo . . . 26.00

Libra intercepted in 6th.

Positions of Planets:

Saturn 13.39	Gemini 2nd
Dragon's T. . . 14.53	Cancer 3rd
Moon 5.10	Leo 4th
Pluto 3.59R	Libra 6th
Uranus 22.54R	Libra 6th
Part of F. . . . 0.58	Scorpio 6th
Neptune 7.18	Sagittarius 7th
Mars 2.26	Capricorn 9th
Jupiter 28.18	Capricorn 10th
Venus 13.43	Aquarius 10th
Sun 26.55	Aquarius 11th
Mercury 10.34	Pisces 11th

The Sun, Moon, and Venus in fixed signs, and fixed signs on the Ascendant and Descendant assures plenty of stability in the nature of this little boy. Four planets in cardinal signs and cardinal signs on the other two angles of the chart add activity, while three planets, including Mercury, in common signs point to flexibility. The Sun and four planets in mental signs indicate further the type of the individuality.

The solar orb is in the humanitarian Aquarius in the 11th house, sextile Mars in Capricorn in the 9th, trine Uranus intercepted in Libra in the 6th, unafflicted. Alejandro has plenty of energy, both physical and mental, and will show himself to be original, inventive, independent, ambitious, and courageous. Many friends of a helpful nature will be attracted to him, and he will no doubt rise to a prominent position in life --- probably in the field of government.

The Moon is in the fixed-fire sign

Leo in the 4th, sextile Pluto intercepted in Libra in the 6th, trine Neptune in Sagittarius in the 7th. This configuration has an illuminating effect on the mind, and bespeaks a strong, self-reliant, and aggressive disposition with ability for organization. The imaginative faculty is quite strong, and the nature inclined to be kindly and inspirational. Home conditions are fortunate, especially at the close of life, and relations with the women members of his family especially satisfying.

Mercury, planet of reason and the concrete mind, is in the watery, emotional sign Pisces in the 11th, sextile the ASC, but square Saturn and Neptune. This sign position of Mercury tends to endow the mind with a certain psychic faculty which is more imagination than intuition. Alejandro may think or imagine something to be a certain way, and then find to his surprise that he is correct. However, this is a negative psychic position, and the square to Saturn tends to impart gloominess, worry, and melancholy to the mind. This child should be taught from early years to keep a positive, cheerful attitude and to seek friends of a similar nature. Seances, the ouija board, and all other negative phenomena should be carefully avoided.

Jupiter in Capricorn in the 10th, conjoined with the MC, square to Uranus suggests an ambitious, rather miserly side to the nature. This can be transmuted into more desirable traits by assiduously cultivating unselfishness and generosity.

Saturn in Gemini in the 2nd, trine Venus, square Mercury, gives depth to the mind, and adds tact, thrift, and system to the nature. Earning power may be limited at times, but there is ability to conserve and increase what is earned. Saturn in Gemini suggests that it would be well for Alejandro to spend as much time as possible out in the fresh, clean air.

VOCATIONAL GUIDANCE ADVICE

This page is a free service for readers. Since advice is based on the horoscope, we can give a reading ONLY if supplied with the following information: full name, sex,

place of birth, year, day of month, hour. No reading given except in this Magazine and ONLY FOR PERSONS 14 TO 40 YEARS OF AGE. --- Editor.

Linguist, Entertainer

MAURA T. E. --- Born August 27, 1956, 11:59 A.M. Latitude 41N52, Longitude 87W39. This young lady has talents along several lines. With the Sun conjoining Jupiter in Virgo in 3rd and 4th houses, trine Moon in Taurus in 11th, she has a practical, creative nature, versatile and determined. Mercury is in Libra in the 4th, sextile Uranus and Saturn, indicating an alert, intuitive mind able to think deeply and reason accurately. Neptune, ruler of the Pisces MC, is also in Libra, in the 5th, sextile Pluto. Mars is retrograde in Pisces in the 10th, trine Venus and Saturn. There is ability in both the literary and artistic fields. Maura could do well as an interpreter, accountant, writer, sculptor, dancer, or actress.

Druggist, Analyst

BRADLEY C. M. --- Born August 28, 1947, 11:25 A.M. Latitude 40N57, Longitude 73W50. With Venus, Mercury, and the Sun all in the 10th house, this young man has very probably already embarked on a public career. The solar orb and two planets mentioned sextile Mars in Cancer in the 8th, showing a basically mental nature, practical and ambitious. Interest in and ability for science, medicine, hygiene, diet, and analysis is present. Scorpio is on the ASC, with Jupiter conjoined in the 1st, and the Moon is in Aquarius in the 3rd, unaspecting save for a 9-degree trine to Neptune, which squares Mars. This native could use his talents as a druggist, chemist, doctor, photographer, secretary, or analyst.

Teacher, Lawyer

DARA N. --- Born August 8, 1954, 6:12 P.M. Latitude 40N45, Longitude 73W57. This young woman's chart shows Mercury, Sun, and Pluto intercepted in the masterful fire sign Leo in the 7th house, the solar orb sextiling Neptune in Libra in the 8th, trine Moon in Sagittarius in the 10th, square the Scorpio MC. Mars, ruler of the Scorpio MC, is also in Sagittarius, in the 11th, sextile Neptune, trine Pluto, square Venus. Capricorn is on the ASC, with Aquarius intercepted in the 1st. Mercury sextiles Venus, trines Moon, squares Saturn (in Scorpio). Jupiter is in Cancer in the 6th, trining the MC. Uranus, also in Cancer, squares Neptune. Several professions offer opportunities for Dara's innate abilities: law, teaching, selling, and journalism.

Architect, Travel Guide

MARK R. B. --- Born April 14, 1954, 11:37 P.M. Latitude 37N02, Longitude 76W21. Mercury and the Sun are in Aries in the 3rd and 4th houses, the Sun sextile Jupiter in Gemini in the 6th, square Uranus in Cancer in the 7th, trine Pluto in Leo in the 8th, trine Saturn in Scorpio in the 10th. Mercury is unaspecting save for the square to Mars. Sagittarius is on the ASC, with Mars in Capricorn intercepted in the 1st, trine Sun, square Mercury. Venus, ruler of the Libran MC, is in Taurus in the 4th, sextile Uranus. Neptune is in Libra in the 10th, sextile the ASC and Pluto, trine Jupiter, square Uranus, opposing Sun. Mark could succeed as an architect, surveyor, librarian, or travel guide.

Daily Thought and Guide

These daily meditations are based partly on the planetary hours of the day, daily aspects and vibrations.

Monday --- April 1

"We have more power than will; and it is often by way of excuse to ourselves that we fancy things are impossible." --- *Rochefoucauld*.

Tuesday --- April 2

Several fine aspects portend a fruitful, harmonious, and generally satisfactory day, highlighted by spiritual and material progress.

Wednesday --- April 3

Patience is a hard lesson to learn but, once mastered, it enables us to learn our other lessons with minimum discomfort.

Thursday --- April 4

It would be well to plan and follow a sensible course of action today, avoiding the digressions of worry and indecision.

*Friday --- April 5

Before we can become effective channels for the divine healing force, we must develop purity of heart and mind.

Saturday --- April 6

Persistence should be as much a part of our days off as of our work-days; even leisure time can and should be spent in ways that contribute to our progress.

Sunday --- April 7

On this splendidly aspected Lord's Day, let us unite our hearts in love and gratitude, giving thanks for our many blessings.

Monday --- April 8

Benevolent Jupiter favors us with his radiance today, encouraging a

cordial, expansive, optimistic atmosphere in which to work and serve.

Tuesday --- April 9

People in literary and clerical occupations may experience particular success today; an auspicious time for study and research.

Wednesday --- April 10

A busy day of potential "ups" and "downs", all of which we can take in our stride if we attune ourselves to the higher ideals.

Thursday --- April 11

A solar-lunar trine sets the stage for heightened activity today, auguring generally satisfactory conditions at home and at work.

*Friday --- April 12

In what better way could we commemorate His matchless sacrifice than by helping release the healing force that can assuage all suffering.

Saturday --- April 13

Christ came to Earth that the foundations of universal brotherhood might be laid; "unity of all life" is a fact.

Sunday --- April 14

"Easter Day marks the resurrection and liberation of the Christ Spirit from the lower realms, and this liberation should remind us to look continually for the dawn of the day which shall permanently free us from the meshes of matter..." --- *Max Heindel*.

Monday --- April 15

Dexterity and quick-wittedness may be easily come by today; a good time to re-engage ourselves in postponed projects.

Tuesday --- April 16

“Imagination, where it is truly creative, is a faculty, and not a quality; it looks before and after, it gives the form that makes all the parts work together harmoniously toward a given end, its seat is in the higher reason, and it is efficient only as a servant of the will.” --- *Lowell*.

Wednesday --- April 17

Excellent planetary influences encourage right thoughts and the ability and energy to translate them into tactful action.

Thursday --- April 18

A strong mind in a strong body, guided by a compassionate heart, are the ingredients of earthly success, spiritually oriented.

Friday --- April 19

If our lessons were always easy, they would have little lasting significance. Inner tranquility cushions even the “hardest knocks.”

* Saturday --- April 20

Many varied influences today promise to keep us “hopping,” but let us set aside time for reverent concentration on the healing force.

Sunday --- April 21

Faith is fundamental to worship. “All I have seen teaches me to trust the Creator for all I have not seen.” --- *Emerson*.

Monday --- April 22

Art, music, and literature, in their highest forms, are essential to evolution. They couple individual Epigenesis with spiritual Truths.

Tuesday --- April 23

“The flowers do not grudge at one another, though one be more beautiful and fuller of virtue than another; they

stand kindly by one another and enjoy one another’s Virtue.” --- *Jacob Boehme*.

Wednesday --- April 24

Rapid changes in all departments of life will likely intensify as we move closer to the Aquarian Age. With discrimination we can adjust to those which represent the right kind of progress.

Thursday --- April 25

We must contend with some difficult aspects today, but they are often the stuff of which spiritual strength is born. Let Christ Jesus serve as model in all our thoughts and deeds.

*Friday --- April 26

In channeling the healing force, as in all our activities, humility is essential. “Not my will, but Thine, be done.”

Saturday --- April 27

A day to enjoy Nature in her spring enchantment, wandering through the woods or an orchard of flowering fruit trees. Some back yard gardening might be in order, too.

Sunday --- April 28

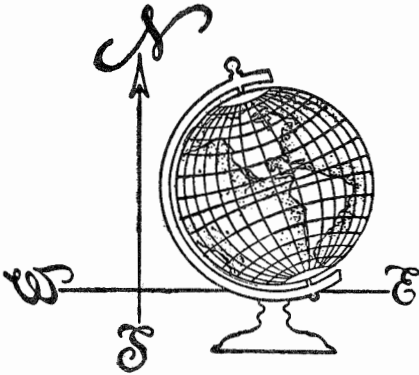
“I feel as if God had, by giving the Sabbath, given fifty-two springs in every year.” --- *Coleridge*.

Monday --- April 29

If we can organize ourselves we come to regard everything in its proper perspective, conserve energy, and avoid squandering time and thought on non-essentials.

Tuesday --- April 30

Uranian vibrations are strong today, heightening the inventive and imaginative potential of those able to respond.



MONTHLY

News
 INTERPRETED

Children Who Make Believe

Kids who constantly "make up stories" or talk to invisible friends may not be exhibiting symptoms of emotional disturbance, despite some anxious parents' fears. In fact, the truth could lie in the opposite direction. "High fantasizers," as Yale psychologist Jerome L. Singer calls these imaginative, inventive children, are sometimes more richly endowed than the literal-minded young. "The ability to make believe and to daydream is a cognitive skill that helps make people more creative, more flexible in solving problems and better able to postpone . . . gratification of long-range goals," Dr. Singer believes.

The psychologist, who is the author of *The Child's World of Make-Believe*, points out that imaginary play provides—besides enjoyment for children—many other strongly positive values. It helps them deal with waiting situations (they can create absorbing imaginary games instead of whining restlessly, "How much longer do we have to wait?"); allows them to try out new ideas and various types of behavior; and increases their ability to concentrate as well as to function independently.

"Children who invent complex and interesting games can usually spend prolonged periods of time involved in them and don't require as much direct stimulation from other children," says Dr. Singer, who has done extensive experiments with children and fantasy play. "We've found that kids who make believe seem less prone to destructive behavior—hitting people and breaking things—than non-fantasizing children. They're more able to cope with aggression from others. They're less likely to fall into a rage when frustrated or provoked and are less

impelled to imitate the violent behavior they see on television and in movies," he believes.

But the ability to play imaginary games is helpful even beyond childhood, the personable doctor says. As children grow up, their fantasies take a more realistic turn, enabling them to imagine the future and then to make it come true. The skills learned in early make-believe can go later toward writing more creative compositions in high school and college and, later still, toward enhanced creativity in work. Dr. Singer cites the German poet Goethe, the Russian writer Leo Tolstoy and the Anglo-American poet W. H. Auden as examples of men of genius who indulged in a high degree of imaginary play as children. "This doesn't mean that every kid who fantasizes is a creative genius; it just shows that there are certain adaptive aspects of this kind of play," he says. "There have also been studies done indicating that boys and girls who are top students in their high-school graduating classes tend to be children who played imaginary games when they were in their early, formative years."

Dr. Singer's work demonstrates that although all babies engage in imaginary play, usually as a means of imitating adult sounds and movements, not all continue to do so past the age of five. The children whose rich fantasy lives extend toward adolescence generally had someone at home (most often the mother) who, when they were between the ages of two and a half and five, played games with them, read to them extensively and told them stories. "Also," observes the psychologist, "in families where a child has an opportunity for privacy, you'll see more continued imaginary play. If there are a lot of people around or several other siblings and the child can't get off by

himself and carry through a sequence of play, he's unlikely to do much in the way of make-believe."

Dr. Singer recognizes parental anxiety concerning children's fantasy, but believes that it is almost always uncalled for. "Many mothers feel uncomfortable when they see a child talking to himself or to an inanimate object. 'Why are you pretending that doll is talking? You know dolls can't talk,' is a typical parental comment," he says. "To such parents, only crazy people talk to themselves. They don't realize that what's inappropriate behavior in an adult can be perfectly appropriate in a child."

In any event, the next time Grandma plays *This little piggy went to market* on your young son's toes, don't misjudge her "old-fashioned ideas." Remember that those little piggies may turn out to be the vehicles of his future creative success.

-- Greta Walker in *McCall's*, Sept. 1973.

Epigenesis, or creative ability, could not exist without imagination. Imagination lies as the root of every material invention, every work of art, every new thing, and every worthwhile idea that man has contributed to his civilization. The imaginative faculty, as every other, must be trained and exercised in order to be productive.

Many modern children have all too little opportunity to exercise their imaginations. They are discouraged on the one hand by scornful parents and other mentors who fail to see the value of "make believe," and on the other by the prevalence of "instant toys" and "canned entertainment." The child who is allowed to strengthen his imagination -- and thus his creative ability -- by devising his own games, creating his own playthings, and acting out or problem solving situations with dolls or "imaginary companions" in a fanciful but instructive manner is truly fortunate. He is developing not only creativity, but also self-reliance -- two qualities which will prepare him admirably for evolutionary advancement.

It must be added, too, that not all "imaginary companions" are imagi-

nary. Young children are often able to see entities in the other worlds and the presence of etheric playmates is not uncommon. We urge parents to be understanding of this situation, for it is certainly a shame, and distressing to the child, to have his claims about such playmates intolerantly dismissed or to be told not to tell "lies" about very real beings who happen to be invisible to his parents.

Church Music Hurt by Rock

Singer Del Delker's name is a household word to millions, but her discs are not at the top of the bestselling charts, even though she has recorded more than 50 albums.

She is contralto soloist of the Voice of Prophecy religious radio program heard on about 1,500 stations around the world. A 25th anniversary concert for her career was held Friday in White Memorial Seventh-day Adventist Church.

Miss Delker's career with the Voice of Prophecy spans a period of radical change in religious music. She commented upon it.

"Most of the Christian music world is going to the rock music form today," she said, "but that's not where it's at. They take perfectly beautiful songs and do exactly what the devil wants them to do. They obscure the message."

She said the use of rock in religious music is like too much salad dressing: it mixes good and evil and jades the taste.

"When the beat takes over and calls more attention to itself than to the words, it detracts from the words and the real message is obscured and distorted," Miss Delker said.

"The wedding of words and music in Christian songs is terribly important."

She said that the "long association" of rock music with such "bad influences" as the drug culture, immorality, permissiveness, makes it tend toward the "unthinking and hypnotic."

"Christian music should be thoughtfully persuasive," she said. It can stand changes, but these should be complementary, the music should "not fight with the words of the song."

The trouble with rock, she said, is that it "won't let the message through."...

--Los Angeles Times, Sept. 9, 1973.

We agree wholeheartedly with Miss Delker's characterization of rock music, and wish that more people could be led to understand its nefarious aspects. The influence of "rock" on religious music --- or any music --- is precisely "what the devil wants."

When, as Miss Delker says, "the beat takes over and calls more attention to itself," what is really happening is that the lower desire nature is being stimulated into activity. Certainly this "mixes the good with the



evil" and distorts whatever spiritual effect may be intended. One need only observe the physical and facial gyrations and contortions evidenced by those who listen to rock music --- even in a religious context --- to see the influence of that type of music on the lower desire nature.

Those who participate in or listen to religious rock music may indeed believe themselves to be sincere in their worship, and think that they are expressing devotion, reverence, and love within the context of such music. Although this may be their intention, however, the stimulation of the lower nature that simultaneously takes place subverts the spiritual atmosphere of the experience and encourages a manifestation, even if unconscious, of its direct antithesis.

NEWS ITEMS

BRAZIL'S ARMY OF KNOWLEDGE: 2,500,000 young Brazilians will do their national service next year by joining in a nation-wide adult literacy drive as students or teachers. Illiterate draftees will go as students to the literacy centre nearest to their unit and those not required for the forces will attend classes part time during the regular 11-month period of military service.

EVERYTHING UNDER THE SUN: A UNESCO-sponsored congress on "Sun in the Service of Mankind," the largest of its kind ever held, recently brought 600 scientists to UNESCO'S Paris H.Q. Embracing three major themes --- Sun and Life, Sun and Energy, and Sun and Habitat --- studies and discussions ranged over almost "everything under the Sun," from solar power plants and home cookers to the effects of sunlight on plants and animals.

INDIA'S WOMEN BOOK-LOVERS: In India more women than men read books, says a survey by the Indian National Book Trust. The survey also reveals that 60 percent of readers buy books and the rest borrow from libraries or friends. India is one of the world's major book-producing countries, but its total production still represents only 23 titles per million of its population, as compared with 418 per million people in Europe.

FLASHES: Over half the world's population live in Asia (2,104 million persons representing 56.7 per cent of the world total) according to the latest U.N. Demographic Yearbook. Norway is helping UNESCO to train radio and TV technicians and programme specialists in Upper Volta. The Fed. Rep. of Germany and Belgium have set up a 568,000-acre nature preserve along their common frontier in the northern Eifel region.

--- *UNESCO Courier*, Aug.-Sept., 1973.



BOOK REVIEWS

Literature - Plays
Motion Pictures - Music

"Beyond the Observatory"

Beyond the Observatory, by Harlow Shapley, Charles Scribner's Sons, New York, 1967.

THIS collection of essays represents an enlightened scientist's view of the present human condition, of evolution in general, and of the role that both science and religion can play in promoting human progress. Dr. Shapley, for over 30 years director of the Harvard College Observatory, writes wisely and well, in a scintillating, often witty manner that invites attentive reading.

The following main themes are elaborated upon in these essays: evolution is continuous and all-inclusive, encompassing everything from microorganisms, plants, man, and celestial bodies through the very universe itself; man, far from being the center of the universe, is merely an infinitesimal part thereof; honesty and rationality are imperative to religion as well as science, and, just as scientific theories are altered as more information becomes available, so, too, should religious creeds be elastic enough to permit of modification in the light of new knowledge; world unity and brotherhood, buttressed by selfless service to the race rendered by dedicated, intelligent, men, is the only way in which continuing human progress on Earth can realistically be assured.

A broad spectrum of information is

presented, ranging from what the author believes to be the ten most important achievements of the twentieth century --- including space exploration, cybernetics, and molecular biology --- to his own proposals for a code of ethics governing human behavior. He discusses some of the more outstanding scientific discoveries in the fields of astronomy, chemistry, and physics, in clear and lucid terms. The lay reader, perhaps unfamiliar with the particulars advanced, is likely to find his understanding of such matters painlessly enriched after perusing this book.

Equally important are the occult truths which Dr. Shapley explicitly states, and others which he approaches in his reasoned conjectures. Dr. Shapley, who writes as a material scientist, might object to the allegation that he is voicing occult truths. Nevertheless, his view of the all-pervasiveness of evolution, his implication that unity of science and religion is necessary to continuing advancement and comprehension, and his call for selfless service in the cause of world brotherhood, are all central factors of the esoteric teachings. In his speculations, the author also touches upon other occult verities, although he does not state them in complete form. He questions the prevalent classification of humanity as an animal species, reasoning that man is different enough to "merit a kingdom of his

own." He believes it highly probable that many other life forms exist in the universe. He posits the relationship of all life, even going so far as seriously to refer to humanity as "brothers of the boulder." He suggests that the often seemingly intelligent behavior of animals might be due to something more than "instinct," thereby coming closer than many students of animal behavior to the notion of Group Spirits. He states that Nature "tolerates the continuity of a life stream only if it adjusts itself to progress and change," but leaves unsaid the fact that the least-evolved physical forms of a life-wave are inhabited by its least progressive members. He deplors the "vain" and "greedy" prayers still commonly offered privately and in some places of worship.

The book is illuminating with regard to both factual material and speculations. It indicates the degree to which one segment of the scientific community is approaching the metaphysical realm, albeit with conjectures still based largely on purely physical evidence. --- D.F.

SHEP, THE HAND-ME-DOWN DOG

(Continued from page 109)

If Shep's problem is beyond your abilities, please take it to your Boss --- and heal him.... Thank you very much.... Amen."

New Jersey nights are usually mild and only our screen doors kept the world outside. When I entered the kitchen in the morning, the screen door was the only division between the inside and the outside. Sitting on the top step, staring into the kitchen, Shep awaited me. I knew he was in perfect condition.

I went out the screen door and he came to me, his eyes steadily x-raying me. He lowered his head, nuzzling my hand while he steadfastly regarded

me. In a depth fashion he communicated that he knew I had prayed his recovery into manifestation. He knew my love for him.

I readied a feast for him, raw egg beaten up with some of his particular food, and it was consumed completely. I believe Shep knew about my prayer. His Boss conveyed a message.

Shep and I had a special relationship from that day. He always met my car. He would wait slightly in the background until Kutha finished her exuberant greetings, then he would move forward with something akin to reverence. There was a different light in his eyes after that prayer, and we had a oneness, a kinship beyond the requirement of words or gestures.

Although Shep is now gone --- or incarnated in another body --- I am grateful for my personal experience, evidence of the kinship of all life.

* * * * *

Kinship with All Life was reviewed in the *Rays*, April, 1970. --- Ed.

WESTERN WISDOM BIBLE STUDY

(Continued from page 114)

body of the ready candidate. That even greater attainment was awaiting these women appears from the words the Master addressed to them when He bade them "Go on into Galilee and I will meet you there." According to the Zohar, "The complete resurrection will begin in Galilee. The resurrection of bodies," it goes on to say, "will be as the uprising of flowers. There will be no more need of eating and drinking for we shall be nourished by the Glory of the Shekinah."

The Essenes, who so reverently preserved the knowledge of the Easter Mysteries, continued throughout the years of their group activity to keep the night hours of Holy Saturday and the sunrise hour of Easter sacred with prayers and hymns of praise.

(Continued)

Readers' QUESTIONS

Necessity of Initiation

Question:

Is it really necessary to go through so severe an ordeal as initiation in order to have a fuller view of cosmic matters? Are these matters inexorably beyond the comprehension of an average mind?

Answer:

We believe that you are missing the fundamental point about initiation: what is now called "initiation" is actually a milestone of evolutionary progress which, eventually, every human being will achieve. At present, only the most advanced among us have fitted themselves to receive the knowledge that comes through "initiation." Those Egos are proceeding along the straight upward path, rather than along the spiral, of the caduceus. Ultimately, however, the mass of mankind will attain the status of initiates through the normal course of evolution. Then, the gaining of "initiatory knowledge" will have become commonplace, and will not be conceived of as the mysterious, awesome process which it now appears to be.

Initiation should not be considered a "severe ordeal." Only when each individual is ready to pass the evolutionary milestone represented by any particular degree of initiation will he do so, whether in advance of most of his fellows, or in company with the majority.

Predictions of Seers

Question:

What belief can one have in the predictions of seers like Edgar Cayce and Jeanne Dixon?

Answer:

One is free to believe or not to believe in predictions. As you have no doubt noticed some of the many predictions come to pass and some do not. We need to use discrimination in "believing" as in all other matters.

There are numerous ways of getting information from the invisible worlds: clairvoyance, clairaudience, intuition, etc. Those who are negatively developed of course frequently make mistakes; those who are positively developed seldom give out predictions. Another factor to be considered is that the actions of humanity can change a condition-in-the-making which may be seen by a clairvoyant. By right thought and action we help to direct affairs more according to the spiritual laws governing the universe.

When Jesus Became God

Question:

When Jesus was born was he God the Son then, or not until his Baptism?

Answer:

Jesus was a member of the human life wave, born to Mary and Joseph in the normal manner. At the Baptism he

gave up his physical and vital bodies to a Ray of the Cosmic Christ. During the three and one-half years that the Christ Ray inhabited the bodies of Jesus, and taught and preached the principles of the Christian religion, we speak of the composite Being as Christ Jesus.

Christ Jesus or Christ - Jesus?

Question:

Why isn't Christ Jesus hyphenated when writing of Jesus during the three years that Christ inhabited the physical and vital bodies of Jesus? I sometimes see it written with a hyphen, though none of our literature does so.

Answer:

We have simply followed the way it was written in the *Cosmo-Conception*. In our Manual of Style (University of Chicago Press, 1969) no hyphen is used for "Jesus Christ," nor does the Bible use a hyphen for this term. Also, no hyphen is used in Romans 8:1, where Paul says: "There is therefore now no condemnation to them which are in Christ Jesus" In fact, we find no authoritative precedent for using the hyphen when speaking or writing of Christ Jesus.

Etheric Vision and Glass

Question:

Why is it that etheric vision cannot penetrate glass, as it is stated in the Fellowship Teachings?

Answer:

This is a question often asked, and our answer is primarily the following statement made by Max Heindel: "Glass is as opaque to etheric sight

as a stone wall to ordinary sight for the same reason, perhaps, that glass is such a splendid insulator for electricity." Electricity has a *natural aversion* for glass, Mr. Heindel further stated, the reason for this, we assume, depending upon the conflicting natures of the atomic structure of each, as well as upon the difference in the vibratory rate of each. Etheric vision is actually physical vision, but of a finer type than ordinary sight because of the sensitized condition of the optic nerve. It would seem that the vibratory rate of the atoms composing glass is too low to permit the conduction of etheric sight or of electricity. Perhaps, too, there is food for further thought in the fact that Uranus rules both the ethers and electricity. Perhaps there is a "kinship" between the force (or vibration) we call etheric vision and the force (or vibration) we call electricity. Both manifest through the ethers.

Use of the Mystery School

Question:

Why is the Mystery School needed?

Answer:

The ideals which are to be developed in a race are always taught first in a mystery school to the most advanced among humanity. In these schools an idea is not taught one day to be forgotten the next. These ideals are inculcated into the beings of the pupils in such a way that they become leaders and teachers of the various races, guiding and directing their future development. All evolutionary work is carried on in this way. Advanced steps are planned and taught in these great schools. When the masses are ready, the material is handed on to them.



Health in the News

VITAMIN E AND SMOG

Residents of Los Angeles and other smoggy cities might be well advised to take vitamin E supplements, report three researchers.

Daniel B. Menzel of Duke University, Jeffrey W. Roehm of Battelle-Northwest and Si Duc Lee of the Environmental Protection Agency report that the survival time of rats exposed to two smog-associated air pollutants is approximately doubled when the rats are given vitamin E supplements.

The two pollutants are nitrogen dioxide and ozone, both oxidizing agents. The researchers say vitamin E's protective action comes from its antioxidant effects . . . Unsaturated fats in the bodies of organisms are particularly susceptible to oxidation to toxic peroxides. Vitamin E blocks the oxidation, which would otherwise be enhanced by either of the two pollutants . . .

---*Science News*, July 8, 1972.

VITAMIN C BLOCKS CARCINOGENS

There has been growing concern over the formation of nitrosamines from reactions between nitrites or (indirectly) nitrates and various organic compounds known as secondary or tertiary amines. The reason for the concern: nitrosamines have been found to be carcinogens. The nitrates and nitrites are found in foods and water as preservatives or as fertilizer residues; likewise, several commonly used drugs for humans and animals are secondary or tertiary amines, and similar compounds may also be found in nature.

Four University of Nebraska scientists report that work they have done shows that ascorbic acid (vitamin C) almost

completely blocks nitrosamine formation. The ascorbate ion apparently has a high affinity for nitrites and thus preempts the nitrosating reaction. . . .

--- *Science News*, July 22, 1972.

The lines between two schools of thought on the "vitamin controversy" are being more distinctly drawn as the nation as a whole becomes more health conscious. There are those who claim that anyone who partakes of a diet that includes judicious amounts of all known food elements does not require vitamin (or mineral) supplements, except perhaps when the body has been run down by illness. Other nutritionists contend that the average diet is insufficiently supplied with food essentials, and that nutritive supplements should be included daily.

These articles point out the further value of two vitamins for which high claims have already been made by some medical and nutritional authorities. Both smog and carcinogens (substances that tend to produce cancer) are problems of modern society. People who are exposed to the atmospheric perils of urban life, and to the presence of drugs in their medicine cabinets and preservatives in their food, may well profit from an added intake of vitamins empowered to alleviate some of the adverse effects of these substances.

You have been told that "you need animal proteins for optimum health." You also have been told that "only animal proteins are complete and vegetable proteins are incomplete."

Both statements are false. In all probability they are based on antiquated research.

Dr. Thomas, in 1909, coined the term *biological value of protein*. Proteins are made of amino acids. Of 20 or so amino acids, eight are considered essential. That is, they cannot be produced within the body and must be supplied by the foods you eat. Not all foods contain all the amino acids. Foods which contain all the essential amino acids are called the complete protein foods. Those which lack one or more of the essential amino acids are called the incomplete protein foods.

Until very recently it has been assumed that only animal proteins---meat, fish, eggs and milk---contain complete proteins and that all vegetable proteins were incomplete. Recent research has proven this assumption to be erroneous. Research from one of the leading institutions for nutritional research in the world, the Max Planck Institute in Germany, showed that many vegetables, fruits, seeds, nuts, and grains are excellent sources of complete proteins. This is corroborated by research from many other research centers. Soybeans, sunflower seeds, sesame seeds, almonds, potatoes and most fruits and green vegetables contain complete proteins.

Furthermore, recent research has established two extremely important facts, hitherto unknown to science:

1---*Vegetable proteins are higher in biological value than animal proteins.* For example, proteins in potatoes are biologically superior to proteins in meat, eggs or milk.

2---*Raw proteins have higher biological value than cooked proteins.* You need only one-half the amount of proteins if you eat raw vegetable proteins instead of cooked animal proteins.

Potatoes, a stepchild of American nutrition, are actually excellent health food and a good source of superior quality proteins. In Germany, ten percent of the average dietary intake of protein is obtained from potatoes. It has been demonstrated that people have lived on potatoes as the sole source of proteins as long as six years and enjoyed excellent health. All green vegetables have complete proteins of highest biological value.

"Where do you get your proteins?" This is the most frequently asked question by heavy meat-eaters as soon as they find out that I do not advise meat eating.

Did you ever wonder where the wild horse, who builds a magnificent body in a couple of years, gets all his proteins? From the grass he eats, of course. And where do about one-half of the world's population, who do not eat meat for religious or other reasons, get their proteins?

The answer is that our Creator in His wisdom, knowing how important proteins are for man and animal, made them a part of every *naturally occurring food*. Every plant, every vegetable, every fruit and every seed contains some protein. *It is virtually impossible not to get enough protein in your diet, provided you have enough to eat of natural, unrefined foods.* The proponents of a high protein meat diet often refer to the big-bellied, starved African children as an example of protein deficiency. These children suffer from protein deficiency not because they eat a protein-deficient diet, but because they are *starving*. The diet of raw vegetables, fruits, seeds, grains and nuts, plus milk and cheese---so-called lacto-vegetarian diet---will supply in abundance not only all the proteins you need, but also with all the other nutritive substances, such as vitamins, minerals, carbohydrates, fatty acids, enzymes and trace elements.

Let me re-emphasize that the proteins in vegetables, fruits and many seeds and nuts are biologically superior to animal proteins.

You have been told that "you need lots of protein each day." This is a typical example of half-truth. It is true that your body needs proteins each day for its vital functions and new-building of cells. But you don't have to *eat* proteins each day. Your body can exist without any food and consequently without any proteins, for weeks and months, as evidenced by prolonged therapeutic fasting.

It is a general observation that the protein level of the blood (serum albumin reading) of fasting patients remains constant and normal during the whole fasting period, in spite of the fact that no protein is consumed. The reason for this is that the proteins in your body are in the so-called dynamic state; they are constantly changed from one form to another, being decomposed and resynthesized from blood plasma amino acids. Amino acids from the old and broken-down cells

are not wasted, but are re-used for the building of new cells. Thus the body is using and re-using the same proteins again and again where they are needed. This shows that you don't have to eat high-protein meals every day, although your body does need protein every day.

Another common misconception about protein is that "only complete proteins can satisfy your protein needs." It is a well-established fact that foods with so-called incomplete proteins will complement one another, rendering their total available protein content biologically complete. Tortillas and beans, or a whole-wheat bread and cheese sandwich are good examples. Corn, wheat or beans are separately incomplete protein foods, but eaten in the above combinations the proteins become complete.

--- Paavo O. Airola in *Health and Vision*.

PATIENT'S RIGHTS

Observing the extensive treatment which is often inflicted upon a hospitalized patient and the authoritarian attitude of some doctors may properly prompt the question of who owns your body--- you or your doctor? *Medical Economics* magazine recently summarized U.S. court rulings in malpractice suits and says, "The courts are holding, it's the patient, not the doctor, who has the last word on what's to be done to and for his own body." --- *National Health Federation Bulletin*, Dec. 1973.

It is good to note the concern of the judiciary in protecting patients' rights. Certainly, from the occult point of view, determination of what is done to and with an Ego's physical vehicle should rest with that Ego.

Unnecessary surgery, experimentation with new methods of treatment or drugs on unwary patients, the process of keeping a patient alive by injection of artificial substances, and now, evidently, even cases of unauthorized or premature organ transplants, are all instances of some doctors' "authoritarian attitude" of which the above news item speaks.

One of the most important qualities influencing the evolution of the human race is free will. Within certain limits of previous causation which every Ego has established for himself under the Law of Consequence, each person has been empowered to determine his own fate as it pertains to every particular of his four vehicles, including the dense body. Occult students, because of their understanding of the influences of realms beyond the material, are particularly, and justifiably, wary of material "tampering" with the body.

They know that illness initially is caused by disobedience to natural laws, and that a permanent cure can only result from a change of attitude and conduct. They know, too, that when a person's time of death arrives --- a time set into his archetype --- the person should be permitted to pass out of the body in peace, undisturbed by artificial attempts to prolong life. These attempts actually do not prolong life appreciably, but do transform what should be a normal, serene event into one of agony and torment.

Then too, occult students are particularly aware of the grave dangers inherent in allowing oneself to be used as a "guinea pig" for medical experimentation. The possibility that, by submitting himself to medical treatment, a person may *unwittingly* become a guinea pig is, of course, particularly repugnant.

Finally, the occult teaching that each human body is becoming increasingly more individualized, charged, as it were, with the very unique results of that Ego's own conduct during previous evolution, shows how far-reaching in its consequences the procedure of transplanting organs actually is. We believe that every person should be allowed to make his own decision concerning the donation of his organs for transplant, before or after death, or the receipt of organs from someone else for this purpose.

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FROM OUR PATIENTS

Arizona --- It will be two years now that I have been helped by the Invisible Helpers and the Healing Department. In these two years I have regained my health, spiritually as well as physically and emotionally.

California --- Am writing to re-apply for the aid of the Invisible Helpers. My condition improved very markedly, and I thought it would take care of itself. However, I still need help, though the condition is no worse. Am feeling so enthusiastic and confident about improving and perfecting the physical body as a fine instrument for the Spirit and its work that I would deeply appreciate assistance.

Ohio --- My health has improved greatly during our association. I suggest that you now remove my name from your list so that you can devote your time to those more in need. Bless you for all your help.

England --- Thank you for your recent help. Last Friday my head was at its worst, so much so that, after my prayers, at half past eight I appealed for help. Toward afternoon I felt relief; by evening it was completely gone. The next day I felt very tired, but there was a gentleness all around me that made me feel at peace. You don't know how grateful I am. God bless you all, and may the Roses always bloom upon your Cross.

Jamaica, W.I. --- Am glad to inform you that I am improving greatly in health. The Invisible Helpers are taking good care of me. It was a blessed day when I applied to you for help.

Pennsylvania --- As I place this letter in the mail it is filled with love and prayers for you from one of so many you so unselfishly serve. Many thanks for all your helpful literature. You are in my prayers always. May you be richly blessed in all the wonderful work you do.



The Trinity of Completeness

“**G**OD is Light,” we say, routinely and matter-of-factly. God is also Life, and the Life is the Light of men. And “He who loveth not, knoweth not God, for God is Love.”

Light, Life, and Love are all representative of the nature of God. All are needed for harmony and full expression of the God within. We may have met those who are expressing the qualities of Light and Love to a fuller degree than most. How vibrant is the life in them! The trinity of completeness brings healing power.

Since God is all-pervasive and everywhere present at every moment, the life that animates us is God. In the press of daily living, our light may be dimmed and our love forgotten. Unrealized by us, our very life is weakened when we allow this to happen.

Many on the Path have observed that when unlovely words and acts are expressed or a feeling of depression continued, an illness manifests. It may be a headache, a cold, or other bodily imbalance, and can develop into a chronic condition. The life force is thus lessened.

Someone has written that “matter is intercepted light.” The vibrations of material things --- all things of substance which we can see, including our bodies --- have been slowed sufficiently to appear as solids rather

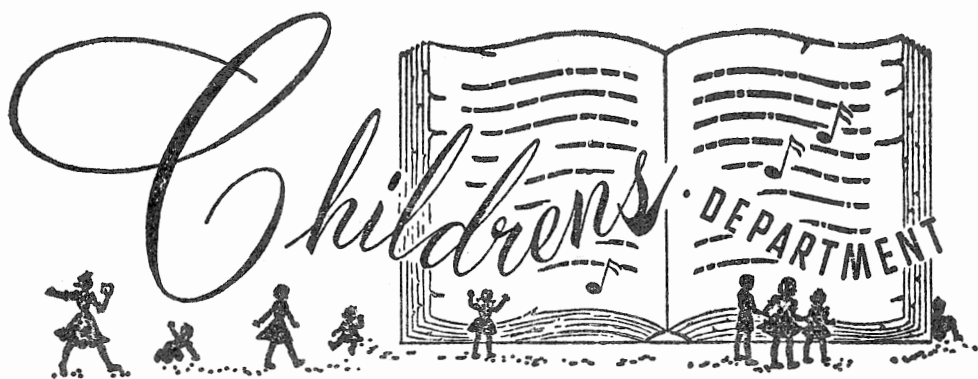
than as light. Nevertheless, however we are expressing through this body of flesh, the material of which it is made is divine. It is a portion of the Life, Light, and Love we know as God.

As clay in the hands of the potter, our bodies are molded by our lifestyle. Our willfulness and lack of understanding form an imperfect vessel, but, like the potter, we may continue to work and remold it until the Light, Life, and Love of God are expressed by vibrant health, joy, and service. --- C.R.

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

March 3 --- 9 --- 16 --- 23 --- 30

Relax, close your eyes, and make a mental picture of the pure white rose in the center of the Rosicrucian Emblem on the west wall of our Pro-Ecclesia, and concentrate on *Divine Love and Healing*.



Bobby

DAGMAR FRAHME

Part II

MEG was still trying to convince Bob, and herself, that Silky could be trusted with the little rabbit, when Dad came in to announce bed-time. The porch doors were closed and Silky and Raffles, followed more reluctantly by Meg and Bob, went to their rooms. Bobby was left alone for the night. He had a box lined with soft grass that Bob had pulled from the lawn (something about which Mom had wisely decided not to tell Dad), a carrot and some lettuce to nibble on, and a bowl of water. It was safe and warm on the porch, but Bobby missed snuggling up to his mother and wondered if his brothers and sisters were thinking about him.

Next thing he knew, though, it was morning. He ate the carrot and lettuce with great pleasure, and just as he finished the door opened and Raffles bounded in with Bob close behind. They were playing when Meg appeared.

"Mom says come eat your breakfast or you'll miss the bus," she said importantly.

Unwillingly Bob left, closing the door and leaving Bobby and Raffles together. A little while later Bobby

heard another door slam and looked out to see the children running down the driveway just as a big yellow bus rumbled up the lane.

The house seemed very quiet without Bob and Meg. Raffles lay down beside Bobby for a while, then got up and nuzzled the door. Bob must not have shut it tightly, because it opened. Raffles went out, and a few seconds later Bobby hopped after him. He got to the kitchen just in time to see Raffles disappear through what seemed to be a hole in the wall, which stopped being a hole as soon as Raffles had gone through. Bobby didn't know, but this hole was the animal door that Dad had installed so that Raffles and Silky could come and go as they pleased without disturbing the family. Puzzled, Bobby pressed his nose against the wall where Raffles had disappeared and found it opened out in front of him. He backed away, startled, and the wall closed again. Bobby did this several times and suddenly, almost by accident, he pressed hard enough to go right on through.

He found himself in the back yard. Raffles was nowhere in sight, but not too far away were some interesting

sounds like ones Bobby had heard on Farmer Pratt's place. He hopped toward them, until he came to a large red building with a wide open door. Bobby peered inside. He recognized the clucking chickens scratching in the straw on the floor, but had no idea what the large animals standing together in a row could be. (They were, actually, cows, but Bobby was not to learn the word "cow" for several more days.)

Bobby hopped inside, wrinkling his nose at all the strange smells. He was almost stepped on by one of the cows, whose annoyed "mooo" frightened him so that he bolted into a pile of hay and stayed hidden for a long time. When he came out he carefully kept away from the cows, and hopped off to investigate an animal on the other side of the barn who had horns growing out of his head. As soon as the animal saw Bobby creeping through the slats around his stall, however, he lowered his head and charged right toward him, frightening him almost out of his wits. Bobby got away from there as fast as he could, and for the rest of his life nothing could persuade him ever again to go near a goat!

Bobby had just about decided that this building was no place for little rabbits when a loud "MRRRREAOUW!" close behind him made him freeze in his tracks. His heart pounded in his ears and he could hardly breathe.

"MRRRRREAOUW!" came the noise again. Bobby was too terrified to move. He expected whatever it was to pounce on him, but nothing happened. For seconds, though it seemed like hours, Bobby sat with eyes squeezed tightly shut, trembling but otherwise perfectly still. Then he felt, rather than saw, something come closer, and knew that whatever it was was watching him intently. Timidly he opened one eye, then both. There, directly in front of him, was Silky.

Silky did not look friendly, or tol-

erant, or patient, or kindly, or at all understanding of the plight of a baby rabbit away from home. Silky *did* look unfriendly, grumpy, and in an altogether bad mood.

"MRRRREAOUW!" she repeated, and although Bobby had not heard this kind of talk before, he knew it meant: "What do you think you are doing here? It's bad enough that you insert yourself into the house, where I'm already plagued by the presence of a dog. Now you have the audacity to invade my barn. I am the mouser here, and I say what comes and goes --- especially if I happen to be bigger than it is!"

Poor Bobby didn't know what to do. He was quite sure that Silky would be much less haughty with Raffles around, but Raffles was off on some mysterious errand of his own. In his absence, Silky was clearly the boss.

Because Bobby didn't know what to do, he did nothing except shake even harder and stare back at Silky in terror. He wished she would pounce on him and get it over with, but Silky seemed to be in no hurry. She swished her tail back and forth and continued to stare, then, unexpectedly and in a much milder tone, she said, simply, "Mrrff."

That, although Bobby couldn't quite believe his ears, he translated as: "Good heavens, you *are* little, aren't you? What are you doing away from your mother? I didn't let my kittens go wandering off alone until they were much older than you. Oh, you don't have to shake so hard. I'm not going to eat you."

Bobby felt a little better, but was still unable to move or do anything. He watched as Silky slowly and very deliberately came closer until she was standing right next to him. Suddenly her pink tongue darted out and she began to lick his fur. While Bobby stood still, she went on cleaning him up, pausing only now and then to say "Prrfft" in a disapproving but gentle

voice. *That*, Bobby knew, meant, "You certainly look unkempt. One can see that you haven't had a good grooming for days. I suppose I'm going to have to take care of you from now on. For goodness sakes stop shaking. If I'm going to take your mother's place you'll have to get used to me. And I suppose I will have to put up with that absurd lettuce and carrot diet of yours. It would probably be useless to try to get you to drink milk!"



Silky finished and stepped back for a critical look. She purred with satisfaction, and Bobby himself knew that he was a much more presentable rabbit. Then, with a motion for him to follow, Silky stalked out of the barn. Hesitantly, but no longer really frightened, Bobby hopped after her. They spent the rest of the morning getting to know each other, and Bobby found it very pleasant to take an afternoon nap in the sunny back yard, snuggled up to a loudly purring cat.

It was at this point that Raffles loped home from his mysterious errand. He looked at them suspiciously. He didn't credit Silky with much kindly feeling toward other animals, and

wondered what she had in mind.

"Meaouw!" ("Don't you dare wake this baby!" Silky warned.

"Arf, arf, arf?" ("Since when are you so solicitous of orphaned rabbits?") retorted Raffles.

Bobby blinked sleepily. What, he wondered, did "solicitous" mean?

"MEEE-AOUW!" ("Now you've done it! He's awake.")

"WRRroof." ("You haven't answered my question.")

Raffles lay down on the other side of Bobby and showed that he intended to stay. Silky sighed.

"Prouw," ("Oh, well, you found him. I suppose you're entitled to take an interest in his welfare,") she conceded finally. "Prtt!" ("However, I am taking his mother's place, and you are not to interfere with my plans!") she went on.

Raffles was at first inclined to argue, but he soon saw the wisdom of keeping still. It would not, he admitted, be convenient to have a baby rabbit tagging along after him on his forest adventures. Let Silky do the mothering, he thought. He could keep an eye on things without having to restrict himself to the yard all day long.

When Meg and Bob came running up the driveway after school, they were astonished to find Silky and Raffles lying down together as though they were having a serious discussion, with Bobby hopping around and over them. They were even more astonished when Silky reached out her paw, drew Bobby toward her, and began to lick his fur.

They were most astonished of all at bedtime, however, when Silky and Raffles refused to leave the glassed-in porch. Instead, Silky got into Bobby's box with him, and as he snuggled up close to her, Raffles lay down nearby.

"Is it possible," asked Mom happily as she closed the door, "that we're not going to have animals sleeping on beds here any more?"

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