

THE ROSI-CRUCIAN FELLOWSHIP MAGAZINE

RAY S FROM THE ROSE CROSS



FEATURES

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Probing the Supernatural
Part I

The Promised Land

"Gifts of an Eagle"

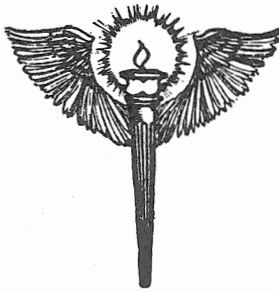
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"The Sons of God"

"The sons of God saw the daughters of men that they were fair; and they took them wives of all which they chose." --- Genesis 6:2.

"In the Polarian, Hyperborean, and Lemurian Epochs the task of leading humanity was a comparatively easy one, for man was then without a mind; but when that disturbing element came in during the first part of the Atlantean Epoch, he developed *cunning* which is the product of the mind unchecked by the Spirit. Cunning acts as an aid to desire, regardless of whether the desire is good or bad, whether it will bring joy or sorrow.

"In the middle of the Atlantean Epoch the Spirit had drawn completely into its vehicles and commenced to work in the mind to produce *thought* and *reason*: the ability to trace a given cause to its inevitable effect, and to deduce from a given effect the cause which produced it. This faculty of *reasoning* or *logic* was to become more fully developed in the Aryan Epoch, and therefore the Original Semites (the fifth race of the Atlantean Epoch) were a 'chosen people', to bring out that germinal faculty to such a ripeness that it would be impregnated into the very fiber of their descendants, who would thus become the New Race.

"To transmute cunning into reason proved no easy task... By the time of the Original Semites man had become cunning enough to resent limitations of his liberty and to circumvent repeatedly the measures taken to hold him in line. The task of guiding him was all the more difficult because it was necessary he should have some liberty of choice, that he might in time learn self-government. Therefore a law was enacted which decreed *immediate rewards* for obedience and *instant punishment* for disregard of its provisions. Thus was man taught, coaxed, and coerced into reasoning in a limited manner that 'the way of the transgressor is hard,' and that he must 'fear God.'

"Out of all who were chosen as 'seed' for the New Race, but few remained faithful. Most of them were rebellious and, so far as they were concerned, entirely frustrated the purpose of the Leader by intermarrying with other Atlantean races, thus bringing inferior blood into their descendants. That is what is meant in the Bible where the fact is recorded that the sons of God married the daughters of men. For that act of disobedience were they abandoned and 'lost.' Even the faithful died, according to the body, in the Desert of Gobi (the 'Wilderness') in Central Asia, the cradle of our present Race. They reincarnated, as their own descendants, of course, and thus inherited the 'Promised Land', the Earth as it is now."

"Jehovah takes special care of a seed-race, in which are to be inculcated the embryonic faculties of the humanity of a new Epoch. For that reason He was particularly concerned with the Original Semites (the progenitors of the present Jews). They were His 'chosen people' --- chosen to be the seed for a new Race, which was to inherit the 'Promised Land' --- not merely Palestine, but the entire Earth, as it is at present."

--- *Cosmo-Conception*, pp. 309-310, 334-335.



Probing the Supernatural

Part I

During the latter part of the 1960's there began a rise of interest in the occult which has now reached a peak of considerable proportions. Newspapers, magazines, and television have been offering a wide variety of articles and incidents describing supernatural phenomena, most of it scarifying and horrifying. Reports have included black masses, satanic worship, obsession, exorcism, and various types of strange disturbances. Then there are the books. Counters in most all stores are full of them, with such titles as *Rosemary's Baby*, *The Hierarchy of Hell*, *Passport to the Supernatural*, *The New Pagans*, *Satan Is Alive and Well on Planet Earth*, etc., etc.

The book which seems to have created the biggest stir, however, is *The Exorcist*, by William P. Blatty, published in 1970. It is reported that more than 9 million copies have been sold. Heated reviews and discussions concerning the contents of this volume have become even more intense since a movie was made of the book. According to an article in *The Los Angeles Times* (January 21, 1974), author Blatty says he wrote the book "to persuade those who do not believe that there is a case to be made for the supernatural and to offer the possibility that there is a supernatural force of evil in the universe whose game plan is to convince us that he does not exist . . . The director of the movie, William Friedkin, 'although he believes in something unknowable,' simply wanted to make an effective film."

This book, as its title indicates, deals with the process of exorcism, or removing obsessing entities from persons unwise enough to live so as to become subject to obsession. In *Newsweek* for February 11, 1974, there is this interesting comment: "*The Exorcist* has captured the popular imagination and -- if only for one Gothic moment -- brought into frenzied focus the underground anxieties, fantasies, and fears that have lately broken through the surface of contemporary American society . . . (it) dramatically orchestrates current interest in the occult, psychic phenomena, Satanism, and man's more fundamental yearning for some kind of reckoning with his destructive inclinations." Religious leaders and psychiatrists all over

the country have expressed themselves concerning the theme of the book -- exorcism -- and the supernatural in general. Most all agree, however, that seeing the movie is at best a disturbing experience; at worst, completely revolting - and dangerous. It seems that the book and movie have stirred people as nothing else has in recent times.

To consider the question of the supernatural from all angles, it is advisable, first of all, to have in mind an accurate, and generally accepted, meaning of the word.

The prefix "super" means "above" or "beyond", we are told in our reference books. From the same source we learn that "natural" refers to that which "exists in or is formed by Nature, not artificial; having a real or physical existence as opposed to the spiritual, intellectual, or fictitious." This is the world with which we are the most familiar, and the world which the materialistic mind assures us is the *only* world. Putting the two words together, we conclude that "supernatural" refers to that which is above or beyond the natural -- "unexplainable by natural laws or phenomena; abnormal, pertaining to or characteristic of God or a deity; relating to ghosts, goblins, or other unearthly beings."

For centuries past religious literature from all sources, and certainly the Christian Bible, has furnished us with voluminous accounts of supernatural occurrences, both inspiring and terrifying. Hitherto invisible beings appeared to advise leaders of the people, and guidance was often given to those in dire need of it. We immediately think of Moses, who received the Ten Commandments from Jehovah; of Joshua who is reported to have made the Sun and Moon stand still in their orbits; of Jacob, who wrestled with an Angel; and of numerous other leaders and prophets of Old Testament times who were recipients of messages and favors from on High. The New Testament tells of St. Paul's life-changing illumination on his journey to Damascus; of Peter's liberation from prison by an Angel; and of other such, to most people, unusual or miraculous occurrences.

There have also been many accounts of less desirable happenings, such as the plagues and pestilences sent to the Israelites by Jehovah, the afflictions of Job and his torment by Satan; the destruction of Sodom and Gomorrah, obsessions and other supposedly satanic activities. Somewhere along the line it became entirely unacceptable to have anything to do with so-called "familiar spirits," invisible spirits, that is. We recall the case of Saul, as told in Samuel 1:28, who arranged to visit the witch of Endor, a medium, in order to get advice from the deceased Samuel. This, in spite of the fact that he, as ruler, had decreed dire punishment for anyone who engaged in this kind of activity.

This frowning upon communion with invisible Spirits was carried to such an extent that with the rise of materialism in the 17th century anyone who showed any evidence of being "different" -- or even having beliefs at variance with those generally accepted -- were punished in some horrible way, many being burned at the stake. Joan of Arc is of course a well remembered case, and here in the United States occurred the atrocities of Salem witchcraft.

Along with this attitude that anything supernatural was a work

of the devil -- who existed in the minds of most people -- came the materialistic view that what had been considered supernatural was simply a figment of the imagination, hallucinations, or the product of a diseased mind. Up until rather recently this attitude had gained widespread acceptance in spite of the efforts of religious leaders to combat it. Now, however, the time has come when people everywhere are to learn of the reality and nature of the invisible worlds.

When a person begins to question seriously the religious creeds and dogmas which have been handed down to him, as well as the materialistic view of the universe, he is soon faced by the fact, or at least the probability, that there are invisible worlds and beings all about him. One of the best means of enlightenment on the subject is *The Rosicrucian Cosmo-Conception*, which in its first sentence states: "The first step in occultism (the hidden) is the study of the invisible worlds."

Some people are much more aware of these invisible worlds than others, because of their innate constitution. In the majority of people there is a dormancy of the finer and higher senses whereby the invisible worlds may be perceived. "The majority of people are on a similar footing in regard to the superphysical worlds as the man who is born blind in our world of sense; although light and color are all about him, he is unable to see them. To him they are non-existent and incomprehensible, simply because he lacks the sense of light wherewith to perceive them. Objects he can feel; they seem real; but light and color are beyond his ken."

So, until a person has developed his finer faculties sufficiently to cognize the higher worlds, he must take their existence on faith, or, if he accepts the old axiom: "As above, so below," on reason and logic. There are people, however, and their number is increasing, who have developed their extra-sensory faculties enough to contact the invisible realms by means of clairvoyance (clear seeing), clair-audience (clear hearing), or clairsentience (clear feeling), and who therefore *know* that the supernatural worlds and beings do exist.

Unfortunately, many people first go through a negative form of extra-sensory perception. That is, the faculty comes and goes, is not under the control of the will. This probably in large measure accounts for the fact that the supernatural is feared, and considered a "work of the devil" by those who do not clearly understand that in the invisible worlds there are both good and bad forces, just as there are here on the physical plane. We attract the one or the other according to our own complex structure and our habitual manner of thinking and feeling. We can live in such a manner as to attract the helpful forces just as we can live in the depths of our lower desires and thereby attract undesirable forces.

The Western Wisdom Teachings explain that our universe is divided into seven states of matter: The Physical World, the Desire World, the World of Thought, the World of Life Spirit, the World of Divine Spirit, the World of Virgin Spirits, and the World of God. This division is not arbitrary but necessary, because the substance of each of these worlds is amenable to laws which are practically inoperable

Continued on page 203)

THE Mystic ... LIGHT

The Promised Land

V. S.

WE might say that all man's history is one long search for the Promised Land. The records show men going forth, seeking greater wealth, greater ease of living, or greater freedom, political or religious. Wave after wave of humanity swept across the face of the Earth, back and forth and round about, always seeking something better than what they had.

At the end of World War II, a time when men everywhere were reaching out for ways to rebuild the world, the writer came across a page from an unidentified newspaper, in which an anonymous poet wrote poignantly on this theme. A person was depicted as turning a world globe:

"... Land on land

Your finger turned them under; every one
Part of the hope and blunder of mankind:
The ever-resurrected hope and blunder
Of thinking that new earth will be enough
To make new men; to right the ancient
wrongs;

To plant compassion where there has
been hate,
And wisdom where there has been fool-
ishness."

The poem goes on to tell of Moses leading his people to the Promised Land:

"But they arrived...

And saw before them Canaan, fair in sun-
shine...

And hurried forward, taking with them
habits

Older than Egypt, taking with them minds
As old as fear and greed...

Moses knew.

But centuries of men had yet to learn---
Crossing oceans, tramping the wilderness,
Plodding beside the heavy-loaded ox
train---

That where man goes he takes himself
along.

Other goods with which he starts his
journey

He may throw off to make the burden
light;

But with him, to the end, he takes him-
self;

And in the new land, flowing with milk
and honey

Unaltered heart rebuilds the world he
fled..."

Of all man's journeys, that one set out in the Bible has become the symbol of seeking humanity. Actually, of course, it takes us back to Atlantis and the great emigration to the Gobi desert, cradle of the Aryan race. Then our minds travel back to the other movements out of Atlantis, and behind that in the dim past to Mu--- all the story of man's long struggle upward, seeking the promised land, even as we today are moved by the desire for a new start where the ideals of the Aquarian Age can be manifested.

The occult student knows, of course, that there *has* been progress in the long stretch of time. Neither

the constitution of the Earth nor the constitution of man is a static thing. The land, like the bodies, becomes crystallized in course of time and unsuitable for new development. The old must be discarded and new forms evolved. Max Heindel and others capable of reading in the higher records have spoken of the changes that are to take place in the land masses of the Earth, and also of how man's physical body must be altered to enable him to express greater spiritual power.

For the people residing in North America, and particularly those on the west coast, it is interesting to speculate on the new continent that is rising in the south Pacific --- something which has been fairly well authenticated by survey reports --- and it does indeed seem that we shall have new lands to work with. The question then arises, what are we going to do with them? Will it be the old story of "man's unaltered heart rebuilding the world he fled"? Or will he be able to come to grips with the demands of evolution and create a new world as a result of a changed attitude?

We suggest four areas in which man must change.

1. *He must become more sensitive.*

By this we mean awareness --- to become aware of the needs and motives of others, through understanding their thinking and in particular their feelings. Properly used, it makes us more tolerant, tactful and kind; better able to give them our help, and to receive theirs. Unfortunately this sensitivity is reflected in the physical vehicle and in its early stages presents certain problems.

The person of the future has been depicted as saying: "I feel uncomfortable --- someone in the next street is thinking carelessly." Many people are already sensitive to the thinking and feeling of others which goes on in the same room with them. So before real progress can be made, people must realize that man is a natural broad-

casting station, and gives out and receives waves of thought and feeling. As the pineal gland and pituitary body begin to develop their spiritual powers, we become able to receive impressions. At first we may not know whence they come and have only an outline idea of the general content, but in time we will know whether another person's thoughts are constructive or destructive, and perhaps the whole thought in detail may be picked up.

This often leads to mediumship. When sensitivity is of a negative type, which receives everything indiscriminately, it has to be overcome entirely, and a new start made later on when the person can exercise more control. Many persons think they are accomplishing something by becoming sensitive in this negative way, but in reality it may be a great handicap. It is always an acute problem for the occult student to find himself becoming hypersensitive when he suffers keenly from that too-receptive condition, when he is allergic to so many of the destructive vibrations around him. This is a preliminary to becoming super-sensitive; that is, able to control these impressions. The super-sensitive is just as keenly aware, but knows how to protect himself. Control comes as the Spirit has a chance to develop in wisdom and strength. In other words, we don't sit and suffer, but act --- by giving out positively the truth we know, in thought if not in deed.

Many of the nervous disorders we see about us result from the tragic fact that the people who are becoming more sensitive, in accordance with the requirements of the new age, do not know how to handle that sensitivity. They are unaware of the plan of evolution and spiritual law. So the gifts which should be consecrated to the use of the Christ within, are grossly misused, and the nervous systems bear the brunt of the protest of the Higher Self --- for protest it does,

writhing in anguish when it contemplates what is happening to its vehicles.

One illustration may suffice. The average man can indulge in alcoholic beverages with perhaps no noticeable effects. However the Spirit of that man knows that the pituitary and pineal glands, linking the physical and spiritual consciousness, are being damaged, in such a way that they will not be able to cope with the powerful currents of spiritual force which one day will be directed through the brain. It knows that some day a penalty will be paid for the indulgence of the desire body. Perhaps in the hour when the Spirit most needs its faculties, when the lower self has finally awakened to the use of them, then the karmic debt of diseased and enfeebled glands will prevent achievement.

In this and many other ways, man, who should be building for a glorious and exciting future, is still trying to rebuild the old worlds of futility and failure. Egos who respond to stimulation try to gratify all manner of sensual cravings, overstimulating themselves in all directions. Others who are too advanced to do this, try various desperate means of escape from the conflicts they cannot bear. Even those free from these extremes find themselves so engrossed in their own needs and troubles, desires and ambitions, possessions and doings, that they forget to "look also on the things of others" and so enter into the lives of others.

The New Age people, those who are responding to the evolutionary impulse, will be more sensitive to the burdens they can bear and the sorrows they can share, as well as the joys they can give. They also will be more able to avoid the snares of the wicked.

There is a price to be paid for this sensitivity, as there is for every worthwhile thing. Man must give up his old habits and retrain his responses. He must realize that "the price of becoming more keenly alive is that

we enter upon new fields of pain", for none suffers so keenly as the developed Ego, especially when he yearns to help his fellowman and the fellowman stubbornly resists his efforts. However, he must continue to seek sensitivity to the promptings of the Higher Self, which will release the creative power of beauty and joy, of love and truth. These forces will transmute the destructive emanations swirling about him, and give him greater wisdom in understanding and aiding his fellows.

2. *Man will have to be responsible.* One outstanding characteristic noted among people today is lack of what we call responsibility.

What causes this? Is it an unwillingness to take one's share of the world's tasks and burdens, to do any work for which he is not handsomely paid, in money or otherwise? Or is it an utter obliviousness to everything but one's own immediate interests? Such people cannot be trusted with work, even the most casual tasks. They are unable to complete anything in which they are not interested, and they fail to be interested because lacking in the larger vision. They do not see the pattern of the whole in which they are a part. Yet these people are not stupid; when their interest is aroused they can be quite resourceful. Whatever the cause, these are the Egos who cannot be trusted with the world's work, and who have no part in pioneering its new developments. Here and there, of course, we see an individual, or even a small group, who does show maturity of thought and strength of character, and these stand out like beacon lights.

Part of the attitude of responsibility, of maturity, is the ability to face facts, to be honest with oneself. This of course is one of the first great requirements of the seeker after wisdom. Occult science demands that we face ourselves as we are, and accept the responsibility for our failures, individual and collective, and use our

God-given will power to improve matters. There are many, many persons who eagerly seek occult information, but who turn away when they find that the blame for the world's troubles must be borne at last squarely by the individual. Very few are capable of honestly saying, "I have sinned," of admitting specific errors and accepting the task of clearing up the mess. If man is to build a new world, different from the old, each individual must be prepared to say, "This is my job and I will do it with every ounce of energy and resourcefulness at my command I will take pride in workmanship and achievement. I will discharge my obligation to society as a whole, considering the good of all and the welfare of the whole."

Many years ago there was a popular hymn with a rousing martial tune, describing life as a battle; and the refrain was, "Surely my captain may depend on me, though but an armor-bearer I may be." That is the spirit in which man must go forward to his new life. That is the type of self he must evidence --- a self that responds to the higher promptings, that does not falter nor fail in time of trial, but holds to its task, however humble.

In the days when country dwellers depended on horsepower to work their farms, they used in some areas to speak of the "dogie team". This referred to a pair of old, experienced, steady working horses who could be depended on to fulfill their working assignments without fighting against harness, driver, or team-mate; without taking fright unnecessarily and bolting; without tiring during the long day's activity. On one occasion the writer watched a man preparing for an important trip. A heavy load was to be carried in a limited time to meet a railway train, under difficult and risky conditions. He was asked whether he would take on the team a certain young horse. "No," he replied. "That one is a willing worker, but lacks experience and stamina. If I take the 'old dogies', I know we'll get through."

And they did. In a dangerous icy situation where the young horse might have panicked, the wise old ones moved calmly; through the heavy snow they plugged along, and slowly but steadily brought the load to the railway line on time.

The Promised Land is going to need plenty of "old souls" who can give that faithful, plodding effort; who can discharge their responsibilities.

3. *Men must learn to co-operate.* Without co-operation and learning to live and work with each other, there will be no progress in evolution. The great spiritual orders which maintain the solar system and the universe must be expert co-operators, both as to the individuals within the orders and the work done between the groups. (The exception to the rule of which we know, the rebel angels under Lucifer, shows what can result when the principle of co-operation is disregarded.)

It is therefore apparent that the struggles we now have in the physical world and present day situations, trying to get along with people, are really laying the foundation for greater things. When these situations get difficult, it may help to remember that we are in very fact preparing new conditions so that we shall not go forward with "unaltered heart," but with a new desire, and eventually a new ability, to work together in comradeship.

Our selfishness and refusal to delegate authority, our distaste for working with others who antagonize us, must give way to a spirit of love, even though it crucify us. If we do not learn that lesson we shall only rebuild the world we fled.

4. *Finally, man must become more creative.* When we think of the new land masses which are to come and some of the problems they will pose, we may think of the words of Tennyson:

(Continued on page 203)

The Technique of Change

DOLORES MURPHY

OCULT philosophy teaches that the keynote of the dense, physical body is *inertia*; it never moves unless impelled by man's invisible bodies. Perhaps that is why most people are so averse to change---they find it more comfortable to remain in the status quo. But since change is the mainspring to progression, there *must* be change. People who wish to go forward, to evolve toward higher and better states of being, are therefore confronted with the necessity of consciously undertaking the process of changing themselves. This applies not only to their physical habits, but also to their emotional patterns, and their ways of thinking.

Unless a person desires to change, it is not likely that a change will be made, for it is the desire body, the basis of our emotions and feelings, that galvanizes the visible body into action. But desire is not enough; it gives incentive to action, but the *will* must be brought into play in order to coordinate the movements of the visible body via the vital or etheric body. The keynote of the vital body is *repetition*. William James said: "Act as if I am and I will be"; and someone else added: "Assume a virtue if you have it not."

In my efforts to progress spiritually I went from book to book, self-improvement to yoga. I studied each, and though I tried, there was no benefit. The Spirit was indeed willing but the flesh was weak. I couldn't seem to grasp the messages---something was missing. In my search I had stayed mainly with literature that had a spiritual tone. I sought to change bad habits as well as dispositional ones: anger, hostility, rudeness, sarcasm, hate, and all the other "demons" of the personality. I really

thought the spiritual path was the only true one.

Strangely, the message began drifting through my mind after reading a book that contained not a word of a spiritual nature: *Mental Health Through Will Training* by the late Dr. Abraham Low. His message, summed up, seemed to be: "muscle control leads to self-control." It all made sense to me, and right away I decided to put it into practice. However, again I met with no success. Then I began to reason out something I had read in two books about the vital and desire bodies by Max Heindel, and concluded that I hadn't been practicing enough. After one or two trials I had given up. Repetition, the keynote of the vital body, was essential if I was to make any permanent change in myself!

I soon found that it is mighty hard to change one's habitual ways of acting, feeling, and thinking. The secret is to *want* to---not superficially, but deep down in one's being, with heart and soul. Once a person has made a decision to change, it is amazing how much easier it is to stick to it, never to relax one's vigil for a moment, and to practice, practice, and practice! Once we have made a decision and used our *will* to put it into practice, it seems that the whole universe and its forces go to work for us in truly "miraculous" ways. Faith without works is dead; but indeed faith (via decision) and action (using the muscles) causes the windows of heaven to open up and shower the aspirant with joy and goodwill.

The best way to bring about the changes we desire is, first, to study the *technique*, and then set to work to *practice* the technique. It may not work at first, to the appreciable extent one wishes, anyway, but often

when dire need rears its head, or there has been persistence plus, there comes a day when one discovers that the technique is working! It has been demonstrated that one *means business!* The essence of the technique (practice, repetition) has to sink down to subconscious levels before it becomes effective. It is a waste of time to become impatient about results. The only way to succeed is to keep on keeping on and "act as if you are, and you will be."

Imagination, also, can play a very strong and interesting role in self-improvement. One makes a mental image of the type of person he would like to become, and every day he meditates upon this splendid example. Soon he finds himself oriented in that direction. There is a subtle "temptation" involved here, though. Should the aspirant find himself dwelling on his past faults and old ways --- drinking, smoking, criticizing --- he should cut such thinking short immediately. The subconscious recognizes situations as the ever present *now*. Unless he turns his attention elsewhere immediately, he may, like Lot's wife, turn into a "pillar of salt." Once you put your hand to the plow, you must never look back. Let the dead (old thoughts and worn out patterns) bury the dead (forget them, throw them out of one's life).

A few years ago I thought a different scene would bring about the desired change in me, but I discovered that one always takes himself right along with him wherever he goes. Sometimes another environment may offer temporary help; nevertheless, we have to realize that we cannot run away from our problems, especially those that involve changing ourselves. We may even think that we should try to change another's behavior rather than our own. Further thought reminds us that this is tampering with the God within --- of another person. It is ourselves, only, that we are to work with.

Most people are still living in their

lower natures, immured in the material world, and they don't like the discomfort necessary for changing into better ways. Many people have not cultivated the "will to bear discomfort," and it does require some discomfort to change lifetimes of bad habits. If we are sincere, though --- and we must be or all is of no avail --- and persist, we will surely win. Consciously directed change of our physical habits, our emotions, and our thoughts will become our way of life.

* * * * *

PROBING THE SUPERNATURAL

(Continued from page 197)

in the others. For instance, in the Physical World, matter is subject to gravity, contraction, and expansion. In the Desire World there is neither heat nor cold, and forms levitate as easily as they gravitate. Distance and time are also governing factors of existence in the Physical World, but are almost non-existent in the Desire World. The matter of these worlds also varies in density, the Physical World being the densest of the seven." Detailed descriptions of the five lower worlds, in which man has his evolution, may be found in *The Rosicrucian Cosmo-Conception*.

(Continued)

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THE PROMISED LAND

(Continued from page 201)

"There rolls the deep where grew the tree.

O earth! What changes hast thou seen.

There where the long street roars,

has been

The stillness of the central sea.

The hills are shadows, and they flow

From form to form, and nothing stands.

They melt like mist, the solid lands:

Like clouds they shape themselves,

and go."

(Continued on page 229)

Statue of Liberty

EVANS WATERMAN

DURING a short stop in New York City, I gave high priority to the Statue of Liberty on my itinerary of things to see. However, as so often happens, problems arose to complicate matters. On this occasion, the planned excursion to Bedloe's Island in New York Harbor began on a very foggy morning; and as the excursion boat chugged out of the dock, it was indeed a disappointment to be unable to see the Statue. While contemplating this frustrating turn of events, I was completely unprepared for the spectacle that was soon to unfold, for as we neared the island, the fog suddenly parted from around the Statue, and there in brilliant sunlight appeared in all her splendor---the Statue of Liberty!

Clearly visible were the head and crown, torch, tablet and the rest of the image down to the feet. Since the pedestal was still completely obscured by the fog, we had a perfect illusion that this beautiful Statue with the gold, white, and blue coloring was hanging there in the sky. This was truly one of those never-to-be-forgotten experiences.

Before launching into the Statue's symbolism, perhaps it would be in order to recall a few points of interest regarding the Great Seal of The United States. In the first discussion, reference was made to God's stamp of identification or trademark, which implies a closeness of the country to Almighty God. Therefore, those who designed the Great Seal, in recognition of this Divine influence in the affairs of our nation, have appropriately used the circle and eye on both its obverse and reverse sides.

On the reverse side we find the United States identified as a *school* where the Ego may freely work out

his own destiny in compliance with Divine Law. This is the meaning of the pyramid placed in a wilderness---a place of seclusion and preparation in a natural and unregenerate world---away from the confines of the *old* world.

The obverse side of the Great Seal serves to identify the Ego, striving for readmittance into the higher worlds which were once a place of habitation. Consequently, this symbolism was designed to show the Ego with the symbolic wings of an eagle, returning to its former home in the higher worlds. Also, the eagle symbolism of the eighth house sign of the zodiac, implies a journey that must be accomplished by regeneration.

Finally, there is a standard by which the validity of these messages may be judged; and it comes as no surprise to learn of their origin in the higher planes. We read in the *Cosmo-Conception*, how "Every attempt to enlighten the people and awaken in them a desire to cultivate the spiritual side of life, is an evidence of the activity of the Elder Brothers." Such is the case in point here. We gratefully accept the possibility of the Elder Brothers' involvement in our personal and national destiny as we reverently search for the pearls of truth awaiting our discovery.

Let us now turn our attention to the Statue of Liberty, where we shall find a symbolic description of the RE-generated Ego, the woman symbolizing the soul---a garment of the Ego. This symbol shows the Ego as a seed, unfolding its hidden possibilities by being buried in the confines of the physical world. Appropriately, we find inside the image *two* spiral stairs, arranged so visitors may go down one and up the other without

interference from opposing traffic. Thus is illustrated the Ego's path of involution into matter and the subsequent return to the spiritual realms by means of evolution.

The lady (or Ego), standing on the square base, identifies the four elements of fire, earth, air, and water comprising our physical world. Also, the number four and the square form indicate stability. Hence, both are symbols of all that is stable, enduring, and perfect upon the earth plane; they can be most fortunate when forged into a foundation stone upon which to build the life. This explains the use of the number *four* to identify the New Jerusalem, which cometh down from Heaven --- *four square*. Such symbolism indicates the importance of the physical world as a basis for higher ethereal activities. Standing on the four-square stone of physical existence, the figure demonstrates a willingness to search out and obey the laws governing her existence, laws that have remained *unchanged* and *invincible* since the moment the Creative Fiat --- the Word or desire of the Creator --- went forth.

At the Statue's feet we find a broken chain of bondage that formerly bound this Ego to the physical world. Now, under the regime of the Christ, she has risen above the restraint of the physical laws and become a law unto herself. It was Goethe who wrote the immortal lines:

From every power that holds the world
in chains,
Man frees himself when self-control
he gains.

On the outer cover of the tablet carried in the left arm are *nine* Roman numerals that record the date of 1776. These numerals further refer to the nine initiations or nine steps of the "lesser mysteries." Furthermore, the tablet symbolism of the Statue closely parallels the *book of verses* found in the *Rubaiyat* of Omar Khayyam, where we read:

A book of verses beneath the bough,
A jug of wine, a loaf of bread--- and thou
Beside me singing in the wilderness---
Oh, wilderness were Paradise enow.

It is interesting to learn how this stanza conceals a message nearly identical to that of the Statue of Liberty! To examine this parallel more closely, let us take the "book of verses," for our first consideration. Here is identified the *learning* which must take place and is the by-product of a great variety of experiences. Learning is also the significance of the tablet carried by the woman.

"Beneath the bough", carries an interesting interpretation, for the *bough* identifies the vital body of the initiate that is *washed whiter than snow*. The white light of the torch reveals a similar message. Remembering that "God is light", we understand how she is telling us "If we walk in the light as He is in the light, we have fellowship, one with another." She is walking in the light with God as she beckons to the Sun (the great Christ Spirit) rising in the East.

The torch aloft is tantamount to victory over the powers of evil. Fire in the torch represents spiritual energy, the result of a positive, affirmative state of mind that destroys evil and error. It is the fire of spirit, or the divine energy with its life-giving glow. After the cleansing work has been completed in man's mind and body, it then represents, significantly, the attainment of eternal life.

"A jug of wine" indicates the *results* of a life lived in compliance with divine law. The wine, or waters of life flowing within, necessitates a container --- the jug, which is located in the head. We further note how the lady in the Statue of Liberty wears a crown on her head with seven protruding spikes. Here we have indicated the characteristics of the newly perfected mind --- seven being the number of perfection. Both of the illustrations teach compliance with Paul's instructions as written in *Romans 12:2*:

“And be not conformed to this world; but be ye transformed by the renewing of your mind, that ye may prove what is that good, and acceptable, and perfect, will of God.”

A “loaf of bread” indicates the necessary service we must freely give. Note how the woman has given her complete attention to helping the downtrodden masses of the *old* world. She has not wasted one second following her liberation, as indicated by the broken chains still at her feet. The wilderness has indeed become her paradise!

Furthermore, the Statue of Liberty image with the lighted torch, indicates high development of the physical body, vital body, desire body, and mind. Identified here are the tools used by the Ego; and upon their quality and condition depends the successes or failures to realize the goal of union with the Higher Self. Commensurate with these accomplishments, the Ego symbol is living a conscious life of Light and Love, experiencing oneness, atonement or at-one-ment with the Infinite.

One interpretation indicated on the reverse side of the Great Seal, reveals man living out his probation under *inflexible* laws that have existed throughout the incomprehensible span of time. Thus is shown how any change must necessarily be wrought by man. Here is the significance of the eagle on the obverse side of the Great Seal, shown in flight to indicate the migratory nature of man.

One inescapable conclusion to be drawn from the Statue’s message is that when these fixed laws --- God’s laws --- are obeyed, we may expect true peace of mind and understanding (wisdom). We have been given no other option. To disobey these laws, either unconsciously or deliberately, results in pain and sorrow.

Here we see a possible discrepancy with events as we presently know them, since the lady is not beckoning the downtrodden to our shores for the

purpose of sharing in our confusion! To the contrary, the Egos who come here should experience a *new life*. Furthermore, it behooves each one of us --- as we strive to further these high goals --- to become a *living example* of this higher way of life. One thing is certain, the Statue of Liberty is telling the world how laws must be lived as God intended --- and as she has done. This then becomes our only means by which we may reap the abundant harvest. In essence, this message parallels another found in the Bible, where it is written:

“Man shall not live by *bread alone* (materiality as it applies to different states of our physical life), but by every *word* (spiritual manifestations that feed the soul) that proceedeth out of the mouth of God.”

Here is indicated the importance of applying the laws, formulated by God in the very beginning, to aid us in unfolding the powers of the Spirit. Consequently, these efforts result in the establishment of law and order within our own kingdom or sphere of activity. Truly, kindness, compassion for the misfortune of others, and love (altruism) shall become the activating principle of our daily life as we seek to be ever more responsive to the Christ Ideal of loving service. This is the program revealed to mankind by the Statue of Liberty.

It is imperative that we understand how self-mastery has been attained and the door unlocked --- not with a golden key but as a *reward for service to humanity*. “The *Cosmo* preaches on every page the *gospel of service*.” We may all benefit from realizing that the woman is beckoning to the Sun (the visible symbol of the great Christ Spirit), who, when He comes at our request, awakens us spiritually. When the Christ answers our call, our night is truly turned into day --- as the Statue of Liberty indicates.

In each one of these three great national symbols we have found ref-

(Continued on page 229)

Alice in Waterland

CATHERINE ROBERTS

"CAN it really be so?" wondered Alice. "How can we really be all one in God? I certainly don't feel much at one with most people. In fact I don't think I *want* to be one with most."

She swung gently in the hammock where she was stretched out comfortably beside the rushing stream. This was the first week end of the summer in the mountain cabin she loved so well. As usual she savored the change from city noises to mountain noises of bird, water, and wind, and grew philosophical as she relaxed in the warm sun and crisp air.

"Unity in diversity," she mused. "It is hard to understand."

"May I help?" said a small liquid voice nearby.

Alice looked around but could see no one.

"Down here," came the words, "on this blade of grass."

Alice leaned over the edge of the hammock, searching carefully. "All I see is a drop of water," she said. "Can it be you speaking?"

"Why not?" the little voice replied. "I may not look like much alone, but when I join the others there isn't much we can't do."

Alice smiled. "I guess you're right. Water can be pretty powerful. But how can you help me?"

"Well, let's perform a little special magic and then you can join me here. All right? Don't worry, I'll bring you back safe and sound," continued the voice, as Alice looked doubtful.

Suddenly she found herself down beside the drop of water, the hammock looming hugely above. Shaken, she gasped, as the drop said again, "Don't worry, no harm will come to you and I'll bring you back just as I promised."

"Why, I'm no bigger than you are,"

she exclaimed, "and I look like you, too!"

"Just for awhile," he chuckled. "After all, your physical body is seventy per cent water. It shouldn't be surprising that you can look like me. There's really not much difference in the appearance of drops of water."

"All right, I'll trust you," she said. "You'll have to excuse my doubts, but you must admit this *is* a bit unusual. Since I don't seem to have much to say about it I might as well enjoy the adventure."

"Good girl! We knew you were ready for it. Your name means truth, and you've been a seeker for a long time now. He who seeks finds, so it is time for you to find what you are seeking."

"And a little drop of water is going to show me. How wonderful!"

"Call me Sammy," he said. "That's what my friends call me. My name is Samson. Appropriate, don't you think?"

"Well, I don't know. I thought Samson stood for strength. You don't look very strong."

"Everyone thinks of strength when they hear that name," he said. "Actually it means 'Sun's man.' Now do you see why it is appropriate?"

Alice frowned in concentration. "No, I'm afraid I don't," she said slowly.

"Never mind, you will soon." Sammy began to bounce up and down on the blade of grass.

Alice was alarmed. "Be careful, we'll fall off into the stream," she said, trying to cling to the grass but finding it impossible.

"Of course, that's what we want to do. I'm going to take you places."

"But won't we ---," Alice laughed. "Well, no, I guess water can't drown. But won't we get sort of swallowed

up and never find our way out again?"

"Nope, that's part of your lesson on unity in diversity. You'll see. Here we go!" With a little splash that could scarcely be noticed they dropped into the rushing water and were swept swiftly downstream. It was an exciting, breath-taking experience and Alice stopped talking to concentrate on it. What had always seemed a solid body of water as it flowed past her cabin, now was recognizable as separate entities, like herself and Sammy. Together they foamed and bounced over rocks, around bends and past other cabins similar to hers. Suddenly the pace slowed and she noticed the stream was wider here and a little calmer. Fish were swimming about and she recognized the spot where her father came for trout fishing. Surprised, she realized that they were already several miles downstream.

A little farther on, the stream widened again into a beautiful mountain lake. The forward rush was slowed and they floated gently on the surface.

"Oh my," Alice was breathless. "That was quite a trip."

"Great fun, wasn't it?" Sammy was exhilarated. "You see, we haven't lost our identity at all, and yet people wouldn't call us drops any more, they'd call us a lake."

"M-m-m-m, yes," Alice mused. "I think I'm beginning to see." She looked around. "We really *are* a lake, aren't we? Just one big lake. And yet, we are individuals, too." She thought a moment. "Yes, I can see how it is with water; but people? People never seem to be one like this."

Sammy laughed. "You do have your differences, don't you? But when you work together great things can happen. That was the promise, remember? If two of you agree on earth about anything they ask, it will be done for them by my Father in heaven. For 'where two or three are gathered in my name, there am I in the midst of them.' Haven't you ever experienced that?"

"Well, yes, I guess I have. There

was the time a little girl in our church was so ill. The doctors had given up, but a group of us got together for an all night prayer vigil. We really were united that time. As we were leaving in the morning, word came that the child had slept normally that night and was asking for food. She recovered quickly after that."

Sammy beamed. "You see!" he said triumphantly. "Why do you suppose that doesn't happen more often, and in everything, not just illness?"

"I guess because it isn't often that we are all so agreed on what we want. Nor is it often that we make such a united effort."

"Right! When all of us water drops stay together we can generate electricity, irrigate fields, provide support for big ships --- oh, many things that you know all about. Alone our work is pretty limited. Here, let me illustrate. Come along."

They had floated to the shore of the lake and suddenly Sammy gave her a nudge that sent her up on a rock. He followed and they clung there in the warm sunshine.

"Now we have two choices," he said. "We can drop down on the other side and help that little mountain flower with our bit of moisture, or we can stay here, turn to the Light, or Sun, and give ourselves completely to his will for us. Which do you choose?"

Alice thought it over. "We really aren't enough to do that flower much good. Wouldn't it be better to give ourselves to the Light?"

"Good girl," Sammy approved. "Now you are going to find out why my name is so appropriate. Of course, if we had chosen the other way, with the flower, we would have eventually ended up in the same place. It would have taken us longer to get there, though, and just the two of us couldn't have helped much."

Alice basked in the Sun. *Heavenly Father, teach me to choose the Light, always, she prayed.*

(Continued on page 234)

MAX HEINDEL'S MESSAGE

Taken from His Writings

OCCULT PRINCIPLES OF HEALTH AND HEALING

(FIFTH INSTALLMENT)

Man and His Vehicles

The Dense Body --- The Blood (Cont.)

WHEN, by the vital processes, food has reached the highest alchemical state, the process of condensation begins and the blood-gas is formed into tissue in the various organs to replace what has been wasted or destroyed by the activities of the body. The spleen is the gateway of the vital body; there the solar force which abounds in the surrounding atmosphere enters in a constant stream, to aid us in the vital processes, and there also the war between the desire body and the vital body is waged most fiercely. Thoughts of worry, fear, and anger interfere with the process of evaporation in the spleen, a speck of plasma is the result, and this is at once seized upon by a thought elemental which forms a nucleus and embodies itself therein. Then it commences to live a life of destruction, coalescing with other waste products and decaying elements wherever formed, making the body a charnel house instead of the temple of an indwelling living Spirit.

We may therefore say that *every white corpuscle which has been taken by an outside entity is to the Ego a lost opportunity*. The more of these lost opportunities there are in the body, the less is the body under control of the Ego, therefore we find them present in larger numbers in all diseases than when the person is in



health. It may also be said that the person of a jovial good nature or one who is devoutly religious and has an absolute faith and trust in divine providence and love, will register many less lost opportunities or white corpuscles than those who are always worrying and fretting.

So it is that the blood is the only part of the body really ours. The measure in which we control all blood depends upon the Ego's ability to express itself through the body. It is only through the red corpuscles that the Ego is able to work. Whenever we allow ourselves to be negative we manufacture white corpuscles, which are not, as we have seen, "the policemen of the system," as science now thinks, but destroyers.

When the blood courses through the arteries which are deep in the body, it is a gas, as has been shown; but loss of heat near the surface of the body causes it partially to condense, and in that substance the Ego is learning to form mineral crystals. Science has found that the blood of different people has different crystals, so that it is possible now to tell the blood of a negro from the blood of a white man; but there will come a day when they will know a still greater difference; for just as there is a difference in the crystals formed by the different races, so there is also a difference in the crystals formed by each individual man.

Looking at the matter from another angle, we may note that when blood is beaten with a stick it separates into three distinct substances: the serum or water-like substance which comes under Cancer ruled by the Moon (Lunar Hierarchy); the red coloring matter which is the Martian substance generated under Scorpio; and most important of all, the fibrin, or stringy matter which is under the third of the watery signs, Pisces.

When the skeleton was outside our flesh, consciousness was dull as in the crustacea. By getting outside the body structure we have gained a much higher grade of consciousness, and by spiritualizing this inner skeleton through the medium of the blood, we extract the essence of all we have learned in the past epochs and transform it to usable soul power in the Jupiter Period. To interfere in this work is a crime against the soul.

Since woman has the positive vital body, she matures earlier than the male, and the parts which remain plant-like, such as the hair, grow longer and more luxuriant. Naturally a positive vital body will generate more blood than the negative vital body possessed by the male; hence we have in woman a greater blood pressure, which it is necessary to relieve by the periodical flow.

The impulses of the desire body drive the blood through the system at varying rates of speed, according to the strength of the emotions. Woman, having an excess of blood, works under much higher pressure than man, and while this pressure is relieved by the periodical flow, there are times when it is necessary to have an extra outlet; then the tears of woman, which are *white bleeding*, act as a safety valve to remove the excessive fluid. Men, although they may have as strong emotions as women, are not given to tears because they have no more blood than they can comfortably use.

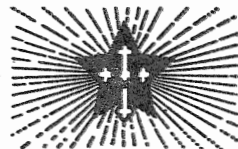
The blood is now differently con-

stituted from what it was in the earlier ages of human evolution. The Christ Spirit was seen at the Baptism to descend upon Jesus' body. Jesus himself, the Spirit, left that body and was given a mission to serve the churches while his body was being used for direct teaching by the Christ, and his blood was being prepared as an *Open Sesame* to the Kingdom of God.

When anyone is killed, the venous blood with its impurities clings closely to the flesh, and therefore the arterial blood which flows is distinctly cleaner than it would otherwise be. Being etheralized by the great Christ Spirit, the cleansed blood of Jesus overflowed the world, purified the Etheric Region of selfishness to a great extent, and gave man a better chance to draw to himself materials which will allow him to form altruistic purposes and desires.

The Dense Body -- The Ductless Glands

It is well known to the esoteric astrologer that the human body has an immense period of evolution behind it and that this splendid organism is the result of a slow process of gradual upbuilding which is still continuing and will make each generation better than the previous until in some far distant future it shall have reached a stage of completion of which we cannot even dream. It is also understood by the deeper students that in addition to the physical body man has finer vehicles which are not yet seen by the great majority of human beings, though all have within them latent a sixth sense whereby they will in time cognize these finer sheaths of the Spirit.



Studies in the Cosmo-Conception

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

The Evolution of Religion

Q. Were the successive steps in religious growth taken easily by primitive man?

A. Not at all nor without rebellion and lapses on his part. Selfishness is ingrained in the lower nature even unto this day and there must have been many lapses and much backsliding.

Q. What record do we have of such lapses?

A. We have in the Jewish Bible good examples of how man forgot and had to be persistently "prodded" again and again by the Tribal God. Only the visitations of a long-suffering Race Spirit were potent at times in bringing him back to the law --- that law very few people have even yet learned to obey.

Q. What caused religion to evolve?

A. There are always pioneers who require something higher. When they become sufficiently numerous a new step in evolution is taken so that several gradations always exist.

Q. What was the next specific step?

A. There came a time, nearly two thousand years ago, when the most advanced of humanity were ready to take another step forward and learn the religion of living a good life for the sake of future reward in a state of existence in which they must have faith.

Q. Was this an easy transition?

A. That was a long, hard step to take. It was comparatively easy to take a sheep or a bullock to the temple and offer it as a sacrifice. If a man brought the first-fruits of his granary, his vineyards, or his flocks and herds, he still had more and he knew that the Tribal God would refill

his stores and give abundantly in return.

Q. What did the new step demand?

A. In this new departure it was not a question of sacrificing his goods. It was demanded that he sacrifice *himself*. It was not even a sacrifice to be made by one supreme effort of martyrdom; that also would have been comparatively easy. Instead it was demanded that day by day, from morning until night, he must act mercifully toward all. He must forego selfishness and *love* his neighbor as he had been used to loving himself.

Q. What reward was he promised?

A. He was not promised any immediate and visible reward but must have faith in a future happiness.

Q. Is this not a high ideal?

A. Very high, made doubly hard to realize by the fact that self-interest is entirely ignored. Sacrifice is demanded with no positive assurance of *any* reward. Surely it is much to the credit of humanity that so much altruism is practiced and that it is constantly increasing.

Q. What help was given man toward this end?

A. With such a great ideal before them as the Christ and believing they had but a few short years in which to attain to such a high degree of development, they were in need of help. Therefore the GREAT SACRIFICE on Calvary --- while it also served other purposes --- became rightfully the Beacon of Hope for every earnest soul who is striving to achieve the impossible: to attain, in one short life, to the perfection demanded by the Christian religion.

--- Reference: *Cosmo*, pp. 371-373.

WESTERN WISDOM BIBLE STUDY

The Mystic Interval

The Risen Christ

THE Christ appeared thirteen times to His disciples during the forty days between the Resurrection and the Ascension. These were not visions nor were they mere social visits; on each occasion He demonstrated occult principles He had previously taught them, and also instructed them in yet deeper mystic truths.

The Apocrypha states that the first appearance was to the Virgin Mary. The remaining twelve appearances were to the following: (1) Mary Magdalene, as related by John; (2) the three Marys; (3) Peter at the tomb; (4) the Two on the way to Emmaus; (5) the Disciples in the Upper Room; (6) again a week later in the Upper Room to the Eleven; (7) the Seven Disciples fishing on the Sea of Galilee; (8) the Disciples (*Matt. 28:16-20*); (9) the Five Hundred in Galilee; (10) James (*I Corinthians 15:7*); (11) Joseph of Arimathea; (12) Paul (*I Corinthians 15:8*). Some of these appearances were in an etheric body; others in a physical body. (A Master's vital body is so strongly magnetic that it can attract physical atoms readily and easily.)

Until the silver cord, which connects the vital and physical bodies, is severed after death, the etheric body possesses the power of attracting dense or physical atoms. This explains why the life-like form of one who has just passed over in death is so frequently seen by near relatives or friends of the departed Spirit. The power of etheric manifestation is strong enough during this period to become thus visible to others. For this manifestation distance offers no hindrance, as distance is almost non-existent to the etheric body. After the

severance of the silver cord, however, the vital body no longer possesses this attractive power; the image vanishes, and the body is dissolved. The Christ possessed a soul body not subject to dissolution; consequently, He was able to enter the Upper Room through closed doors and there attract sufficient atoms to form a physical body, and dissolve it at will when leaving. Physical walls are no barrier to the etheric vehicle.

"All power is given unto me in heaven and in earth." This was Christ's first utterance to the assembled Disciples after the Resurrection. By this He meant that He had now, through the sacrifice upon Golgotha, become the indwelling Planetary Earth Spirit, and that all Earth evolution was under His direct guidance.

Go ye therefore, and teach all nations, baptizing them in the name of the Father, and of the Son, and of the Holy Ghost; Teaching them to observe all things whatsoever I have commanded you: and, lo, I am with you alway, even unto the end of the world. Amen. *Matt. 28:18-20*.

And these signs shall follow them that believe; In my name shall they cast out devils; they shall speak with new tongues;

They shall take up serpents; and if they drink any deadly thing, it shall not hurt them; they shall lay hands on the sick, and they shall recover.

--- *Mark 16: 17-18.*

Christ's admonition to baptize in the name of the Father, Son, and Holy Spirit was a call to the complete consecration of the Will (Father), the Love-Wisdom (Christ), and the Activity (Holy Spirit) principles. The first two principles, when united, complete the transmutation of the lower or carnal man into the higher or celestial nature. One who has received this Baptism of the Father, Son, and Holy Spirit becomes a first-hand knower and manifests the powers of the Initiate.



Getting Along with the Zodiac

E. L.

Part 10: What Capricorn Needs to Know about Other Signs

CAPRICORN is a somewhat paradoxical sign. It is an earthy sign, therefore its natives are practical realists, but it is also the sign in which the winter solstice occurs, when world saviours are born, and great spiritual movements have their inception. The Capricornian always seems to sense the great cosmic dramas, and if at all advanced feels tremendous responsibility. If you have the Sun in Capricorn, you have a stern sense of duty, and will find that much of your friction with others arises through your tendency to hold rigidly to your own pattern and try to force others into it.

Take Aquarius (fixed-air), for instance. The Aquarian has a sense of duty, too, but he wants to accomplish it in a harmonious, cheerful setting. A Capricornian parent is apt to fret because his Aquarian child has so many friends and wastes so much precious time visiting and talking. You must remember that the Aquarian works with people, and his business in life is to promote brotherhood --- not to construct concrete things.

The Piscean (common-water), too, may seem a visionary idler. He is completing his zodiacal cycle, and is so busy correlating the various planes

of consciousness that he gets confused at times and hardly knows which one to function on. He has acquired some cosmic wisdom which may prove useful if you give him time to formulate it in Earth terms.

The Aries (cardinal-fire) native is not compatible with you. You are both active and aggressive, but there the similarity ends. The Arian is ruled by Mars, making him a hot-blooded, impetuous type, whereas you are ruled by Saturn, making you more cold-blooded and calculating. Since you are so different, you are apt to underestimate each other. You are the more far-seeing, and a better organizer and planner, but he has a wholehearted enthusiasm and glow about him and will fight and die for his beliefs. If you have an Arian around who is becoming a problem, solve it by giving him harder work to do, for chances are that he is not using up all his splendid energy.

Taurus (fixed-earth) and Capricorn have much in common. The Taurean, too, has a sense of duty. He is a good worker, a reliable friend, and a substantial citizen, but do not forget that he is ruled by Venus and addicted to the fleshpots. Your Taurean wife wants a fine home and beautiful clothing. They see life in terms of progress here and now.

The Geminian (common-air) you

will find hard to understand. These people are inclined to make light of the things you hold in greatest respect. Their life pattern is too flexible and too shifting for you to grasp. For that very reason, however, they are seldom cast in the role of your competitor, and if you will just concede them the right to be themselves, you can relax with them and get fun out of life.

Cancer (cardinal-water) is the sign opposing your own, and there is apt to be conflict between you. The Cancerian can be exacting and domineering, for the Cancer native has a mother complex and, like mother, always "knows best." You are exacting and domineering, also, for you have a duty complex which insists on a straight and narrow path for everyone. When dealing with a Cancerian, get out your sense of humor and oil it up. Try to see the funny side of your mutual earnestness and laugh off your tensions.

Leo (fixed-fire) is the sign of rulers, and the native of that sign usually feels that he is the senior partner of the firm. This is galling to you, for you know yourself to be possessed of high executive ability of your own. However, yours is the diplomatic sort based on intelligent appraisal of men and affairs, whereas his is a matter of personal magnetism. If he has anything on the ball at all you cannot compete with him for leadership, for that is his forte. Besides, whoever may be ostensible head, you are sure to have a finger in the pie, so why begrudge the Leo his hour of glory?

Virgo is another earthy sign, and here are people you can really understand. Your two signs usually bring out the best in each other. You work well together and play well together. You are compatible in most any relationship.

Libra (cardinal-air) and Capricorn are not very harmonious. The cardinal signs are all prone to decisive action, so you are constantly checkmating

each other unless you have learned to plan together. Your chief irritation with the Libran arises from the fact that the Libran changes his mind with disconcerting abruptness. Saturn gives you a steadfast quality, but the Libran never considers any subject closed or problem settled; he is constantly revolving them in his mind and coming to fresh conclusions. This can be infuriating, but remember that the Libran is a charming person, and a little temporising now and then is good for the Saturnian.

Scorpio (fixed-water) and Capricorn get along fairly well. However, the Scorpio native may take quite a bit of intelligent appraising. For one thing, he has a complex temperament combining the emotional, watery temperament with the aggressive self-desire of Mars. He is a born introvert pushed by the intensity of his desires into behaving like an extrovert. He usually overdoes the part and gets the reputation of being cocksure and self-assertive. You feel that he should be put in his place, but once you understand this manner is mostly "front," you like him better. If he is of the opposite sex, you probably like him anyway.

Sagittarius (common-fire) is the sign just preceding your own, but that closeness does not mean that you are alike. No, indeed! There are few people further apart than a typical Capricorn and a typical Sagittarian. The Sagittarian sees life in abstract values, is a lofty moralist in theory but not bound down to any code himself. He has a dual nature with the earthy half frolicking like a healthy animal, and the spiritual half piercing the clouds. Somehow, an appeal to the higher nature is rarely made in vain. Remember this, and if a Sagittarian disappoints you, reflect that you probably failed in inspiration. You did not keep the vibrations high enough, and his lower nature asserted itself. But don't worry about it; the Sagittarian nature is elastic and the disappoint-

ing one may prove your inspiration ere long.

Some famous Capricornians: Andrew Johnson, Millard Fillmore, Woodrow Wilson, Richard Nixon, Mozart, Puccini, Stalin, Gladstone, Disraeli, Lloyd George, Benjamin Franklin, Newton, Kepler.

Part 11: What Aquarius Needs to Know about Other Signs

To understand others, it is first necessary to understand oneself. The Aquarian has certain gifts peculiar to himself, among them being the art of working with people. He is social-minded, for Aquarius is the sign of humanity. But you Aquarians have an inner humility that sometimes makes you self-conscious with others, and you do not always appreciate your own ability for cooperation. A few hints regarding other signs may be helpful to you.

Pisces (common-water) is the "Oh, dear! What can the matter be?" type, apprehensive and sympathetic. He is always ready with a shoulder for you to weep on, but short on constructive advice. Don't expect active aid from these people for they are usually rather ineffective in carrying out plans.

Aries (cardinal-fire) is one of your best friends. His temperament is ardent and his support worthwhile. If his opinions oppose yours, however, steer clear of him, for he is a born fighter and will confound you with his ruthlessness. A call to duty wins him over.

Taurus (fixed-earth) is rather discordant to you on general principles. His aims are not your aims, and he is apt to try to force you into his paths. Don't try to enlist his aid until you have a well-planned program, or he may try to take over the organization.

Gemini (common-air) is congenial to you. He is fine for running errands, making telephone calls, writing letters, and all the rest of the little ev-

eryday tasks that are essential to keep the wheels of progress going.

Cancer (cardinal-water) is someone to seek out the weak spots in your plans or projects. He is apt to be a chronic worrier and will keep you from being too optimistic. He is grand, too, in helping you enjoy the comforts of home. Be smooth with him, for he is always getting his feelings hurt.

Leo (fixed-fire) is your opposite. Study the Leo above all others, for he embodies the qualities that complement your own. Leo expects you to go along with him, but with a little diplomacy you may lead him your way and he will never know the difference. He is susceptible to praise.

Virgo (common-earth) is one of those people who do not register with you at all unless you take pains to understand him. He has valuable qualities of judgment and discrimination, as well as ability for fine, painstaking work. Overlook his carping about non-essentials.

Libra (cardinal-air) is easy for you to like. Librans form quicker judgments than you do, and are more willing to take drastic action. Make allowances for their ups and downs, for they are creatures of moods. They are very fairminded, but sometimes so anxious to weigh both sides that they cannot remain firm.

Handle Scorpio (fixed-water) with gloves. He is just as determined as, or more so than, you are, and far more self-seeking. Nevertheless, he can be a good friend and helper if you once establish cordial relationships. Don't let his barbed remarks get under your skin for they mean nothing at all.

Sagittarius (common-fire) is a type you will find attractive, but use discrimination in selecting him. This sign contains the highest-minded and the lowest-minded; your Sagittarian pal may turn out to be a bad influence unless you have chosen him carefully. He may help you waste money and time.

Capricorn (cardinal-earth) is ruled

by Saturn, who is co-ruler of your own sign. These people have something in common with you, but they are highly ambitious and very aggressive in going after what they want. Capricorn is a valuable friend, but as a competitor he will outsmart you unless you are careful.

Famous Aquarians: Thomas Edison; Abraham Lincoln; Franklin Roosevelt; Dickens; Byron; Pasteur; Swedenborg.

Part 12: What Pisces Needs to Know about Other Signs

Pisces is the last sign and holds in essence the experience of the other eleven. For this reason the Pisces native may realize universal understanding and sympathy, provided he forgets himself in others or, better yet, extends his consciousness to take in all others.

Aries (cardinal-fire) is a good friend for Pisces to have because he will stir you to action. Don't make the mistake of inflaming an Aries native with your own ideas of reform unless you really want to carry them through. His aggressive campaign will wear you out. Woe betide anyone who enlists Aries in a wrong cause and lets loose this energy destructively.

Don't think your Taurus (fixed-earth) friends too materialistic because they value their possessions and constantly plan for more. Learn from them to care for what you have and make the best use of everything.

Talkative Gemini (common-air) people are not the best chums for you for, like yourself, they are easily diverted from their purpose. However, they can teach you to be casual about personal affairs and to keep your overflowing emotions in proper bounds.

The deep feeling of Cancer (cardinal-water) touches a kindred chord. Remember, they are as sensitive as you are, treat them accordingly. Don't confide your disappointments or grievances to them, for they will intensify your unhappiness by too ready accept-

ance of your wrongs,

Leo (fixed-fire) men like Pisces women. Learn to be a bit impersonal about your own little crotchets, and a Leo boss or husband will take you places. The Pisces man does not hit it off quite so well with the Leo wife, but man or woman, you may find it pays to cooperate with Leo.

Virgo (common-earth) is your opposite. Cultivate their orderly ways. Pisces is not orderly, and chaos is apt to develop around you unless you keep organization an aim at all times. The meticulous exactitude of Virgo is the antidote for most of your troubles.

Your chief point of contact with Libra (cardinal-air) is a mutual love of art and beauty. Librans stand for the refinements of life, but their temperaments are unpredictable. Allow for their ups and downs.

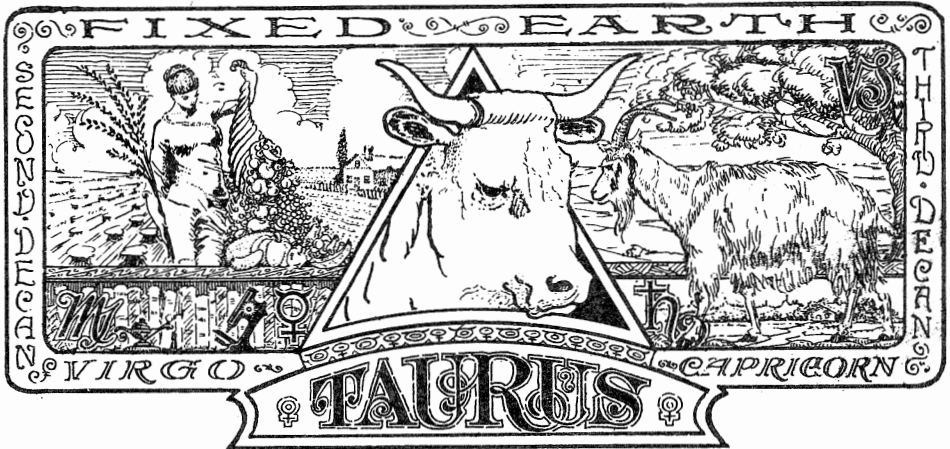
The deep emotional nature of Scorpio (fixed-water) will appeal to you if you seek for it, but it takes understanding to bring out the best. Do not let yourself be wounded by their sharp tongues. They use sarcasm and irony to mask their feelings.

Sagittarians (common-fire) are not harmonious with you, and you may feel more friction with them than with others. Hunt out their really great qualities of broad judgment and tender mercy. They are ruled by Jupiter and their view is always expansive.

Capricornians (cardinal-earth) are practical people with their feet on the ground even when dealing with the most nebulous subjects. They are short on expressing sympathy, but long on practical advice. Let them evaluate your dreams for you.

Aquarians (fixed-air) are progressive people with genuine love for humanity. Their understanding often puts yours to shame. Don't mistake their friendliness to all for hypocrisy, nor fear their unorthodox views.

Famous Pisceans: Evangeline Adams Rudolph Steiner; Flammarion; Victor Hugo; Edgar Cayce; Luther Burbank; Einstein; George du Maurier.



The Children of Taurus, 1974

Birthdays: April 20 to May 21

In the strength and stability of the staunch children of Taurus, symbolized by the Bull, there is something that usually inspires confidence. From a steadfast desire for the continuance of life and their interests stems a fixed determination to obtain the means of sustenance. Valuing substantial things, they are builders, cultivators, and preservers of life-sustaining things. While many Taurians tend to be materially minded, they often direct their accumulative consciousness toward works of art, sculpture, and music, which act through the senses to strengthen the soul. Others may add much to the physical beauty and comfort of earthly existence, valuing quality rather than quantity.

Many of these practical people hold important places in business, politics, and art. Patient, persistent effort, and a fixed purpose being essential to success, many become world-renowned. Precision and thoroughness are their ideals, and they usually regard having done things right worth all the time and work it may have cost.

Conservative by nature, the Tau-

rian natives usually tend to resist innovations and changes, preferring the tried and proven. They seem to realize from within that poise, harmony, and peace are essential to happiness, strength, and health, and are generally serene, amicable, and good-natured, seeming to enjoy an inner harmony and contentment.

Although slow to anger, the Taurians are capable of bull-like rage and may be slow to forgive. An even disposition and a strong, sturdy constitution usually insures good health throughout life, particularly if they do not succumb to an over-fondness for rich foods, enervating luxuries, and sensuous pleasures. An important need is to learn discrimination between reasonable determination and blind stubbornness.

This entire solar month is affected by two aspects to Neptune: a square from Jupiter and a sextile from Pluto. Children born during this period will therefore be subject to both positive and negative vibrations from the planet of spirituality. Such negative practices as the ouija board and seances should be carefully avoided, and the positive practices of concentration and

mental control made a daily habit.

As the solar month opens and lasts until April 29, the Sun and Saturn are in sextile aspect, endowing the native with such fine traits as method, foresight, and organizing, executive, and diplomatic ability, along with considerable moral stamina. The native tends to be kind and considerate, honorable, and determined. Success in political, judicial, and agricultural positions is favored.

The Sun sextiles Mars from April 20 to May 12, indicating a superabundance of vital energy, as well as power of recuperation and endurance. The disposition is apt to be blunt, but honest and aboveboard. This aspect indicates a zestful life of accomplishment.

On April 21 Venus conjoins Jupiter in Pisces but squares Neptune in Sagittarius. The former is one of the best signs for health, wealth, and general good fortune. The native is jovial, optimistic, generous, and friendly, with a mentality that is broad, tolerant, and able to judge correctly. A happy marriage is favored and there is apt to be talent for music. The square to Neptune suggests lessons to be learned in faithfulness and trustworthiness through close associates. Speculation should be avoided.

Saturn and Mars are conjoined in Cancer from April 20 to May 3, tending toward selfishness and harshness of nature. These children should have kindliness and consideration for others stressed in their training. Carefulness in diet is needed if stomach digestion is to be kept up to par.

From April 22 to May 12 the Sun and Jupiter are in sextile aspect, an excellent indication of health, wealth and happiness. The native has abundant vitality and recuperative power, along with a disposition that is sunny, friendly, and sympathetic. He is trustworthy, has clear judgment, and is ever ready to help those in need. Fi-

nancial fortune is favored, and there is a flair for religious and government activity.

Mercury opposes Uranus from April 22 to 29, pointing toward the need for these children to have special training in moderation, poise, and consideration for others. Ideas of reform should be based on gradual change.

From April 27 to May 5 Mercury sextiles Mars, giving a keen, ingenious mind. The native's enthusiasm for selected projects extends to others and draws them in. These natives love argument and debate and have an inexhaustible fund of wit and good humor. They also have remarkable dexterity and can accomplish tasks with astonishing speed and expedition. Success in literature and the mechanical arts is strongly favored.

Jupiter and Mars are in trine aspect from April 27 to May 21, a splendid configuration favoring nobility, sincerity, and honesty of nature. Financial prosperity is favored, and the native has much constructive ability and ingenuity. There is a love for travel, and a fondness for outdoor sports, along with abundant vitality and endurance.

From April 30 to May 12 Venus squares Saturn, suggesting that these children be given special training in overcoming a tendency toward jealousy, underhandedness, suspicion, and avarice.

Mercury and Jupiter are in sextile aspect from April 30 to May 6, a splendid aspect indicating a nature that is cheerful and optimistic, as well as a mind that is versatile, broad, and able to reason correctly and form accurate judgments. Success in law and literature is strongly favored.

From May 13 to 19 Mercury opposes Neptune, tending toward lack of memory and dreaminess. Mental discipline and adaptability to circumstances need stress in teaching these children. A positive attitude at all times should be emphasized.

Readings for Subscribers' Children

ROSEMARIE O.

Born November 11, 1972, 3:04 A.M.

Latitude 40N43, Longitude 74W02.

Signs on Cusps of Houses:

| | |
|------------------------|----------------------|
| ASC, Libra ... 6.02 | 4th, Capri 7.00 |
| 2nd, Scorpio ... 3.00 | 5th, Aquarius .11.00 |
| 3rd, Sagitt 3.00 | 6th, Pisces . .11.00 |

Positions of Planets:

| | |
|----------------------|-----------------------|
| Venus 13.50 | Libra 1st |
| Uranus 20.35 | Libra 1st |
| Mars 26.55 | Libra 1st |
| Sun 19.02 | Scorpio 2nd |
| Part of F. 3.22 | Sagittarius 3rd |
| Neptune 4.24 | Sagittarius 3rd |
| Mercury 10.59 | Sagittarius 3rd |
| Jupiter 6.52 | Capricorn 3rd |
| Moon 16.22 | Capricorn 4th |
| Dragon's Head 19.55 | Capricorn 4th |
| Saturn 19.13R | Gemini 9th |
| Pluto 3.34 | Libra 12th |

The grouping of planets --- Pluto, Venus, Uranus, and Mars --- in Libra near the ASC shows a very strong Libran influence in the personality of this little girl. Pluto closely conjoins the ASC from the 12th; Venus, though 8 degrees from the ASC, and the other two planets in the first house, also affect the personality, so that this child presents a very complex "outer self." The Venus in Libra effect is pleasing, harmonious, and agreeable, while the conjunction of Uranus and Mars has a rather dynamic effect. Rosemarie will no doubt be of many moods, and be rather difficult to understand at times. However, the sextile of Sun to Moon has a stabilizing effect.

The Sun in Scorpio, the fixed water sign ruled by Mars, shows that Rosemarie has a great deal of emotional energy --- which must be expended somehow. Its sextile to the Moon shows splendid constructive and executive ability, and she will have a

fair amount of success in life --- health, satisfactory financial conditions, good home surroundings, and faithful friends. She has excellent earning capacity, but may have a tendency to overspend at times. Innate ability to rise in life is hers, either by her own efforts or by the help of others --- or both. Her personal magnetism will be felt by those she contacts and will attract friends of a similar nature. Determined and persistent concerning what she considers important, she will allow nothing to prevent her achieving her goals.

The Moon in Capricorn in the 4th, sextile the Sun, indicates help from those higher in the social scale, as well as fortunate home conditions toward the end of life. The square of the lunar orb to Venus and Uranus, however, tends to digestive troubles, inconstancy in the affections, conceit, and intolerance. Rosemarie should have special education concerning the sanctity of the creative force and of the undesirable effects of clandestine attachments. The conjunction of Moon with the Dragon's Head should shed a jupiterian effect upon the home and end of life.

Mercury, planet of reason, is positioned in Sagittarius in the 3rd, conjunct Neptune, sextile Venus and the ASC. Here we have a mentality that is serene and optimistic, religious and philosophical, fond of travel and animals. Rosemarie is cheerful, sociable, and has ability for music and poetry, in which she should be encouraged. Music would be an excellent outlet for her strong emotions.

Saturn in Gemini in the 9th is retrograde, but sextiles Venus and Uranus, tending toward a serious, thoughtful mind with inclination to study law, science, philosophy, mathematics, and metaphysics. This configuration also strengthens the moral nature, as well as the intuition.

ALEXI W.

Born June 5, 1967, 9:35 P.M.

Latitude 20N26, Longitude 99W09.

Signs on Cusps of Houses:

| | |
|------------------------|------------------------|
| ASC, Capri. . . 18.48 | 4th, Taurus . . . 1.00 |
| 2nd, Aquarius. 23.00 | 5th, Taurus. . . 29.00 |
| 3rd, Pisces. . . 29.00 | 6th, Taurus . . . 1.00 |

Aries intercepted in 3rd.

Positions of Planets:

| | |
|------------------------|----------------------|
| Saturn 10.32 | Aries 3rd |
| Dragon's Head. 5.10 | Taurus 4th |
| Moon 21.14 | Taurus 4th |
| Sun 14.46 | Gemini 5th |
| Mercury 7.48 | Cancer 6th |
| Venus 29.27 | Cancer 7th |
| Jupiter 2.22 | Leo 7th |
| Pluto 17.53 | Virgo 8th |
| Uranus 20.19 | Virgo 8th |
| Mars 15.44 | Libra 9th |
| Neptune 22.24R | Scorpio 10th |
| Part of F. . . . 25.16 | Sagittarius . . 12th |

This little boy has the Sun in the literary sign Gemini in the 6th, trine Mars in another mental sign, Libra, intercepted in the 9th, indicating a basically alert, energetic, and adaptable individual interested in many different subjects, including science. This house position favors education, publications, courtship, and pleasures. The solar orb also sextiles Saturn, intercepted in Aries in the 3rd, which points toward such fine qualities as method, foresight, and organizing, executive, and diplomatic ability, along with considerable moral stamina. A high sense of honor and dependability are also indicated, and success in political, judicial, and mining positions is favored. However, the Sun squares Pluto and Uranus in the 8th, a configuration that will require steady effort to master a tendency toward impulsiveness, impatience, and unreliability. There may be difficulty in regard to legacies and intestinal digestion unless calmness and foresight are practiced.

The Moon is in the fixed-earth sign Taurus in the 4th, trining the Capricorn ASC, Pluto, and Uranus. This is an excellent sign position for the lunar orb, as it tones down its changeability and blends well with the Venus (ruler of Taurus) ray. The nature is inclined to be gentle, self-reliant, and determined, with the ability to attract health, wealth, and friends. There is a love for art and music and all other cultural enjoyments. The trine aspects add originality, independence, and intuitiveness to the mind, along with a vivid imagination. There is inventive ability, too.

Mercury, ruling the concrete mind, is in Cancer in the 6th, tending toward a clear intellect, a good memory, and superlative adaptability. The square to Saturn, though, suggests difficulties and delays in life. If Alexi is taught to regard these as opportunities to develop such important traits as optimism, truthfulness, unselfishness, tolerance, and generosity, he can use them as stepping stones on the upward path.

The opposition of Mars to Saturn from Libra to Aries, in the 9th and 3rd houses, suggests a tendency toward selfishness and quick temper. Opportunities for strengthening the kindly, considerate side of the nature will come through travel, brothers and sisters, and neighbors. Some difficulties in partnerships may also arise.

Venus and Jupiter conjoined in the 7th house, though otherwise unaspect-ed save for a square to the Scorpio MC, is a very happy augury for happiness in all partnerships. It also shows a noble nature blending kindness and courage, self-restraint and compassion, mercy and justice.

The Dragon's Tail and Neptune (sextile Uranus, Pluto, and the ASC) in the 10th house, which governs the vocation, suggests a strong spiritual influence to the vocation. Law, library work, teaching, and interior decorating are all excellent fields for Alexi's natural talents.

VOCATIONAL GUIDANCE ADVICE

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

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

Lawyer, Auditor

MICHAEL R.B. --- Born March 4, 1950, 2:15 A.M., Latitude 48N09, Longitude 11E33. The rulers of this native's 10th house, Venus and Mars, as well as Neptune in Libra in the 10th, are indicators of his vocational possibilities. Venus is in Aquarius in the 2nd, trine Mars in Libra (conjunct the MC and Dragon's Tail) in the 9th. Neptune conjuncts the MC, sextiles the ASC and Pluto (in Leo in 8th), trines Jupiter and Mercury conjoined in Aquarius in the 2nd. This young man could use his natural talents to advantage as a lawyer, auditor, or rapid transit worker (telegrapher, etc.) He has a strong spiritual side to his nature and might enter the ministry at some time in his life. He has excellent earning ability.

Chemist, Printer

JOHN A.P. --- Born February 6, 1948, 7:05 A.M. The Sun is in Aquarius in the 1st house in this nativity, and Aquarius is rising, but the well scattered planets indicate considerable versatility. Mars and Jupiter rule the 10th house, which contains no planet. Mars is in Virgo in the 7th, trine Moon, opposing Mercury; Jupiter is in Sagittarius in the 11th, sextile Sun, trine Saturn in Leo in the 7th; square Venus in Pisces in the 2nd, opposing Uranus in Gemini in the 5th. As a chemist, printer, compositor, newspaper critic, teacher, or dealer in hardware and office equipment, this native could serve well. He will need to overcome a strong tendency toward extravagance, however.

Secretary, Telephone Opr.

LUCY L.C. --- Born January 31, 1959, 9:06 P.M. Latitude 41N07; Longitude, 73W25. The 29th degree of Gemini is on the MC, Cancer is intercepted in the 10th, the 29th degree of Virgo is on the ASC, with 25 degrees of Libra in the 1st, and the Sun and Mercury are in Aquarius. This would seem to indicate strongly a clerical or literary vocation. Mercury sextiles Jupiter, trines Mars and the ASC. Stenography, secretarial work, cataloguing, telephone operating, and checking sales would all come within the abilities of this young woman. The lunar occupations, such as working and dealing with foods, housekeeping, etc., would probably not work out so well for her.

Hotelier, Manufacturer

JOHN P.B. --- Born July 29, 1953, 0:50 P.M., Latitude 38N53, Longitude 77W. A public career seems in the offing for this young man, with the Sun ruling the 10th and posited in Leo in the 9th, conjunct Mars and Mercury, which are in close conjunction in Cancer in the 9th. Mercury rules a part of the 10th. Saturn and Neptune are closely conjoined in Libra in the 12th, square Uranus, suggesting a warning against all clandestine activities. They trine Jupiter in Gemini, however, and the Great Benefic conjuncts Venus and rules the 2nd house of earning capacity, so that there should be sufficient material income. The hotel business, manufacturing (automobiles, and other machinery), dealing in sporting goods, and teaching are all fields of endeavor in which this native could serve satisfyingly.

Daily Thought and Guide

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

Saturday --- June 1

An active start to the month may be expected, with mixed aspects keeping us on our toes and offering many opportunities for growth.

Sunday --- June 2

The God of the New Dispensation is a God of Love, radiating throughout His Creation the tender benevolence to which all life gives conscious or unconscious response.

Monday --- June 3

"The will is free: Strong is the Soul and wise and beautiful: The seeds of godlike power are in us still: Gods are we, Bards, Saints, Heroes, if we will." --- *Matthew Arnold.*

Tuesday --- June 4

Another busy day, and we may have to make extra effort to persist in our work. Conscious aspiration toward the highest will help.

Wednesday --- June 5

It lies within us to rule our stars; the better we understand planetary influences, the more maturely we can respond.

* Thursday --- June 6

The greater the participation, the more powerful is the "healing chain" and the stronger is the healing force released for all mankind.

Friday --- June 7

To be a friend means to share bad times as well as good, despair as well as hope, sorrow as well as joy. In friendship, as in all else, we reap as we sow.

Saturday --- June 8

Tempers may flare easily today, and a deliberate endeavor to surround all encounters with the Light would be wise.

Sunday --- June 9

Effective prayer is continuous. "While we pray to God within, we must also work for God without." --- *Max Heindel.*

Monday --- June 10

Abundant solar energy is available today, portending success and satisfaction. May we use it for the most noble purposes.

Tuesday --- June 11

We will reach the height of our creative potential only when we have achieved an imagination as buttressed by wisdom and as rich in beneficence as is that exercised by our Solar God.

Wednesday --- June 12

Several fine aspects incite the best in us of both head and heart, and Saturn's steadying influence helps us channel this power effectively.

* Thursday --- June 13

Those who respond positively to Mars' pronounced vitality today should be most eager to seek for others the blessings of good health.

Friday --- June 14

This may be a day of expectations and disappointments, testing the mettle of our equilibrium.

Saturday --- June 15

Forces of originality, independence, and change are rife today; calm, deliberate response can help turn them to good advantage.

Sunday --- June 16

Sincerity is the keystone of all worship. "Words without thoughts never to heaven go." --- *Shakespeare*.

Monday --- June 17

Another good day for simultaneous development of mentality and compassion. Products of intellect are of lasting worth only when directed toward objectives of the heart.

Tuesday --- June 18

"Travel is a ceaseless fount of surface education, but its wisdom will be simply superficial, if thou add not thoughts to things." --- *Tupper*

Wednesday --- June 19

Extravagance in any context is unwise; emotional effusiveness is as inadvisable as ostentatious dress or gluttonous consumption.

*Thursday --- June 20

Passive sympathy with the afflicted is ineffective in releasing the healing force. Earnest, intense prayer is required.

Friday --- June 21

"Home should be an oratorio of the memory, singing to all our after life the melodies and harmonies of old-remembered joy." --- *Henry W. Beecher*

Saturday --- June 22

Neptune's most sublime impact may be felt today, helping those who respond transform a "day off" into one of upliftment and soul-growth.

Sunday --- June 23

"When we have broken our god of tradition, and ceased from our god of rhetoric, then may God fire the heart with His presence." --- *Emerson*.

Monday --- June 24

Matters of health and diet could profitably receive attention today.

Tuesday --- June 25

"Be of good cheer," admonished Christ Jesus, and he who follows this advice reaps rewards of fulfillment not vouchsafed to the pessimist.

*Wednesday --- June 26

He who would help release the healing force must present himself as a pure channel --- moderate, merciful, and consecrated to the highest.

Thursday --- June 27

"I believe that all the regions of Nature swarm with spirits, and that we have multitudes of spectators on all our actions when we think ourselves most alone." --- *Addison*.

Friday --- June 28

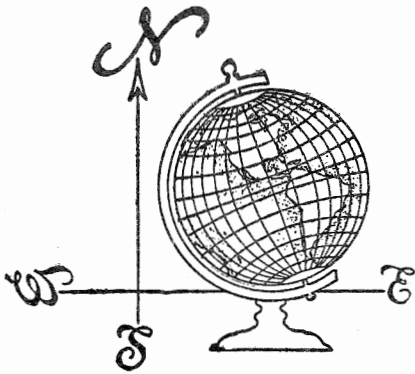
Classical music, fine art, and uplifting literature are as necessary to well-rounded development as is understanding of science and mathematics.

Saturday --- June 29

Several splendid aspects highlight the day, but we should take pains to keep adverse martial tendencies under control.

Sunday --- June 30

We are very near the World of God when, in reverent contemplation, we absorb some of the grandeur, the minute detail, and the unfathomable wisdom of Nature.



MONTHLY

News
 INTERPRETED

The Benefits of Hurricanes

Each summer and fall, the severe tropical storms known as hurricanes become a major meteorological peril for inhabitants of the Eastern and Gulf Coast states.

This year the Administration's budget cutters have decided to suspend the most dramatic aspect of Stormfury's work: the efforts to reduce the devastating power of hurricanes by "seeding" them with silver iodide crystals, spread by planes flying directly into the storm. Such daredevil aerial assaults... will not be resumed before the summer of 1976. Then Stormfury's pilots will try their seeding skills on typhoons, the Pacific version of hurricanes.

Though disappointed by the reduced allocations, the hurricane hunters do not find the halt entirely unwelcome. In fact, meteorologists are beginning to believe that tropical storms may more than offset the damage they cause by the good they do. Scientists already know that in such places as Japan, India, Southeast Asia---even in the southeastern portion of the U.S.---tropical storms provide up to 25% of available rainfall. If this vital precipitation were ever cut off by man's interference with such storms, the results might be ruinous for farmers, industry and drinking-water supplies. Now many meteorologists are becoming convinced that tropical storms have an even more significant and less understood role: they may well be a crucial factor in maintaining the planet's heat balance, which is essential to the well-being of all life.

Because the sun's rays strike it more directly, the earth's equatorial zone heats up more than either polar region. If some of this heat were not transported away

from the tropics, average equatorial temperatures would probably begin to rise dangerously. Fortunately, the earth has some handy mechanisms for carrying heat from the tropics toward the poles. Perhaps a third of this heat is distributed by ocean currents. The rest is transported by movement of the atmosphere. A large portion of this atmospheric heat---the exact percentage is unknown---is picked up from the sea by tropical storms.

The process is only partly understood. Apparently formed when a low-pressure area develops over warm tropical waters, the newborn storm system is fed by evaporation from the sea. Helped by the whirling winds in the area (which move in a counterclockwise direction in the Northern Hemisphere and clockwise in the Southern), the rate of evaporation gradually increases. As the water vapor rises from the sea, it cools, condenses and releases enormous amounts of heat into the atmosphere. The heat, in turn, causes more evaporation and condensation, further fueling the brewing storm like the up-draft in a chimney. As the winds build and the tropical storm edges away from its birthplace, it releases enormous stores of heat. In a full-fledged hurricane, which has winds of 75 m.p.h. or more, as much energy may be released in a single day as by the detonation of 400 20-megaton hydrogen bombs.

What would happen if man ever interfered drastically with this process? Meteorologist Francis K. Davis, who is dean of Drexel University's College of Science in Philadelphia, warns of some frightening consequences. Unable to shake off their heat, he says, the tropics might become warmer and warmer. Simultaneously, the polar regions would slowly become colder. Eventually, both areas would expand, relentlessly shrinking the thickly populated temperate zones between them.

Davis foresees another possible horror. If they were prevented by man's technology from releasing their heat through tropical storms, the equatorial seas might warm up until their huge store of heat would be released in the form of super hurricanes that could make their present-day counterparts seem as mild as a summer downpour.

Davis acknowledges that his terrifying scenarios are based on a large quotient of guesswork. Meteorologists may not ever achieve enough mastery over hurricanes to affect the earth's heat balance. Still, the warning echoes a theme that is finding widening support among thoughtful scientists: man must learn much more about nature's most elemental forces before he tampers with them.

--- *Time*, Sept. 24, 1973.

In this very literal example of the old adage that "it is an ill wind which blows no good," we see how even the so-called "destructive" forces of Nature are put to beneficial use. The occult scientist knows that people who experience harm or loss from hurricanes or any other "natural disasters" are actually reaping the consequences of previous mis-steps against natural law. From the spiritual point of view, calamities of this sort are regarded as instruments with which to break up crystallization and open the way to more progressive life on Earth.

When we consider the beneficial uses of hurricanes, we are again made aware of the wisdom of the higher Beings who direct these matters. Although they do wreak destruction which seems necessary to human advancement at this time, these winds also serve to help maintain a habitable climatic balance over much of the Earth. The horrors of prolonged interference by man with such natural forces, as envisaged by Meteorologist Davis and others, are not mere flights of fancy. We hope that scientists will be forewarned and consider thoroughly the potential long-range results of tampering such as "hurricane seeding," before it is scheduled to begin again.

Death and Dignity Everyone's Right

Most people who have given any serious thought to the matter probably will approve of the recent decision of the American Medical Association that persons should be allowed to die with dignity, if there is no hope of recovery and there is family agreement.

During its convention in Anaheim, Calif., the nation's physicians of AMA agreed to a guideline as follows: "The cessation of employment of extraordinary means to the prolonging of the life of the body when there is irrefutable evidence that biological death is imminent is the decision of the patient and-or his family."

As pointed out by David W. Hacker in *National Observer*, this means that physicians now may set aside or choose not to use the sophisticated, costly life-saving machines and medications that may keep the last spark of life flickering additional days or even months in some cases.

Before making this decision, the AMA surveyed state medical associations and churches whose membership includes over half the nation's population.

From AMA headquarters in Chicago a spokesman for the organization said it was the first time the AMA had taken an official position on the "right-to-die" issue, although many AMA members have taken a similar position individually.

It was stated that the AMA stand "clearly spells out the duties of the physician" in letting the family know of the dying patient's condition.

At the same time, the AMA convention refused to endorse euthanasia and issued the following statement: "The intentional termination of the life of one human being by another---mercy killing---is contrary to that for which the medical profession stands and is contrary to the policy of the American Medical Association."

For many people the fear of being kept alive through extraordinary measures beyond the point where life means anything to them is greater than the fear of death itself.

The medical profession is now recognizing officially this growing sentiment.

--- *The Burlington Free Press* (Vt.),
Date unknown.

This decision by the AMA to refrain from attempting to prolong human life by artificial means is certainly to be applauded. Ever since the inception of so-called "miracle" sub-

stances which seem able to keep vital body functions operating despite, instead of because of, the will of the Ego, a serious crime has been perpetrated upon many members of the human race --- albeit perhaps unknowingly.

When the "appointed time," as established in the archetype, for passing out of the physical body arrives, attempting to resist this normal, natural procedure serves only to torture and shock the Ego. Death to the physical world should be a peaceful experience, as natural as any other connected with the Ego's life on Earth.

Poetry Newest Weapon in Battle Against Drug Use

Hannelore Hahn is pioneering something unusual in therapy for drug addicts --- writing and listening to poetry.

Poetry seems a natural outlet for the addict, according to Mrs. Hahn, who is not one.

"The addict is up to his chin in life experiences," she said. "It's just a question of getting it out."

Mrs. Hahn, a writer, researcher, teacher, and translator, says a shattering experience in her own life started her writing poetry as one way of recovering her balance....

In 1968, she began writing poetry early each morning. In 1969, Phoenix House, hearing of her work, asked if she would read some of her poems to one group.

Phoenix House, started in 1967, calls itself the nation's largest therapeutic community where drug addiction is treated as a personality disorder that does not respond to traditional psychiatric methods and cannot be cured simply by transferring dependence from one drug to another.

Phoenix House has 15 centers located in New York City and state and a branch in England. It serves about 1,200 persons, 44% of them under 21.

Mrs. Hahn's first reading was an experiment---no one was certain poetry

would go over with worldly-wise residents who in many instances stopped hitting the books when they started hitting the drugs.

Mrs. Hahn recalled, in an interview, that after each poem "we talked about what it meant to them...I got a marvelous feeling of communication."

"Somehow the poems touched the deep experience of everyone in the room...the poems were not about drugs," she said, "they were about the pain of life, but with a tough attitude, not a self-pitying one."

The young people then began to use Mrs. Hahn's poems in their drama workshop and asked for more. It wasn't long until she'd volunteered to form a Phoenix House poetry workshop which has been thriving since....

She believes the reading-writing idea is workable in drug rehabilitation centers around the nation.

--- *San Diego Union*, October, 1973.

It is interesting to note the increasing application of poetry as a therapeutic agent. (See *Rays*, Nov. 1973, p.518, for information about poetry in the treatment of the mentally ill.) Now this form of literature is evidently also proving helpful in the rehabilitation of drug addicts.

It would appear that the opportunity for self-expression afforded by poetry is essential in the treatment of mental and emotional ailments (and, surely, drug addiction has its emotional as well as its physical overtones). The Ego, through this medium, is able to "let out" some of the things about which he is disturbed, and, as a result, seems better able to exert the will-power required to resume a useful, independent life style.

The German philosopher Hegel regarded poetry as that art form which expresses the greatest manifestation of spirit, since words alone, and no other instrument, are required for its rendition. If this is true, the healing nature of poetry is perhaps best explained by the fact that it does allow the Spirit to communicate in a manner meaningful and relevant to earthly, and to spiritual, life.



BOOK REVIEWS

Literature-Plays
Motion Pictures-Music

"Gifts of an Eagle"

Gifts of an Eagle, by Kent Durden, Simon and Schuster, New York, 1972.

FEW people have raised an eagle in captivity, and probably none have been so privileged to witness the wide and unexpected range of behavior of this bird as have Ed and Kent Durden.

This father and son team of wildlife researchers and photographers received government permission to capture and raise an eaglet for "educational and research purposes." Their experiences over the next sixteen years comprise the material for Kent's spellbinding book.

"Lady" was named, not for any feminine traits, but for her regal demeanor. The conditions of her captivity from the beginning emulated as much as possible the conditions of freedom. Trained to fly free and return home, she was not continually confined to her cage, roomy as it was. Ed Durden, her handler, who was also a pilot, sometimes went so far as to take her in a plane to remote areas away from the danger of "sportsmen" with guns, where she could fly.

The contrast in Lady's relationship with Ed and his son was particularly interesting, if not particularly pleasant for Kent. Although both men were responsible for her original confinement and her recapture on the occasion of an escape early in her training, Lady's resentment was directed only against Kent. Whenever

she saw him, she showed herself ready to attack, and whenever she was flying free outside her cage, Kent had to be prepared to be "dive-bombed."

For Ed, on the other hand, Lady demonstrated an affection all but unbelievable. Always noticeable, it became most pronounced during that time each year when, normally, she would have mated and borne her young.

Not wishing to frustrate her maternal instincts, the Durdens substituted the infertile eggs she laid each spring with fertile eggs of other species. To the surprise of many "experts," Lady tenderly and successfully raised goslings, ducklings, and a family of horned owls. Her endeavors to cope with the vegetarian instincts of the goslings and the nocturnal habits of the young owls are especially amusing.

The Durdens took thousands of feet of film, recording all phases of Lady's activities. Much of this film was made available for various Walt Disney wildlife pictures, and Lady also appeared in a number of TV programs such as *Lassie*. The training and preparations attendant to filming Lady in specific scenes for these programs are described in fascinating detail.

This book offers testimony to the possibilities of mutual association and understanding between humans and even those animals generally considered remote and aloof. It is "must" reading for all animal lovers.

Readers' QUESTIONS

Cultivation of Beauty and Strength

Question:

One school of thought has it that in trying to be more spiritual we should conform less and less to worldly ways of dress, habit, etc., and should almost disregard the body. Another school holds that we should strive to make our bodies, and our surroundings, as beautiful as possible, and to that end beautiful clothes should be worn and time given for strengthening and beautifying the body. Which of these theories is correct?

Answer:

Three qualities which the aspirant to the higher life must eventually develop, and which are characteristic of the higher planes, are wisdom, strength, and beauty. Strength is to be a characteristic, not only of the physical, but also of the vital, desire, and mind vehicles. It will be an ultimate result of true spiritual development, although, in the present stages of development where we are undergoing certain discipline and learning certain lessons, weakness may temporarily assert itself in any one of the bodies.

Beauty is an attribute of the Spirit, and our sense of beauty and proportion indicates one phase of our spiritual perception. The person who violates the principles of beauty, either in his dress or his surroundings, is violating a cardinal aspect of spiritual development. In this as in all things, however, common sense

and good judgment should prevail. With a little care, we can make our dress and our surroundings conform to the basic principles and proportions of beauty, so that the general effect is pleasing, although not necessarily extraordinary or striking.

Spiritualization of the character, by means of service to the race, is our most pressing objective as spiritual aspirants. It would be unworthy, and wrong, to sacrifice this end for the single-minded pursuit of physical prowess or physical beauty. Excessive manifestation of material prosperity under the guise of "beauty" is also conduct unbecoming a spiritual aspirant.

The strength and beauty that come from *within* will be the Ego's lasting attributes, and they will develop automatically the more he learns to live a dedicated life of selflessness and service.

"To Him That Hath Shall Be Given"

Question:

How do you interpret *Matt. 13:12*? "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." Surely, this is a severe doctrine.

Answer:

At first glance, it may appear to be a severe doctrine. The occult student, however, understands that this quo-

tation is simply a statement of the Law of Consequence.

When a person develops in evolution and perfects his vehicles in accordance with the divine plan, he develops strength in these vehicles, and he also develops spiritual power. This enables him to carry on the processes of life in a successful manner, and he continues to gain strength and spiritual power. Thus, to him is given, in even more abundance.

On the other hand, an Ego who neglects his opportunities, or is indolent or lazy, not only fails to develop his vehicles and add to his power, but also, if he persists in this course, he loses some of the ability which he may have developed in the past. With the loss of such power comes the inability to succeed in any department of life. Thus, such an Ego has taken away from him "even that he hath."

* * * * *

THE PROMISED LAND

(Continued from page 203)

It may be that these new lands will arise during the coming Aquarian Age, and students will recall that while Aquarius indicates the exoteric or outer lessons to be learned during that period, the opposite sign, Leo, focusses the inner spiritual lessons which will be learned by the pioneers among humanity. Just as the Virgo ideals of purity and service were the ideals of the mystic of the Piscean Age now ending, so the Leo principle of true creativeness will be the goal of the Aquarian Age devotee. Therefore, man must use much more of his sex force for true creative purposes, and much less for self-gratification.

If the heart power is used aright, all else will follow. When the mighty torrent of the sex force is harnessed and redirected, man will not only cre-

(Continued on page 233)

STATUE OF LIBERTY

(Continued from page 206)

erence to the City Four Square, or the New Jerusalem. Repeatedly, this message has indicated how here in this country the foundation already exists for construction of the ethereal New Jerusalem. Max Heindel specifically stated that the archetype for the coming great changes (which we are presently beginning to experience) already existed at the time he made this observation.

In considering the affairs of men, the study of the Holy Land and Jerusalem (in context) most certainly has its relevance, but we are not scheduled to return to past experiences. On the contrary, we are headed for a new and more fruitful life that most of us are presently unaware of.

On a bronze plaque inside the pedestal is inscribed a sonnet, *The New Colossus*, by Emma Lazaruk. It reads:

Not like the brazen giant of Greek fame
With conquering limbs astride from land
to land;

Here at our sea-washed, sunset gates
shall stand

A mighty woman with a torch, whose flame
Is the imprisoned lightning, and her name
Mother of Exiles. From her beacon-hand
Glows world wide welcome; her mild
eyes command

The air-bridged harbor that twin cities
frame.

"Keep, ancient lands, your storied pomp!"
cries she with silent lips.

"Give me your tired, your poor, your huddled
masses yearning to breathe free,
The wretched refuse of your teeming
shore.

Send these, the homeless, tempest-tossed
to me,

I lift my lamp beside the golden door!"

* * * * *

The only liberty that is valuable is a liberty connected with order; that not only exists along with order and virtue, but which cannot exist at all without them. It inheres in good and steady government, as in its substance and vital principle. --- Burke.



The B Complex Vitamins

DIANA DUPRE

The B vitamins form an intricate, not yet fully understood, group of nutritive essentials that have considerable bearing on some of the most pernicious ailments of mankind. Few studies of this group of vitamins are available in laymen's terms and, evidently, even clinical literature is not yet as extensive as it could profitably be.

Body, Mind and the B Vitamins by Ruth Adams and Frank Murray (Larchmont Books, New York, 1972) is a comprehensive, easily understandable book about this group of nutrients that is geared to the average reader. The components of the B group are discussed individually in terms of their present and potential use in the treatment of disease. Tables show sources and suggested average daily requirements.

Three striking conclusions emerge from a perusal of this volume: the significance of each component of the B complex group to human health; the extreme individuality in the matter of need and dosage which exists among the many patients whose case histories are described; the deplorable lack of adequate training or understanding among the majority of physicians in the United States with regard to the relationship of proper nutrition to optimum health.

A Harvard professor is quoted as saying: "Our studies at Harvard among residents suggest that the average physician knows a little more about nutrition than the average secretary . . ." Psychiatrist A. Hooper, in his foreword, writes: ". . . it is my conclusion that if every general practitioner who refers patients to me were to practice . . . the proper incorporation of nutritional theory and practice into psychiatric treatment, I would immediately lose 85% of my practice."

It seems incredible to people who have made even a rudimentary study of the relationship between proper nutrition and health that so many physicians still appear to be unaware of or reluctant to acknowledge this relationship, or unwilling to initiate the use of nutrients in the healing process.

The authors claim that "there is every indication that most of our major ills may be nutritionally based," and show how this is true particularly in the case of the B complex group. Thiamine, for instance, is essential to the body's use of carbohydrates - starches and sugars. Thiamine is contained naturally with starch and sugar in such food as grains and sugarcane. Processing - the milling of white flour and the conversion of cane sugar into

refined sugar - eliminates thiamine, leaving the carbohydrates in unassimilable form. This is only one of the many reasons why processed foods of this sort are undesirable and dangerous to human health.

The use of niacin in the treatment of mental illness is of particular interest in view of the increasing instance of mental illness throughout the nation. Researchers now believe that some mental illness may be caused by increasing toxicity in the body, brought on by various forms of pollution. The body is unable to cope with these "abnormal waste products," thus opening the way to mental illness which "may represent a large-scale disordering of entire working systems of the body."

Case histories are cited to show how massive doses of niacin have cured severely schizophrenic patients. One man, ill for 29 years, for instance, was free of symptoms after only five days of this therapy.

The authors suggest that information about the use of vitamin therapy for schizophrenia can be obtained from: Huxley Institute for Biosocial Research, 56 W. 45th St., Suite 805, New York 10036.

Large doses of niacin in connection with other nutrients have also successfully been given to hyperactive children, thus obviating one need for drugs with their harmful side effects. Niacin has also been effectively used to improve the memory of elderly people. One researcher believes that impairment of the manufacture of new protein in the body may be responsible for badly functioning memories, and that increased intake of niacin may help encourage this activity.

Proper nutrition is also presented as a key to the prevention and cure of alcoholism. One expert has suggested that "biochemical individuality" plays a significant role in this regard, and that certain people have unusual nu-

tritional needs which make them highly vulnerable to alcoholism. A diet high in protein and rich in vitamins, particularly the B vitamins, has proven useful in the control of alcoholism. Some patients who do not wish to eat must be fed involuntarily, but once the malnutrition has been corrected the patient is less likely to crave strong drink.

Pyridoxine and pantothenic acid - two of the less well known but highly significant B complex components - are essential to the bodily production and transportation of antibodies, the agents which protect against infection. Pyridoxine is also important in the processing of carbohydrates and is closely related to the fluctuations of blood sugar. A group of English doctors have successfully used pantothenic acid, together with royal jelly, in the treatment of arthritis.

Biotin, one of the most obscure of the B vitamins, is involved in the biosynthesis in the body of substances such as unsaturated fats which are essential to health. Patients with diets lacking in biotin have developed alarming symptoms of the circulatory, digestive, and excretory systems.

Important, too, is the need which pregnant women, as well as, indirectly, unborn infants, have of the B vitamins, and, conversely, the seriously detrimental effect which birth control pills seem to have on the body's absorption of such B components as folic acid and pyridoxine.

Time and again, the authors cite case studies showing how different individual needs of the various nutrients essentially are. People utilize each of the 50-odd nutrients needed by the body, including the B group, differently, and a diet in which the quantity of a certain essential is adequate for one person may be completely unsuitable for another. Some people require supplements in "megadoses" of a particular substance while for most other

people the "average daily requirement" is perfectly sufficient.

Vitamins of the B group are water soluble, which means that the body can throw off unneeded quantities as waste matter without suffering harm.

The author's tables of B-rich foods place certain meats, particularly liver, high on the scale. They show, too, however, that a vegetarian diet can be perfectly adequate with regard to B intake, provided sufficient quantities of foods such as wheat germ, yeast, whole grains, legumes, and molasses are included. In fact, discussing a survey made by two London doctors, they note: "Interestingly enough, they found that vegetarians (who eat milk and eggs) had, generally, higher levels of pantothenic acid than people who consume meat every day in a well-bal-

anced diet." Eggs are considered an important nutritive source, and the authors do not believe that consumption of one egg a day would be generally harmful as far as cholesterol is concerned.

It seems clear that even the experts' knowledge about the B complex vitamins is far from complete, and much more investigation remains to be done. Some researchers acknowledge the possibility that additional elements in this group are yet to be discovered. This book gives a good general survey of information presently available, however, and would be of interest to readers who are suffering from ill health in any form, or who are concerned with maintaining good health through the use of good nutrition.

Vitamin B12 and Vegetarians

STEPHEN C. SCOTT

In its publication, *Recommended Daily Dietary Allowances*, revised 1968, the Food and Nutrition Board, National Academy of Science-National Research Council, suggests five micrograms of vitamin B12 as the daily recommended amount for individuals between eight and 55 years old, and six micrograms for people over 55. For infants and young children the suggested amounts are: One microgram for those under two months; one and five-tenths micrograms, two to six months; two micrograms, six months to two years; two and five-tenths micrograms, two to three years; three micrograms, three to four years; four micrograms, four to eight years.

How can vegetarians obtain these prescribed amounts in their diets? For lacto-vegetarians - those who use milk and similar animal products - the problem is not acute. According to the U.S. Home Economic Research Report No.

36, August 1, 1969, entitled *Pantothenic Acid, Vitamin B6, and Vitamin B12 in Foods*, cottage cheese contains .001 mg. or one microgram B12 in every 100 grams, and whole or skim milk contains .0004 mg. or four-tenths micrograms per 100 grams. Assuming that a quart of milk weighs about 1000 grams, it contains almost four micrograms of B12. A three and five-tenths ounce serving of cottage cheese equals 100 grams. Thus, daily consumption of a quart of milk and 3.5 ounces of cottage cheese would provide five micrograms of B12. The vitamin B12 in milk products comes from bacteria in the forestomach of the cow.

Whole raw eggs have .002 mg. or two micrograms of B12 per 100 grams. Two cooked eggs weighing 100 grams would also fulfill some of the requirements. For vegetarians who use eggs and milk, therefore, the B12 requirement is easily fulfilled.

Those vegetarians who follow the vegan diet - one without any animal products - find the problem of obtaining an adequate amount of B12 more difficult. Plant foods commonly eaten contain only occasional traces of this vitamin. Some species of algae make this vitamin and are a possible source. However, these are not yet available for consumption. Presently, therefore, plant foods with sufficient amounts of vitamin B12 are not available to us except as "Vitamin B12" sold in capsule form.

According to a major British producer of vitamins, no animal sources are used in producing B12. The vitamin is produced by micro-plant-organisms grown in large vats especially for this purpose. This is quite inexpensive, costing only two cents for a year's supply for one person, although the retail price is higher. Not all B12 supplements originate from micro-plant-organisms, however. Some are made from desiccated liver. A vegetarian selecting a B12 supplement, therefore, is advised to read the label, or ask the supplier or manufacturer for information about its sources.

One source suggests that it is best to divide the daily supplement into several pieces, if possible, taking some with each meal instead of swallowing five micrograms at once, because only one and five-tenths micrograms per serving are absorbed. Other people may wish to obtain their supply of this vitamin partly from supplements and partly from animal products, or entirely from animal products.

It is interesting to note that some vegans have been found to produce vitamin B12 in their own intestines sufficient for their needs, although most do not.

Because of the plant-bacteria sources of vitamin B12 and its availability as a supplement, the need for animal products is lessened. Excellent milk substitutes such as commercial soy

powders and proteins with 42-96 per cent protein which can be mixed or blended with orange, tomato, or other juices, provide a good substitute for part of our animal product intake, enabling us to eliminate excess animal products from the diet. If we do this, however, we must remember to add B12 supplements.

(In addition to sources mentioned, Mr. Scott consulted an article by E. Lester Smith entitled "Vitamin B12" appearing in *Plant Foods for Human Nutrition*, Jan. 1971. He also recommends a book by E. Lester Smith: *Vitamin B12*, Barnes and Noble, Inc., 1965, \$4.00, with orders to Harper and Row, Scranton, Pa. 18512.)

* * *

PROBING THE SUPERNATURAL

(Continued from page 197)

in the others. For instance, in the Physical World, matter is subject to gravity, contraction, and expansion. In the Desire World there is neither heat nor cold, and forms levitate as easily as they gravitate. Distance and time are also governing factors of existence in the Physical World, but are almost non-existent in the Desire World. The matter of these worlds also varies in density, the Physical World being the densest of the seven." Detailed descriptions of the five lower worlds, in which man has his evolution, may be found in *The Rosicrucian Cosmo-Conception*.

(Continued)

* * * * *

THE PROMISED LAND

(Continued from page 229)

ate physical world masterpieces, but highly spiritualize all his vehicles. He will build the new features into his physical body which will make it a fit instrument for his use in the im-

(Continued on page 238)

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The Rosicrucian Fellowship
Oceanside, California, U.S.A., 92054

ALICE IN WATERLAND

(Continued from page 208)

"Sammy, I'm floating in air!" she cried.

"So you are," he laughed. "You must have meant your prayer, just as I mean mine and have earned the name 'Sun's Man'. I give myself completely to the Light, am drawn up to it and go where it sends me."

Suddenly the light dimmed. "What happened?" Alice felt a twinge of apprehension, but by now she was learning to trust, so she wasn't really alarmed. Then she noticed many other drops of water. "Are we back in the lake?"

"No, we've entered that rain cloud that was in the sky above us a moment ago. Now our prayer will be answered. We will be sent where rain is needed. There are enough of us who have agreed together to serve the Light to do some good. It's like that night you all prayed together for the little girl. All of you giving of yourselves released enough power to help her." Sammy studied her face. "You're beginning to understand now, aren't you?" he said gently.

"Yes... yes, I think I am." A quiet joy was filling her heart.

A big splash of water hit Alice in the face. She opened her eyes to see a small rain cloud just above the hammock. *I'm back*, she thought, but without surprise. A few large drops were plopping down as the cloud moved quickly overhead toward the valley, where she could see that it was raining. One drop had landed on her cheek. She touched it softly.

"Thank you, Sammy," she whispered. The joy in her heart deepened as she swung there, making a silent commitment.





Think Health

Our habitual outlook and manner of thought have a definite effect, not only upon our serenity in day-to-day living, but also upon our health. We know that like attracts like. When we fill our auras with an optimistic outlook and thoughts of health and faith, they serve as powerful forces for strength and healing.

It has been observed that when a person allows a state of depression to weigh him down for a few days, the result is a cold. Conversely, the optimistic attitude increases the inflow of the vital force, and all the cells of the body react toward a healthful condition. Each person may respond differently to a given thought, but we may be sure that whether we are aware of it or not, we do respond.

Not only do we affect ourselves by the quality of our thoughts, but we also contribute to the atmosphere around us and to the level of good or evil in the world. We are either a negative force, adding to the world's woe, or we are a positive force, helping to banish the negative and adding to the healing power about us. Whatever we send out will surely attract and increase its own.

It is a mistake to suppose that what one person thinks makes no difference. Every thought is important and adds to the strength of the total. It is our privilege to choose our field of

service, realizing that we are constantly serving either the good or the evil according to the nature of our thinking, speaking and acting.

Max Heindel pointed out that: "Even at the present time man molds matter both by thought and voice, as instanced in scientific experiments where thoughts have created an image on photographic plates, and where the human voice has created geometrical figures in sand, etc."

Let us form the habit of thinking healthful thoughts - thoughts of kindness, tolerance, forgiveness, and love.

* * *

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

May 3 -- 10 -- 17 -- 24 -- 30

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



Claude, the Cowardly Camel

DAGMAR FRAHME

(Part I)

Camels do not have much to be afraid of. They are bigger than most other animals. If they do not want to go somewhere, they simply refuse to get up, and there is very little that anyone can do to make them move. They don't have to be afraid of getting thirsty, because when they do drink water they can drink a lot and store it in their humps until they need it. They can run very fast, and if they do not like whoever is riding on them, they can run fast enough to shake him off. When they are really annoyed, they bite and spit, and so they are usually left alone when they want to be left alone. They may not always be the most polite creatures, but they generally have things pretty much their own way.

Most camels do, that is. But then there was Claude. Claude was the youngest camel in a caravan that went back and forth across the desert. He was as big as the other camels, but he was afraid of *everything*. He was afraid of Abdul, the camel driver, although Abdul was very good to all his camels. He was afraid of the palm trees growing in the oasis because he thought they might topple over on him. He was afraid of the dogs in the

villages they passed, even though, with one kick of his hoof, he could have taught any dog to stop annoying him. He even jumped when he saw his own shadow. In short, even his best friends had to agree that Claude was a coward.

Claude had always been a coward, from the day he was born. No one had been able to help him stop being one. His mother had tried, and his brothers and sisters had tried, and Abdul, who had never heard of a cowardly camel before, had certainly tried. But Claude went right on being afraid of everything.

Mind you, it was not easy being a coward. It was not easy to shiver and shake when all the other camels were resting. It was not easy to keep looking behind him while he ate his dinner to make sure that nothing was sneaking up on him. It was not easy to lie awake at night, listening to noises that weren't even there, while all the other camels slept peacefully. It was not easy to keep worrying about the caravan losing its way in the desert when all the other camels were enjoying the exercise of walking the many miles they covered each day. It was not easy to shy away from Abdul

when he tried so hard to be friends, while all the other camels were nibbling on special treats that he had given them. It was certainly not easy to feel his heart pounding after he had jumped at his own shadow, or after one of the white desert lizards had run across his path.

No, it is not hard to imagine that Claude was very unhappy. He did not want to be a coward. In fact, he hated being a coward. Besides being scared all the time, he was also laughed at and teased. People in the villages knew him and would shout, "Here comes the cowardly camel!" whenever the caravan appeared. Dogs who wouldn't dare tease other camels plagued Claude unmercifully with their barks, which said clearly, "Coward! Coward! Coward! Coward!" Even Abdul sometimes shrugged his shoulders in disgust and said, "I give up! If you don't want me to be your friend, I'll quit trying."

Actually, there was really nothing that Claude wanted more than for Abdul to be his friend. Some of the older camels who had been in many caravans said that Abdul was the best and kindest camel driver they had ever known. Claude hated himself when he shied away from Abdul, but he just couldn't seem to help being afraid of him even though he knew there was nothing to be afraid of. He knew it was silly for a camel to be afraid of dogs, but he couldn't help that, either. He knew, deep down inside, that no one was going to sneak up on him while he ate dinner, and that the palm trees were too sturdy to topple over on him, and that desert lizards couldn't possibly hurt him, and that to be afraid of one's own shadow was positively stupid. Nevertheless, he couldn't stop being scared.

Claude's place in the caravan was always in the middle. He certainly couldn't be the lead camel because the minute he saw something coming he would try to run away. He couldn't

be at the end, either, because he needed someone to prod him from behind to keep him going. So the only place for him was the middle. Claude didn't particularly like being there, because he couldn't see ahead or behind. But he wouldn't have liked being at the front or the back, either. Poor Claude! There really wasn't much of anything he did like, because he was always so busy being afraid no matter where he was or what he was doing.

One day, as the caravan made its way across the hottest and driest stretch of desert, miles from an oasis or any green, growing thing, Abdul looked ahead and shuddered. Looming up in front of them, all the way across the horizon, was a huge, long orange cloud. It came closer even as he watched it, growing bigger and more frightening every second. Abdul knew that this was not ordinary cloud filled with water. It was a cloud filled with fine grains of sand that the wind was sweeping up from the desert floor and driving ever nearer to the caravan. It meant a sand storm - and a huge one!

If you have ever been in a sand storm, you know that it is one of the most frightening things that can happen. The sand swirls all around, so thick that you can't see your hand in front of your face. It seeps in through cracks in the most well-built houses and there is soon a thick layer of sand over everything. If there is no place nearby in which to seek refuge, you can do nothing much except sit down right where you are, protect your face as best you can, and wait for the storm to be over.

That is what Abdul had to do with his caravan. He gave orders to stop, and had all the camels lie down where they were. Abdul and his men lay down next to them, covering themselves with their blankets - and not a moment too soon. The terrible sand cloud was upon them in an instant, the wind howling and the fine grains

of sand blowing into their eyes and gritting between their teeth, even though their faces were covered. The camels had nothing with which to cover their faces, but most of them had lived through sand storms before and it didn't particularly bother them. Sand storms are much harder on people than they are on camels.

Most camels, that is. Claude, of course, was different. Claude was scared stiff! The other camels had the sense to close their eyes and wait for the storm to pass, because they knew that all storms do pass, in time. Not Claude, however. Claude kept opening his eyes to look in horror at the swirling sand, and every time he did the sand irritated them more. He opened his mouth to cry, and right away it was full of gritty sand. He was sure that the storm would go on forever, that the caravan would be hopelessly lost, and that everyone would perish.

The storm raged all that day and most of the night, and by next morning even Abdul, who knew the desert very well, could not recognize any landmarks. The whole caravan was buried in sand, and the very shape of the sand dunes all around them looked different. There was nothing much Abdul could do but point the caravan in what he thought was the right direction and hope they would get to an oasis before their water supply ran out.

Abdul, however, reckoned without Claude. Claude, covered with sand except for a face that appeared to be in a state of shock, was in a state of shock. He had been so terrified during the storm that it was impossible for him to become any more terrified. Much worse, it was impossible for him to move. His leg muscles wouldn't work, his tail muscles wouldn't work, his ear muscles wouldn't work, and even the muscles of his eyelids wouldn't work and he stared straight

ahead, seeing nothing.

"Get up, Claude," said Abdul, but Claude didn't move.

"Claude!" Abdul spoke more sharply the second time. "Get up!"

Still Claude didn't move.

Abdul pushed Claude from the front and the sides and the back. Finally, he even kicked him. Camels have such thick hides that kicks aren't likely to hurt them, but sometimes do make them get up. Not this time, though. Claude didn't budge. He didn't even blink. Then Abdul brought some of the other camels over and urged them to nudge and prod Claude. This did no good either, despite the fact that, although Abdul didn't know it, the camels were telling Claude in their own language that he was behaving like a goat. This is one of the most insulting things you can say to a camel. But Claude didn't even seem to hear.

(Continued)

* * * * *

THE PROMISED LAND

(Continued from page 233)

portant developments to come. Then, he will be, not his old imperfect, inadequate self, but a Self capable of unfolding wonderful new potentialities.

The poet whose words opened this article said that "man's unaltered heart rebuilds the world he fled." The long-range view of occult science tells a very different story. Whether in the old lands or the new ones to come, human hearts that are willing to work and sacrifice and hold steadfastly to the good they know, can become sensitive, responsible, truly cooperative, nobly creative. Then, when the time comes, in that "new land flowing with milk and honey" we shall build what we have promised for so long.

"Unaltered heart"? No. We can begin to alter it, now, with the help of our leader, the Christ; and so make ready for the Promised Land.

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