



**RAYS** *from the*  
**ROSE CROSS**

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*In This Issue—*

THE HIGHEST HUMAN PRIVILEGE  
RICHARD WAGNER: MUSICAL TITAN  
EXPERIENCES BETWEEN EARTH LIVES  
PHYSICIAN HEAL THYSELF

**THE ROSICRUCIAN FELLOWSHIP**

# THE ROSIKRUCIAN MYSTERIES

by

Max Heindel

Christian Mystic--Initiate

An Elementary Exposition of the Secret Teachings  
of the Rosicrucian Brotherhood



Life and Death

The Constitution of Man

The Visible and Invisible  
Worlds

The Problem of Life  
and Its Solution

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THE  
MYSTIC  
LIGHT

THE  
HIGHEST  
HUMAN  
PRIVILEGE

*Perl A. Williams*

"CONSTRUCTIVE CRITICISM, WHICH POINTS OUT DEFECTS AND THE MEANS OF REMEDYING THEM, IS THE BASIS OF PROGRESS. BUT DESTRUCTIVE CRITICISM, WHICH VANDALISTICALLY DEMOLISHES GOOD AND BAD ALIKE WITHOUT AIMING AT ANY HIGHER ATTAINMENT, IS AN ULCER ON THE CHARACTER AND MUST BE ERADICATED."

Max Heindel



Among the many statements in the *Western Wisdom Teachings* that bear much valuable spiritual fruit when taken into meditation is this particularly significant one: "The use of words to express thought is the highest human privilege and can be exercised only by a reasoning, thinking entity like man."

"The use of words to express thought." What a privilege, indeed—and also what a responsibility. As the apostle James tells us: "Therewith bless we God, even the Father; and therewith curse we men, which are made after the similitude of God." Truly, speech is a two-edged sword, and it is our privilege and responsibility to motivate our words with logical and reasoned thought so that their greatest power may be unleashed.

Ralph Waldo Emerson reminded us that: "Speech is power: speech is to persuade, to convert, to compel." The Rosicrucian Initiate-inspired Shakespeare left us a golden treasury of words and jewels of information about words such as: "One doth not know how much an ill word may empoison liking," and "These words are razors to my wounded heart." Percy Bysshe Shelley, from an illumined poet consciousness wrote: "We know not what we do when we speak words." Cicero, brave statesman of the pre-Christian era in Rome, said: "We should be as careful of our words as of our actions, and as far from speaking ill as from doing ill." John Dryden, a seventeenth-century English poet, gave us this gem:

*"Speech is the light, the morning of  
the mind;  
It spreads the beauteous images  
abroad,  
Which else lie furl'd and shrouded in  
the soul."*

Certainly there is no power exercised by the indwelling human Spirit that has a more directly spiritual origin or that has a higher destiny than that of the spoken word, and consequently there is no lesson more

essential for the spiritual aspirant to learn than that of using his words constructively.

There is also probably no power so freely and thoughtlessly misused as the spoken word. Many people dissipate this force by aimless chatter about trivial things; others pervert it by consciously seeking, as in the case of the designing Iago in Shakespeare's tragic drama *Othello*, to sully the "good name" of another:

*"Good name in man and woman, dear  
my Lord,  
Is the immediate jewel of their souls:  
Who steals my purse steals trash; 'tis  
something, nothing;  
'Twas mine, 'tis his, and has been slave  
to thousands;  
But he that filches from me my good  
name  
Robs me of that which not enriches  
him  
And makes me poor indeed."*

Criticism, itself a double-edged sword, is probably the most freely practised misuse of thoughts and words that human beings are guilty of. Concerning the value and detriment of criticism, Max Heindel writes that: "Constructive criticism, which points out defects and the means of remedying them, is the basis of progress; but destructive criticism, which vandalistically demolishes good and bad alike without aiming at any higher attainment, is an ulcer on the character and must be eradicated." He also adds that "gossip and tale bearing are clogs and hindrances," and that we should avoid harsh thoughts not only because they harm ourselves, but because they form arrowlike thought forms, which, passing outward from us, "pierce and obstruct the inflow of good thoughts constantly radiated by the Elder Brothers and attracted by all good men."

The student of the *Western Wisdom Teachings* learns that "in ancient Lemuria language was something holy. It was not a dead language like ours—a mere orderly arrangement of sounds. Each sound uttered



by the Lemurian had power over his fellow beings, over the animals, and even over Nature around him. Therefore, under the guidance of the Lords of Venus, who were messengers of God—the agents of the Creative Hierarchies—the power of speech was used with great reverence, as something holy....It was never abused or degraded by gossip or small talk.”

Later on, in Atlantis, the rudiments of a language came into being. The Atlanteans “evolved words and no longer made use of mere sounds, as did the Lemurians. The Rmoahals began to give names to things. They were yet a spiritual race and, their soul-powers being like the forces of Nature, they not only named the objects around them, but in their words was power over the things they named. Like the last of the Lemurians, their *feelings* as Spirits inspired them, and no harm was ever done to one another. To them language was holy, as the highest direct expression of the Spirit. The power was never abused or degraded by gossip or small talk. By the use of definite language the soul in this race first became able to contact the soul of things in the outside world.”

Since evolution proceeds on a spiral, conditions and faculties that have existed in the past are constantly re-appearing, though always in a higher form. This is true of speech. The power of the spoken word used by the Lemurians has been lost during our descent into matter, with its accompanying selfishness and cruelty. However, one of the objects of our evolution is that we regain the word of power and use it consciously and independently to create.

During the early part of our present Great Day of Manifestation, while the Earth was still a part of the Sun, man was supplied by the solar forces with all the sustenance he needed, “and he unconsciously radiated the surplus for the purpose of propagation. When the Ego entered into possession of its vehicles it became necessary to use part of this force for the building of the brain and larynx.... Thus the dual creative force which had hitherto worked in only one direction for the

purpose of creating another being, became divided. One part was directed upward to build the brain and larynx, by means of which the Ego was to become capable of thinking and communicating thoughts to other beings.”

However, the brain, at best, is only an indirect method of gaining knowledge, and it is destined to be superseded by an inner knowing much higher than the present brain consciousness. When that stage is attained, as it has been by the Adepts, man’s spiritualized and perfected larynx will again speak “the lost word,” the “Creative Fiat,” which, under the guidance of great Teachers, was used in ancient Lemuria in the creation of plants and animals.

Man’s speech is thus a microcosmic manifestation of the same power that is expressed by the Macrocosm, God, in creating a universe. It is an expression of the divine Creative Power of God inherent in every human being. We are made in His spiritual image, and obviously the developed potentialities of such a power are not to be entrusted to one who would use them selfishly or destructively. Hence only those who show themselves worthy of the possession of this power by constructively using it during their training period of life-days here on Earth can ever attain its full development. We may well give pause when we realize how lightly we regard this potentially mighty force we possess as gods-in-the-making, and how we reveal our true spiritual status to the Higher Ones by the speech we use and the way we use it.

The wise aspirant, fully aware of the divine origin of speech, recognizes it as a most practical means for attaining spiritual unfoldment. He chooses his words carefully, and strives to speak only with altruistic purpose so that his words may be imbued with the power of the Christ—the Love-Wisdom power of God.

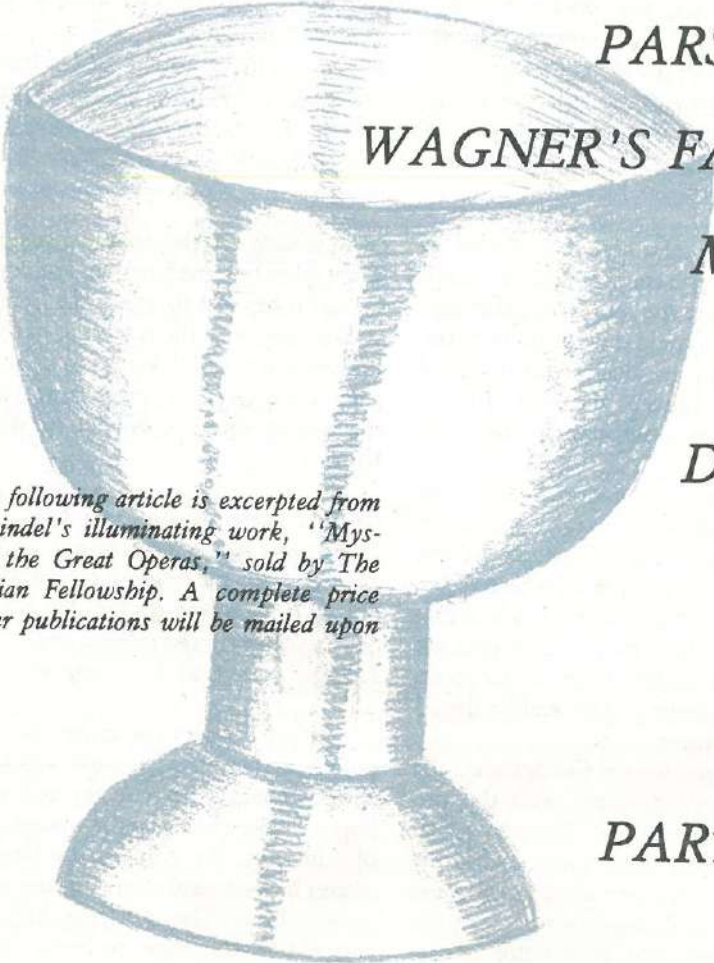
We are taught that “In the Jupiter Period an element of a spiritual nature will be added (to the four that already exist: fire, earth, air, and water), which will unite with

[Continued on page 200]





MAX  
HEINDEL'S  
MESSAGE



PARSIFAL—  
WAGNER'S FAMOUS  
MYSTIC  
MUSIC  
DRAMA

*The following article is excerpted from Max Heindel's illuminating work, "Mysteries of the Great Operas," sold by The Rosicrucian Fellowship. A complete price list of our publications will be mailed upon request.*

PART TWO

As he says in *Religion and Art*: "One might say that where religion becomes artificial, it is reserved for art to save the spirit of religion by recognizing the figurative value of the mythical symbol, which religion would have us believe in a literal sense, and revealing its deep and hidden truths through an ideal presentation....Whilst the priest stakes everything on religious allegories being accepted as matters of fact, the artist has no concern at all with such a thing, since he freely and openly gives out his work as his own invention. But religion has sunk into an artificial life when she finds herself compelled to keep on adding to the edifice of her dogmatic symbols, and thus conceals the one divinely true in her, beneath an ever-growing heap of incredibilities recommended to belief. Feeling this, she has always sought the aid of art, who on her side has

Grail, willing and anxious to further the interests of the Grail Knights by all means within her power; this seems to be her real nature. In the other existence she is the unwilling slave of the magician Klingsor and is forced by him to tempt and harass the Grail Knights whom she longs to serve. The gate from one existence to the other is "sleep," and she is bound to serve him who finds and wakes her. When Gurnemanz finds her she is the willing servitor of the Grail, but when Klingsor evokes her by his evil spells he is entitled to her services whether she will or not.

In the first act she is clothed in a robe of snake skins, symbolical of the doctrine of rebirth, for as the snake sheds its skin, coat after coat, which it exudes from itself, so the Ego in its evolutionary pilgrimage emanates from itself one body after another, shedding

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*"WHILST THE PRIEST STAKES EVERYTHING ON RELIGIOUS ALLEGORIES BEING ACCEPTED AS MATTERS OF FACT, THE ARTIST HAS NO CONCERN AT ALL WITH SUCH A THING, SINCE HE FREELY AND OPENLY GIVES OUT HIS WORK AS HIS OWN INVENTION."*

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remained incapable of a higher evolution so long as she must present that alleged reality to the worshiper, in the form of fetishes and idols, whereas she could only fulfill her true vocation when, by an ideal presentment of the allegorical figure, she led to an apprehension of its inner kernel—the truth ineffably divine."

Turning to a consideration of the drama of Parsifal we find that the opening scene is laid in the grounds of the Castle of Mount Salvat. This is a place of peace, where all life is sacred; the animals and birds are tame, for, like all really holy men, the knights are harmless, killing neither to eat nor for sport. They apply the maxim, "Live and let live," to all living creatures.

It is dawn, and we see Gurnemanz, the oldest of the Grail Knights, with the two young squires under a tree. They have just awakened from their night's rest, and in the distance they spy Kundry coming galloping on a wild steed. In Kundry we see a creature of two existences, one as servitor of the

each vehicle as the snake sheds its skin, when it has become hard, set and crystallized so that it has lost its efficiency. This idea is also coupled with the teachings of the Law of Consequence, which brings to us as reappings whatever we sow, in Gurnemanz's answer to the young squire's avowal of distrust in Kundry:

*Under a curse she well may be  
From some past life we do not see,  
Seeking from sin to loose the fetter,  
By deeds for which we fare the better.  
Surely 'tis good she follows thus,  
Helping herself while serving us.*

When Kundry comes on the scene she pulls from her bosom a phial which she says she has brought from Araby and which she hopes will be a balm for the wound in the side of Amfortas, the King of the Grail, which causes him unspeakable suffering and which cannot heal. The suffering king is then carried onto the stage, reclining on a couch.



He is on his way to his daily bath in the nearby lake, where two swans swim and make the waters into a healing lotion which assuages his dreadful sufferings. Amfortas thanks Kundry, but expresses the opinion that there is no relief for him till the deliverer has come, of whom the Grail has prophesied, "a virgin fool, by pity enlightened." But Amfortas thinks death will come before deliverance.

Amfortas is carried out, and four of the young squires crowd around Gurnemanz and ask him to tell them the story of the Grail and of Amfortas' wound. They all recline beneath the tree, and Gurnemanz begins:

"On the night when our Lord and Saviour, Christ Jesus ate the Last Supper with His disciples He drank the wine from a certain chalice, and that was later used by Joseph of Arimathea to catch the lifeblood which flowed from the wound in the Redeemer's side. He also kept the bloody lance wherewith the wound was inflicted, and carried these relics with him through many perils and persecutions. At last they were taken in charge by angels, who guarded them until one night a mystic messenger sent from God appeared and bade Titurel, Amfortas' father, build a castle for the reception and safekeeping of these relics. Thus the Castle of Mount Salvat was built *on a high mountain*, and the relics lodged there under the guardianship of Titurel with a band of holy and chaste knights whom he had drawn around him. It became a center whence mighty spiritual influences went forth to the outside world.

"But there lived in yonder heathen vale a black Knight who was not chaste, yet desired to become a Knight of the Grail, and to that end he mutilated himself. He deprived himself of the ability to gratify his passion, but the passion remained. King Titurel saw his heart filled with black desire, and refused him admittance. Klingsor then swore that if he could not serve the Grail, the Grail should serve him. He built a castle with a magic garden and populated it with maidens of ravishing beauty, who emitted an odor like flowers, and these waylaid the Knights of the

Grail (who must pass the castle when leaving or returning to Mount Salvat) ensnaring them to betray their trust and violate their vows of chastity. Thus they became the prisoners of Klingsor and but few remained as defenders of the Grail.

"In the meantime Titurel had turned the wardenship of the Grail over to his son, Amfortas, and the latter, seeing the serious havoc wrought by Klingsor, determined to go out to meet and to do battle with him. To that end he took with him the holy spear.

"The wily Klingsor did not meet Amfortas in person, but evoked Kundry and transformed her from the hideous creature who appeared as the servitor of the Grail to a woman of transcendent beauty. Under Klingsor's spell she met and tempted Amfortas, who yielded and sank into her arms, letting go his hold upon the sacred spear. Klingsor then appeared, grasped the spear, inflicted a wound upon the defenseless Amfortas, and but for the heroic efforts of Gurnemanz he would have carried Amfortas as prisoner to his magic castle. He has the holy spear, however, and the king is crippled with suffering, for the wound will not heal."

The young squires spring up, fired with ardor, vowing they will conquer Klingsor and restore the spear. Gurnemanz sadly shakes his head, saying that the task is beyond them, but reiterates the prophecy that the redemption shall be accomplished by a "pure fool, by pity enlightened."

Now cries are heard: "The swan! Oh, the swan!" and a swan flutters across the stage and falls dead at the feet of Gurnemanz and the squires, who are much agitated at the sight. Other squires bring in a stalwart youth armed with bow and arrows, and to Gurnemanz's sad inquiry, "Why did you shoot the harmless creature?" he answers innocently, "Was it wrong?" Gurnemanz then tells him of the suffering king and of the swan's part in making the healing bath. Parsifal is deeply moved at the recital and breaks his bow."

In all religions the quickening spirit has been symbolically represented as a bird. At the baptism, when Jesus' body was in the



water the Spirit of Christ descended into it as a dove. "The Spirit moves upon the water," a fluidic medium, as the swans move upon the lake beneath the Yggdrasil, the tree of life of Norse mythology, or upon the waters of the lake in the legend of the Grail. The bird is therefore a direct representation of the highest spiritual influence and well may the knights sorrow at the loss. Truth is many sided. There are at least seven valid interpretations to each myth, one for each world, and looked at from the material, literal side, the compassion engendered in Parsifal and the breaking of his bow mark a definite step in the higher life. No one can be truly compassionate and a helper in evolution while he kills to eat, either in person or by proxy. *The harmless life is an absolute essential prerequisite to the helpful life.*"

Gurnemanz then commences to question him about himself: who he is, and how he came to Mount Salvat. Parsifal displays the most surprising ignorance. To all questions he answers, "I do not know." At last Kundry speaks up and says: "I can tell you who he is. His father was the noble Gamuret, a prince among men, who died fighting in Arabia while this child was yet in the womb of his mother, Lady Herzleide. With his last dying breath, his father named him Parsifal, the pure fool. Fearing that he would grow up to learn the art of war and be taken from her, his mother brought him up in a dense forest in ignorance of weapons and warfare."

Here Parsifal chimes in: "Yes, and one day I saw some men on shapely beasts; I wanted to be like them, so I followed them for many days till at last I came here and I had to fight many manlike monsters."

(TO BE CONTINUED)

### THE HIGHEST HUMAN PRIVILEGE

[Continued from page 196]

the speech so that words will invariably carry with them understanding—not misunderstanding, as is frequently the case now. For

instance, when one says 'house,' he may mean a cottage, while the hearer may get the idea of a tenement flat building."

"When a man of the Jupiter Period says 'red,' or speaks the name of an object, a clear and exact reproduction of the particular shade of red of which he is thinking, or of the object to which he refers, will be presented to his inner vision and will also be quite visible to the hearer. There will be no misconception as to what is meant by the words spoken."

Self-discipline is the watchword of every sincere aspirant, and since speech dissipates energy, he disciplines himself in moderation of speech, thereby conserving his energy. He particularly disciplines himself to be silent in the presence of harrowing circumstances. Neither evil, persecution, nor suffering moves him to excessive speech.

The vigilant aspirant wastes no time in verbal complaints and sorrowful demonstrations, but sends forth his love-energy from the heart to those about him, ever striving to speak and do only that which is helpful. By expressing faith, confidence, and appreciation to others, he encourages them on the way and above all, he is cheerful and happy as he willingly serves, ignoring the criticism of others in forgetfulness of self and confidence in the God within.

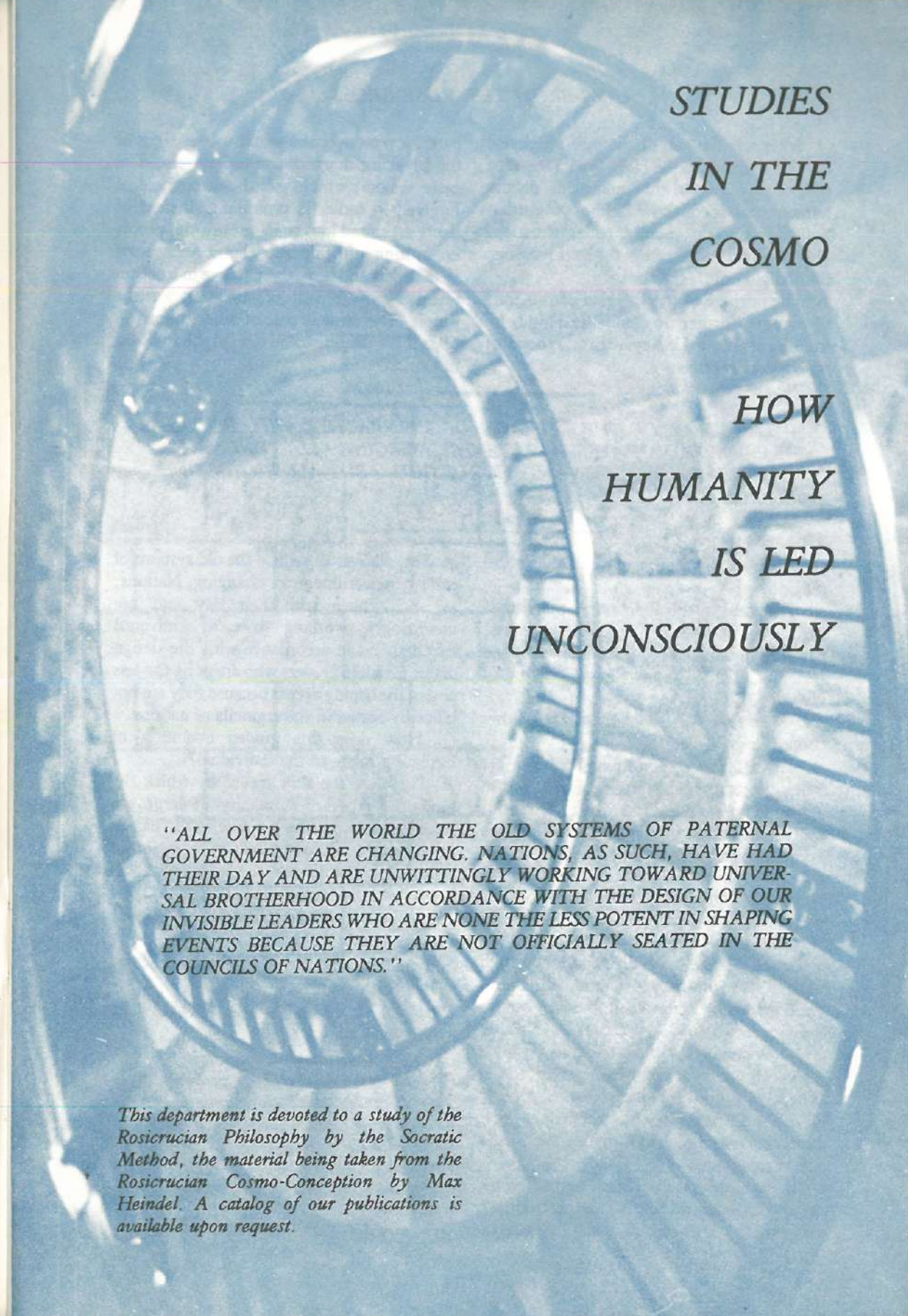
Eventually, the time will come when he, too, will join the ranks of those illumined Ones who have attained to the spiritual heights of Divinity Manifesting—by means of the Spoken Word of Power.



*What triumph! bark—what pain!  
O aching time! O moments big as years!  
Moments of the eternal silence,  
truths that wake,  
to perish never.  
Moments which leave us as never before,  
forever.*







STUDIES  
IN THE  
COSMO  
  
HOW  
HUMANITY  
IS LED  
UNCONSCIOUSLY

"ALL OVER THE WORLD THE OLD SYSTEMS OF PATERNAL GOVERNMENT ARE CHANGING. NATIONS, AS SUCH, HAVE HAD THEIR DAY AND ARE UNWITTINGLY WORKING TOWARD UNIVERSAL BROTHERHOOD IN ACCORDANCE WITH THE DESIGN OF OUR INVISIBLE LEADERS WHO ARE NONE THE LESS POTENT IN SHAPING EVENTS BECAUSE THEY ARE NOT OFFICIALLY SEATED IN THE COUNCILS OF NATIONS."

*This department is devoted to a study of the Rosicrucian Philosophy by the Socratic Method, the material being taken from the Rosicrucian Cosmo-Conception by Max Heindel. A catalog of our publications is available upon request.*



Q. What was the aim of the race religions?

A. The religions of the Holy Spirit, the race religions, were for the upliftment of the human race through a feeling of kinship limited to a group—family, tribe, or nation.

Q. How did this differ from the later religion, the Religion of the Christ?

A. The purpose of the Religion of the Son, Christ, is further to uplift mankind by forming it into a Universal Brotherhood of separate individuals.

part. Now all over the world we see signs of the breaking down of the old system. The caste system, which was the stronghold of England in India, is crumbling. Instead of being separated into small groups the people are uniting in the demand that the oppressor shall depart and leave them to live in freedom under a government of, by, and for the people. The same is true of other countries.

Q. Is this a definite trend toward the Religion of Christ?

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*"THE IDEAL OF THE RELIGION OF THE FATHER WILL BE THE ELIMINATION OF ALL SEPARATENESS, MERGING ALL INTO ONE, SO THAT THERE WILL BE NO 'I' NOR 'THOU,' BUT ALL WILL BE ONE IN REALITY."*

---

Q. What will be the objective of the future religion?

A. The ideal of the Religion of the Father will be the elimination of all separateness, merging all into One, so that there will be no "I" nor "Thou," but all will be One *in reality*.

Q. When will this Religion of the Father come to pass?

A. This will not come to pass while we are still inhabitants of the physical Earth, but in a future state where we shall realize our unity with all, each having access to all the knowledge garnered by each separate individual.

Q. How can this be and individuality still be preserved?

A. Just as the single facet of a diamond has access to all the light that comes through each of the other facets, is one with them, yet bounded by lines which give it a certain individuality *without separateness*, so will the individual Spirit *retain the memory of its particular experiences* while giving to all others *the fruits of its individual existence*.

Q. What evidence is discernible that humanity is being led through the stages above mentioned?

A. In past ages the Race Spirit reigned alone. Man was content with a patriarchal and paternal government in which he had no

A. Yes, all over the world the old systems of paternal government are changing. Nations, as such, have had their day and are unwittingly working toward Universal Brotherhood in accordance with the design of our invisible Leaders who are none the less potent in shaping events because they are not officially seated in the councils of nations.

Q. How does this guided evolution of humanity relate to the individual?

A. These are the slow means by which the different bodies of humanity at large are being purified but the aspirant to the higher knowledge works *consciously* to attain to these ends by well-defined methods according to his constitution.

—Ref: *Cosmo-Conception*, 435-437



*Strength is it to sacrifice a great thing for a greater.*

*To suffer woes which seem infinite;  
To forgive wrongs darker than death;  
To defy power which seems omnipotent;  
To love forever in spite of heartbreak;  
To hope till that hope creates from its own  
wreck the thing it contemplates,  
This then is the first jewel of the crown.*





WESTERN  
WISDOM  
BIBLE  
STUDY

MYSTERIES  
OF THE  
KINGDOM

*"FROM LIFE TO LIFE, EACH INDIVIDUAL REAPS WHAT HE HAS PREVIOUSLY SOWN, GOOD OR BAD, AND UNDER THE GUIDANCE OF THE RECORDING ANGELS IS PLACED IN ENVIRONMENTS AND WITH ASSOCIATES MOST SUITED FOR PROVIDING THE OPPORTUNITIES FOR HIM TO LEARN THE NECESSARY LESSONS, AS WELL AS TO REAP WHATEVER DESTINY MAY BE DUE FROM PAST ACTIONS."*

*To aid those interested in a deeper understanding of the scriptures, we offer a correspondence course of 28 lessons compiled from Max Heindel's writings. These lessons reveal the basic harmony of religion and science, and offer logical explanations for many misunderstood basic doctrines of the Church.*

*They are given out on a free will offering basis.*



*And the disciples came, and said unto him, Why speakest thou unto them in parables?*

*He answered and said unto them, Because it is given unto you to know the mysteries of the kingdom of heaven, but to them it is not given.*

*For whosoever hath, to him shall be given, and he shall have more abundance: but whosoever hath not, from him shall be taken away even that he hath.*

*Therefore speak I to them in parables: because they seeing, see not; and hearing, they hear not, neither do they understand.*

—Matthew 13:10-13

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*"TODAY MORE AND MORE PEOPLE ARE BECOMING ABLE TO SEE AND HEAR SPIRITUALLY, AND ARE THUS COMING TO KNOW 'THE MYSTERIES' WHICH GIVE THE CORRECT PATTERN FOR ABUNDANT LIFE."*

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It is stated in Webster's dictionary that a parable is: "A short fictitious narrative of a possible event in life or nature, from which a moral is drawn." In the frequent use of parables when talking with the multitudes, Christ Jesus was able to draw on characters and situations well known to His audiences, so that He could thus present a spiritual truth to them in a form that they could comprehend—at least to some extent. To most types of people, and particularly to the uneducated, the narrative or story is the most attractive and easily understood form of literature. The degree of comprehension as to the real meaning of the parable of course depends upon the degree of spiritual unfoldment of the individual.

The majority of the people to whom Christ Jesus spoke were not spiritually evolved enough to perceive the inner meaning of His parables. Hence to them it was not given "to know the mysteries of the kingdom of heaven." The Disciples, being more advanced, could know the "mysteries" and be impelled to live according to the deeper truths.

Among the deeper truths, or "myster-

ies of the kingdom of heaven" which Christ Jesus taught were the Laws of Rebirth and Consequence. These laws postulate the doctrine that man evolves in a slow process of development carried on with unwavering persistence through repeated embodiments in forms or bodies of increasing efficiency. Through this process all created beings will in time develop their latent potentialities into godlike powers. From life to life, each individual reaps what he has previously sown, good or bad, and under the guidance of the Recording Angels is placed in environments and with associates most suited for providing the opportunities for him

to learn the necessary lessons, as well as to reap whatever destiny may be due from past actions.

"Whosoever hath" refers to one who has been diligent in the School of Life and has therefore unfolded his inner spiritual powers. He has taken advantage of the opportunities presented to him in his various lives and is therefore blessed with spiritual "abundance." "Whosoever hath not" has neglected his opportunities for serving and loving his fellowmen, and if he continues to neglect them will retrograde—"from him shall be taken away even that he hath."

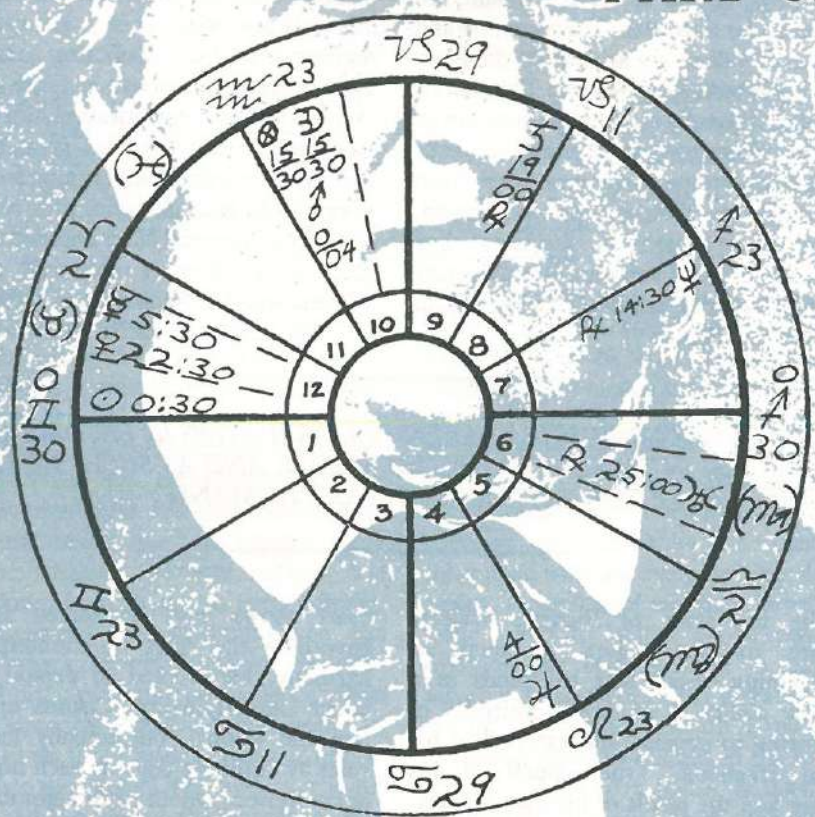
The majority of the people of that day had lost the knowledge of the Law of Rebirth and also the Law of Consequence as applied to many lives, but they could understand an application of the latter as applied to the present life. Today more and more people are becoming able to see and hear spiritually, and are thus coming to know "the mysteries" which give the correct pattern for abundant life. Ere long the Western peoples will again accept the Laws of Rebirth and Consequence.





ASTROLOGY  
DEPARTMENT

RICHARD WAGNER:  
MUSICAL TITAN  
PART ONE



NATAL CHART—RICHARD WAGNER  
MAY 22, 1813

"MUCH OF HIS (WAGNER'S) SUFFERING WAS THE RESULT OF HIS OWN ACTIONS, AND THIS COMPLEXITY IN ONE MAN OF GREAT GENIUS AND CHARACTER SHORTCOMINGS FORMS THE BASIS OF THIS ASTROLOGICAL STUDY."

*Katherine Holbrook*



The function of a genius is to create, on a great or small scale, in conformity with his evolved ability. The Creator of our Universe is the macrocosm; man is the microcosm, the reflection—"As above—so below." Thus the genius has taken the first steps in becoming a creator in this microcosmic world, and as such, he has risen above the path of ordinary humanity. In this capacity, his mission is no longer to live primarily for himself and his personal aggrandizement, but to serve humanity in some particular endeavor. Therefore, he and his personal welfare are aside from the issue of his manifestations in creating. This can be observed in the study of the great geniuses in music, art, literature, science, and so forth, for their lives, in a personal sense, were lived as a sacrifice to their creative expression. With very few exceptions, we know they have all had physical suffering and monetary deprivation in great measure, coupled with much mental anguish.

Beethoven's powerful music, and returned from a concert, where he had heard Beethoven's Egmont, so emotionally overwrought that he had an attack of fever, the reaction to a strongly aspected Mars. There is a strong Mars influence in Beethoven's music that found a kindred spirit in Wagner, and this remained with him throughout life. In fact, Beethoven was his guiding spirit.

Wagner ignored schooling, absconding from one school and neglecting his studies while at another, contracting debts even at this early age, wrote poetry, and cared about nothing else but composing music. His mother realized she had not the power to change his ideas, so permitted him to go his own way in satisfying this great desire. A wise decision indeed, for nothing would have stopped him from gratifying this desire. The power of an elevated Mars opposed to Jupiter and square Mercury produced a human dynamo and this T square was in fixed signs!

The strong Uranian influence in his

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*"THUS THE GENIUS HAS TAKEN THE FIRST STEPS IN BECOMING A CREATOR IN THIS MICRO-COSMIC WORLD, AND AS SUCH, HE HAS RISEN ABOVE THE PATH OF ORDINARY HUMANITY."*

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The life story of Richard Wagner conforms to this theory to such an overwhelming extent that he stands as a Titan for ability to endure vicissitudes in endeavoring to develop and externalize his musical creations. True, much of his suffering was the result of his own actions, and this complexity in one man of great genius and character shortcomings forms the basis of this astrological study.

Richard Wagner was born May 22, 1813, at Leipzig, Germany. He was a quick-witted, merry, impressionable child, which is indicated by Sun in Gemini on the Ascendant, conjunct Venus, sextile Jupiter, and trine Mars. Very early in life he knew he wanted to compose above everything else, and set to work to accomplish this end. When fifteen he came under the influence of

chart shows why he balked at lessons governing the rules of counterpoint and harmony. He wanted to exploit his own talent and originality (Uranus opposed by Sun and Venus), but actually learned the rules by faithfully copying each night scores of Beethoven, whom he thought disregarded these rules. This sixth house Uranian influence was the source of his highly original ideas in all his work—music, librettos, and stage settings, which were well thought out and carried to completion with much patience because of the stabilizing influence of a sextile to Saturn in Capricorn in the house of the higher mind. He was not satisfied, as most composers were, to use other authors' librettos for musical settings. He had his own ideas for poems which he made into librettos—Gemini Sun strongly



placed and aspected. His musical aspiration is indicated in a sextile of Neptune and Moon, and artistic ability in conjunction of Venus in Taurus with Sun. His chief aim in composing opera was to free it from the conventional stylized pattern of the Italian school, which favored having the music dominant throughout. His original idea was to have drama, stage setting, and music woven into a single pattern of art. Again we find the strong Uranian influence of originality.

He never overcame this tendency to borrow, although in justice it must be said that he always paid his debts when money was plentiful.

Life in Paris in 1839 and 1840 was filled with disappointments, rebuffs, and poverty. He wrote articles for musical journals and made arrangements for publishers, but no one seemed to care about his compositions. In fact, he was advised to write "pot-boilers."

When we listen to the musical com-

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*"HIS CHIEF AIM IN COMPOSING OPERA WAS TO FREE IT FROM THE CONVENTIONAL STYLIZED PATTERN OF THE ITALIAN SCHOOL, WHICH FAVORED HAVING THE MUSIC DOMINANT THROUGHOUT. HIS ORIGINAL IDEA WAS TO HAVE DRAMA, STAGE SETTING, AND MUSIC WOVEN INTO A SINGLE PATTERN OF ART."*

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Wagner's first marriage, at twenty-three, to Minna Planer, an actress, was filled with unhappiness for both. The blame for this condition cannot be entirely placed on him, even though at that early age he showed the strong self-centered tendencies which governed his entire life. Sun and Uranus in opposition was sufficient to make him an undesirable marriage partner, especially for Minna who was serious and hardworking, and desired an even flowing, quiet uneventful life, something she was never to experience with Wagner. Nevertheless, she displayed immense patience when Wagner uprooted her from one home to another times innumerable, without hesitation, due to the strong Uranian quality in his nature, and she shared the burden of dire poverty in his early life. It was natural for her to urge him to turn to a more lucrative occupation, just as it was natural for him to adhere to his desire to compose regardless of obstacles. The humiliation of living from day to day on borrowed money affected her strongly, and him not at all. His one concern in that respect was constantly to find new sources of borrowing so that he could continue composing without the slightest income. Here we see the working of Jupiter in Leo square Mercury and opposed by Mars.

positions of this great genius, it is difficult to believe that his opera *Rienzi* was written while he had to beg, almost daily, for financial aid. One day he trudged the streets of Paris all day long in an endeavor to borrow five francs so that Minna could buy food for their dinner. He was even imprisoned for debt (Venus in the twelfth house opposing Uranus), but he went on composing, consumed with an overpowering desire to create, regardless of sacrifice, poverty, and using others to further his purposes. The ambition and determination to succeed of Saturn in Capricorn, highly elevated, carried him on. The sextile of Saturn in the house of the higher mind to Uranus in the fixed sign Scorpio and the sixth house, enabled him to concentrate on his work regardless of obstacles. Without this aspect he could never have created his great masterpieces, for this financial embarrassment was to dog him through most of his life.

When Wagner returned to Germany *Rienzi* and *The Flying Dutchman* were produced. After such a long bitter struggle—two operas produced within a few months! This brought him fame, but not surcease from the monetary pressure. He continued to borrow, but as most of the loans went to pay pressing debts, he was forced to accept the



"HE CHAFED CONSIDERABLY UNDER THE ROYAL YOKE BECAUSE HE WANTED TO BE FREE TO COMPOSE, AND HIS ARBITRARY NATURE, SHOWN BY THE SQUARE OF MERCURY AND MARS AND THE OPPOSITION OF SUN TO URANUS, MADE IT DIFFICULT FOR HIM TO OBEY COMMANDS."

position of Chief Court Kapellmeister to the King of Saxony. He chafed considerably under the royal yoke because he wanted to be free to compose, and his arbitrary nature, shown by the square of Mercury and Mars and the opposition of Sun to Uranus, made it difficult for him to obey commands.

Now he turned to writing the libretto for *Tannhauser*, and the music for that was written as he states "in a state of agonizing, uncontrollable excitement which kept my blood and nerves in a boiling fever" due to disappointments over unsatisfactory productions and criticisms of his operas. The premiere of *Tannhauser* took place in 1845, and then he turned to the task of writing *Lohengrin*. His affairs might have gone along more smoothly in the future if he had not been foolish enough to get mixed up in the revolution of 1848. Again the erratic, eccentric, negative impulse of Uranus! Progressed Moon was now in Taurus setting off the opposition of Venus to Uranus. Public disapproval compelled the cancelling of his opera productions. His subsequent participation in the Dresden uprising resulted in a warrant for his arrest. We see the loss of friends, prestige, and popularity in this opposition, and his response to the unfavorable influence of Venus in the twelfth house brought exile for many years.

Now the many begging letters to Franz Liszt began. Liszt was then and remained his best friend and benefactor. The many financial loans he gave Wagner were supplemented by his keen interest in Wagner's music, which resulted in many productions at Weimer where Liszt was located. Liszt never failed him, and by his generosity and understanding of Wagner's genius he removed many obstacles which would have seriously impeded the progress of

the composer.

Wagner's amorous nature is indicated in his chart by Uranus in Scorpio opposed to Venus. He stated repeatedly that he "craved" for a woman who could truly understand him. But what he really desired was a woman who would place him on a pedestal and worship him (afflicted Venus), subjecting her life and endeavors to his career. His affairs of the heart transpired after he had received public recognition as a composer and the aura of glory surrounded him. Unlike Minna, who seems to have loved him for himself, these women were attracted by the glory of his genius, not by the man. Minna shared his poverty and humiliations, Cosima, his second wife, shared his triumphs. Minna is practically forgotten, while Cosima lived forty-seven years after Wagner in reflected glory of Bayreuth.

When Wagner met Mathilde Wesendonck she was about twenty-four and he forty. His previous indiscretions with women after his marriage to Minna, had been brief and superficial, but this romance was to play the important part of inspiring *Tristan* and *Isolde*. He found the charm of this intellectual woman, so young and impressionable, fascinating and inspiring. He called her "a sheet of white paper—and I am the man who is going to write upon it." He drew her easily into the orbit of his aura of glory, and she responded as he had expected. Through his music he made love to her, playing his inspiration of the day each evening for her, reading his libretto, and using her suggestions and ideas. The fact that he was borrowing large sums of money from her husband did not deter him in the slightest.

[Continued on page 211]





Diet

and

Cancer

Cutting down on fats, eating more fruits and vegetables and consuming very little foods cured or pickled with salt can reduce the risk of cancer, the National Academy of Sciences said Wednesday.

In addition, a two-year study, commissioned by the National Cancer Institute, urged moderation in drinking alcohol—particularly if one smokes cigarettes—to reduce the possibility of developing cancer.

Evidence suggests a link between diet and most common cancers, although it is difficult to determine how strong the connection is, according to the study by a 13-member scientific committee of the academy's National Research Council.

Diet could be responsible for up to 40 per cent of cancer in men, and 60 per cent in women, the committee said.

"Most common cancers are potentially preventable, for they appear to be determined more by habit, diet and custom than by genetic differences," the panel concluded.

Paul Van Nevel, spokesman for the National Cancer Institute, said the study was the most extensive to date of the relationship of diet and nutrition to cancer. "It was an exhaustive survey of all the research scientists from a wide range of disciplines," he said.

The study offered several dietary guidelines but said they could change as

more is learned about how diet influences cancer. It cautioned also that "it is not now possible, and may never be possible, to specify a diet that would protect everyone against all forms of cancer.

The study was challenged by meat industry groups.

John Mohay, president of the National Meat Assn., said two earlier investigations by the National Academy of Sciences and found no evidence to back the current claims.

"This steady stream of contradictory statements coming from the scientific community is both perplexing and confusing to the public," Mohay said.

George Wilson, vice president of scientific affairs for the American Meat Institute, questioned the wisdom of proposing specific dietary guidelines while admitting that there is insufficient data to determine what percentage of cancer risks can be linked to diet.

"This is misleading advice which does no service to the public," Wilson said.

Clifford Grobstein, experimental biologist at UC San Diego and chairman of the academy's committee, conceded the difficulties in studying possible links between diet and cancer.

But, he said, since the academy's earlier studies were conducted "evidence has con-



"ALL OF US ARE ASCENDING THE SPIRAL AND FROM NEW STUDIES WE HAIL THE ADVANCES SLOWLY BEING MADE WHICH SIGNAL THAT MORE AND MORE PEOPLE ARE THINKING OF HEALTH AND MEETING THEIR RESPONSIBILITIES FOR THE CARE OF THEIR DENSE ORGANISM."

tinued to accumulate," suggesting that most common cancers are influenced by dietary patterns and that the risks of getting the disease may be reduced by following certain dietary guidelines.

"It is time to spread the message that cancer is not as inevitable as death and taxes," Grobstein said at a press conference called to release the new findings.

The study recommended the following guidelines:

—Cut consumption of foods high in saturated and unsaturated fats to 30 per cent of daily calories. Such foods, which include fatty cuts of meat, whole-milk dairy products and cooking oils and fats, now account for about 40 per cent of the calories in the average person's diet.

—Eat fruits, vegetables and whole-grain cereal products daily, especially those high in Vitamins A and C. These foods include oranges, grapefruit, dark-green leafy vegetables, carrots, winter squash, tomatoes, cabbage, broccoli, cauliflower and Brussels sprouts.

—Eat few salt-cured, salt-pickled and smoked foods, such as sausages, smoked fish and ham, bacon, bologna and hot dogs.

—Drink alcohol only in moderation.

The study, which involved no new research, relied on three major existing sources of data: studies of diseases' occurrence in human populations, experimental animal studies and laboratory studies of genetic toxicity.

Of all the dietary components investigated, fat was the one that evidence linked most strongly with cancer. Fat was associated with cancers of the breast, large bowel and prostate.

Frequent consumption of foods high in Vitamins A and C—fruits and vegetables, for example—can reduce susceptibility to cancers of the urinary bladder, larger bowel,

skin, lung, stomach and esophagus, the study said.

The recommendation to minimize consumption of salt-cured, salt-pickled and smoked foods stemmed from higher rates of esophagus and stomach cancer reported in China, Japan and Iceland—countries where such foods are frequently eaten.

Excessive alcohol drinking particularly in combination with cigarette smoking appears to increase the probability of cancers of the mouth, larynx, esophagus and respiratory tract and may also be linked to colon and rectal cancer, the study said.

It recommended also a close study of mutagens in food-substances that cause changes in the genetic makeup of cells that can be passed on. They include substances produced when meat is broiled or cooked over a charcoal grill.

by David Treadwell  
*Los Angeles Times*, June 17, 1982

Slowly more information is being released based upon scientific studies and research which supports a vegetarian diet and a change which supports more natural and raw foods. We also note the slow emergence of a link between diet and life-style to disease. In the *Rosicrucian Philosophy* we are stressing more the spirit of life than the letter. In other words, we are more inclined to stress the motive than the act itself. It is not the cigarette per se and the physical pathological reaction that results, but the motive to want the cigarette and the havoc in the desire body and desire nature that we consider. Tobacco and the other items mentioned are obviously negative and should not be used at all, but worthy of note is the motivating force in the desire nature which is crying out for love and transmuta-



tion. The spiritual message here is that a part of our unperfected being is sounding a knell for development and correction, and the negative release is seen in our life-style as negative actions and habits. We look forward to more effort on the part of each one of us, thereby supporting the *Rosicrucian Philosophy* and the work of our Elder Brothers—the ultimate transmutation of all our negative motives and desires.

Even the elimination of meat eating in one lifetime is a great accomplishment for most. Those who have mastered this and other habits in previous lives go on to more pure diets and life-styles. All of us are ascending the spiral and from new studies we hail the advances slowly being made which signal that more and more people are thinking of health and meeting their responsibilities for the care of their dense organism. Our only regret is that studies and research usually involve vivisection, which, like abortion and the death penalty, carries a negative reaction, affecting all, individually and collectively.

Slowly the two higher ethers of the vital body are being developed and we are lifting ourselves to purer ways of living. At the same time, the two lower ethers, which at times have a more materialistic hold through meat eating, alcohol, tobacco, drugs, and sex-abuse, are lessening their grip and setting us free to prepare for the Aquarian Age when we will "live the life" more and more, thereby hastening the time of individual and collective Liberation.

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RICHARD WAGNER: MUSICAL  
TITAN

[Continued from page 208]

The letters that passed between Wagner and Mathilde finally aroused the suspicion of Minna, and she intercepted one hidden in a manuscript. (That adversely aspected Mercury in the twelfth house!) She promptly confronted Mathilde with this evidence, for a love letter it was indeed! Mathilde, very smartly, told all this to her husband as though it was of no importance to her. Up to

this point Wagner had not consummated his desires, and he stated that Mathilde was to be only "an ideal" to him. Whether this was true or he was afraid of losing the patronage of Mathilde's husband, we do not know, but there is trickiness in that opposition of Jupiter and Mars, and deception with Mercury squaring them from the twelfth house.

This affair caused one of the many separations of Minna and Wagner, and the close association with the Wesendonck's menage was broken. This did not deter Wagner from approaching Wesendonck again when monetary needs were pressing, and Wesendonck advanced him twenty-four thousand francs against copyrights of certain operas. Wagner again visited the Wesendoncks, and wrote to Hans von Bulow (whom he was to deceive later) that all was complacent now between husband and wife, stating, "I take credit to myself for the development of this situation. The husband was genuinely glad to see me a visitor at his house. That is a good piece of work and I defy anyone to imitate me." The egotism and vanity of an afflicted Sun so strongly placed on the Ascendant!

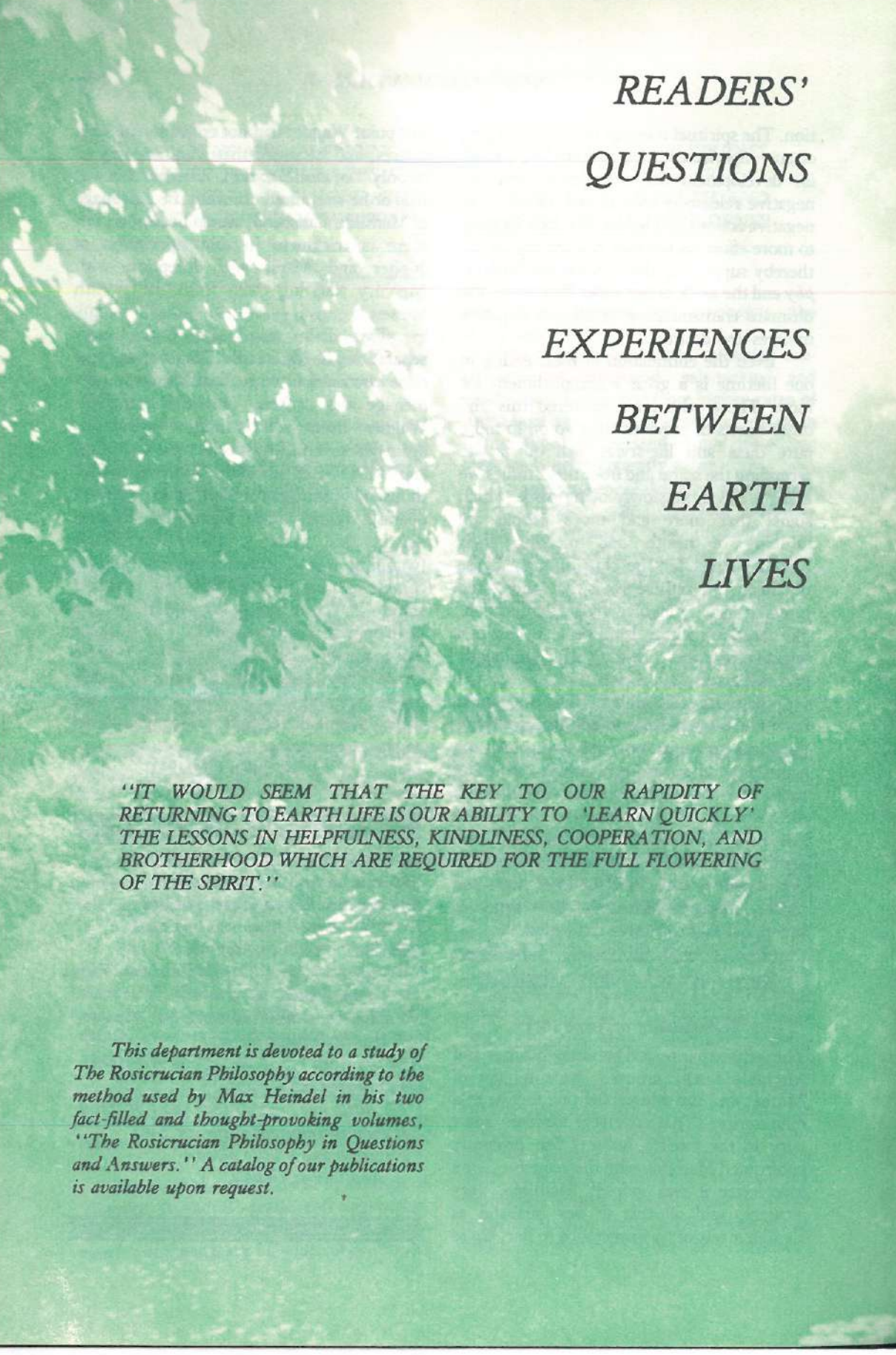
(TO BE CONTINUED)

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*Father, where shall I work today?  
And my love flowed warm and free.  
Then He pointed me out a tiny spot  
And said, "Tend that for Me."  
I answered quickly, "O no! Not there! Why  
no one would ever see  
No matter how well my work was done,  
Not that little place for me!"  
And the word He spoke, it was not stern,  
He answered me tenderly:  
"Ah, little one, search that heart of thine,  
Art thou working for them, or Me?"  
"Nazareth was a little place,  
And so was Galilee."*

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READERS'  
QUESTIONS

EXPERIENCES  
BETWEEN  
EARTH  
LIVES

"IT WOULD SEEM THAT THE KEY TO OUR RAPIDITY OF RETURNING TO EARTH LIFE IS OUR ABILITY TO 'LEARN QUICKLY' THE LESSONS IN HELPFULNESS, KINDLINESS, COOPERATION, AND BROTHERHOOD WHICH ARE REQUIRED FOR THE FULL FLOWERING OF THE SPIRIT."

*This department is devoted to a study of The Rosicrucian Philosophy according to the method used by Max Heindel in his two fact-filled and thought-provoking volumes, "The Rosicrucian Philosophy in Questions and Answers." A catalog of our publications is available upon request.*



*Question:*

What is the nature of the experiences a human Spirit undergoes in the invisible worlds between Earth Lives? And what determines the rapidity with which an Ego returns to Earth life?

Body the results of its sufferings. It assimilates all the good contained in the past life as it lives it over again. This heaven is also a place of progression for all who have been studious, artistic, or altruistic. The student and the philosopher have instant

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*"IN THE SECOND HEAVEN THE EGO DWELLS FOR CENTURIES, ASSIMILATING THE FRUIT OF THE LAST EARTH LIFE AND PREPARING THE EARTHLY CONDITIONS WHICH WILL BE BEST SUITED FOR HIS NEXT STEP IN PROGRESS."*

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*Answer:*

After the silver cord is broken and the panoramic retrospection completed, the Ego passes into Purgatory, the three lower regions of the Desire World. There he stays approximately one-third of the length of the Earth life, suffering for his wrong-doings and being purged of his gross desires. However, the length of this stay is modified by the extent to which the Ego clings to the desires connected with Earth life. According to the intensity of our desires will be the time and suffering entailed in their expurgation. There are persons who remain in the Desire World much longer than their term of physical life. Others, again, who have led lives with few gross desires, pass through in a much shorter period. (Earthbound Spirits remain in Purgatory for fifty, sixty, or seventy-five years, and in some cases for centuries.)

In the Borderland (the Fourth Region of the Desire World—between Purgatory and the First Heaven) are found people who are honest and upright; who wronged no one, but were deeply immersed in business and thought nothing of the higher life. For them the Desire World is a state of the most indescribable monotony. They are generally beyond the reach of any help whatever and suffer much longer than almost anyone else.

In the First Heaven (the three higher regions of the Desire World, to which the discarnate Ego goes next) the purified Spirit incorporates in the seed atom of the Desire

access to all the libraries of the world. The painter has endless delight in the ever-changing color combinations. Furthermore, our life in the First Heaven is always blessed and filled by the presence of those we love. If they are not in the spirit world and thus not actually present, their images will be; and it must not be thought that these are pure illusion, for they are ensouled by the love and the friendship sent out by the absent ones toward the person of whose heaven life they are a part. However, the man who had lived a low life of sense-gratification would rapidly and unconsciously pass through the First Heaven because he had done no good.

In the Second Heaven the Ego dwells for centuries, assimilating the fruit of the last Earth life and preparing the earthly conditions which will be best suited for his next step in progress. He is also actively engaged in learning how to build a body which shall afford a better means of expression. The more a man advances and the more he works on his vehicles, thus making them immortal, the more power he has to build for a new life. If the person is one who has lived a low life of sense-gratification, his destructiveness would render his life in the Second Heaven almost unconscious.

Having assimilated all the fruits of his last life and altered the appearance of the Earth in such a manner as to afford him the necessary environment for his next step toward perfection; having also learned by work on the bodies of others, to build a



"THE GREAT MAJORITY OF PEOPLE ARE NOT YET PAST THE STAGE WHERE THEY PROPERLY PROGRESS ALONG WHAT IS CALLED 'PRACTICAL LINES,' AND FOR THEM THE THIRD HEAVEN IS SIMPLY A WAITING PLACE WHERE THEY ARE UNCONSCIOUS, AS IN SLEEP, UNTIL THE TIME IS RIPE FOR A NEW BIRTH."

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suitable body through which to express himself in the Physical World, and having at last resolved the mind into the essence which builds the three-fold Spirit, the naked individual Spirit ascends into the higher region of the World of Thought—the Third Heaven. Here, by the ineffable harmony of this higher world, it is strengthened for its next dip into matter. Most of us are incapable of thinking abstractly and therefore we lack consciousness in the Third Heaven. The great majority of people are not yet past the stage where they properly progress along what is called "practical lines," and for them the Third Heaven is simply a waiting place where they are unconscious, as in sleep, until the time is ripe for a new birth. The man who had lived a low life of sense-gratification could have absolutely no existence in the Third Heaven, where the advanced Egos evolve *original ideas* which later manifest as a genius in Earth life. Hence such a backward Ego would remain asleep until the time for a new birth would awaken it to another day in Life's school, another chance of improvement.

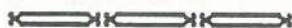
Now in reply to the second part of the question: The general rule for the return of Egos to Earth life every one thousand years is based upon the fact that this gives people a chance of being embodied once as a man and once as a woman while the Sun is passing through each sign of the zodiac by precession, which takes 2,100 years. This is done because the lessons during that period are so many and so different that they cannot all be effectively learned in the same sexual type of body. Experiences are very different from the standpoint of a man and that of a woman. But this law is like all other laws of Nature, it is not blind. It is under the dominion of four great Beings called the Recording Angels,

and they have to do with all the details of human evolution. They see that everyone gets a chance to obtain as much experience as he or she can stand. If it is necessary for a person to remain the whole one thousand years in the invisible worlds, he remains. If not, he comes back sooner. Some people come back within a few hundred years because they have evolved to the point where they learn quickly. People who "live the life" (of kindness and helpfulness) as Probationers, who have assimilated their life experiences before they leave here and are already doing a good deal of work in the invisible worlds, will not need to spend such a long time on the other side. They have put themselves definitely on the side of the laws of God and greater opportunities for evolution by service.

It would seem that the key to our rapidity of returning to Earth life is our ability to "learn quickly" the lessons in helpfulness, kindness, cooperation, and brotherhood which are required for the full flowering of the Spirit. The more ardently we devote ourselves to unfolding through helpful service to others all the latent faculties within us, the more quickly are we "promoted" into another field of service. For most people at the present time the field of service is here on the Earth, but there comes a time when one may choose for himself whether he serves here in a physical body or from the invisible world.



*And oftentimes, to ruin us to our harm  
The instruments of darkness tell us truths;  
Win us with honest trifles, to betray us  
In deepest consequence.*





# HEALTH AND HEALING

## MEDICE CURA TIEMPAM— PHYSICIAN HEAL THYSELF

### CONCLUSION

*The Rosicrucian work of healing is carried on by the Elder Brothers of the Rosicrucian Order through a band of Invisible Helpers whom they are instructing. The work is conducted according to the commands of Christ Jesus, namely, "Preach the gospel and heal the sick."*

*Those seeking more information about these advanced methods of healing are invited to write to us and request a free copy of our pamphlet entitled, "How The Rosicrucians Heal the Sick."*

**"BY UNDERSTANDING AND APPLYING THE LAW IN OUR DAILY LIVES AS IT PERTAINS TO FRESH AIR, EXERCISE, NUTRITION AND SO ON, WE FIND THAT WE HAVE NEW FREEDOM WHICH ALLOWS US MORE TIME AND ENERGY TO DEVOTE TO THE REALLY IMPORTANT THINGS OF LIFE SUCH AS BROADER VISTAS OF CREATIVE AND ARTISTIC DEVELOPMENT, TO BE OF MORE AND BETTER SERVICE, AND TO ENLARGE OUR CIRCLE OF LOVE."**

*David B.  
Johnson*



Anatomically, our organism has not *permanently* changed for several thousand years. We are still being born with ten fingers, two ears, two lungs, one heart, and so on. In other words, at this time of evolution the organism does not change to suit or accommodate our violations of the very Law which created it. But it does, if forced long enough and with enough intensity, becomes impaired and breaks down. At a later stage of evolution the dense organism will slowly become more ethereal and change to accommodate our spiritual growth as we in the far past changed during Atlantis. Our future permanent changes will be positive, not pathological, and will only come about by obeying the Law.

research which supports a vegetarian diet and changes which support the eating of raw and natural foods. We also note the slow emergence of a link between diet and life-style to that of disease. In the Rosicrucian Philosophy we are stressing more the spirit of life than the letter although both must exist together.

*The Light of Lights*

*Looks always on the motive, not the deed.*

*The Shadow of Shadows on the deed alone.*

In other words, we are more inclined to stress the motive than the act itself. It is not

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"AT A LATER STAGE OF EVOLUTION THE DENSE ORGANISM WILL SLOWLY BECOME MORE ETHEREAL AND CHANGE TO ACCOMMODATE OUR SPIRITUAL GROWTH AS WE IN THE FAR PAST CHANGED DURING ATLANTIS."

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*By spiritual alchemy we shall build the temple of the spirit, conquer the dust whence we came, and qualify as true Master Masons prepared for work in higher spheres.*

—Letters to Students (page 41)

We may choose to use alcohol, meat, drugs, and a myriad of other negatives, but we eventually and inevitably must face the negative effects and reactions of our own negative causes. For instance, if we wish to smoke tobacco, or breathe any number of gases other than clean fresh air, our organism does not evolve a third lung, it simply compensates for our ignorance as long as is possible with our energy levels of life force and then we start to see the negative reactions, the pathologies. Again, it is the negative motive and the negative use of our life force which causes our physiological problems. The tobacco in this case, although a serious negative cause, is nevertheless secondary.

Slowly more information is being released based upon scientific studies and

only the cigarette *per se* and the physical pathological reaction which results that we look for, but also the motive as to why we want the cigarette and the havoc which exists in the desire body and the desire nature—this we must understand and *transmute*.

Tobacco and the other negatives are obviously not to be used, even in moderation for in truth such things have no moderation. *Any use is an abuse*. To admit to moderation is to say that they can be used at all, and such is not the case in any instance. It is the motivating force in the desire nature which is crying out for love and *transmutation*. The spiritual message here is that a part of our imperfect being is sounding a knell for development, correction and perfection and the negative release is reflected in our life-style as negative actions and habits. Eventually, if not corrected these add tremendously to our *fall*.

*When the sun sets*

*shadows that showed at noon  
but small, appear most long.*



We look forward to more effort on the part of each one of us that supports the *Western Wisdom Teachings* and the work of our Elder Brothers, that of *transmuting* all of our negative motives and desire currents which retard us from becoming ONE with the Christ Ray.

Even the elimination of eating meat in one lifetime is a great accomplishment for most of us. Those who have mastered this and other negative habits in previous incarnations feel fit to go on to more pure diets and advanced life-styles. All of us are ascending the spiral of life and from new

thing but we must find the cause as to why we merited the wound in the first place in order to learn the lesson fully and to not repeat its cause lest a worse fate befall us.

*And in the lowest deep, a lower deep  
still threatens to devour me opens  
wide.*

*To which the hell I suffer  
seems a heaven.*

To stop a headache, or to find relief for cancer, we must not look to the physical or to physical palliatives but we rather must go

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**"IF WE FIND PHYSICAL CONDITIONS UNCOMFORTABLE WE MUST CHANGE THE MIND AND THE DESIRE BODY FOR THE PHYSICAL IS ONLY A REFLECTION INTO MATTER OF THE HIGHER VEHICLES."**

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studies in the health field we hail the *natural* advances being made which signal that more and more people are thinking of health and are going back to Nature to meet their responsibilities in caring for their organism. It is indeed sad that the orthodox studies and research almost always involve vivisection, which, like abortion and the death penalty, carries a negative reaction which affects us all one way or another individually as well as collectively.

Slowly the two higher ethers are being developed and we are lifting ourselves into purer ways of living while at the same time the two lower ethers, which at times have a more materialistic hold on us through meats, alcohol, tobacco, drugs, and sex-abuse, are being *transmuted* and we have more freedom to better prepare for the Aquarian Age when we will *live the life* more fully, thereby hastening the time of individual and collective *Liberation* as well as the Liberation of the Christ.

If we find physical conditions uncomfortable we must change the mind and the desire body for the physical is only a reflection into matter of the higher vehicles. To close a gaping wound with sutures is one

to the spiritual cause which involves the mind as well as the desire body.

*Be it noted, however, that if a person has been subject to vices, or has done wrong to others, but has overcome his vices, or repented and, as far as possible, made right the wrong done, such repentance, reform and restitution have purged him of those special vices and evil acts. The equilibrium has been restored and the lesson learned during that embodiment, and therefore will not be a cause of suffering after death.*

—The Rosicrucian Cosmo-Conception  
(page 107)

*We are here in this great school of life, safeguarded by these laws of nature. They are made for our benefit and not for our hurt, although they limit us in a certain way just as we limit our children's liberties for the purpose of guarding them against dangers of indiscretion. When by our past actions we have laid up a certain store of retribution for ourselves which is to be worked out at some future time, and then see our mistake, turn over a new leaf, and live in harmony with the law we had previously broken, then by that*



action we wipe the slate clean with respect to our previous peccadillos. The agents of the great law, seeing that we have ceased from wrongdoing in that particular respect, would not wantonly inflict suffering upon us. Bear this fact in mind: all the laws of nature are under similar divine, intelligent administration, for that is the difference between the fatalistic and the spiritual viewpoints. The hand of God, through His agents, is everywhere, from the greatest things, such as the travel of a planet in its orbit, to the most trivial detail like the falling of a sparrow. It is an actual fact that in God we live and move and have our being. We are under His loving care in everything and therefore nothing can happen to us that is not in harmony with His great divine plan. That plan certainly cannot be fatalistic!

—Questions and Answers II (page 493)

That could have been changed at any time before the trigger was pulled, as up to that time we had full control. The same is true regarding new actions which make future destiny. We may, up to a certain point, modify or even altogether counteract certain causes already set in motion, but once started, and no further action taken, they will get beyond our control. This is called "ripe" fate and it is this kind that is meant when it is said that the Lords of Destiny check every attempt to shirk it. With regard to our past we are to a great extent helpless, but in regard to future action we have full control, except insofar as we are hampered by our past actions. By and by, however, as we learn that we are the cause of our own sorrow or joy, we shall awake to the necessity of ordering our lives more in harmony with the laws of God and thus rise

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"THE HAND OF GOD, THROUGH HIS AGENTS, IS EVERYWHERE, FROM THE GREATEST THINGS, SUCH AS THE TRAVEL OF A PLANET IN ITS ORBIT, TO THE MOST TRIVIAL DETAIL LIKE THE FALLING OF A SPARROW."

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We are free to choose our own way of life, but the results all rest within the Law.

As regards the fate to be worked out, it is sometimes immaterial into which one of several environments the Ego is reborn, and when such is the case, it is allowed its choice as far as possible, but once an Ego is so placed the agents of the Lords of Destiny watch unseen, that no act of free will shall frustrate the working out of the portion of fate selected. If we do aught of such a nature as to circumvent that part, they will make another move, so as to enforce fulfillment of the destiny. It cannot be too often reiterated, however, that this does not render man helpless. It is merely the same law that governs after we have fired a pistol. We are then unable to stop the bullet, or even to deflect it from its course in any way. Its direction was determined by the position in which the pistol was held when we fired.

above these laws of the Physical World. That is the key to emancipation; as Goethe says:

From every power that all the world  
enchains

Man frees himself when self-control he  
gains.

—The Rosicrucian Cosmo-Conception  
(pages 136-137)

Therefore, ours is to take refuge in the Law rather than attempt to satisfy base appetites which inevitably burn to their own destruction. To find a solution to our health problems we must first acknowledge that we ourselves have violated the Law in the past or present and that quite possibly "ripe destiny" has arrived; and secondly, we must attempt to expiate the causes and resolve to stop these violations.



*In the first place, let us realize and engrave it deep upon the tablets of our memory that the purpose of life is not happiness, but experience. Sorrow and pain are our most benevolent teachers, while the joys of life are but fleeting.*

*This seems a stern doctrine and the heart cries out passionately at even the thought that it may possibly be true. Nevertheless, it is true, and upon examination it will be found not such a stern doctrine after all.*

*is as necessary to bring out our latent capabilities as is the daily school which evokes those of the child.*

—Rosicrucian Christianity Lectures  
(page 20)

*True Healing can only be accomplished by the individual involved using their life force at a higher spiritual level than ever before thereby unfolding new positive avenues of destiny.*

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**"TRUE HEALING CAN ONLY BE ACCOMPLISHED BY THE INDIVIDUAL INVOLVED USING THEIR LIFE FORCE AT A HIGHER SPIRITUAL LEVEL THAN EVER BEFORE THEREBY UNFOLDING NEW POSITIVE AVENUES OF DESTINY."**

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*Consider the blessings of pain. If we could place our hand upon a hot stove and feel no pain, the hand might be allowed to remain until it and perhaps the arm were burned away, without our knowing anything about it until too late to save them. It is the pain resulting from the contact with the hot stove which makes us snatch our hand away before serious damage is done. Instead of losing the hand, we escape with a blister which quickly heals. This is an illustration from the Physical World. We find that the same principle applies in the Moral and Mental Worlds. If we outrage morality the pangs of conscience bring us pain that will prevent us from repeating the act and if we do not heed the first lesson, nature will give us harder and harder experiences until at last the fact is forced into our consciousness that "the way of the transgressor is hard." This will continue until at last we are forced to turn in a new direction and take a step onward toward a better life.*

—The Rosicrucian Cosmo-Conception  
(pages 130-131)

*There is but one sin—Ignorance; and but one salvation—Applied Knowledge. All sorrow, suffering and pain are traceable to ignorance of how to act, and the school of life*

*There is nothing the body suffers  
that the soul may not profit by.  
There is no problem of the soul  
that the body does not reflect.*

Or, if we so will, we may attempt to escape by way of drug-poisons or other forms of palliation and further compound our condition thereby crushing out with violence the Light.

*We call ourselves enlightened  
while we persistently blow out  
candles.*

The reality is that there is no escape as is commonly practiced with the use of drugs and other palliatives. There is only obedience to the Law and our attempts to escape our own self-made destinies, no matter how heroically we try, are always in vain. And, most importantly, they are anti-christ for they defile our Temple when they are contrary to the very Law which created it in the image of God.

*All the laws of nature, including the law of consequence in its application to human life, are under the administration of great Beings of sublime spirituality and*



*superlative wisdom. This law does not work blindly on the principle of an eye for an eye and a tooth for a tooth, but these great Beings and their agents administer all things with a wisdom that is beyond the comprehension of our finite minds. It has been found, however, that where there is a desire or tendency or possibility of running away from a harvest of sorrow which has accrued from certain "ripe" destiny, such plans are always circumvented by another move on the part of the invisible administrators of this law.*

—Questions and Answers II (page 491)

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**"IN TRUTH, IT IS LOVE WHICH FULFILLS THE LAW, FOR ONLY THROUGH LOVE DO WE WILLINGLY OBEY THE LAW, EXPIATE OUR VIOLATIONS, AND TRANSMUTE THE NEGATIVE INTO THE POSITIVE."**

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*If you will read again the case cited in The Rosicrucian Cosmo-Conception of a certain lecturer who was warned by Mr. Heindel that if he went out of his house on a certain day he would meet with an accident to certain parts of his body, and how he forgot and thought the 28th was the 29th, took a trip to another town to lecture and was injured, as foretold, in a railway collision. This case will perhaps illustrate our points. The man had been forewarned, he believed in the warning and intended to heed it, but undoubtedly the suffering accruing from that accident was due to him in expiation of certain wrongdoings. Therefore the agents of the law of causation caused him to forget that day of the month.*

—Questions and Answers II (page 493)

We all have opportunities to correct our negative causes, to retrace our steps and learn the lessons of life contained therein, to pay our debt to the Law, and to master the situation.

*While his tortured heart is crying and  
he lifts beseeching hands  
Nature bids him struggle harder*

*She inspires him, makes him lonely that  
God's message reach him  
She keeps him yearning  
And then she hurls a mountain in his  
path.  
His feet bleeding  
His heart broken  
His spirit mounts  
Blazing newer paths  
As the force divine leaps to challenge  
Every failure.*

If we ignore these messages, we probably will also ignore their true cause, and if we

attempt to escape or interfere with natural physiological processes by implementing measures which are contrary to the Law, such as for instance the aspirin, we thereby further squander our life force and even further hinder our own ability to cleanse and heal ourselves and, of course, this self-same action retards us from functioning as a clear channel for the Spirit within.

*Naught shelters thee,  
who wilt not shelter Me.*

Only impatience desires to reap where it has not sown; only dishonesty violates the Law and then attempts to escape the effects of its own causes; and only ignorance strains on a gnat and swallows a camel. In truth, it is love which fulfills the Law, for only through love do we willingly obey the Law, expiate our violations, and *transmute* the negative into the positive.

*Love builds a heaven in hell's despair  
And makes that enduring which else  
Would upset the mind and break the  
heart.  
For life, with all it yields of joy or woe*



*And hope and fear  
Is just the learning of love.*

Before lasting positive changes may occur then, our negative appetites must be recognized, controlled, and *transmuted* into positive virtues. Our efforts to *live the life* prepare us for this transmutation process and in this way we gain an essential insight into the workings of Nature and the Law regarding: the correct use and care of our

*He loves his bonds, who when they first  
are broke*

*Submits his neck unto a second yoke.  
Those who cannot remember the past  
Are condemned to repeat it.*

If we really understood and realized that our individual health and healing is based first and foremost upon our individual obedience to the Law, and if we really know how to live, we would not be filling hospitals,

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*"THE CORRECT CARE OF OUR TEMPLE SHOULD BE BY WAY OF  
PURITY AND SIMPLICITY AS GIVEN TO US IN THE WESTERN  
WISDOM TEACHINGS."*

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various vehicles; health, ill-health, the essentials of physical existence, i.e., clean fresh air, purified drinking water, exercise, rest (physiological, emotional, and psychological), sleep, cleanliness, sunshine, temperature control, nutrition (certain fresh raw fruits, vegetables, seeds, and nuts in correct quantity and combination), mental creativeness, emotional equipoise, and most of all, conservation of the *creative force* and the subsequent development and unfoldment of the spiritual aspects of our being. In other words, what is essential for the creation of our organism is also essential for its growth, maintenance, preservation, and survival. To be deficient or to over-do any one or more of these essentials (at this stage of evolution all must be balanced to suit the individual destiny) is to live contrary to the Law as is evidenced by the negative reactions which inevitably follow in the form of pathologies whether physical, emotional, or mental. These essentials are impossible to duplicate and they never require the slaughter of animals nor the use of animal products.

One of the main reasons for our present world-wide health dilemma is due to the fact that the vast majority of us still do not yet fully *realize, understand, nor know* truth from falsehood, or right from wrong, or the full workings of cause and effect for any great length of time. We forget.

doctor's offices, and drug stores expending such tremendous amounts of time, money, and life force chasing "false Christs". Nor would we be using drugs, herbs, supplements, colonics, and a myriad of other vain "short-cuts" and "escapes" to evade the Law and our own self-created destiny. All of these things eventually prove to be contrary to the Law and consequently lower our life force — in other words, shorten our lives.

*The ultimate result of shielding men  
from the effects of their own folly is  
that we soon fill the world with fools.*

The correct care of our *temple* should be by way of *purity and simplicity* as given to us in the *Western Wisdom Teachings*.

Our present care of the ill is centered upon pathology rather than health; upon poisoning and further traumatizing rather than upon purifying and self-healing; and upon ways to suppress or stimulate symptom-effects rather than cooperating with natural processes. Our need is for health teachers rather than symptom treaters; for health schools rather than more hospitals; for knowledge of cause and effect rather than for more ways to feed our base appetites and to find new ways of violating the Laws of our being. It is folly to think that we can act, think, and feel contrary to the Law and then



escape the effects of our own transgressions through palliation, drugs, surgery, and so on. "*Medice, cura teipam. — Physician, heal thyself.*"

*Atom from atom yawns as far  
As planet to planet  
And star to star.  
As above, so below.*

As Virgin Spirits and potential creators, we naturally yearn to investigate and experience every facet of Nature, including the causes of illness as well as the causes of health.

*Sorrow, suffering, and loneliness are the great builders of character. Man never becomes truly great until his*

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"TO SUCCEED HOWEVER, WE MUST LIFT OUR THINKING OUT OF 1982 AND THINK IN TERMS OF THE AQUARIAN AGE..."

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Our present medical care of the ill with its cutting and drugging practices may one day be likened to our present archaic care of the deceased with the autopsies, embalmings, and cemeteries. As humanity has had meat, alcohol, and tobacco to force our consciousness further into the Physical World to better learn and master the lessons which pertain to this dense realm, so too we have the present medical care of the ill which further holds our consciousness at even denser levels that we may better pay our debts of destiny and learn the lessons of health and disease as they apply to the Law.

Although we presently have both individually and collectively the systems of health care we deserve, these systems will be phased out and not be with us in the Aquarian Age where there will be more individual understanding and cooperation with Nature and the Law through Love.

*Soon shall come the great awakening  
Soon comes the scattering of the shadows.*

*Nearer and nearer draws the time,  
The time that shall surely be.  
In the day, in the night,  
To all, to each,  
Sooner or later.*

*Until we at last hear the knell  
That summons us,  
To heaven,  
Or to hell.*

*heart is broken. That is the supreme test. Those who are deepened and broadened by their experiences rise triumphant from the ruins of their dreams and pass on to fuller destiny.*

*Who never ate his bread in sorrow,  
Who never spent the midnight hours,  
Weeping, waiting for the morrow,  
He knows ye not, ye heavenly powers.*

Since humanity entered the cusp of Aquarius over 100 years ago, we are now passing through just such a period of remarkable activity with its myriad of theories and treatments geared to master illness. How striking, since illness is always a remedial effort on the part of the life force and the Spirit within!

*Men shall be tried when the roads divide,  
And proved by the choice they made.*

*Once to every man and nation comes the moment to decide,  
In the strife of truth with falsehood,  
for the good or evil side.*

To succeed however, we must lift our thinking out of 1982 and think in terms of the Aquarian Age where the majority of humanity will then be living a life totally free



of drugs, meat, alcohol, tobacco, and surgery, a period when the information contained in *The Rosicrucian Cosmo-Conception* will be as common a knowledge as the knowledge of weights and measures are to us today.

*will be free from diseases that are now his worst plague.*

—Letters to Students (pages 170-171)

Our present obsession with health "short-cuts", our violations of the Law and

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*"IF WE ONLY PUT FORTH AS MUCH EFFORT AND ENERGY TO OBEY THE LAW AS WE DO IN FINDING WAYS TO VIOLATE IT OR TO ESCAPE THE CONSEQUENCES OF OUR OWN DISOBEDIENCE, WE WOULD BE ALL THE HEALTHIER AND WISER."*

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*It is true that in the Second Heaven we devote all of our time to making the environment for our future life, forming the earth and the sea, providing the conditions for the flora and fauna, and generally shaping things to give us a suitable arena for our coming life work. But we do that according to the way we have been living here in this present life. If we have been lazy and shiftless here, living in a happy-go-lucky manner, it is not likely that when we come to the Second Heaven we will be careful to prepare a fertile soil which we may later till. Therefore our next embodiment will probably find us with the barest means of existence at hand, so that under the whip of necessity we may learn to exert ourselves.*

*It is similar with our moral qualities. When we are ready to descend into the next embodiment, we can only build into our new vehicles what we have garnered in this. Therefore it is wise for us to commence now, when our next life is in the moldable clay stage, to make our ideals what we would like them to be and to make the environment in which we would like to be raised.*

*We are without a doubt all ready to agree in the first place that our present bodies are not as we wish them. Diseases of all sorts come to most people; some are subject to pain all their lives, and no one is ever able to go through life from the cradle to the grave without having at least some suffering. Thus each one of us may well picture himself in a future life with a healthy body in which he*

negative causes, and our impatience to escape our own negative effects is individually as well as collectively destroying us physically and retarding our spiritual advancement in all avenues of life.

*Our most fatal delusion*

*Is our belief in shortcuts.*

If we only put forth as much effort and energy to obey the Law as we do in finding ways to violate it or to escape the consequences of our own disobedience, we would be all the healthier and wiser. Unfortunately, our violations and escapisms lead only to imprisonment in a sick body and places ever more of darkness between us and the Light.

*One still meets his destiny upon the*

*Road he takes to escape it*

*For if we flee one cross*

*We shall find another*

*And perhaps a heavier.*

In the long run it is our own negative causes which bring about our demise both physically and spiritually. Therefore, it is our individual responsibility to analyze just *what* negative or base appetites and motives we harbor and then to understand *why* we desire that which creates negative causes and effects; *why* we desire that which squanders our life force and eventually destroys us. Is it because of base and perverted appetites?



Insecurity? To escape reality? Is it because of emotional and physical pain?

*There is always some soul of goodness  
in things evil,  
Would men but distill it out.*

As we individually create our own personal positive or negative conditions, so too, we their creator, can change or alter them for better or for worse if we so will.

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*"THE TRUTH AND BEAUTY OF NATURE STARTS TO SHINE THROUGH US MORE AND MORE AS WE COMMENCE TO LIVE THE LIFE AND WE THEREBY BECOME MORE PRODUCTIVE AND CREATIVE HUMAN BEINGS."*

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*When we realize that this is so, life will at once take on an altogether different aspect. It does not matter then what the conditions are in which we find ourselves, the knowledge that WE have made them helps us to bear them in patience; and, best of all, the glorious feeling that we are masters of our destiny and can make the future what we will, is of itself a power. It rests with us to develop what we lack. Of course we still have the past to reckon with, and perhaps much misfortune may yet accrue from wrong deeds, but if we will cease to do evil we may look with joy to every affliction as liquidating an old score and bringing the day nearer when we shall have a clean record. It is no valid objection, that often the most upright suffer the greatest. The great intelligences who apportion to each man the amount of his past score which is to be liquidated in each life always help the man who pays the debts of his past without adding new delinquencies, by giving him as much as he can bear, to hasten the day of emancipation; and in that sense it is strictly true that "whom the Lord loveth he chasteneth."*

—Rosicrucian Christianity Lectures  
(pages 20-21)

The final judgment then is our own motive, and, if we are actually fulfilling the

Law. Ours then, is to realize just how much energy we are expending to combat drug-poisons, inferior food, drink, and air, and our own baser habits; the long-term rather than the misleading short-term effects of our care of our dense organism; and, how much Light is being further veiled by our overall life style as it is judged by the Law.

Until we become one with the Law we will not develop to our fullest. Carrying around a sick and drugged physical body

twenty-four hours a day year after year, or existing from stimulant to depressant, or from pain to pain is not living life to the fullest. The truth and beauty of Nature starts to shine through us more and more as we commence to *live the life* and thereby become more productive and creative human beings.

*Nothing we ever gained by staying away  
from experience.*

*A moment's insight of the well of life to  
taste is worth a life's waiting,  
is an arch wherethrough gleams  
that untravelled world.*

By understanding and applying the Law in our daily lives as it pertains to fresh air, exercise, nutrition and so on, we find that we have new freedom which allows us more time and energy to devote to the really important things of life such as broader vistas of creative and artistic development, to be of more and better service, and to enlarge our circle of love. If we truly *live the life* we will spend less and less time and energy on our aches and pains, or pondering which foods to eat, for we will then have a simple and pure life style which is integrated in a natural and effortless way into our daily lives thereby affording us more time and energy to be a



better channel for our Elder Brothers and to do more of their great work. And, it does not rob our animal friends of their physical vehicles which they need as do we to gather ever more experience.

It is because of our individual ignorance of the Law and the inevitable failure which follows that those who exploit our suffering world have had what pseudo success they have had to date. To use that which causes ill health as a way of life rather than adopting clean fresh air, pure water, and a vegetarian diet and so on, is to fall far short of that for which we were created thereby making us individual as well as collective debtors of the Law.

to receive greater duties and responsibilities, physical as well as spiritual?

*So many are willing to go with Christ to  
the breaking of bread,  
but very few to the bearing of His  
cross.*

*Thousands kiss the Book's outside  
who never look within.*

It is unfortunate that we individually and collectively do not seem to change until we finally reach our absolute limit of misery; that our grand experiment seems to see just how far we can tempt fate while pushing ourselves to the very brink of destruction;

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*"IF WE DO NOT TAKE CARE OF OUR PHYSICAL ORGANISM WITH SIMPLE DISCIPLINES SUCH AS IN THE AREA OF DIET, HOW CAN WE EXPECT TO RECEIVE GREATER DUTIES AND RESPONSIBILITIES PHYSICAL AS WELL AS SPIRITUAL?"*

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*What a tangled web we weave  
when first we try to deceive.*

We hear and see much of this exploitation in every corner of our society, but what about our individual exploitation of our own life force each time we violate the Law? We speak of freedom and individual rights, but what about the freedom and individual rights we already possess and use to destroy ourselves and our world? Far too often our cry for rights is just another feeble attempt to justify our violations of the Law and to feed the baser part of our existence.

Until we fully realize that we and we alone are responsible for our own actions, that obedience to the Law is the prerequisite to good health, and that an understanding of cause and effect is essential to our individual and collective physical and spiritual well-being, we will continue to lack the mental and emotional poise and right direction that is so necessary for the proper care of our dense organism. If we do not take care of our physical organism with simple disciplines such as in the area of diet, how can we expect

and, that we delight in trying every wrong thing until we finally do the right one.

As students of the *Western Wisdom Teachings*, ours is to guide those who are ready to their own light, to *introduce* them to a practical knowledge of the Law and the healing powers within — the life force.

As our world passes through transition after transition, we will be drawn back to Nature and the Law and a natural life-style which will be coupled with our technology and which will aid us to become a healthier, saner, and more peaceful human race. It should be our concern to uplift our quality of health according to the Law and, of course, better serve by helping others to help themselves and thereby become more healthy, productive and creative human beings. As long as we obey Nature and have the motive to help others, we will have good to give and a good way to give it, for the world needs the knowledge we have now more than ever before.

*There is a tide in the affairs of men  
Which taken at the flood, leads on to*



fortune;  
 Omitted, all the voyage of their life  
 Is bound in shadows and in miseries.  
 On such a full sea are we now afloat,  
 And we must take the current when it  
 serves,  
 Or lose our ventures.

All weaves itself into the whole,  
 Our echoes roll from soul to soul.  
 The silver link, the silken tie,  
 Which heart to heart, and mind to  
 mind  
 In body and in soul can bind,  
 And grow for ever and ever.

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"NO OUTSIDE AGENT CAN RELEASE US FROM OUR OWN NEGATIVE ACTIONS, NOR WILL THERE BE DIVINE GRACE GIVEN UNTIL WE HAVE DONE ALL WE CAN AND ARE EXPECTED TO DO TO HELP OURSELVES."

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Someone once wrote, "Theories are little matches people strike for themselves to lighten their darkness." Today we are being bombarded with theories, too many of which not only fail to bring us more Light, but in most cases create more darkness than before.

The greatest of arts is the art of being natural, for that which is natural shall survive. Generally, our "care" of the ill as commonly "practiced", has failed and will continue to fail because it is an attempt to live unnaturally in a natural world which is governed by natural Law. Said another way, it is trying to live by the letter of the Law in a world that is ruled by the Spirit of the Law. It also fails because it is not serving intelligently and honestly the needs of the human race — in other words it lacks the spirit of life (the spiritual) which the occult scientist knows exists and which we cannot exist without. The lesson seems very slow in becoming a reality, but we must learn to discriminate when to act and when to intelligently do nothing and let Nature through our life force cleanse, repair and heal us as no other force can. To repeat — *intelligently do nothing!*

What a contrast we draw when we take a life-style which is in obedience with Nature's Law and which cooperates with natural processes with the use of clean fresh air, pure drinking water, raw fruits and vegetables and letting Nature proceed with the art of healing as compared to the countless violations of the Law and the poisoning and mutilation of the ill as well as the healthy so in vogue today!

There is hope, however, in a way of living that treasures life and the Law, and which hurts no one, human and animal alike. This hope and way of life is based upon precepts and principles which are not

theories, but rather are facts based upon Nature and natural Law.

*There is too great a tendency to think that all which now exists is the result of something that previously existed, but if that were the case there would be no margin left for new and original effort and for new causes. The chain of cause and effect is not a monotonous repetition. There is an influx of new and original causes all the time. That is the real backbone of evolution—the only thing that gives it meaning and makes it other than an unrolling of latent actualities. This is "Epigenesis"—the free-will that consists of the freedom to inaugurate something entirely new, not merely a choice between two courses of action.*

—The Rosicrucian Cosmo-Conception  
 (page 135)

The elimination of tobacco, alcohol, meat, drugs, and so on would so help the world be a healthier and a more peaceful place. Unfortunately, this ideal will be slow in becoming a reality, for the changes must first take place in the desire body and many



are not ready to abstain from meat at this stage of evolution. Nor should they do so until a solid foundation has been established which permits one to make these important changes and transitions in a spiritual and in an effortless way. However, we can guide those who are interested and who are ready by *introducing* them to a way of life which *transmutes* those base appetites which desire meat and these other negatives into becoming more healthful and creative channels.

Our attempts to educate and help others are best done by example — silent example.

*Star to star vibrates light: may  
soul to soul  
Strike thro' a finer element  
of her own?*

The world sorely needs the knowledge we have, and we, by being patient, and not offending or forcing our views, must permit others to make up their own minds as we wish to make our own decisions regarding our own destiny. At most, we can only hope to plant the seeds of our knowledge and experience and *patiently wait and watch* for the sprouts of interest. Then, at that time we can help those who will help themselves and gently guide them to the threshold of their own light that they may become their own teacher and doctor and stand upon their own experience and convictions.

*And, departing, leave behind us  
Footprints on the sands of time.  
Footprints, that perhaps another,  
Sailing O'er life's solemn main,  
A forlorn and shipwrecked brother,  
Seeing, shall take heart again.*

*Ships that pass in the night, and speak  
to each other in passing;  
Only a signal shown and a distant voice  
in the darkness;  
So on the ocean of life we pass and speak  
to one another,  
Only a look and a voice; then darkness  
again and a silence.*

The *only* reason why we have or need illness and suffering, doctors and drugs, Invisible Helpers and a Healing Department is because *we still do not know how to live, nor do we grasp yet the broader picture of why we are on Earth with a dense physical organism and yet fully understand the Laws of Nature as they apply to us and our world.* Nothing can befall us, no one can become ill and suffer in any way unless the causes have been set in motion by the individual involved.

*My heart shall reap where it has sown,  
and garner up its fruit of tears.  
The stars come nightly to the sky;  
The tidal wave unto the sea;  
Nor time nor space nor deep nor high  
can keep my own away from me.*

Invisible Helpers work with us mentally, emotionally, and spiritually as well as physically, but they can only work with us if we have the prerequisite of *faith* and a sincere dedication to *change* and *learn* the lessons of life as they apply to our individual condition. Only in this way will our individual debts to Nature be *transmuted*. If we live correctly we will not need Invisible Helpers, but until that point is reached we need *intelligent effort*, we need to *work*.

*On the path of life  
The growth and perfection of love is the  
greatest experience  
The growth and perfection of the mind  
is the greatest realization  
The blending of love and the mind into  
wisdom is the greatest fulfillment.*

The amount of benefit derived from aid, whether it be from faith in drugs, or help from our Invisible Helpers, depends upon our willingness to bring our lives into harmony with Nature and the Law. All outside agents remain secondary to the spiritual aspects of the *Spirit within* the individual. No outside agent can release us from our own negative actions, nor will there be Divine Grace given until we have



done *all* we can and are expected to do to help ourselves.

*It matters not how strait the gate  
How charged with punishments the  
scroll.  
I am the master of my fate,  
I am the captain of my soul.*

Only then will relief or healing come, not necessarily because we have eaten a certain diet or tried a specific palliative, for these things are always secondary, but *only* because our motive has put the necessary spiritual prerogatives in order which initiate the correct healing action, if any, according to the Law. We dare not say that any specific anything, whether it be surgery, alfalfa sprouts, or sunbathing will heal or help us to heal, as these are only the avenues which healing energy may *seem* to operate — the real healing is always spiritual and comes from within and is initiated only by obedience to the Law, and, from a willingness to open ourselves to our Creator. It is this obedience which opens the way and makes possible all that follows, or does not follow. Many times death is necessary to accomplish the payment of our debts of destiny. Death is an old friend to all of us and it comes when necessary that we may hurry back to this school of life to further learn the lessons needed to advance us that we may be of more and better service and to prepare us for the final Liberation.

*What's noble  
What's brave  
Let's do it  
And make death proud to take us.*

Healing is not possible in every instance because of individual destiny. However, if we understand the workings of the Law, why we are here in a dense physical organism, and that we are responsible for our own actions, we shall better understand disease and carry with us the lessons contained in the experience that we may use them to help

others in service and also use such knowledge and wisdom in our next embodiment.

*To see a world in a grain of sand,  
And a heaven in a wild flower  
Hold infinity in the palm of your hand,  
And eternity in an hour.*

If we help others we all benefit, for what helps one helps all.

*Have you had a kindness shown?  
Pass it on!  
'Twas not given for thee alone,  
Pass it on!  
Let it travel down the years,  
Let it wipe another's tears,  
Til in Heaven the deed appears —  
Pass it on.*

The only thing that feels better than good health is that joy of accomplishment which naturally follows when, through love, we help others to help themselves to live healthier and more productive lives, for through love we find that we are greater than we know, and through the world of love we find the universe of truth.

*In all eternity there is not tone so sweet  
as when man's heart  
with God's doth beat.*

*Into Thy hands I commend my Spirit.  
Yea, though I walk through the valley  
of the shadow of death,  
I will fear no evil,  
For Thou art with me.  
Not my will,  
But Thine be done.*



*The gods approve the depth  
and not the tumult of the soul.*





# Value of the Grape Diet



## HEALING DEPARTMENT

“**T**o sustain physical life it is necessary that we eat and drink, but as there are many kinds of food and drink, it behooves us to ascertain what kinds contain the smallest proportion of destructive matter. With such foods we can lengthen our lives, and, from an occult standpoint, it is desirable to live as long as possible in each dense body, particularly after a start has been made on the spiritual path. So many years are required to educate, through childhood and hot youth, each body inhabited, until the Spirit can obtain some control over it, that the longer we retain a body that has become amenable to the Spirit’s promptings, the better. Therefore, it is highly important that the pupil partake of such food and drink as will deposit the least amount of hardening matter and at the same time keep the excretory organs active.

Fresh fruit contains water of the purest and best kind, capable of permeating the system in a marvelous manner. Grape juice is a particularly wonderful solvent. It thins and stimulates the blood, opening the way into capillaries already dried and choked up—if the process has not gone too far. By a course of unfermented grape juice treatment, people with sunken eyes, wrinkled skins, and poor complexions become plump, ruddy, and lively. The increased permeability enables the Spirit to manifest more freely and with renewed energy.”—*Max Heindel*

In addition to the beneficial physical results usually experienced by those who take the grape diet, there is also the benefit gained in self-discipline. Learning to use the will in guiding one’s eating habits is a

definite step toward new spiritual heights.

### HEALING DATES

September ..... 5—12—18—25

October ..... 3—9—15—23—30

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



*I followed happiness to make her mine  
Past towering oak and swinging ivy vine.  
She fled, I chased, o'er slanting hill and dale  
O'er fields and meadows, in the purpling  
... vale.*

*Pursuing rapidly o'er dashing stream  
I traversed swiftly every land and sea  
But always happiness eluded me.  
Exhausted, fainting, I pursued no more  
But sank to rest upon a barren shore.  
One came and asked for food, and one for  
... alms*

*I placed the bread and gold in bony palms.  
One came for sympathy, and one for rest  
I shared with every needed one my best  
When lo! sweet happiness with form divine  
Stood by me, whispering softly,  
... "I am thine."*







CHILDREN'S  
DEPARTMENT

THE  
ADVENTURES  
OF  
REX AND ZENDAH  
IN THE ZODIAC

PART TWO

"WELCOME CHILDREN," SAID THE OLD KING. "YOU KNOW ME BY NAME, FOR I AM FATHER TIME, SOMETIMES CALLED SATURN. HERE IN THE LAND OF THE WATER CARRIER I LEAVE MUCH OF MY WORK TO BE DONE BY KING URANUS, WHO IS OLDER THAN I THOUGH HE LOOKS YOUNGER! HE WILL SHOW YOU THE WONDERS OF THIS LAND."

We hope that you enjoy this second installment of *The Adventures of Rex and Zendah* by Esme Swainson which will be serialized in its entirety in this magazine. The Rosicrucian Fellowship is currently printing and distributing this children's book, our latest publication. A complete price list and catalog will be mailed upon request.

Esme Swainson



The children now stood outside the second gate.

This was quite different from the first; it seemed to be made of quickly-moving clouds, but above them could be seen a great green globe with a star in the middle.

Rex found a rod that seemed all alive, lying by the gate, and the instructions in the scroll told him to use it to gain admittance.

"I can't see anywhere to knock," he said to Zendah, but as he raised it in his hand, a flash like lightning flew from the top of the rod toward the green globe above the gate. Suddenly the shifting clouds cleared away and they saw that the globe rested on a tall green pillar. Across the middle of the gate were two snakes, a silver one at the top and another of bronze underneath—like this:



Carved above the snakes was the symbol of two hands clasped together.



"Who comes to challenge the Keeper of the Long Distances?" cried a voice.

"Rex and Zendah from the Earth," they answered.

"Give the Password."

"Brotherhood," replied Rex.

"Advance, Rex and Zendah, through the Spirit of Brotherhood, into the Land of the Water Carrier."

Back clanged the gates.

The two children found themselves at the beginning of a wide road, which stretched as far as the eyes could see straight in front of them. On either side were five other roads, dividing the country into eleven sections, on each of which stood beautiful buildings.

Soon they saw coming in the distance, a man dressed in a close-fitting garment of

some material that they had never seen before. It looked like chain armour, and though it was not metal, yet it shone like purple, green, and orange scales of a snake. Over this he wore a cloak that was made of many-coloured squares. Round his ankles he had jeweled bands that shone as the rod at the gate. He welcomed the children to his country and invited them to go with him to see the King.

He clapped his hands above his head, and instantly a silvery flying machine glided down, and they all stepped in. Off they flew, high above the great central road, arriving at the castle with a speed almost as quick as thought itself. Tall men, dressed like their guide, stood at each side of the long flight of steps, and each one clasped his hands together in salutation as they passed.

The castle was filled with beautiful statues and ornaments of all kinds, so many that there was not time to notice their variety.

"Rex," whispered Zendah, "it is like the British Museum only much nicer."

On they went into the largest hall and at last they stood before the throne, which was formed of many strange metals. The carpet on which it stood, and the curtains behind it, were made of alternate squares of green and orange.

An old man with a serious face and a long white beard, was seated on the throne. He wore a dark green robe, along the edge of which were chrysolites, and sprays of holly with many red berries, while under this was a fine white linen vest. He held an hourglass in his hand, and at his side stood a dark, handsome man with piercing eyes, and a crown that seemed to flash with brilliant rays of fire. His robe, too changed colour every time one looked at it.

"Welcome, children," said the old King. "You know me by name, for I am Father Time, sometimes called Saturn. Here in the Land of the Water Carrier I leave much of my work to be done by King Uranus, who is older than I though he looks younger! He will show you the wonders of this land."



*"SOME DAY," SAID URANUS, "PEOPLE WILL NOT NEED WIRES TO SEND MESSAGES TO EACH OTHER, BUT WILL JUST SIT DOWN, THINK HARD AND THE MESSAGES WILL ARRIVE AT THE OTHER END."*

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"Let us go to the mines first," said Uranus, coming down from his place near the throne. Leaving the palace they again entered a flying machine, and skimming across-country to some mountains, they alighted in a very short time.

He took them inside a mountain where there were some deep caves in which men were working with curious machinery, unlike any they had ever seen.

"These are radium mines," he said. "See!" and he touched a knob on a machine near one of the walls of the cave. At once a sword-like arm came down and cut an opening in the rock. Out rushed a stream of sparkling metal that shone as the Sun. It seemed all alive and the children could not look at it for more than a moment.

"Do we have any of that metal on Earth?" asked Rex.

"Yes, but not very much. We put an abundance into your Earth when it was very young, but now nearly all the sparkle has come back here, and there is only a dull heavy metal left that you call lead, but that really belongs to another land."

"What a pity, I like this better," said Zendah.

"Some day men will find out how to turn lead back again into radium; but it will not be just yet," said Uranus smiling.

Leaving the caves they climbed to the top of the mountain where stood a glass-domed building, the entrance door of which was reached by hundreds of steps. There they saw all sorts of flying machines being made.

In one corner, they noticed a number of people standing on high pillars, stretching out their arms, jumping off, and floating to the ground, just as if they had wings.

"What are they doing?" asked Zendah.

"They are practicing flying without machines; everyone could fly even now if he would learn to use his star body properly, but without that it is not easy."

Outside once more, in a beautiful valley, they found marble quarries, with men and women carving statues; some were only just begun, others were nearly finished.

Zendah wished so much to be able to do this herself, that Uranus gave her a tiny tool and told her when she got home to try, but to practice with clay first.

"I would much rather send messages across the air," asserted Rex.

The children were taken into yet another building, where there were numerous wires running from wall to wall. Here Rex noticed a large plate of ebony, with silver knobs all round the edge and was told to press one and wish hard. "Think of the message you wish to send and it will reach the other end," said Uranus.

"Only think?" asked Rex. "Is that all?"

"Yes, that is all, but you must think hard and at the same time look into this mirror at the side."

Rex thought of his mother and wished her to know what a glorious time they were having.

He saw his mother sitting by the fire at home, and then he saw a little ball of light, filled with pictures of their adventures, fly like lightning until it came close to her, when it seemed to burst and disappear.

She smiled and said to herself, "What a good dream the children are having."

"Some day," said Uranus, "people will not need wires to send messages to each other, but will just sit down, think hard and the messages will arrive at the other end."



Children will be able to send them much better than grown-up people."

"Are there any other interesting things that the people of this land can do?" asked Zendah.

"Yes, those people over there are designing wonderful cathedrals and other beautiful buildings, and there," pointing to another hall, "they are learning to chain the lightning and make it work machines instead of using coal or gas."

the ground shook, and—they were in front of the next gate, that of the Sea-Goat.

### THE LAND OF THE SEA-GOAT

**T**he next gate was very still—not a movement of any kind. It looked heavy

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*"YES, THOSE PEOPLE OVER THERE ARE DESIGNING WONDERFUL CATHEDRALS AND OTHER BEAUTIFUL BUILDINGS, AND THERE," POINTING TO ANOTHER HALL, "THEY ARE LEARNING TO CHAIN THE LIGHTNING AND MAKE IT WORK MACHINES INSTEAD OF USING COAL OR GAS."*

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Great flames were flying from place to place, sometimes the whole building shook—it was often like a great fireworks display! They saw the sparks flash as thousands of shining balls went from one place to another. These balls appeared in different colours varying in accordance with the height from which they were seen. Those on the bottom were red and yellow changing to green, while those at the top were blue and purple. A man stood on one side of the hall and stretched out his hand toward some machine on the opposite side. As he did this a stream of coloured fire seemed to jump from his fingers, and then the machine started without any other help.

It was very wonderful, but Uranus only shook his head when Rex asked him how it was done.

"You will find out some day, my child," he said, "if you think hard enough." Then taking them to the entrance gate he gave Rex a tiny magic bridge which, he said, would enable him to send his thoughts like lightning wherever he wished, if he but held it and used the password. To Zendah, he gave a pendant made of two snakes, like those on the gate, each holding a sapphire in its mouth.

They never knew how they got outside that land. Suddenly they saw a flash of light,

and solid, and its central ornament was a mountain with a tiny building at the highest point. The pillars were carved with goats' heads and at their bases a border of fishes' tails.

Rex was uncertain as to how to gain admittance, as he could not see a knocker nor a bell, nor even a rod with which to strike the gate.

Zendah suddenly said, "There is a very, very tiny keyhole, quite high up in the gate, Rex, but I don't think we can reach it, and then even if we could, we have no key. However, you might climb on to my shoulder and see if you can reach the keyhole."

Rex did so, but still it was out of reach. He jumped down again and the children stood looking at each other in dismay.

"This is tiresome," said Rex, glancing up at the gate. "Look at those letters, Zendah, I did not see them at first."

They were surprised to see right across the gate the words, "If at first you don't succeed, try, try, again."

Suddenly Zendah noticed a huge stone close by the gate. There was a streak of light coming from under it, so she said, "Let's try and move this stone and then perhaps we shall find the way in." They pushed together at it for some minutes and when it moved



they found beneath it a white stone box.

Inside was a tiny key made of a dull, heavy-looking metal, and it really was heavy, for together they could hardly lift it. After tugging for some minutes they dropped it to get their breath. Then Zendah took hold of the key with both hands and as she did so Rex cried out, "Zendah, Zendah, you are growing taller and taller!" He watched her shoot up like a bean stalk and put the key in the lock. As she did this she suddenly found herself to be her natural size. Then they heard a voice.

"You will not find this land easy," she said, bowing gravely to the children, "but I will give you the goat's feet power and you will be able to climb." So saying, she touched their feet with her staff, and much to their surprise, they found that this made some difference for afterwards they could climb the mountain sides quite easily.

"What would have happened if you had not touched our feet with your staff?" asked Zendah.

"You would have found your knees bending and you would always have been

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*"THE SUN WAS JUST RISING AND AS THEY LOOKED THE MOUNTAINS CHANGED FROM GRAY TO BEAUTIFUL SHADES OF BLUE AND PURPLE, AND AS HE ROSE HIGHER IN THE HEAVENS THEY GRADUALLY BECAME PINK AND ORANGE, JUST AS THEIR OWN HILL DID IN WINTER."*

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"Who has found the secret of the entrance into the Land of the Sea-Goat?"

They replied, "Rex and Zendah."

"The Password?"

"Perseverance," they answered.

"Enter Rex and Zendah by perseverance."

Very, very slowly this gate rolled back, and a cold wind made them shiver as they stood on the threshold.

What a sight met their eyes! Range after range of mountains, some snow-clad, and some all gray rocks. The Sun was just rising and as they looked the mountains changed from gray to beautiful shades of blue and purple, and as he rose higher in the heavens they gradually became pink and orange, just as their own hill did in winter.

"I think it is rather cold here," said Zendah, stamping her feet, "but I do like climbing mountains."

They turned round as they heard footsteps, and found that an elderly woman with gray hair had come to meet them.

She carried a staff in her hand and wore a short mountaineering dress of greenish material, belted with a dark brown, leather belt.

falling down, and so might never have reached the top of the mountain," she said.

Up and up they climbed, passing on their way huge beech trees; here and there were men cutting down some of them, ready to be taken to workshops lower down on the mountain.

Near the top they entered a beautiful garden set out with ordered rows of poplar and yew trees that Rex thought were just like a lot of soldiers drilling. In the centre was a black palace that shone like polished marble, but they were told that it was made of jet.

In the Jet Palace they found King Saturn, who smiled as they entered his great hall, and who told them that this was his house where he was most often to be found.

"I am afraid you will not find the Sea-Goat's Land so interesting until you are grown up," he said, and turning to a young man who was sitting at his side, and whose hair was like that of Rex, he added, "You will have all our wonders explained to you by my son Mars, who is young and will be glad of an excuse to be doing something instead of sitting still beside me all day!

Mars jumped up with a smile, and off they went, peeping as they passed into



several rooms of the palace where they saw men and women talking, and talking, and talking, until you would have thought they must be tired of so much chattering.

their breath was nearly taken away, and then they saw a faint light.

"Be very, very quiet, if you wish to see the gnomes at work," Mars whispered, as

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*"...THEY SAW HUNDREDS OF GOATS, BIG GOATS AND LITTLE GOATS, GRAY GOATS, WHITE GOATS, AND PIEBALD GOATS, RUNNING UP AND DOWN THE MOUNTAIN AND NEVER SLIPPING NOR FALLING AS THEY JUMPED FROM CRAG TO CRAG."*

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In another room they saw people surrounded by books and rolls of papers with hundreds of red and green seals hanging to them; there were books on the shelves, books on the tables, books on the floors in heaps; you could hardly see the people themselves for books!

"Some of these people are learning all about laws so that they may be able to show their kings how to rule their countries," explained Mars, "and the others are writing them down, to be stored for many people to read, if ever they want to, in museums and libraries." The children thought this seemed a little dull so Mars took them outside the palace where they saw hundreds of goats, big goats and little goats, gray goats, white goats, and piebald goats, running up and down the mountain and never slipping nor falling as they jumped from crag to crag.

"Are there no other animals here?" asked Zendah.

Mars showed them some deep pools near the foot of one of the mountains, and there they saw hundreds of crocodiles.

"I don't like those at all, nor their smell," cried Zendah. Mars laughed. "Shut your eyes," he commanded, and he spoke some magic word. "Now open them." When she did so all the crocodiles had turned to goats and were scrambling out of the pool as fast as they could.

Further on they came to a crack in the mountain, and creeping inside they stepped on to a kind of lift—anyway it seemed like a lift for it was a little room with seats on one side. And after they sat down the whole place went suddenly dark and—swish—bump—

they stepped out of the lift and crept along a narrow passage. Soon they were standing on a ledge of rock looking down on a cave below.

There were hundreds of little brown men running about, some looking after great fires, over which were boiling cauldrons of metal. Others were wheeling tanks about, out of which they poured the hot metal into cracks in the rocks.

"What are they doing?" whispered Rex.

"They are pouring lead into the veins of the rocks, so that it will run down to Earth, and men will be able to find lead mines if they dig deep enough. The metals in any land have first to be put there by the gnomes before you can find them. Now come and see what we do with the trees you saw being cut down on the mountain slopes."

They passed into a large building in which were great circular saws cutting tree trunks into smooth slabs. Some were being polished until they were like mirrors and the children could see their faces in them. Everywhere all kinds of things were being made of wood—tables and toys, boats and boxes. In one corner a man was fitting minute, many-coloured squares and triangles to form a pattern that looked like a carpet.

"What a time it takes him," sighed Zendah, thinking how she disliked sitting for very long in the house.

"He has been making that for eighty-four years," replied Mars. "You see one needs much patience to do it, and that is one of the things people come here to learn."

The children were beginning to feel



tired with their climbing, for the power of the magic staff was commencing to wear off, so Mars carried them up a very steep mountain whose top seemed to reach right up above the clouds. At last they stood at the door of a crystal building with five sides like a star. Over the door were the words,

“SILENCE IS GOLDEN”

In the entrance hall sat an old man near a window that stretched from the floor right up to the ceiling. The window was open at the top, and a large telescope pointed to the starry heavens. He was surrounded by tables littered with books and papers inscribed with circles and queer figures. As Mars took the children to him, he looked up from the calculations he was making.

“Birthdays please,” was all he said.

“March 27th, November 26th,” replied Rex and Zendah together. He laughed. “One at a time please.” He then entered their names in a big book at his side. Wondering why he wanted their birthdays, they stood watching him, but he went back to his writing and they saw Mars waiting at the door for them.

Leaving this ante-chamber, they arrived at the entrance of the main hall, and were told to follow him slowly and quietly. In the centre hung a lamp, suspended from the roof by a gold chain that shone as it swung slightly to and fro in the breeze from the door. Underneath it stood a table, on the legs of which were carved snakes, and upon it, lying on a purple cushion, was a large book bound with white velvet. There were several locks and chains attached and on its cover were the words in letters of gold:

“KNOWLEDGE IS POWER”

A green angel knelt at each corner while another stood behind the lamp, watching to see that it never went out.

“This is the book in which all the knowledge of the world is written in every language,” said Mars. “It is locked with seven locks, and the little key you found at

the gate unlocks one of them, but until you have visited all the lands of the Zodiac, you will not be able to read any of its pages.”

“The lamp is like Aladdin’s, and is able to give you all you wish for; before you leave, Father Time will give you a little copy of it, and tell you how to use it.”

Mars carried them back down the mountain side, to the Jet Palace, and Father Time smiled when he saw them. Reading their thoughts, he said, “So you want to be able to read the Book of Wisdom, children? So you shall, some day. Now I give to you, Zendah, a copy of the lamp; you must find out where to rub it, and how many times, and then you must both use it, together with the password. You, Rex, may wear this five-pointed star made of jade, to remind you of this land.”

Mars took them to the palace gates and they waved their hands to him, and ran together down the mountain side, arriving at the entrance much more quickly than they expected. But then it is easier to run down a mountain than up!

They were not certain what they really thought of the Land of the Sea-Goat, for as Zendah said, things were so puzzling there, and also, it was rather cold.

(TO BE CONTINUED)



*Love droppeth as a gentle dew from heaven  
Blessing the one that giveth  
and the one that receiveth.*

*When our love seasons the love of another  
Human love doth then shine likest God's  
love*

*And two souls and two loves  
become one forevermore.*





# THE ROSICRUCIAN METHOD OF CARING FOR THE DEAD

The body is to be kept without disturbance in a quiet room, at a low temperature (without embalming) for three and one-half days *immediately following* death.

Cards of instruction for the care of one's body after death according to the Rosicrucian Fellowship method will be sent free of charge to those requesting them. Since some states have laws requiring embalming within a short time after death, it is safest to leave specific instructions for the desired care and disposal of one's body.

## MORTICIANS EQUIPPED TO CARE FOR THE DEAD ACCORDING TO ROSICRUCIAN FELLOWSHIP METHODS

### ARIZONA

- Prescott — Ruffner Funeral Home, 303 S. Cortez, 86301  
 Tucson — Adair Funeral Home, 1050 N. Dodge Blvd., 85716  
           4519 N. Oracle Rd., 85705  
           Valley Funeral Home, 2545 N. Tucson Blvd., 85716

### CALIFORNIA

- Altadena — Mountain View Mortuary, 2400 N. Fair Oaks Ave., 91001  
 Belmont — Carlmont Chapel, 1101 Alameda, 94002  
 Chula Vista — Humphrey Mortuary, 855 Broadway, 92011  
 Costa Mesa — Smith-Tuthil-Lamb Mortuary, 427 E. 17th St., 92627  
 Encinitas — Encinitas Mortuary, 340 Melrose Ave., 92024  
 Fresno — Cremation Burial Plan of California, 3030 N. Fresno St., Suite 102, 93703  
           The Neptune Society, 1456 W. Shaw, 93711  
 Glendale — Forest Lawn Memorial Park  
 Laguna Beach — Laguna Beach Funeral Home, 976 Coast Blvd. S., 92651  
 Lancaster — Halley Olsen Funeral Chapel, 44802 N. Date Ave., 93534  
 Loma Linda — Emerson-Bartlett Memorial Chapel, Barton Rd. at Waterman  
           Ave., 93254  
 Long Beach — Mottell's Mortuary and Chapel, Third and Alamitos, 90812  
 Los Angeles — Reed Bros., Tapley & Geiger, 2045 W. Washington Blvd., 90018  
           Pierce Bros., 720 W. Washington Blvd., 90015  
 Oakland — Chapel of the Chimes, 4499 Piedmont Ave., 94611  
 Oceanside — Berry-Bell Mortuaries, 716 First St., 92054  
           Chalet Chapel of Memories, 602 Fourth St., 92054  
           Oceanside Mortuary, 602 S. Hill, 92054  
 Palmdale — Chapel of the Valley Mortuary, 38141 N. Sixth St., 93550  
           Halley Olsen Funeral Chapel, 1818 E. Palmdale Blvd., 93550  
 Palo Alto — Memorial Cremation Society, 560 San Antonio Rd., 94306  
 Redlands — Emerson-Bartlett Memorial Chapel, 705 Brookside Ave., 92373  
 Redwood City — Lang & Tinney, 717 Jefferson Ave., 94063  
 Sacramento — Sierra View Funeral Chapel, 6201 Fair Oaks Blvd., 95608  
 San Bruno — El Camino Funeral Chapel, 180 El Camino Real, 94066  
 San Clemente — Lesneski Mortuary, 640 S. El Camino Real, 92672  
 San Diego — Bonham Bros., 1774 Fourth Ave., 92101  
           Merkely-Mitchell Mortuary, 3655 Fifth Ave., 92101



- San Francisco — Memorial Cremation Society, 2242 Geary Blvd., 94115  
 N. Gray & Co., 1545 Divisadero St., 94115
- San Jose — Dowdle, Emerson, 1066 S. Second St., 95125  
 Lima, Salmon, Erickson, 710 Willow St.  
 Oak Hill Mortuary, S. First at Curtner  
 Williams Funeral Chapel, 345 E. Santa Clara St.
- Santa Barbara — McDermott-Crockett Mortuary, 1903 State St., 93101
- Santa Monica — Moeller, Murphy & Moeller Funeral Home, 1230 Montana Ave., 90403
- Whittier — White Emerson Co., 13304 E. Philadelphia, 90601

## COLORADO

- Denver — Howard Mortuary, E. 17th Ave. & Marian Parkway, 80218  
 Fairmont Cemetary Assoc., E. Alameda Ave. & Quebec St., 80222
- Greeley — Adamson Mortuary, 827 Fifth St., 80631

## FLORIDA

- Bradenton — Bayshore Funeral Home, 5827 14th St. W. (U.S. 41), 33507
- Inverness — Hooper Funeral Home, P.O. Box 305, 32650
- Miami — Van Orsdale Mortuaries
- St. Petersburg — John S. Rhodes, Inc., 635 Fourth St. N. 33701
- Tampa — F.T. Blount Co., 5101 Nebraska Ave., 33603

## ILLINOIS

- Chicago — Haggard Funeral Home, 5917 W. Irving Park, 60634  
 Johnson Mortuary, 2681 N. Orchard St., 60614  
 Phoenix Memorial Burial and Cremation Service, 625 N. Michigan Ave., Suite 500, 60611
- Elmhurst — 134 S. York Rd., 60126

## INDIANA

- Indianapolis — Paul C. Dorsey, 3925 York St., 46221

## JAMAICA

- Kingston — Sam Isaacs & Son, 14 Hanover St., W.I. 8

## KENTUCKY

- Louisville — Herman Meyer and Son, Inc., 1338 Ellison Ave., 40204

## LOUISIANA

- New Orleans — Tharp-Sontheimer-Tharp, 4117 Claiborne Ave., 70125

## MASSACHUSETTS

- Boston — Rogers Funeral Home, 380 Cambridge St., 02141

## MICHIGAN

- Royal Oak — Wm. Sullivan & Son Funeral Home, 705 W. Eleven Mile Rd., 48071

## MINNESOTA

- Minneapolis — Burr-Goranson Funeral Home, 3040 Lyndale Ave. S., 55408  
 Welander-Quist Co., 1825 Chicago Ave., 55404  
 Welander-Quist Co., 1200 W. Broadway, 55404

## MISSOURI

- Kansas City — D.W. Newcomer's & Sons, Brush Creek & Paseo, 64110

## NEVADA

- Carson City — Fitzhenry's Capital City Mortuary, P.O. Box 1775, 89701

## NEW JERSEY

- Cape May — Evoy Funeral Homes, Bayshore Rd., R.D. 2, 08204
- Point Pleasant — Van Hise & Callagan Funeral Home, 812 Arnold Ave., 08742
- Trenton — Ivins & Taylor, 77 Prospect St., 08618

## NEW MEXICO

- Albuquerque — Fitzgerald and Son Funeral Directors, 3113 Carlisle Blvd. N.E., 87110



## NEW YORK

Elmsford — Omega Funeral Service, 72 E. Main St.  
 Rochester — Genesee Funeral Home, 596 Genesee St., 14611  
 Staten Island — Menorah Chapels, 28 Eltingville Blvd., 10312

## OHIO

Cleveland — Boswell-Jones Mortuary, 13613 Euclid Ave., 44112

## OREGON

Ashland — Conger-Morris Chapel, Fourth & C., 97520  
 Medford — Conger-Morris Funeral Directors, 715 W. Main St., 95704  
 Portland — Colonial Mortuary (Holman & Lutz, Inc.) N.E. 14th & Sandy Blvd.,  
 97232

## PENNSYLVANIA

Erie — Chester A. Schaal, 550 W. 9th St., 16502  
 Pittsburgh — Blank Bros., Inc., Funeral Home, 15213  
 Philadelphia — Bringham Funeral Directors, 3925 Chestnut Dr., 19104  
 Reading — Francis F. Seidel, Inc., 117 N. Fifth St., 19601

## TENNESSEE

Memphis — Memphis Funeral Home, 1177 Union Ave., 38104  
 Memphis Funeral Home, 5599 Poplar Ave., 38117

## TEXAS

Dallas — Restland Funeral Home, Greenville Ave. & Valley View Lane, 75231

## WASHINGTON

Bremerton — Miller-Reynolds Funeral Home, 669 Sixth St., 98310  
 Seattle — Home Undertaking Co., 1410 N. E. 115th St., 98168  
 West Home Funeral Chapel, 4400 California Ave. S.W., 98116  
 Acacia Funeral Home, 15000 Bothell Way N.E., 98155  
 Booth-Ashmore Mortuary Inc., 1422 Bellevue Ave., 98122  
 Howden-Kennedy Funeral Home, 3909 S.W. Alaska, 98116  
 West Funeral Home Chapel, S.W. California Ave. & Genesee St.

## WISCONSIN

Milwaukee — Heinden & Lange, 3116 N. Third St., 53214  
 Slattery Funeral Home, 1500 S. 73rd St., 53214





## STUDY WITH US!

The Rosicrucian Fellowship is an association of Christian men and women banded together for the purpose of helping to make Christianity a living factor in the world. Its teachings give a definite, logical, and sequential explanation of the origin, evolution, and future development of the world and man, from both the spiritual and scientific aspects. The Fellowship has no connection with any other organization.

Upon completion of the Preliminary Philosophy Course, one becomes a Regular Student, and receives monthly a Student Letter and Lesson. These are to be studied, though no written answers are required. A postal card is sent with the Student Lesson and is to be signed and returned each month, so that connection with the spiritual forces of the Fellowship may be maintained. After two years of Regular Studentship, during which time the aspirant has striven to raise his spiritual standard of living, practicing self-control and "loving, self-forgetting service to others" he may take the next step: Probationership. Full membership affords one voting privileges which are accorded only to Probationers.

The following courses — offered on a love offering basis — are open to all except hypnotists, professional mediums, palmists and astrologers, and are available in several languages.

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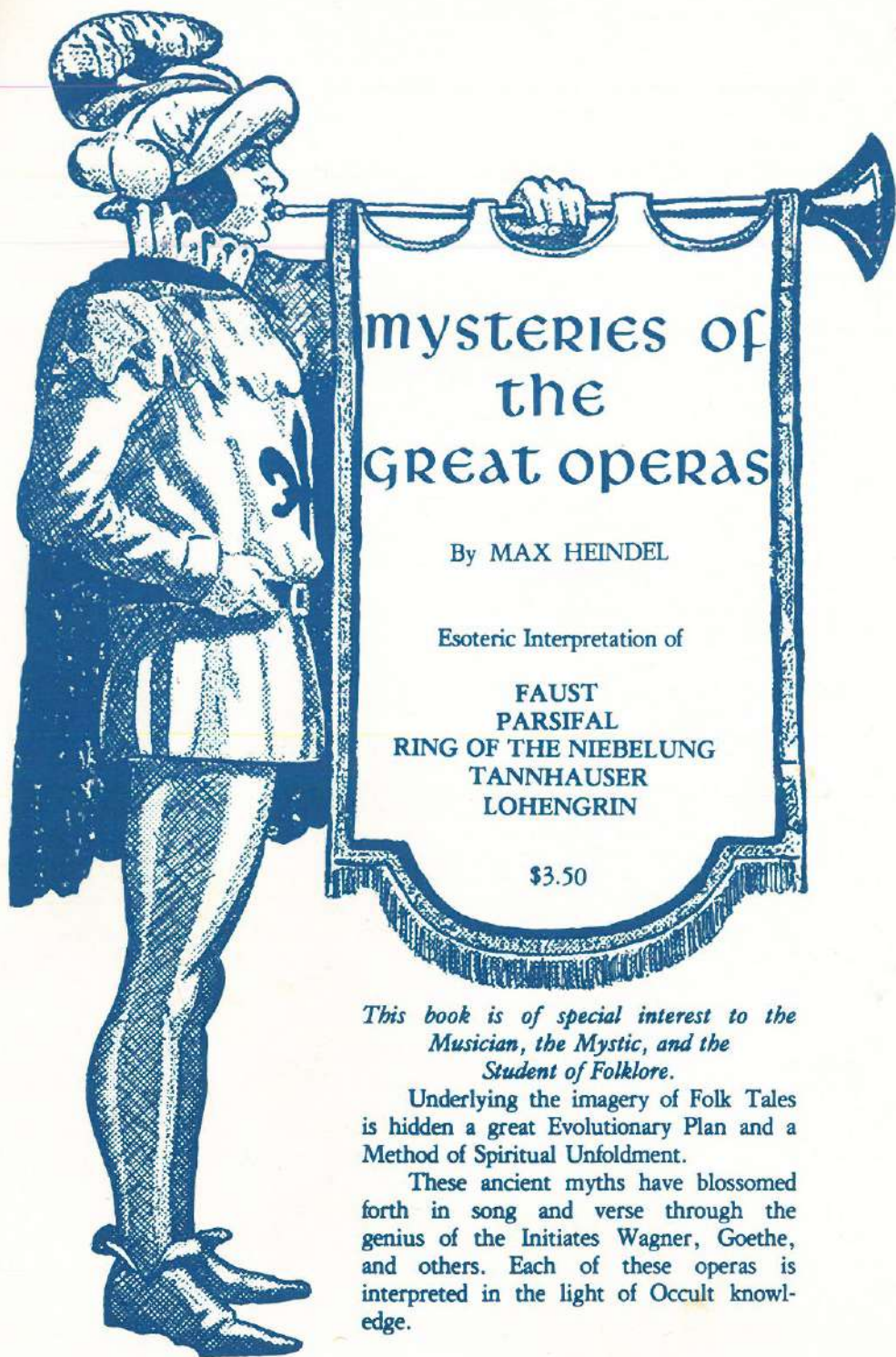
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# mysteries of the GREAT OPERAS

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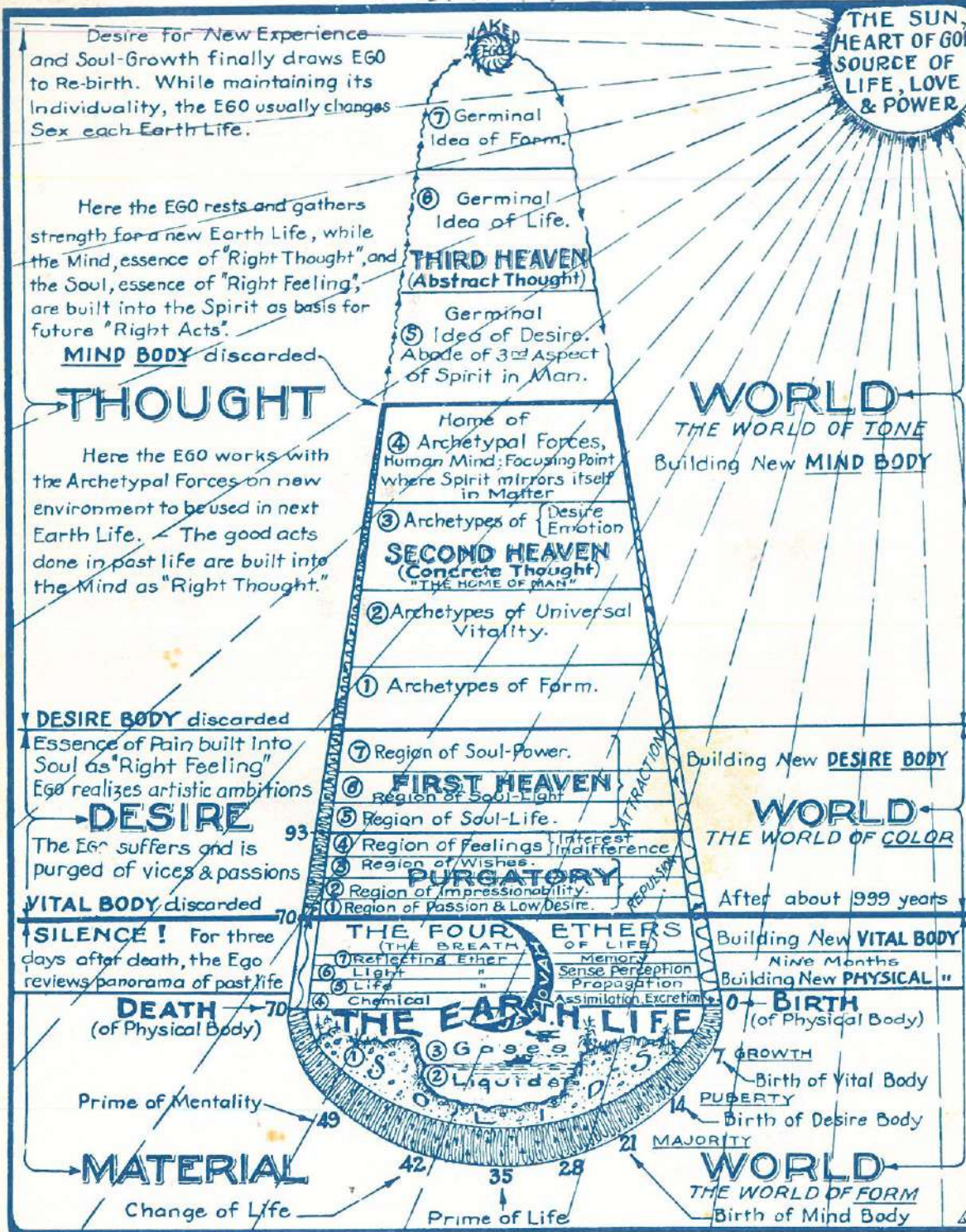
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**AN AVERAGE HUMAN LIFE CYCLE  
(1,000 YEARS)**



Desire For New Experience and Soul-Growth finally draws EGO to Re-birth. While maintaining its Individuality, the EGO usually changes Sex each Earth Life.

Here the EGO rests and gathers strength for a new Earth Life, while the Mind, essence of "Right Thought", and the Soul, essence of "Right Feeling", are built into the Spirit as basis for future "Right Acts".

**MIND BODY** discarded

**THOUGHT**

Here the EGO works with the Archetypal Forces on new environment to be used in next Earth Life. The good acts done in past life are built into the Mind as "Right Thought."

**DESIRE BODY** discarded

Essence of Pain built into Soul as "Right Feeling" Ego realizes artistic ambitions

**DESIRE**

The Ego suffers and is purged of vices & passions

**VITAL BODY** discarded

**SILENCE!** For three days after death, the Ego reviews panorama of past life

**DEATH** (of Physical Body)

Prime of Mentality

**MATERIAL**

Change of Life

**THE SUN, HEART OF GOD**  
SOURCE OF LIFE, LOVE & POWER

**WORLD**

THE WORLD OF TONE  
Building New **MIND BODY**

**WORLD**

THE WORLD OF COLOR

After about 999 years

**WORLD**

Building New **VITAL BODY**

**BIRTH** (of Physical Body)

GROWTH  
Birth of Vital Body

PUBERTY  
Birth of Desire Body

**WORLD**

THE WORLD OF FORM  
Birth of Mind Body

**"THERE IS NO DEATH, BUT THAT WHICH SEEMS SO IS ONLY A TRANSITION INTO A FINER SPHERE."**