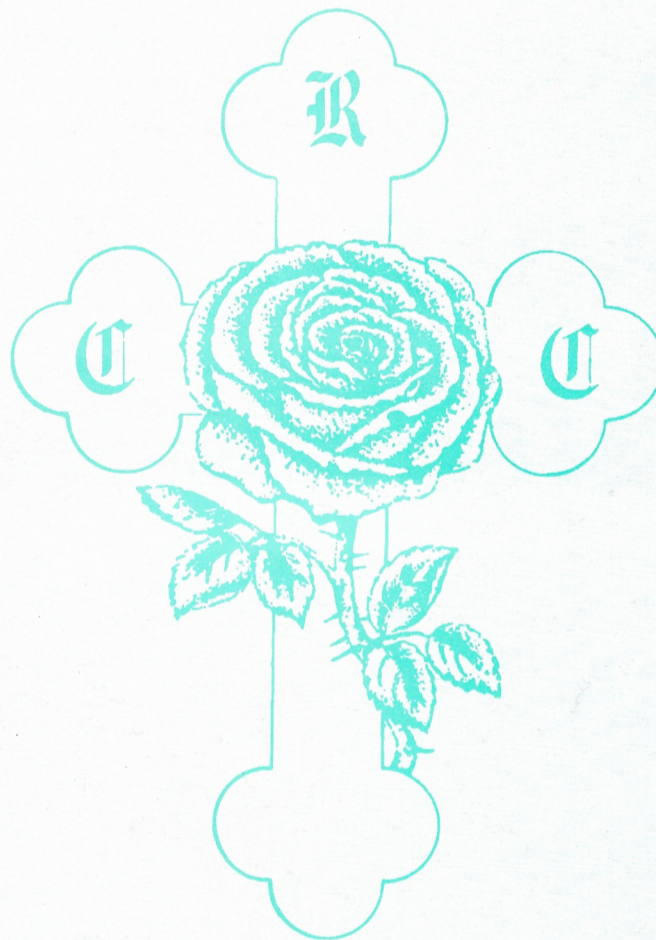


Rays from the Rose Cross



"A Sane Mind, A Soft Heart, A Sound Body" September/October 1993—\$3.00

TIME WITH GOD
BUILDING THE MIND BODY
ASTROLOGY SOLVES MYSTERIES
THE MAN WHO MADE EARTHQUAKES AND LIGHTNINGS

A CHRISTIAN ESOTERIC MAGAZINE



Gratitude and Praise



Abraham Sees the Promised Land.—Gen. xii. v. 3-7.

GratITUDE is an attribute of wisdom. A wise man values the little things in life. He finds joy only in that which he appreciates — all else are appendages. Too often opportunities slip by, talents lie dormant, fortunes dissipate, possessions diminish where there is no gratitude to hold them.

GratITUDE is an important principle for achievement. To be grateful for the small opportunities is to magnify them. Ungratefulness tends to diminish and decrease. Gratitude is prolific in its blessings. It is life's great multiplier.

There is nothing intelligent in taking things for granted. Life recalls its gifts if there is lack of appreciation. Fortunes become dissipated, opportunities slip by, possessions diminish, and talents rot, where there is no recognition and thankfulness.

We say “thank you” to everything, but we are not grateful for everything. Gratitude is feeling — not just a word. It is genuine appreciation, giving all things significant value and approval.

He who cannot appreciate the little things in life can never attain the greater ones. Only those who are grateful for their blessings deserve to have them multiplied.

To praise a soul is other than to flatter the face. Praise magnifies a tendency into a virtue — and calls forth response and reciprocation.

Praise is that warmth which unfolds hidden aptitudes and talents and inspires them to expression. Genius has often been ignited through simple appreciation. All things blossom and come to fruition through respect and esteem.

Approval is the way to every man's heart. Man is that sensitive being who lives for approval and responds to praise. What is more, he will involuntarily live up to and fulfill any virtue which receives commendation.

Claim the best that is in you — and it will grow to your expectations. Recognize the best that is in yourself, and the best will magnify itself. That which you look to — will look to you, and that which you acknowledge is quickened. Praise calls forth response and reciprocation.

Those who are constantly censured are stifled, and whatever attributes they may possess are soon withered and seared with the breath of condemnation. Magnified fallacies become great faults. Magnified virtues become great assets.

To find a virtue to praise in each soul is to enrich that person with a priceless possibility. Praise magnifies the minutest tendency into a virtue. It has the power to expand the smallest inclination into a great blessing.

— Sara Robbins in *Today*

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*"A Sane Mind,
A Soft Heart,
A Sound Body"*





Feature

You Never Can Tell

YOU NEVER CAN TELL when you send a word
Like an arrow shot from a bow
By an archer blind, be it cruel or kind,
Just where it may chance to go.
It may pierce the breast of your dearest friend,
Tipped with its poison or balm,
To a stranger's heart in life's great mart
It may carry its pain or its calm.

You never can tell when you do an act
Just what the result will be,
But with every deed you are sowing a seed,
Though the harvest you may not see.
Each kindly act is an acorn dropped
In God's productive soil;
You may not know, but the tree shall grow
With shelter for those who toil.

You never can tell what your thoughts will do
In bringing you hate or love,
For thoughts are things, and their airy wings
Are swifter than carrier doves.
They follow the law of the universe—
Each thing must create its kind,
And they speed o'er the track to bring you back
Whatever went out from your mind.

—ELLA WHEELER WILCOX

Editorial

Why Nature's Catastrophes?

DURING the past few years there have been a phenomenal number of "natural" disasters throughout the world. Floods, famines, earthquakes, and other imbalances of Nature have created havoc in practically every part of our globe. Earthquakes have devastated parts of Chile, Nicaragua, and Iran; droughts and famine have plagued India, China, and Russia; and here in the United States hurricanes, tornadoes, and floods from the Mississippi and other rivers have taken an enormous toll in both human and animal lives. Vast areas of crops have been destroyed and homes ruined or washed away. The material loss from all these disasters runs into billions of dollars; the psychological damage and suffering undergone by the people who survived are beyond reckoning.

Among the religiously inclined there are people who believe that such catastrophes are manifestations of God's displeasure toward a wayward humanity. The material scientists of course scoff at such a view. The great majority of people, though, inclined toward the materialistic thinking which has dominated the Western World for past centuries, give little thought as to the causes of the manifestations of Nature, unless, perhaps they were among those who suffered from them. It has not occurred to most people that there may be a definite relation between the manifestations of Nature and the behavior of mankind.

However, the last several decades have brought an increased awakening of many people to the voice of spirit, and therefore more and more are beginning to respond to the deeper spiritual truths. To this class, in particular, occult science offers illuminating information concerning the reasons for the catastrophic occurrences of Nature which have been devastating many parts of our planet.

The basic fact taught by occult science in regard to the nature of our Earth is that it, like every individual human being, is the body of an indwelling Spirit. It is the physical vehicle of a mighty Being — a Ray of the Cosmic Christ — and every atom of it is permeated with the leaven of spirit. Our planetary abode is therefore a living, feeling organism, having an etheric and a desire body, just as man has, and as there is a relation between the Spirit of man and the Spirit of the Earth. The etheric vehicle of the Earth, we may mention in passing, constitutes the "magnetic field" of which the material scientist has become aware.

Occult science further reveals that the Earth, the vehicle of the Christ Ray, is constructed in strata, something like an onion, there being nine strata and the central core, making ten in all. The nature and purpose of these strata or layers are fully revealed to one only as he becomes initiated into the Lesser Mysteries, one stratum becoming accessible at each initiation. However, certain very significant facts about the different strata of the Earth have been given out for the benefit of anyone who wishes to be informed, and a knowledge of these facts provides an understanding of the otherwise puzzling phenomena concerning our Earth.

Beginning at the outside of the Earth, there is *first* what we may call the Mineral Earth, the stony crust with which geology deals as far as it is able. It is in this stratum that we plant crops, seek for minerals, dig wells for water, oil, etc. It shows the acme of Earth's consolidation, but is now becoming less dense, more porous, and will eventually become etheric. Whenever man ploughs and breaks up the denser portions of the Earth, particularly the rocks and minerals, he is helping to change the Earth as it should be.

The *second layer* is the Fluid Stratum, in consistency something like a thick paste. It has the quality of expansion, like that of an exceedingly explosive gas, and is kept in place only by the enor-

mous pressure of the outside crust. The first and second layers correspond to the Chemical and Etheric Regions of the Physical World.

In the *third layer*, the Vapor Stratum, there is an ever-flowing and pulsating life, as in the Desire World surrounding and interpenetrating our Earth.

The *fourth or Water Stratum*, contains the germinal possibilities of all that exists upon the surface of the Earth. Here are the archetypal forces which are back of the Group Spirits; also the archetypal forces of the minerals, for this is the physical expression of the Region of Concrete Thought.

In the *fifth or Seed Stratum* is the primordial fount of life from which came the impetus that built all the forms on Earth. Bodies were built from the attenuated, vaporous substance long before it condensed into the Earth's solid crust. Only when the life leaves the forms can they become crystallized and dead. Thus coal is but crystallized plant bodies, as indicated by the patterns of leaves found on coal; coral is the crystallization of animal forms. The life departs and leaves the form "dead."

The *sixth or Fiery Stratum* possesses sensation. Pleasure and pain, sympathy and antipathy have here their effect on the Earth. It is generally supposed that the Earth has no sensation whatever, but the occultist, watching the harvesting of ripe grain and the gathering of fruit from trees in the autumn, or the plucking of flowers, knows that pleasure is being experienced by the Earth Spirit. It feels the delight of having yielded nourishment for its progeny of forms, this delight reaching its culmination in the harvest season.

The *seventh layer or Refracting Stratum* of our Earth corresponds to the World of Life Spirit, the first of the universal worlds. In it exist all the forces which the occultist calls the "Laws of Nature." As humanity progresses spiritually, these forces improve correspondingly; but any lapse in morals has a tendency to unleash them and cause them to wreak havoc upon the Earth. Man's striving for higher ideals makes the Nature Forces less inimical to him.

The forces in this stratum are thus, at any time, an exact reflection of the existing moral status of mankind. Just as there is individual responsibility to the Law of Consequence which brings to each person the just results of his deeds, good or the opposite, so is there community and national responsibility, which brings upon groups of people corresponding results of their collective acts. Nature forces are the general agents of

such retributive justice, causing floods, famines, earthquakes, and volcanoes, or the beneficent formation of oil and coal for various peoples, according to their deserts. Eventually, humanity must accept the fact that it is entirely responsible for the catastrophes that occur by means of the Nature Forces, and that the only way to avoid them is to live more in accordance with the spiritual laws governing the universe. All of this is carried on under the supervision of the four great Lords of Destiny, who see that each person gets exactly what he merits and needs for his development.

From the sixth or Fiery Stratum of the Earth to its surface are a number of shafts in different places. The outer ends of these are called "volcanic craters." When the Nature Forces in the seventh stratum are unleashed so that they express themselves through a volcanic outburst, they set the sixth or Fiery Stratum in motion and the agitation spreads outward to the mouth of the crater. The bulk of the material is taken from the substance of the second stratum, the denser counterpart of the sixth stratum. This fluidic stratum, with its expansive and highly explosive quality, insures an unlimited supply of material at the point of eruption. The contact with the outer atmosphere hardens that part of it which is not blown away into space, thus forming lava and dust until they finally seal the aperture from the inner parts of the Earth.

The *eighth and ninth strata of the Earth* need not be considered here, but those who wish information concerning them will find it in Chapter XVIII of *The Rosicrucian Cosmo-Conception*.

From the information occult science gives us, we can understand that it is the reflected immorality and anti-spiritual tendencies of mankind which arouse the Nature Forces in the seventh stratum to destructive activity, and it is generally the profligate and degenerate peoples who succumb to these catastrophes. They, together with others whose destiny, self-generated under the Law of consequences, for various reasons, involves a violent death, are gathered from many lands by the superhuman forces, to the point where the catastrophe is to occur.

A list of major catastrophes during the last two thousand years shows that their frequency has increased with the growth of materialism. Whether or not they continue to increase depends entirely upon the collective efforts of humanity to free themselves from bondage to their lower desires by living in harmony with spiritual law. □

Mystic Light

Time with God

A FEW Sundays ago I heard a sermon, the theme of which stressed the fact that man spends very little time "with God," primarily only when he wants something, is ill, troubled, or in some difficulty; and that if he spent as much time "with God" as he does reading the newspapers, magazines, etc., then life for him would radically change.

This thought stayed with me; I could not shake it. Was it for my special attention? The more I meditated upon this sermon, the more it seemed there was a message in it for me. Was I trying hard enough? Did my life express "a living sacrifice" by daily efforts to serve?

Those of us who seek the higher life can hardly help remembering the message of our Lord Christ Jesus as written in the Gospel of Matthew (7:14): "Strait is the gate, and narrow is the way, which leadeth unto life, and few there be that find it."

To be a Christian was never meant to be easy. It is hard, but we have the promise of Christ Jesus that we can overcome (the world) as He did. Think of it — even little you and I can overcome! To me, to be a Christian means a way of life, and sacrifice and discipline are a part of that life. It is a continuing process, changing from day to day: we must work at it each day. Acts of kindness, helpfulness, and compassion to others are but a part of this.



God Appears to Elijah on Mount Horeb. —1 Kings xix. v. 11,12.

We seek, but we do not always find. Why? We hear the Christ knocking at the door of our hearts, but we do not answer. Perhaps we do not even pull the latchstring so the door can open to His knock.

The more I meditated upon this sermon, the more I pondered the thought that Man is always blaming someone else for the troubles in his life and in his world. When Adam ate the forbidden fruit (the Tree of Knowledge) in the Garden of Eden, he blamed Eve as the cause of it all. Ever since man has taken the easiest way out of his problems and the Earth's difficulties by blaming someone else. Does Man ever realize that he himself is wrong? Oh, that he would — how

different than our world!

The outer man seeks expression and in so doing loses sight of his spiritual goal. Man should first seek the Kingdom of God, for of himself he can accomplish nothing. With God's help all things are possible to him. If our world leaders would but forget their personal ambitions, their selfishness, their power plays, and really leave their problems in God's hands! Then a great deal of our present day stress and strife would fade into the shadows because we would be "with God."

Just what do we mean by being *with God*? Man is a part of God, of course, but because of having been given free will, he does not always act his oneness with his Creator. Man is a God-in-the-making. He must within himself decide between right and wrong, as only in that way can he put himself through the refiner's fire and cleanse himself of evil thoughts and deeds. He must learn to do good for the sake of goodness only. God will show the way, but man must do the choosing: he must exercise his creative abilities given him along with free will. Man must "open the door" and "invite Christ in." When he does, his life changes; God's love takes over from there. Christ has the power to *bring life*, but He does not do for us what we can do ourselves.

This will take time, you say. Yes, that is true. God's way man does not understand, but if we are patient and persist in our efforts to live the life of service to others, without thought of reward, we will in time understand that the delays are all for our best interests.

For myself, this has been a most difficult fact to understand and accept, but time has proved that it is working. The change is taking place, though not as fast as I should like. This is living proof. If it has happened to one it can happen to all others who accept and live in the promise that: "all things work for good for those who trust and believe in Him."

Man is prone to remember the faults and sins of others rather than to look for the good and virtues, because he is sinful himself. St. Paul puts this so aptly in his letter to the Romans: "For I know that nothing good dwells within me, that is, in my flesh. I can will what is right, but I cannot do it. For I do not do the good I want, but the evil I do not want is what I do."

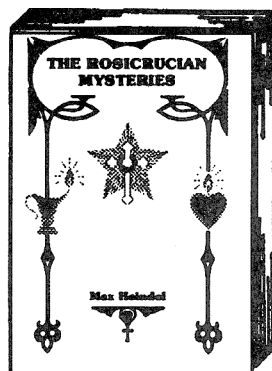
So — let us be more alert to listen and to have our hands on the latchstring so that the door of our hearts may promptly open to the voice of the Christ. The invitation is ours; it is the only way.

If, along with this, we are faithful in setting aside a part of each day to be "with God," we need have no fear but that a change definitely for our good will in time take place within us. This change will help us increase our activities in living the life and being a better "witness" — in being more friendly and helpful to others. Thus we will increase our opportunities to be of greater service to God, learning to accept His will and fashioning our daily lives upon HIS WILL. □

—Paul G. Boise

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Mystic Light

Building the Mind Body

“**B**E YE transformed by the renewing of your mind,” said St. Paul in his Letter to the Romans.

Thought is a power possessed by every human being. It is probably the most potent power in the world, for it is able to change the course of history, as well as the lives of individuals. words merely form the frame upon which the temple of thought is built. The power of thought is not in the words we use, but rather in the pattern of habitual thinking in which our minds are formed.

We are told in the Western Wisdom Teachings that the Ego has several instruments: a dense, physical body, an etheric or vital body, a desire or emotional body, and a mind. These are its tools and upon their quality and condition depends how much or how little the Spirit can accomplish in its work of gathering experience in each life. If the instruments are poor and dull, there will be little spiritual growth and the life will be a barren one. Conversely, if the tools are kept clean and strong, there will be much spiritual progress.

The Spirit is here to acquire growth through experience in its instruments. The bodies are the tools furnished at birth, and they are good, bad, or indifferent according to what we have learned

through past experience in the building of them.

To function in any world, and express the qualities peculiar to it, we must first possess a vehicle made of its material. In order to function in the dense, physical world it is necessary to have a dense, physical body, made of the substances of the physical world, and therefore usable in our physical world as its means of expression. The vital body is a counterpart of the dense body, which it builds and restores, and is the seat of memory. In it are stored the subconscious records of all the past events of the present life, including all injuries inflicted or sustained and benefits received or bestowed. So we must have a vital body before we can express life, grow, or externalize the other qualities peculiar to the Etheric Region.

To express feeling and emotion, it is necessary to have a vehicle composed of the materials of the Desire World, and a mind, formed of the substance of the Region of Concrete Thought, is necessary to render thinking possible. These various vehicles were emanated by the Spirit from self for the purpose of gaining experience through them. The Spirit itself is threefold, so that Man is tenfold: a threefold Spirit functioning in a three-fold body which he transmutes into a three-fold soul, upon which he nourishes himself from impotence to omnipotence. The mind is the link between the Spirit and its bodies; it contributes increasingly to spiritual growth as the thoughts which it transmits from the Spirit polish it to greater brightness, sharpening and intensifying its focus more and more to a single point, flexible and under the control of the Spirit. In the *Cosmo-conception* it is explained: “We ourselves, as Egos, function directly in the subtle substance of the Region of Abstract Thought, which we have specialized within the periphery of our individual aura. Thence we review the impressions made by the outer world upon the vital body through the senses, together With the feelings and emotions generated by them in the desire body, and mirrored in the mind.

From these mental images we form our conclusions, in the substance of the Region of Abstract Thought, concerning the

subjects with which they deal. These conclusions are ideas. By the power of will we project an idea through the mind, where it takes concrete shape as a thoughtform by drawing mind-stuff around itself from the Region of Concrete Thought.”

In this process of building a thought form and using it, we are led to consider its function in our growth and unfoldment. The strength and persistence of a thoughtform depend upon the strength and clarity of the original thought, and these in turn depend upon the development of the thinker and the control he has over his desire body and mind. The cultivation and proper use of this power entails a responsibility. When we think of a person, we should think of him as we wish him to be, for the image of him we create will tend to influence him. Therefore, we should fix our thoughts on the good qualities and high ideals we wish for him.

Man is a growth by law, not a creation by artifice; cause and effect are as absolute and un-deviating in the hidden realms of thought as in the whole world of visible, material things. He is made or unmade by himself; in the armory of thought he forges the weapons by which he destroys himself; he also fashions the tools with which he builds for himself heavenly mansions of joy, strength, and peace. By the right choice and application of thought, man ascends to divine perfection; by the abuse and wrong application of thought, he can descend below the level of the beast. Between these two extremes are all the grades of character, and man is their maker and master. When he begins to reflect upon his condition, and to search diligently for the law upon which his being is established, he then becomes the wise master, directing his energies with intelligence, and fashioning his thoughts to fruitful issues.

He can find every truth connected with his being if he will dig deep into the depths of his soul. Here he may unerringly prove this if he will watch, control, and alter his thoughts, tracing their effects upon himself, upon others, and upon his life and circumstances, linking cause and effect by patient practice and investigation, utilizing every experience, even to the most trivial occurrence, as a means of obtaining that knowledge of himself which is understanding, wisdom, and power. In this direction, as in no

other, is the law absolute that: “He that seeketh findeth; and to him that knocketh it shall be opened.”

We are told in the *Cosmo-Conception*: “The memory (or so-called mind), both conscious and sub-conscious, relates wholly to the experiences of this life It manifests ordinarily, though not to the full extent, as conscience and character which ensoul all thought-forms, sometimes as counselor, sometimes compelling action with resistless force, even contrary to reason and desire In many women, in whom the vital body is positive, and in advanced people of either sex where the vital body has been sensitized by a pure and holy life, by prayer and concentration, this superconscious memory inherent in the Life Spirit is occasionally, to some extent, above the necessity of clothing itself in mind stuff and desire matter in order to compel action. It does not always need to incur the danger of being subjected to and perhaps over-ruled by a process of reasoning. Sometimes, in the form of intuition or teaching from within, it impresses itself directly upon the reflecting ether of the vital body. The more readily we learn to recognize it and follow its dictates, the oftener it will speak, to our eternal welfare.”

The conscious mind of man is the determining factor in the creative process. It gives orders which the sub-conscious is compelled to obey. These orders are not necessarily given consciously. The subconscious is so subtle that it reacts with a greater degree than man can conceive. It takes on the man's vibrations, and these vibrations are in reality the determining factor. The sub-conscious mind will do whatever it is told by the conscious mind to do from waking up at a given time to supplying one with courage and stamina. It will attend industriously to any desire one cherishes habitually, any purpose to which he adheres.

The mental body is composed of varying densities of matter responding to swifter or slower vibrations. These densities can be given two divisions known as the higher mind and the lower mind. The higher mind reacts only to subtle and swift vibrations and is the organ for abstract thinking. It remains unaffected by the mental activities directed to external objects.

The lower mind is far more frequently called into use. It is the organ for concrete thinking

Diagram 5

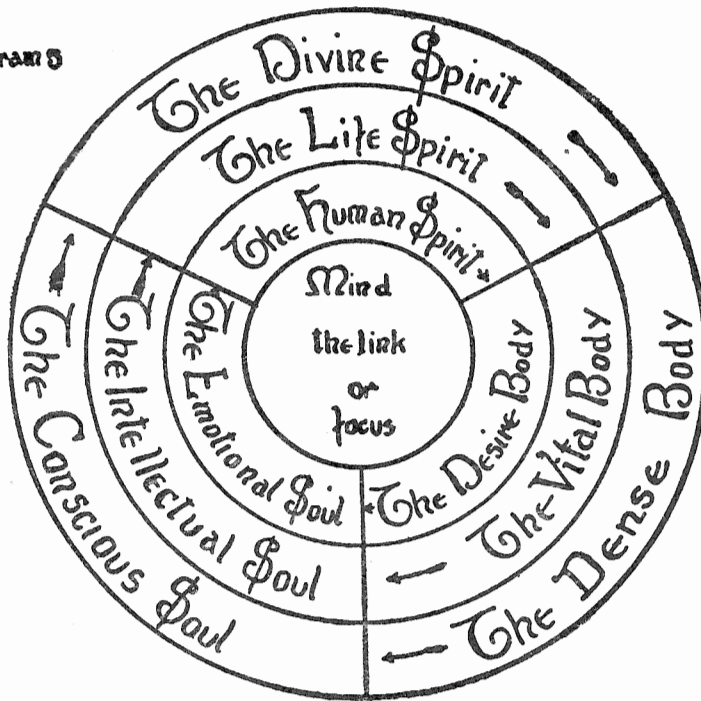


Diagram 5 shows the Tenfold Constitution of Man.

Man is a threefold Spirit, possessing a Mind by means of which he governs a threefold Body, which he emanated from himself to gather experience. This threefold body he transmutes into a threefold Soul, upon which he nourishes himself from impotence to omnipotence.

The Divine Spirit	emanates from itself	The Dense Body	extracting as pabulum	Conscious Soul
The Life Spirit		The Vital Body		Intellectual Soul
The Human Spirit		The Desire Body		Emotional Soul

The mirror of Mind also contributes increasingly to spiritual growth as the thoughts which it transmits to and from the Spirit polish it to greater brightness, sharpening and intensifying its focus more and more to a single point, perfectly flexible and under the control of the Spirit.

Diagram 5. *The Rosicrucian Cosmo-Conception*, Max Heindel, p. 95.

and serves to coordinate the sensations and perceptions received from the external world and to relay to the brain the appropriate responses to the outer stimuli.

It should be realized that thought is as distinct from the mental body as from the physical, since thought is an expression of the Spirit, and the mental and physical bodies are merely matter of different densities. First there is the effect of thought upon the mental body itself. This is in the nature of setting up a habit. Whenever a particular vibration occurs in the mental body, this creates a pattern and it is a little easier for it to happen again. A habit is formed in thinking, so that we will readily repeat the same thought.

There is also an effect produced by thought on the other vehicles of man. A disturbance in the desire body, an emotion of any kind, will set up undulations in the mental body and cause thoughts which will correspond to the emotion. Conversely, the movement in the mental body affects the desire body, if it

be of a type which can affect it, for certain types of thoughts readily provoke emotions. Thought patterns also affect the physical body, through influencing actions. Lofty and pure thoughts, untinged by selfishness, affect the higher mental level as well, for the habitual thoughts of the man build up qualities in the soul.

Furthermore, effects are produced outside the man by his thoughts, through the vibrations set in motion and the thoughtforms built. Impinging upon the general mental atmosphere, each thought affects others who may happen to be in the vicinity of the thinker. If the thought is purely intellectual and impersonal, as, for example, when the thinker is considering a philosophical question or solving a problem in mathematics, the wave sent out will affect only the mental matter. If the thought is of a spiritual nature, tinged with love and aspiration, it will impinge upon the higher mental matter. If, on the other hand, the thought has something of personal desire in it, it will expend most of its force in the Desire World.

The atmosphere around us is thus continually surging with vibrations of all kinds, poured into it by every individual. When consciousness vibrates, it affects the mind-stuff surrounding it, and every quiver of consciousness, though it be due only to a passing thought, draws into the mental body some particles of the mind-stuff vibrating in harmony with the original quiver of consciousness, and drives out inharmonious particles. The fineness or coarseness of the matter thus appropriated depends upon the quality of the vibrations set up by the Spirit. Pure and lofty thoughts are composed of rapid vibrations, and can affect only the rare and subtle

grades of mind-stuff. When such a thought causes the mental body to vibrate, particles of the coarser matter are driven out of the body, and their places are taken by particles of the finer grades, building better materials into the mental body. Similarly, base and evil thoughts draw into the mental body the coarser materials suitable for their expression, repelling and driving out the finer matter.

It follows as a necessary consequence that according to the kind of matter we have built into our mental bodies in the past will be our power of responding to the thoughts that now reach us from outside. If we would have mental bodies that are strong, well vitalized, active, and able to grasp the loftier thoughts presented to us, then we must steadily work at right thinking. We are our own builders and fashion our minds for ourselves. With regular and persistent exercise the thought power grows, comes under control, and then can be directed to definite ends.

When we allow our mind to remain idle, any passing thought can drift into it and impress it. To keep our minds usefully occupied is the first step toward its control. The daily exercise of concentration, observation, discrimination, reason, comparison, judgment, etc., is needed to maintain the health and vitality of the mind. A definite set of thoughts, prayers, inspiring poems, quotations from the Bible, or other inspirational lines should be memorized as a background to the mind's operation when there is no immediate need for its activity in our daily work or leisure. In this way we form the habit of utilizing our minds for good purposes, as it is necessary to maintain an attitude of constant watchfulness with regard to all that we entertain therein. One also needs to learn that the experiences of life can be transmuted into spiritual values by adopting the correct mental attitude toward them.

This change in the mind of the individual is no rare and exceptional thing. Indeed, there are many today who have had an experience which they have not understood, but which has permanently altered them in some degree. It may have made them dissatisfied with themselves, sent them seeking for deeper understanding, made them realize the futility of spending the whole of their lives in the pursuit of sensation, or material gain, of place and power. That is when the deep

study of spiritual philosophy as we find in the Rosicrucian Teachings offers them an avenue to understanding what they have to do. Indeed, at first there are many who fall into the trap of the groups that offer short cuts to all kinds of spiritual and psychic progress, little realizing that these lead nowhere except to ultimate confusion. The Fellowship Teachings, along with the results of personal experience and self examination, become highly illuminative and practical, for, properly understood, it becomes clear that, while the pivot of man's evolution is the mind, his self fulfillment and realization depend on obtaining a perfect balance of the head and the heart.

If a man has the courage required to open himself to new vision he will find that his personality changes and he gradually becomes transformed; and as he changes, so does he become an asset to the community—not from outer position or attainments, but because of what he is as a human being. This is a thing as truly exciting and valuable as a more spectacular act.

The practice of concentration is of especial importance for it greatly strengthens the mind, so that one can readily exercise control and selection in regard to the thoughts that come from the outside. In concentration, the consciousness is held to a single image. A fuller knowledge of any subject is obtained by focusing one's entire attention on it. At first the mind wanders; all kinds of other thoughts thrust themselves in, but this condition will be overcome by continuous practice.

The ability to concentrate can be used to effective purpose in strengthening the good in ourselves and others. The mind answers to that which is of like nature to itself. By habitual right thinking, concentration upon that which uplifts, we build into the very fabric of the mental body materials that are receptive of good, unreceptive of evil.

The training of the mind does not consist in cramming it with facts, but in drawing out its powers. To repeat: the mind grows by exercising its faculties of observation, concentration, discrimination, reason, comparison, and judgment. To quicken the evolution of these faculties we must deliberately and consciously use them. Only thus can we develop the tremendous power of thought and learn to use it wisely. □

—Ann Rehm

Mystic Light

New Age Patterns

OCCULT philosophy teaches that the chief object of evolution is the development of the individual—the unfoldment of the inner powers which every individual, as a differentiated cell in the great Body of God, possesses in potentiality. Experience, in all its various forms, here on this earth plane is the principal means of unfolding these latent faculties into dynamic powers, and it is therefore in keeping with our belief in Divine Wisdom and Justice that the trend of evolution should be such as to provide conditions in which the individual is offered the opportunities for full exercise of his freedom, initiative, and ingenuity in participating in all manner of activities. As he progresses, he develops the ability to learn by observation rather than by hard experience, and herein lies the value of history. We may, if we are intelligent, learn from past mistakes not to repeat the errors in judgment and action made by others.

As we look back in history, we can observe the gradual growth of the idea of the essential importance of the individual, and of the establishment of a regard for the freedom and welfare of the individualized Ego as the primary factor in government and civilization in general. One of the leading citizens of the world, and former President of the United Nations Assembly, Dr Herbert V Evatt, points out in his fine book, *The Task of Nations*, that “Democracy is based upon the

great principle of freedom of the individual.” He goes on to say that democracy arises “out of Christian teaching and tradition,” regarding “each individual as an end in himself,” and “society should be designed to give the fullest possible expression to the individual’s desires and needs.” Government in a democracy “is based on the freely expressed will of the people.” And, equally as important are the obligations this implies “on the part of the individual toward society.”

Truly, democracy does arise “out of Christian teaching and tradition,” for it was the coming of the Christ as the indwelling planetary Spirit of the earth that gave man the impulse to unfold the inner qualities of unselfishness and unity which would make it possible for him to establish and participate in a democratic way of living — a way of life destined ultimately to flower in Universal Brotherhood. Mr. Evatt states that “the political maturity of a democratic country” is indicated by the willingness of its citizens to “carry out their obligations to the rest of the community out of a sense of duty and an appreciation of the interdependence of all its members,” rather than “because they are forced by law to do so” and with that we fully agree. However, this is also the test of the Christianity of an individual, for the more Christian a person becomes, the more he recognizes the basic unity and interdependence of all humans, and the more he comes to respect the rights and opinions of others and to work with them cooperatively for the good of the whole.

David E. Lilienthal, former chairman of the U.S. Atomic Energy Commission and another outstanding citizen of the world, draws attention in his inspiring book, *This I Do Believe*, to the fact that:

“The basic source of the strength of American democracy does not lie in an ‘economic system.’ The well-springs of our vitality are not economic. They go deeper still; they are ethical and spiritual.” One of the finest chapters in Mr. Lilienthal’s book is entitled, *Wanted: New Patterns of Cooperative Effort*, and in it he points out that here in the United States “We believe in man. We believe in men not merely as production units, but as the children of God.” Furthermore, he says that it is our belief “that the purpose of our society is not primarily to assure the ‘safety of the State’ but to safeguard human dignity and the freedom of the individual. As a people, we have built upon a faith in the Spirit of man.” Then

Mr. Lilienthal continues with admirable insight: "We understand . . . that learning the art of getting along together is mankind's most difficult and by all odds its most important and rewarding task," and that an American uses "one of the most beautiful phrases in our language" "when he says to those with whom he has been in disagreement: 'That's not the way I see it, but I'll go along with you.'" From this attitude "of reasonableness and respect for the opinion of others" frequently comes "one of the finest fruits of thought: a composite judgment, the product of many minds."

Students of the Western Wisdom Teachings think of the United States of America as the seed ground for the coming New Race. It is the melting pot where from the blending of many nations will come a New Race, freed from the separative influence of the Race Spirits and living according to the Universal Pattern of the Christ. The basic design for our future way of life is indicated in Mr. Lilienthal's statement that "learning the art of getting along together is mankind's most difficult and by all odds its most important and rewarding task." It requires a certain amount of unselfishness for a person to be able to get along with other people, to cooperate with them in a spirit of give-and-take. The more unselfish we become, the more cooperative we become. Thus it appears obvious that cooperative endeavor coupled with individual responsibility is a New Age Pattern, and anyone who wishes to fit into Aquarian Age conditions and render service therein will be obliged to develop the ability to get along with other people.

It is no mere coincidence that the phrase "human relations" has become so prominent in our present day vocabulary, nor that we see in our modern educational system a definite trend toward teaching children to accomplish a common objective in group endeavor. Pupils these days are graded on their ability to get along with their associates and to work with them harmoniously, and by many progressive teachers this ability is considered much more important as a preparation for life than the mere storing up of information about this or that subject. The Christ came to inaugurate a regime of Universal Brotherhood among all mankind, and certainly this can never come about until we, in our own immediate spheres, learn to respect the rights and opinions of others and work with them for the common good. If we were not taught this at home or in school, or if we escaped learning it in the religious activities of our youth, then we

should be grateful that it is emphasized in the Western Wisdom Teachings, which are based upon the precepts of the Christ. He gave us specific directions for weaving the Universal Pattern in such admonitions as

"Resist not evil; love your enemies, bless them that curse you, and pray for them which despitefully use you; forgive and ye shall be forgiven; give and it shall be given unto you; seek and ye shall find; all things whatsoever ye would that men should do to you, do thou even so to them."

These patterns of conduct are based upon spiritual laws which operate even more surely than any law of the land, and as we weave them into the fabric of our innermost selves, we make ourselves channels for the world of the Higher Ones who guide our evolution. The Elder Brothers strengthen the good wherever they find it; the Brothers of the Rosicrucian Order work particularly through those in scientific and government work, and through those who have connected themselves with the Rosicrucian Fellowship, the preparatory school for the Rosicrucian Order. They never praise, never blame. We are left to decide for ourselves whether we will place ourselves and keep ourselves under their guidance by expressing in our daily lives the kindness, sympathy, tolerance, and cooperativeness which are basic teachings of the Rosicrucian Philosophy.

At present, we can only glimpse the full beauty and grandeur of the New Age Patterns, but the broader our vision, the more clearly can we see them. It is indeed a wonderful privilege to live during this time and to help to weave this particular part of the Great Tapestry of Life — to help to bring into actual manifestation the archetypes of Christ's Kingdom on earth. Max Heindel indicated the nature of our task when he said: "We are to learn the lesson of working for a common purpose, without leadership; each prompted alike by the Spirit of love from within to strive for the physical, moral, and spiritual uplift of all the world to the stature of Christ — the Lord and Light of the world." □

—A Probationer



Mystic Light

Faith, Loyalty, Faithfulness and Perseverance

THE Rosicrucian Fellowship as an organization depends on the units, and if we are to make spiritual progress, then the burden must be taken up by every one among us. We must become more *faithful*, more *earnest*, more *devoted* to the ideals that have been given by the Elder Brothers. We know that there are faithful workers in the Fellowship, but are you? It is not enough to simply study the teachings and meditate upon them; we must actually carry them into our lives and become shining lights in our community. We must live the life not only in the outside world but right in the home, so that other members of the family may see the light and be brought in. We know that many do this, but there are others who are lukewarm, who still stand on the threshold and do not want to take the yoke. Now the yoke must be borne, no matter if the neck becomes calloused in the effort; in fact, every callous is an additional factor in building the soul body, the glorious wedding garment in which alone we can meet the Lord when He appears."¹

"This is a large undertaking, none greater and even under the most favorable existing conditions progress must be slow, but if the aspirant will continue with patient *perseverance in well doing*, it can be done."²

"It is not the words we speak in moments of prayer that count, but it is the life that leads up to the prayer.

"There is only one way to show our faith, and that is by our works."³

"Therefore, a *patient continuance in the performance of all our earthly duties* to the very best of our ability is the first and most essential qualification of the aspirant."⁴

"Trained, skilled, and devoted workers are sought in our earthly enterprises. In the heavenly Kingdom loyalty and devotion also are prime factors."⁵

"All the misery in the world may be accounted for by the fact that if we believe in the Bible at all, we believe with our head and not with our heart.

"But when the majority get the *living faith* of the Christian Mystic which laughs at reason because it is *heart-felt*, then the Age of Alternation will be past, the rainbow will fall with the clouds and the air which now composes the atmosphere, and there will be a new heaven of pure ether, where we shall receive the Baptism of Spirit and 'there shall be peace' (Jerusalem)."⁶

"Blessed is the man that endureth temptation: for when he is tried, he shall receive the crown of life, which the Lord hath promised to them that love him."⁷

"And he shall be like a tree planted by the rivers of water, that bringeth forth his fruit in his season; his leaf also shall not wither; and whatsoever he doeth shall prosper."⁸ □

—compiled by *Christopher Gendre*

1. *Letters to Students*, Max Heindel, no. 50, pp. 123-124.
2. *Gleanings of a Mystic*, Max Heindel, p. 182.
3. *Teachings of an Initiate*, Max Heindel, page 31.
4. *The Rosicrucian Philosophy in Questions and Answers, Vol. 1*, Max Heindel, p. 271.
5. *Letters to Students*, Max Heindel, no. 52, p. 128.
6. *Ancient and Modern Initiation*, Max Heindel, pp. 86-87.
7. James 1:12.
8. Psalm 1:3.

Mystic Light

A Touch of Beauty

WITH what ruthless fingers we pluck to pieces the fragile fabrics given us with which to clothe the object of our care that they may present a beautiful exterior to the eyes of all! Why do we so distort and crush the possibilities which lie in all the common things of life, when we might with so little effort transform them into objects of grace and luminosity?

A glass of water is but a trifle. Every day we give or receive it. Do we, then, grace it with a word of appreciation? Surely, a peach or a cluster of grapes is worthy of a passing comment upon its modest contribution to our happiness! Were we to consider each flower with its delicate petals tinted to please our eye and its perfume distilled for our enjoyment as a special gift to all of us from the One who first brought beauty into being, then would we touch it with reverent fingers and breathe its fragrance with a loving response to its message from the higher realms of thought and feeling. Thus it would fulfill its mission nor live its transient life in vain.

Were the sun to set each night in sullen, dull performance of its task, where then would be the glory of the sunset hour and who would thrill with anticipation of a like majestic ending to life's long struggle with conflicting ideals and objectives?

Down the long corridors of

Time there marches in stately array an endless procession of events destined to test and prove the skill of our creative genius. Unto each we lend some touch of dignity or the reverse. . . of poetry or prosaic dullness. . . of harmony or discord. . . of brightness or drab monotony. . . of music and the song of sweet content or the somber drumbeat of a funeral march.

And so, these circumstances pass us by, continuing their unending march into the realm of Things-which-might-have-been. Once past they are forever gone from out the reach of our influence for beauty or for ugliness.

"Oh, have a care you are not filled with keen remorse as in the future years once more is passed in swift review the long procession of circumstances presented to you in this life to bear the imprint of your spirit's touch upon their sensitive surface. For this is true, whether you wish it to be so or not.

Each day you are as a master set before a canvas whereon is sketched the dim outline of certain objects which compass that day's assignment of creative skill. Choose carefully the colors that you employ to tint the background and to overlay the deeper tones of the shadows, or the bright translucent colors of the flaming sky or some choice bit of scenery that glitters in the foreground with dramatic effect. Consider well the purpose of each stroke of your brush; upon its skill or blundering depends the outcome of your day's endeavor.

Without resort to such imaginary symbols of our daily tasks, the truth is plain. We have a span of time in which to prove whether we are able to convert the humdrum details of our daily life into a shining sequence of events brightened and beautified by the studied artistry of our transforming touch.

No circumstance is so devoid of opportunity that we can afford to let it slip beyond our reach without a single ray of sunlight cast athwart its dreariness. Whether by smile or kindly word or the warm clasp of our hand in sympathy. . . whether by gift of needed food or raiment or by the simple overflow of our abundant store of faith and hope. . . Let us acquaint ourselves with every artful device for changing life's unlovely scenes to glowing vistas of beauty and of joy. So shall we be adjudged masters in the art of living. . . for Life is Beauty, if you make it so! □

—Anonymous

Mystic Light

On Being Resourceful

SINCE we are Gods-in-the-making, possessing in potentiality all the powers of our Creator, every facet of the Spirit has to be developed until “perfection” is reached. It is stated in the *Cosmo-Conception* that, “The purpose of evolution is to make them (the Virgin Spirits) fully conscious and able to master the matter of all the Worlds. . . .”

We can attain such perfection and full consciousness only if we learn to meet each circumstance and crisis confronting us with the determination and ability to master it. In order to achieve eventual God-hood, we must first develop resourcefulness so well that, no matter what in the way of the unexpected or even calamitous occurs, we will not let it get the better of us, but, instead, turn it to good advantage both for ourselves and, more important, for others.

Often enough in daily life we are likely to be faced with situations which, if we let them, could leave us discouraged, confused, overwhelmed, or defeated. The easiest way of dealing with such situations often seems to be that of passivity — shrug our shoulders, say “what’s the use,” and give up and do nothing, spend our time being dejected and frustrated, or attempt nothing because, thinking that we are alone, we feel that we do not have the strength or ability to change the situation.

Why are many people so prone to pursue this defeatist line of thought? They so readily forget Epigenesis — if they ever considered it — and it does not seem to occur to them that, no matter how overwhelmingly crushing a situation may appear, it lies within their power often to alter it, and always to make the best of it in a positive way. The lower can be overcome with the higher, evil can be transformed with good, and “what is” is not always as important as “what will be.”

We should not lose sight of the fact that we are instruments of change and we can affect circumstances for good or ill as much as we can be affected by them. If we sit around passively lamenting our fate, or even accepting undesirable circumstances as being unavoidable because they result from “God’s will” or “destiny” we will be overwhelmed and crushed by unfavorable events which we often could, with surprising

ease, turn to our advantage. And eventually we will find that the more experience we have in doing this very thing, the simpler it will become to deal with “destiny” and the fewer confrontations will be “overwhelming.”

We are destined after many Millenia to become divine creative intelligences, but how do we expect ever to make even infinitesimal progress in that direction if we do not begin to “use our heads?” Situations that appear to confound or crush us should be regarded as challenges. Resourcefulness and the power of Epigenesis will not develop if not exercised, and there is no better exercise ground for them than those very “unchangeable” circumstances which threaten to upset our peace of mind, our plans, and even our very lives.

Not that we will be free from mistakes when we attempt to be resourceful — we will not. But we learn from mistakes, often more than when our plans and projects go smoothly. And not that we will always be able to alter a given situation to our liking — again, we will not. Ripe destiny cannot be disregarded, and there are certain lessons and experiences due us because of our past actions which are unavoidable. Yet the knowledge that this is so is not an excuse to stop trying. To begin with, we do

not know

in advance which experiences must be undergone, and the very act of trying to change something that is repugnant or a hindrance to us may be the very experience from which it is intended that we benefit. There is no need to fear, or rationalize, that by attempting to counter an existing circumstance we are flying in the face of fate, or, conversely, that there is no point in trying to alter an unpleasant situation because we are destined to be confounded with it and reap the consequences. We can be very sure that the Higher Beings helping us on our evolutionary path will see to it that those experiences which must be "inevitable" will remain inevitable no matter how we endeavor to escape. As for the rest, the circumstances of our lives are ours to alter, modify, and dispose of, hopefully for our own good and that of our fellow men.

We owe resourcefulness to others as to ourselves. Circumstances and situations which overwhelm us — even those which seem personal and individualized, tailored for us alone — are not much different in essence from those affecting others. Whatever we accomplish in the way of alleviating our own burdens and redirecting adverse events into favorable channels can naturally act as a precedent. Someone else can emulate it, in similar or modified form, to his own advantage. With emulation, repetition, and refinement, a good, workable formula or plan of action can in time become perfected, enlarged upon, and a useful tool for many. No progress, great or small, has ever taken place without resourcefulness and the initiative to do something. Where would we be today if inventors, statesmen, professional men, and even the "ordinary people" of the past had shrugged their shoulders and submitted passively to adversity or to the afflictions of "fate."

It is true that history is full of examples of catastrophes which occurred as a result of misdirected "resourcefulness" or schemes that were brought to fruition without being properly thought through. But again, we learn from mistakes — and the fact that initiative and resourcefulness do at times bring unwanted results argues, not against practicing them at all, but for practicing them with prudence and care. Sometimes it does seem that we are confronted with situations so alarming or objectionable that the desire to do anything, regardless of consequences, to alter them — change for the sake of change — is strong. And sometimes, certainly, it is even necessary to act in haste and employ a stop-gap measure or one of temporary alleviation. But it is just as important to think through a pending change and administer it cautiously as it is to administer it at all. All progress is change, but all change certainly is not progress.

Thus it becomes evident that, to be effective, resourcefulness presupposes certain other qualities without which the

mere desire to "do something" is of little value. Thoughtfulness — the ability to think a planned step through in all its possible ramifications and results is one. Education, particularly in this age of constant change, cataclysmic encounters, and rapid communication and transportation, is another. One cannot easily deal with a situation of any sort if unaware of its origin, context, strength, weakness, and, when applicable, technological or scientific background. How much more profitable, of course, to know and understand what has come before, how similar previous situations and crises have been dealt with, and what successful and unsuccessful methods have been employed, and deduce from this background what is likely to work and not work in the present case. Education in this context, of course, refers not merely to the primary and secondary formal training given to children and young people, but to a continuing process of keeping informed, of studying, and of reading throughout our adult lives.

Awareness goes hand in hand with education as a third quality needed if we are to be successfully resourceful. If we are aware of what is going on, and what is likely to happen, "circumstances" are not so apt to take us by surprise or find us unprepared, and we can work ahead of time to stave off or ease undesirable situations, employing prevention rather than cure.

A fourth quality necessary to successful resourcefulness is that of compassion — that truly spiritual state of mind and emotion without which progress which is to be of ultimate human benefit cannot take place. It is of course easily possible to be resourceful without being compassionate, but whatever reforms, changes, inventions, or other phenomena may be introduced, they can

only be accidentally beneficial to mankind, if at all, if those who have brought them about have not been motivated at least to a degree by compassionate considerations. The intensity of our feeling for our fellow men, our brotherly love for them, and our ability to put ourselves in their places and understand why and how they react to various stimuli and events, will determine the skill and success of our effort to be resourceful in the face of difficulties. The more we feel for them and the more we are concerned with their welfare, the harder we will try — much harder, we will eventually discover, than when we were endeavoring to be resourceful only for our own personal and selfish ends.

In addition, in our endeavors to be creative and resourceful, we should remain aware of the importance of information available to us from the study of astrology. As every Rosicrucian Fellowship student knows, of course, the more spiritually advanced an individual is, the more he is able to “rule his stars.” The majority of mankind, however, are still very strongly influenced by the configurations of the planets, and those of us who endeavor to work with and help them, or who try to modify existing conditions and institute new ones for their benefit, would do well to be guided by astrological considerations. This does not mean, as some “fanatic” astrologers are wont to do, to consult the chart for every minor step in the day’s activities. But in the implementation of major projects and changes, and in the solution of particularly difficult problems, a knowledge of astrology — of which aspects will be helpful and which will hinder— is important to the type of project envisioned and to the timing and methods used.

Finally, and most important, is the value of prayer as an aid to our own resourcefulness. We must remember that we are not alone, no matter how isolated we may feel, and whatever we think we are accomplishing by ourselves can be augmented many times over by the spiritual assistance which will be ours if we only ask for it. No matter how dismal or hopeless a situation may appear, sincere requests for divine guidance in the solution of the problem will bring help — often in unexpected ways — and we will suddenly find ourselves far more resourceful and creative in that “hopeless” situation than we could ever have imagined. If we are sincerely in-

terested in using resourcefulness to good purpose and in instituting beneficial changes and reform, we can also accomplish much in the way of solving our problems when out of the physical body at night. Frequently when we think over a problem before going to sleep and ask that we may have help in solving it, we will awaken in the morning to find that a solution has presented itself, and a method or step which has eluded us in the past will suddenly appear clearly and logically.

Let us, then, strive to improve our ability to dominate circumstances rather than letting them dominate us. Let us be continually on the alert to better conditions facing us and our fellow men. Let us, with persistence and practice, endeavor to develop our powers of resourcefulness so well that nothing which comes our way can deter or defeat us even momentarily on our evolutionary journey “onward and upward.” □

— Christine Lindeman

Time

There's no sin that can't be forgiven
 There's no bad habit that cannot be stayed
 There's no wound that cannot be healed
 There's no debt that cannot be paid
 . . . given time.
 There's no skill that can't be developed
 There's no problem that cannot be solved
 There's no job that can't be accomplished
 There's no ability that can't be evolved
 . . . given time.
 There's no journey too far to travel
 There's no chasm too wide to breach
 There's no mountain that cannot be scaled
 There's no goal that cannot be reached
 . . . given time.
 There's no power that cannot be 'woken
 There's no light that cannot be lit
 There's no fire that cannot be kindled
 There's absolutely not any limit
 . . . given time.
 The spirit lives eternally.
 It has the time it needs
 To grow to be strong and beautiful
 If we but plant and water the seeds.

—Elsa Glover

Mystic Light

Drop Excess Baggage

THERE is no doubt that life is interesting. There is also no doubt that at any given moment while experiencing it, we may say to ourselves, "If I had my choice, I'd rather not have that experience." Of course, we *DID* have our choice: major events were chosen before birth; minor events were chosen by our responses to experiences along the way. Everything we do (or don't do) involves a choice.

There are times when we feel over-burdened, when we feel we just cannot assume an additional load. Let us take stock. On a piece of paper, write down (for your eyes only) all of the many burdens you have. It may be, as you write, you discover there are not as many as you had thought. Look at your list. Ask yourself if you should really be concerned about each one: is it really any of your business? Do you really feel highly involved in the situation? Perhaps what seemed so overwhelming was not the *NUMBER* so much as the *INTENSITY* of involvement in some of them.

Analyze those burdens you recorded. Who do they involve? Are they attempts to help someone else? Can you actually do anything to help that person? Is your felt

"burden" really a sense of frustration because that person does not bow to your will? And does that person, in fact, want any assistance? Does he really need any help? Are you involved merely because, if you were he, you would have made different choices? In actuality, were you really him, with his background, experiences, etc., you possibly would have done exactly as he did, or didn't do.

In many situations, the extent of our involvement perhaps should be to be just a good listener. Maybe we could contribute a suggestion or two that might give the other person some insight into the situation or an idea or path toward the solution that had not occurred to him. But rather than jumping into the fray with both feet to join in his battle (or to do battle with him), perhaps a better choice would be to back off — unless you feel so strongly on the issue that it is something you choose to make a part of your life experience also, not to mention a part of your own future destiny.

An area that requires more thought, however, involves parents and their grown children, as adversaries or one aiding the other. The depth of the involvement may depend upon whether one is dependent upon the other, either economically or because of physical handicap or deterioration. In these latter situations, the dominant one will have to make tough decisions and stick by them. (Destiny has already brought them together; this is merely a continuation of working out that ripe destiny.) But there are other times when a simple suggestion is all that is appropriate. After that, you have no burden, only concern. Step back and let the person do as he wishes, even though you see him making mistakes. They are his mistakes, his lessons, and he needs to learn them. We are here in this School of Life to learn from our mistakes as well as from our successes.

When you have done all that you legitimately can do, then it is time to. . . Let go. Let God. □

— A Probationer

Max Heindel's Message

Acquiring Soul Growth

THE scientific method of soul unfoldment advocated by the Elder Brothers of the Rosicrucian Order is always bound to benefit everyone who practices it and can never under any circumstances cause any harm to anyone.

The method of soul growth as accomplished by the process of evolution requires action in the physical life, followed in the post-mortem state by a ruminative process, during which the lessons of life are extracted and thoroughly incorporated into the consciousness of the Ego.

If we endeavor intelligently when considering the problems of life, exemplified in the actions of those about us as well as our own actions, to seek out the principle of Epigenesis and watch its operation, we shall find opportunities for initiative action opening up before us to an extent we have never before believed possible.

There remains only one safe method for us. . . to stay in the din of the battle-field of the world, endeavoring to wrest from even the most unpromising conditions the material of soul growth by unselfish service, and at the same time to build within our own inner selves a sanctuary filled with that silent music which sounds ever in the serving soul as a source of upliftment above all the vicissitudes of earthly existence.

Soul power comes from within, by patient persistence in well-doing.

As all spiritual development depends upon the blood, the maximum effort to attain soul growth cannot be made when any part of the body is in tension.

It is necessary to soul growth that temptations come in order to bring out our weak points.

When we realize that success does not consist in the accumulation of wealth but in soul growth, it will be evident that continence is an important factor in the attainment of success in life.

There is no state more hampering to soul growth than constant fear and worry.

It is important to our own soul growth that we should feel and express our gratitude for favors shown us, for thus we lay the foundation for the receipt of new favors both in this and

future lives.

As the evolution of our soul powers and the faculty of traveling in our finer vehicles depends upon the cleavage between the lower ethers and the soul body, it is evident that we frustrate the object we have in view and retard development by indulgence of the lower nature.

Evolution involves soul growth and must be accomplished by the individual efforts of the Spirit in man, the Ego. At the end of evolution it will possess soul power as the fruitage of its pilgrimage through matter. It will be a Creative Intelligence. □

Consecration

I am choosing God today. . . Today, I will be true to God. Today, I will vision His perfection. I will use constructively the power of my word. Today, I will let my every thought and feeling carry a blessing. Today, I will discount all my troubles and every adversity. God rules my entire world and nothing unlike Him can stand against Him. Today, I will be cheerful, generous, tolerant, patient, and kind. God is my constant companion. My sense of gratitude flows out and fills my whole world. Today, realizing I am God's child, I will give thanks.

—*Jacquelyn Reneé Plants*

Studies in the Cosmo-Conception

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

How Humanity Is Led Unconsciously

Question: What was the aim of the race religions ?

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

Question: How did this differ from the later religion, the Religion of the Christ?

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

Question: What will be the objective of the future religion ?

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

Question: When will this Religion of the Father come to pass?

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

Question: How can this be and individuality still be preserved ?

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

its individual existence.

Question: What evidence is discernible that humanity is being led through the stages above mentioned?

Answer: In past ages, the Race Spirit reigned alone. Man was content with a patriarchal and paternal government in which he had no part. Now all over the world we see signs of the breaking down of the old system. The caste system, which was the stronghold of England in India, is crumbling. Instead of being separated into small groups, the people are uniting in the demand that the oppressor shall depart and leave them to live in freedom under a government of, by, and for the people. The same is true of other countries.

Question: Is this a definite trend toward the Religion of Christ?

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

Question: How does this guided evolution of humanity relate to the individual?

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

Reference: *Cosmo-Conception*, 435-437.

Western Wisdom Bible Study

The Keys to the Kingdom of Heaven

And Jesus answered and said unto him, Blessed art thou! Simon Barjona: for flesh and blood hath not revealed it unto thee, but my Father which is in heaven.

And I say unto thee That thou art Peter, and upon this rock I will build my church; and the gates of hell shall not prevail against it.

And I will give unto thee the keys of the kingdom of heaven: and whatsoever thou shalt bind on earth shall be bound in heaven: and whatsoever thou shalt loose on earth shall be loosed in heaven. (Matt. 16:17-19.)

In order to understand exactly what Christ Jesus meant by giving Peter the keys to the kingdom of heaven, it is first necessary to gain a logical idea of the meaning of the term "kingdom of heaven." Instead of thinking of heaven as a place to which we will go for eternal rest after being loosed from "the mortal coil," let us follow the Scriptures and think of it as a state of consciousness. "The kingdom of heaven is within you," we are told, and we may take this literally and apply it scientifically in our daily lives to unfold the spiritual power within which enables us to contact and function on higher planes.

There are seven planes of being in our universe, and to enter and function consciously on these planes we must have the spiritual keys to them. It was to such keys that Christ Jesus referred, and Max Heindel tells us that actually these are "musical keys" or incantations such as are used in all occult orders and for all occult purposes. The modern Masons have something similar, for they furnish the lodge differently for each degree. They use different passwords and

different grips, so that a Mason, though he may be initiated in some degrees, is as effectively barred from all others as a stranger, because he has not the 'keys' that unlock the doors. In occult orders, like the Rosicrucians, the keynote of the incantation intoned at each degree is of a different vibratory measure from the keynote of all the other degrees, and one who has not the key and is unable to attune himself to it is halted as it were by an invisible wall of vibration which surrounds the Temple.

"There is a different vibration in the ether of the lower desire world, surrounding the earth, which constitutes hell, from that which prevails in the part of our atmosphere which constitutes the upper desire world and the region of Concrete Thought. This rate of vibration again differs from the pitch of the states of matter which are inside the earth, in each of the nine subterranean strata. Therefore, each of these divisions of the invisible world also requires a different keynote, which is gradually taught to Initiates as they progress upward on the path toward Adeptship, and it was the 'key'-note to one or more of these various realms that was given to Peter and others by Christ, Who was the Initiator in their case.

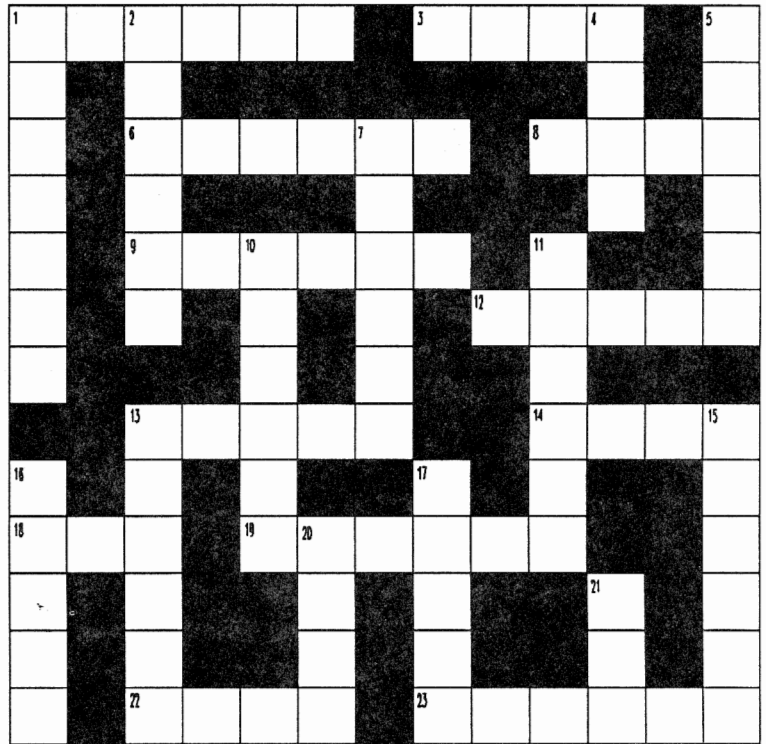
"The same 'keys' are now given to His followers by His successors who initiate worthy ones into the mysteries that they may serve their fellow men better in a larger sphere of endeavor. Thus music has a greater mission than simply to provide enjoyment for us; in fact, the harmony of the spheres is the basis of all evolution. Without that there could be no progress, and when once our ears have become attuned to that, we have the 'Key' to all advancement." □

CROSSWORD PUZZLE: CHRIST'S WORDS FROM JOHN

All the words in this crossword puzzle come from the words of Christ in the gospel of *John* — King James Version.

Put the missing words in <brackets> into the puzzle. (Answers on page 312.)

1. There cometh a woman of <1 down> to draw water: Jesus saith unto her, Give me to drink.
2. He was a burning and a shining light: and ye were willing for a <1 across> to rejoice in his light.
3. And he saith unto him, Verily, verily, I say unto you, Hereafter ye shall see heaven open, and the <2 down> of God ascending and descending upon the Son of man.
4. And shall come forth; they that have done good, unto the resurrection of life; and they that have <3 across> evil, unto the resurrection of damnation.
5. And the servant abideth not in the house for <4 down>: but the Son abideth ever.
6. What and if ye shall see the Son of man ascend up where he was <5 down>?
7. Then Jesus said unto them, Verily, verily, I say unto you, Moses gave you not that bread from heaven; but my Father <6 across> you the true bread from heaven.
8. But as my Father hath <7 down> me, I speak these things.
9. And now, O Father, glorify thou me with thine own <8 across> with the glory which I had with thee before the world was.
10. <9 across> not for the meat which perisheth, but for that meat which endureth unto everlasting life, which the Son of man shall give unto you: for him hath God the Father sealed.
11. <10 down>, the hour cometh, yea, is now come, that ye shall be scattered, every man to his own, and shall leave me alone: and yet I am not alone, because the Father is with me.
12. Of judgment, because the prince of this world is <11 down>.
13. And if any man hear my words, and believe not, I <12 across> him not: for I came not to judge the world, but to save the world.
14. And he that was dead came forth, bound hand and foot with graveclothes: and his face was bound <13 across> with a napkin. Jesus saith unto them, Loose him, and let him go.
15. But now I go my way to him that sent me; and none of you <13 down> me, Whither goest thou?
16. Jesus answered and said unto her, If thou knewest the <14 across> of God, and who it is that saith to thee, Give me to drink.
17. Jesus answered him, Wilt thou lay down thy life for my sake? Verily, verily, I say unto thee, The cock shall not crow, till thou hast <19 across> me <15 down>.
18. No man can come to me, except the Father which hath sent me draw him: and I will <16 down> him up at the last day.
19. But if a man walk in the <17 down>, he stumbleth, because there is no light in him.
20. At that day ye shall <18 across> in my name: and I say not unto you, that I will pray the Father for you.
21. For every one that doeth <20 down> hateth the light, neither cometh to the light, lest his deeds should be reproved.
22. Then said Jesus unto Peter, Put up thy sword into the sheath: the <21 down> which my Father hath given me, shall I not drink it?
23. I speak not of you all: I know whom I have chosen: but that the scripture may be fulfilled, He that eateth bread with me hath lifted up his <22 across> against me.
24. Afterward Jesus findeth him in the <23 across>, and said unto him, Behold, thou art made whole: sin no more, lest a worse thing come unto thee.



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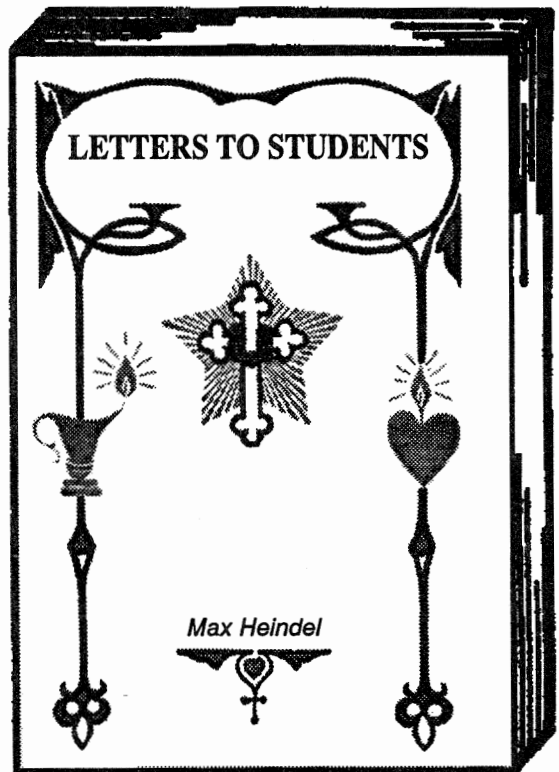
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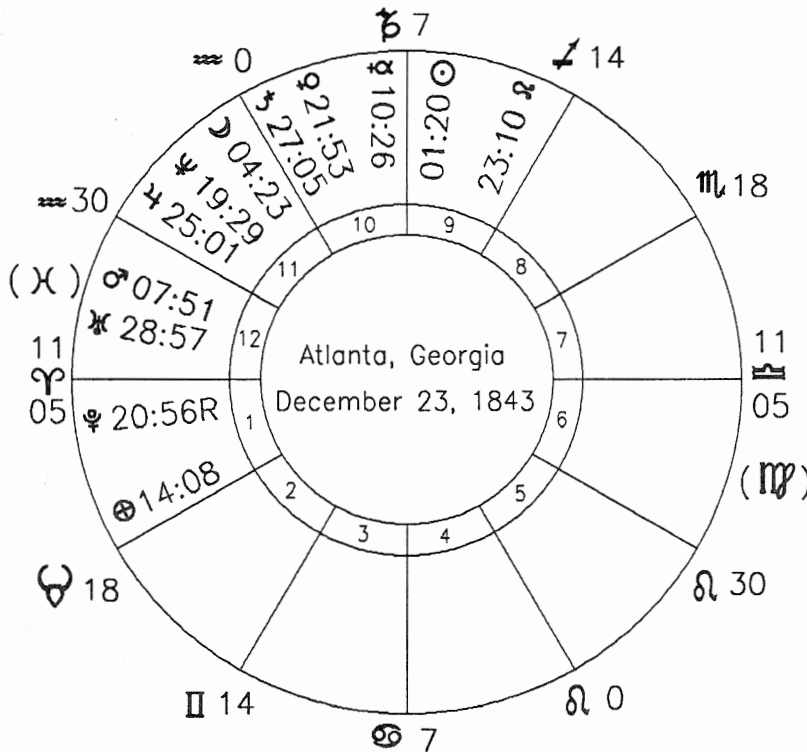


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ASTROLOGY

Atlanta At 150—"A City Too Busy To Hate"



I REMEMBER the strife-torn 60s, when unrest unsettled America's urban areas? Not Atlanta! Its slogan, "A city too busy to hate," was more than mere words. Despite challenges like all other metropolises,¹ it remained a tower of tranquility. At one time the Savior lamented over Jerusalem, "If you only knew today what is needed for peace!"² Atlanta seemed to; its chart shows why.

It is dominated by a big Capricorn cluster, in the 10th house of government. This is preeminently a configuration of structure, something that makes for peace and harmony.

In 1884-85 there convened the Berlin Conference on Colonies, whose purpose was to persuade the major powers of the day to reveal what parts of Africa they were in the process of penetrating, so that no other nations would move in and produce a clash. This is not mentioned here to in any way endorse colonialism, but rather as example of the widespread recognition of the role of structure in preventing instability. Countless wars have been fought because of border disputes;

it was not clear exactly where the line was; there was a lack of visible structure. It's been truly said that fences (a structure) make for good neighbors — hence peace.

Of course structure can become too stiff and unbending. Structure is not only ineffective if too weak; also if too strong, or rigid. That would fly in the face of Life's great law of change: the one unchanging thing is continuous change. The late President Kennedy said that a government that rejects evolutionary change (too rigid) will inevitably be confronted by revolutionary change — never peaceful.

The call for change is seen in Atlanta's chart. The Capricorn stellium is squared, "unchallenged" by Pluto of regeneration, natural and here also actual ruler of the 8th house, also conferred therewith. It is extremely powerful not merely because it is closest the Ascendant, but also because it is the scout planet³ as well as trailing planet.⁴

Atlanta's ability to respond to this challenge is shown by its cutting planet,⁵ the Sun, in a cardinal sign and conjunct a critical degree; it can take the initiative. Capricorn, let it be noted, is also the sign of control. It is by instigating the necessary change, adaptability (said to be life's great security), that a structure like city government is able to maintain control.

How to sense when begin working for change? By *prescient intuition*. Neptune bestows this.⁶ Here, Neptune influences the Moon and Jupiter since all three are in the same sign of Aquarius. All the more because Neptune is exalted in the Moon's sign, Cancer, and share with Jupiter the natural rulership of the intuitive 12th house. By mutual reception with Uranus, Neptune enters also that same sector, finds itself in intuitive Pisces, widely conjunct and midpoint between Mars and Uranus, influencing them as well as the Capricorn cluster by sextile as also the Part of Fortune; it can be said to "touch all bases;" high voltage prescient intuition is pouring into Atlanta's chart!

Modern Italy's architect, Count Cavour, spoke of statesmen needing to know the direction of events for the next 50 years. His contemporary, England's Christian four-time prime minister, W. E. Gladstone, said it was necessary to know what God would do the next 50 years! This ability is not derived from studying political science or history; it takes prescient intuition!

Atlanta's natus is also enriched by the fact of being a bundle — all planets in a few adjacent signs and thus within 120 degrees; here it is also within the quadrant of thought. That enables it to go a long way on relatively little. There is also the encouraging message of the Part of Spirit, which reveals the deepest ethos: "The capacity of man to throw himself fully into any type of activity. Self -quickenings."⁷

Atlanta, official capital of Georgia and unofficially of the entire South, learned the above in the school of adversity; it has suffered like perhaps no other metropolis in America.⁸ Just before its 21st birthday, in the fall of 1864 and during the (at times not very) "Civil War," a furious foe set it aflame. True, Washington and Chicago burned in 1814 and 1871 respectively and San Francisco was levelled by an earthquake in 1906, but in each of these instances the supporting surrounding area was largely spared. Not so with Atlanta. Its entire hinterland, a swath 50 by 300 miles, between it and Savannah, was plundered and deliberately devastated for the express purpose of infuriating its people and make them regret they had entered the war.

During Atlanta's awful autumn, sorrowful Saturn transited opposite its Pluto; fiery, unpredictable Uranus between its I.C. of foundations

and Dragon's Tail of karma; Neptune, natural and here also actual ruler of the 12th house of ripe destiny, over its Ascendant; no-holds-barred, intense Pluto over its Part of Fortune astride the 2nd house of material resources. That "terrible swift sword" mentioned in "The Battle Hymn of the Republic" that Atlanta's adversaries sang about had struck the city on the Chattahoochee like none other.

It so happens that a world famous figure, Europe's Carmen Sylva, had a chart very much like that of the Gem of Georgia. Born six days after Atlanta's inception, she had the same signs on the Ascendant and M.C. and all planets in the same signs with the exception of the Moon, which had moved forward to Aries. Her early life too had not been easy; later she became a dedicated patron of culture and the arts, even as is Atlanta in addition to its burgeoning trade, industry, educational institutions, etc. And concerning her life; the "Dean of American Astrologers" has written that "she worked out from the intensified center of her self-concern" till she was "ultimately touching the whole world."⁹

The Pride of the Peach State also will be "ultimately touching the whole world." In 1996 it will host the Summer Olympics, for which it has long been eagerly preparing. Sports come under the 5th house; Atlanta has on its cusp enthusiastic Leo; the exact degree: "Irresistible outpouring of self."¹⁰ At that time Jupiter of rewards, honors, recognition will pass over its dominant cluster on top. Saturn — "Thou shalt fulfill" — will join Pluto in the 1st house: when one is truly striving for top potential, "thou shalt fulfill" means "fulfillment."

Uranus will find itself over the Moon of people, in its own sign of Aquarius; surely an event based on peaceful, world-wide competition is Aquarian. Neptune of glamor will transit the chart's roof along with Jupiter: where talented, vibrant, youthful, beautiful, handsome and disciplined performers are giving of their best — a glamor transcending much that goes by that name cannot be absent.

A "glamor transcending"? How? The city once torched in war will now receive the Olympic torch of peace; the torch of triumph will replace that of terror. Phoenix-like,¹¹ Atlanta has risen from ashes; "beauty for ashes."¹² When the night is especially dark, more glorious the day

break. Transcending so. □

—A Probationer

1. "Each city contains the seeds of its own destruction because the more attractive it becomes, the more it will attract immigrants.

Inside every First World city is a Third World city." *Time*, January 11, 1993, pp. 34, 35.

2. Luke 19:42, *Good News Bible*.
3. The first planet to pass over the Sun in a counterclockwise direction. *Predictive Astrology*, Sakoian and Asher, chapter 9.
4. Facing the biggest area without planets in a counterclockwise direction. Sakoian and Asher, chapter 10.
5. The planet facing the biggest space without planets in a clockwise direction. *Ibid*.
6. *A to Z Horoscope Maker and Delineator*, Llewellyn Goerge, p. 562; *The Compleat Astrologer*, Parker and Parker, p. 128.
7. *Astrology of Personality*, Dane Rudhyar, p. 376.
8. Persons born under Capricorn or with Saturn

strong in their chart usually encounter more than the Bible. As "an inspired Manual of Life that has no equal."⁵ there is no basic issue on which it does not shed light. Ancient Sodom was destroyed because of homosexuality; several passages are unmistakably against the practice.⁶ "God made Adam and Eve, not Adam and their share of opportunities to learn life's lessons. Some of the best examples from America's past: Robert E. Lee, Martin Luther King, Presidents Wilson and Nixon.

9. *The Guide to Horoscope Interpretation*, Mare Edmund Jones, p. 36.
10. *Dane Rudhyar*, op. cit., p. 355.
11. The phoenix bird has been used as symbolic of Pluto.
12. *Isaiah* 61:3.



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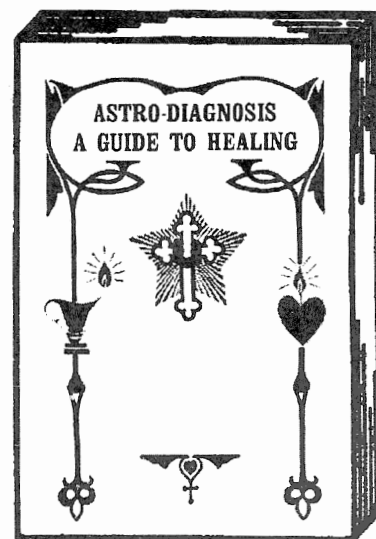
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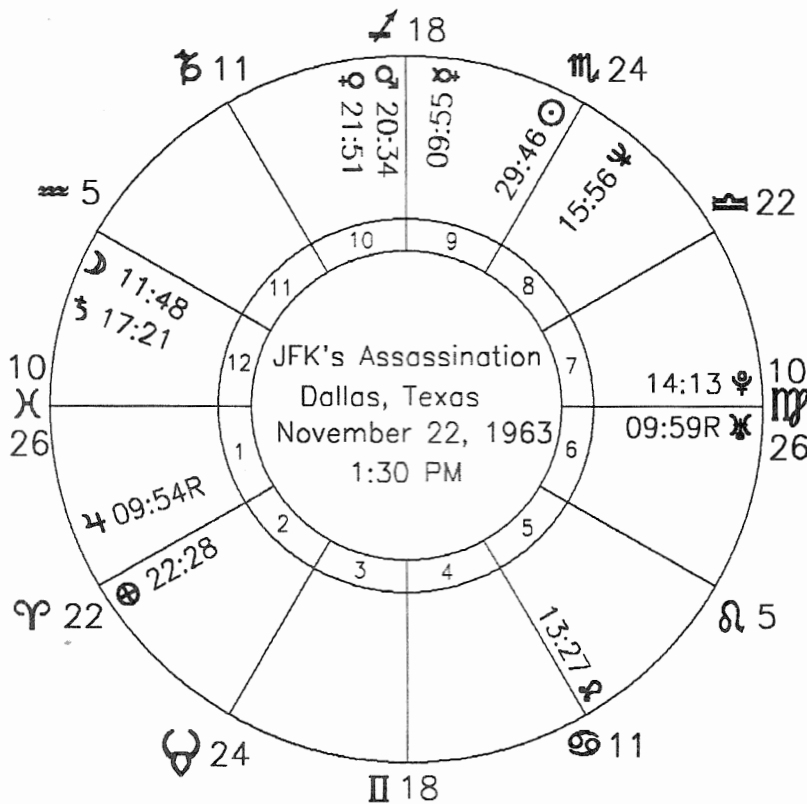
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(Order on page 320)

Astrology

Astrology Solves Mysteries



Four American Presidents have been felled by assassins' attacks. Three of those events, the slaying of Lincoln, Garfield, and McKinley, are "closed books": murderer and motive are known. Not so in the death of JFK. There has been an ongoing outpouring of articles and books as to the role of Lee Harvey Oswald. Was he a loner, or were others involved?

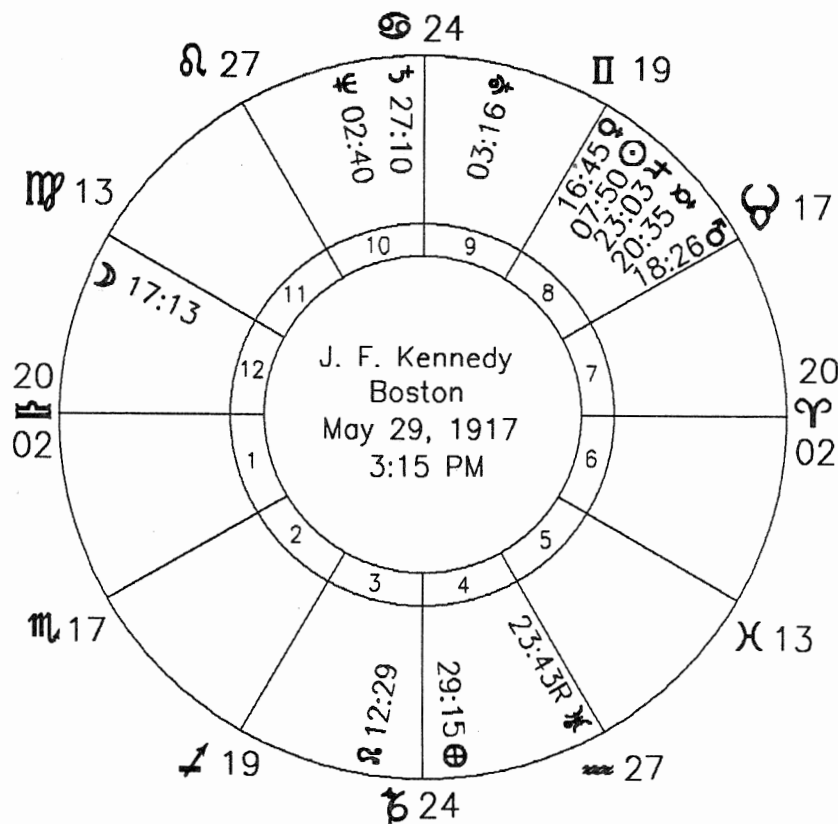
An event chart for Dallas, 1:30 P.M. CST, November 22, 1963, sheds light on the question. By way of confirming astrology's accuracy, we note that Jupiter in the 1st house correctly indicates the event was in some way connected with a ceremony — a Presidential motorcade. Mars in an angular house indicates violence in a public place. The Sun in the last degree of a sign informs us the event was fateful, unfortunate.

The Moon of activity in the 12th house of "drawn shades" points to the mysterious nature of the event.

But of course the paramount question is, Was the assassination simply the result of Oswald's animus and acumen, or were others embroiled? The rule: "If they (the lights) aspect both Saturn and Neptune or one of the two and also the ruler of the 12th, then it is a plot."¹ Here, the Moon is conjunct Saturn, square Neptune, and quincunx Uranus ruler of the 12th. "It is a plot." According to the dictionary, "plot" is synonym for "conspiracy,"² which literally means "breathing together." Obviously, others besides the ex-marine were guilty.

The question has also been raised whether Oswald participated at all; nobody actually saw him do the shooting. There are some strong karmic ties between his chart and JFK's. His Uranus is in the exact degree as JFK's. Mercury is conjunct a critical degree; his Saturn is square that of JFK and also conjunct a critical degree and in the 10th house of destiny. His Pluto is in the exact sign and degree as Kennedy's Neptune, and in the same sector.

It may be argued that this does not constitute a strong karmic link, but all we need is three ties to es-



establish that link, which we have. Also, on the day of the deed, there was a most revealing exact transit in effect in Oswald's natus: transiting Moon over his Mars, *activating his planet of violence*. His Mars had been transited by Saturn in January, 1963. Saturn is the planet of time: evidently he had been thinking about the deed for quite some time. Significant also is the fact that in the event chart, the lunar orb's last transit had been over Venus of harmony, agreement. With whom, or what? Venus is in the 10th house of superiors: he had agreed with his employers, the co-conspirators, to do the job!

Oswald's chart also has ominous ties with that of the U.S. His Saturn and Uranus are in the U.S.' 12th sector of ripe destiny; his Neptune is right atop that of the U.S. and square its Mars.

Could the young President's fate have been foreseen?³ There is the "legend" that an Indian chief last century uttered a curse because of which every President from 1840 to 1960 elected in a year ending with "0" did not leave office alive.⁴ The fact that Reagan broke the "spell" has been attributed to two lines of reasonings: that the curse would only be effective seven times; that the Jupiter-Saturn conjunction, which occurs every 20 years, in 1980 took place not in

an earth or fire sign, but in airy Libra. All that is really just speculation rather than stellar science.

Let us examine JFK's natal chart. Half the planets are in his 8th house. This area tenanted so heavily is not fortuitous for longevity,⁵ especially if the Sun of vitality as well as the chart ruler are there. Here, the latter, Venus, is conjunct a critical degree in mutual reception with Mercury, also in a critical degree. That places Venus a second time in the 8th house, that time on its cusp, conjunct violence-prone Mars, natural ruler of this sector and in its detriment, which augments its malefic potential, conjunct its own node, as is also the 8th cusp itself. And Mercury, lord of the 12th house of ripe destiny, by dint of the mutual re-

ception is conjunct the Part of Death,⁶ which is square the Moon, also in a critical degree.

The two malefics Saturn (conjunct a critical degree) and Neptune in the 10th house of fate are not helpful, especially with the latter midpoint the Part of Assassination⁷ and Saturn. The M.C. of fate is in Saturn (in detriment) of fate's node, and conjunct the Sun's solstice point. The karmic Dragon Tail's solstice point is conjunct Venus; the Sun's closest aspects are to the Parts of Peril⁸ and Assassination. The Ascendant's only aspects are to the four planets other than the Sun in the 8th house, the M.C. of fate, and Part of Death.

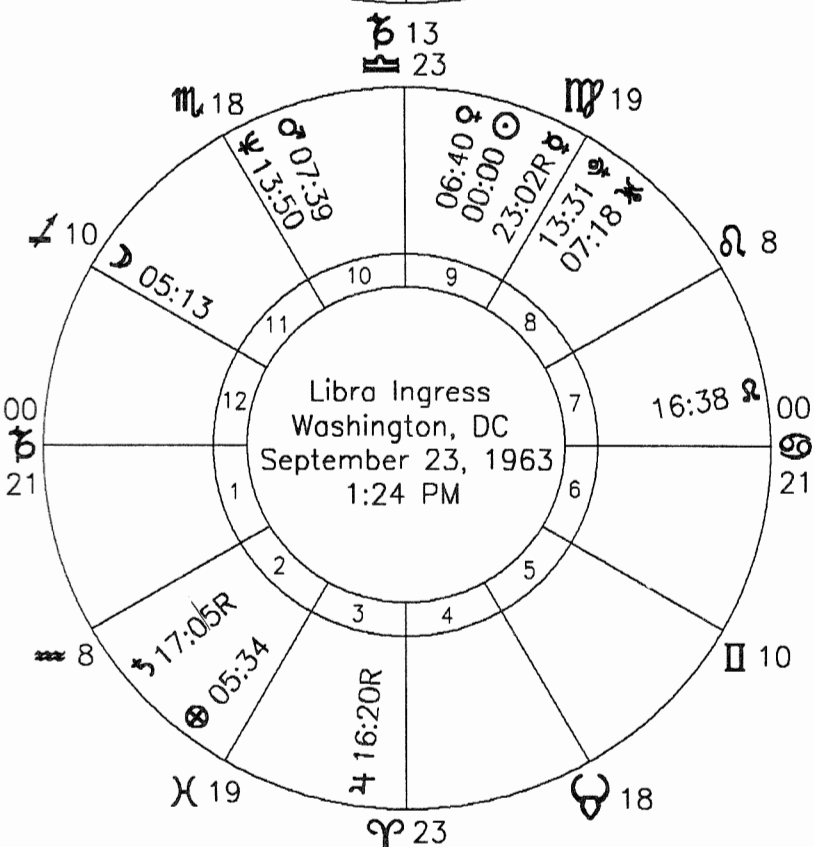
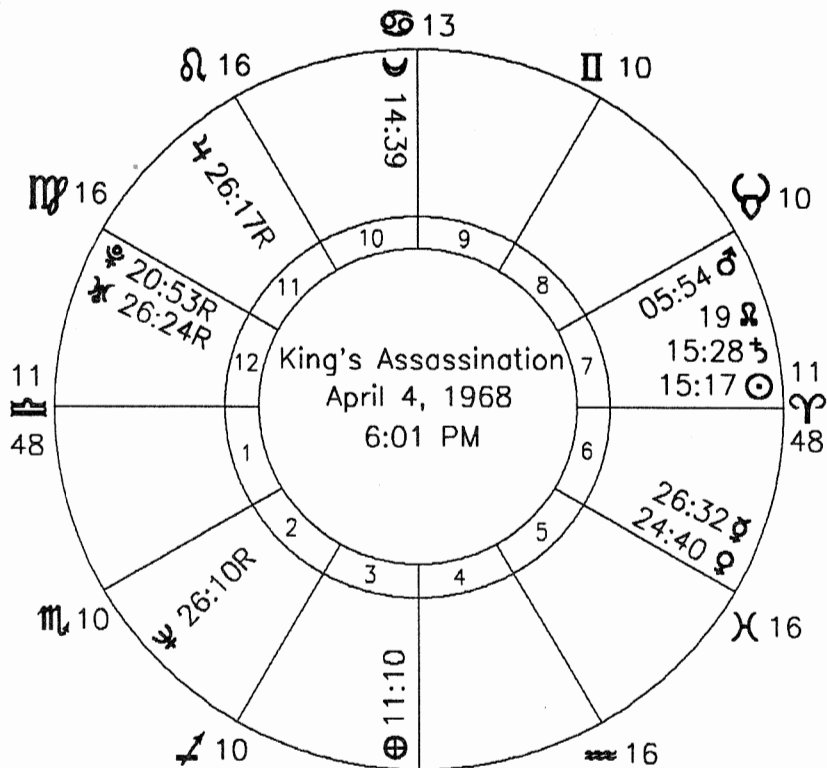
What really alarmed astrologers enough to warn the occupant of the Oval Office of imminent danger secretly, by means of registered letters, was the ingress chart set for the exact moment of autumn's start in Washington, D.C. in 1963.⁹ Obviously, in such a chart the Sun always is in 0 degree, but the Ascendant need not be. But in this one it is, square the solar orb, and because of this aspect, some major unfortunate event can be expected. (Had the aspect been a sextile or trine, the event would have been benefic.)

Also in this ingress chart, the Sun rules the 8th house of death, which holds the malefic Uranus as well as Pluto and the Parts of Death

and Peril. The 10th house of fate also of heads of state, who determine a nation's fate — holds Mars and Neptune in Scorpio, sign of death, analogous to the 8th house. Neptune is semi-square the Sun thereby “confirming” the link between these two in Kennedy’s natu. Karmic Saturn, retrograde, the ingress chart’s lord, square Neptune and its solstice point closely conjunct Neptune echo the tie between them in the JFK birth map. Jupiter, ruler of the 12th house of ripe destiny, is in the nodes’ degree and square them. The lunar orb is squared by Uranus, Pluto, and the Part of Death; Neptune by the Part of Peril — one more ingress chart proved its accuracy.

During the 60s, there were other significant assassinations. With transiting Uranus and Pluto conjunct Neptune in the U.S. chart most of the decade, the three malefics humanity at this time finds most difficult to handle had come together. Little wonder the 60s was America’s most violent decade next to the Civil War, which really is in a different category. Of those other noteworthy assassinations, those of Robert Kennedy and Malcolm X were witnessed by shocked onlookers, and the subsequent trials brought out all the basic facts. But there still is much uncertainty concerning the slaying of Dr. Martin Luther King by James Earl Ray. Once more the question is, Did he act alone, or were there accomplices?

The event chart is extremely forthright: dominating it is the Moon in its own sign: “The activity of the Moon in Cancer (or the Cancer decanate of Scorpio and Pisces) is aimed at developing something for someone else.”¹⁰ The fact that King’s killer had a great amount of



cash on him at the time of the arrest, more than one of his education and skill possesses ordinarily, reinforces that which is adduced astrologically.

While it is helpful to have *historical* truth, for the student

of *Eternal Truth* there is a question of far greater import than who killed whom and how? That is, What lesson might be gleaned from the above? It is this: In the long run, violence is counterproductive!

Lincoln was assassinated April 14, 1865, by John Wilkes Booth to strike a blow in behalf of the defeated Confederacy; he couldn't have done more to hurt it. The saintly Lincoln had promised reconstruction without malice, an effort to bind up the nation's wounds.¹¹ Under his successor, it bordered on the brutal.

President Garfield was gunned down July 2, 1881, by Charles J. Guiteau, a disappointed office seeker. The Pendleton Act of two years later greatly strengthened the Civil Service Commissions, designed to stamp out the very kind of "cronyism" Guiteau had tried to exploit.

September 6, 1901, President McKinley was mortally wounded by Leon Czolgosz, an anarchist opposed to government of all kinds. Under the next President, Progressivism was begun in America — the largest expansion of peacetime government power and activity until then and the real start of "American big government" — the exact opposite of the way McKinley had been moving.

Kennedy's assassination was the catalyst for getting Congress to pass his program which it had blocked, largely out of respect for the slain leader. Dr. King's demise unleashed tremendous popular and Congressional support for his ideas.

Not just American assassinations, but also the entire course of human history, "from Adam to the Atomic Age," teach the futility of force. When will man learn? □

—Dr. Paul K. Freiwirth

1. *Here and There in Astrology*, Ivy M. Goldstein-Jacobson, p. 191.
2. *The Random House Dictionary of the English Language, College Edition*, 1968, pp. 287, 1020.
3. For some startling similarities between the lives and deaths of Presidents Lincoln and Kennedy, see *Science*, Joseph E. Goodavage, p. 186.
4. In 1841, W. H. Harrison died of pneumonia and bilious pleurisy; in 1923, Harding was felled by ptomaine poisoning and pneumonia; in 1945 FDR succumbed to cerebral

hemorrhage. *Horoscopes of the U.S. Presidents*, Doris Chase Doane, pp. 51, 127, 139.

5. The ruler in the 8th house, afflicted, portends "unpleasant death." *How to Judge a Nativity*, Alan Leo, p. 137. See also *The Message of the Stars*, Max Heindel, p. 148.
6. Ascendant plus 8th cusp minus Moon.
7. Ascendant plus ruler of 12th house minus Neptune.
8. Ascendant plus ruler of the 8th house minus Saturn.
9. An ingress chart may be set for the exact start of all four seasons, for people, cities, countries (taking the capital as the base) to help pinpoint forthcoming events. See *The Way of Astrology*, Ivy M. Goldstein-Jacobson, pp. 139-163. *The Principles of Astrology*, C. E. O. Carter, p. 164.
10. *Here and There in Astrology*, Ivy M. Goldstein-Jacobson, p. 195.
11. There is absolutely no reason to doubt Lincoln meant what he said; it was in harmony with his lifelong habit of kindness. See "The Triumph of Generosity," *The Christian Science Monitor*, December 7, 1992, p. 17.

"I maintain that cosmic religious feeling is the strongest and noblest incident in scientific research."

—Einstein

"God is the Unifying Principle of the universe. No more sublime conception has been presented to the mind of man, than that which is presented by evolution, when it represents Him as revealing Himself, through countless ages, in the age-long inbreathing of life into constituent Matter, culminating in man with his Spiritual nature and all his God-like powers."

—Robert A. Millikan

"I believe that behind the physical world we see with our eyes and study in our telescopes and microscopes, and measure with instruments of various kinds is another, more fundamental, realm which cannot be described in physical terms. In this non-physical realm lies the ultimate origin of all things, of energy, matter, organization and life and consciousness."

—Gustave Stromberg

News Perspectives

Men, Morals, and Multiculturalism

WHAT a surprise! When Bill Clinton moved into the White House, the first issue to take up a big chunk of his time was not some daunting domestic dilemma or fiery foreign flashpoint, but the role of “gays in the military, “America’s last bastion of morality,” according to a four-term U.S. Senator.¹ As often happens when Congress faces controversial issues, final decision was postponed. Regardless of its nature, the issue will again hog headlines as the wishes of the few (gays have been estimated as 2-10% of the population)² clash with the mores of the many in some other spheres of activity.³ Some immutable facts offer perdurable perspective.

1. *History.* In facing a problem, it helps to study its origin. During World War I, when the U.S. sent soldiers to Europe, homosexuals contracted venereal diseases previously unknown in the U.S. and difficult and expensive to treat; that brought about the Army’s ban of open homosexuals. Defense Department Directive 1332.14 that “homosexuality is incompatible with military service” is the specific document gays tried to get removed.⁴

2. *The Bible.* As “an inspired Manual of Life that has no equal,”⁵

there is no basic issue on which it does not shed light. Ancient Sodom was destroyed because of many sins and among them homosexuality; several passages are unmistakably against the practice.⁶ “God made Adam and Eve, not Adam and Steve.”

3. *Justice.* It is claimed the military is discriminatory in excluding gays. True! But it has always been careful in its choice of personnel. The blind, deaf, too tall or too thin etc. have always been barred; it has the right to set standards of admission.

4. *Philosophy.* Emmanuel Kant, famous philosopher, spoke of the “categorical imperative;” a course of action is moral if capable of being “universalized,” that is, if everyone were to embrace it, society’s fabric would not be frayed. But if homosexuality were the universal practice, the human race would be extinct within a generation. “Society can handle only so much deviant behavior.”⁷ “Society depends on heterosexuals.”⁸

5. *Heredity.* According to *Newsweek*, February 24, 1992, cover story, a study claimed to show the existence of “homosexual brains” — that one is born that way. But the corpses used in the study were incorrectly identified: “Sloppy control like this is — enough by itself to invalidate the study.”⁹ There is also the fact that many men previously “straight” embrace homosexuality in the military, in jail, or other nondomestic environments. Too many have forsaken the gay way of conversion.¹⁰ The standard text, *Human Sexuality*, by Masters, Johnson, Kolodny rejects the claim that gayness is genetically determined and immutable.

6. *Spirituality.* Even if one were actually born gay or pushed into gayness by early emotional pressures, it should and could be overcome. We are here on earth to develop character; this is achieved by overcoming all that pulls downward. This is the great struggle between the “Spirit of life” and the “things of the flesh” spoken of in Romans 8, between rege-

ration and degeneration.

7. Culture. Homosexuality is said by some to be a part of American multiculturalism. But that refers to various ethnic groups — Africans, Asians, Latins, etc. Ethnic groups are set apart by visible physical traits; homosexuality is an acquired trait of behavior.¹¹

8. Civil Rights. Homosexuals speak of themselves as a disadvantaged, oppressed minority. They are a minority only numerically. “Homosexuals have an average annual household income of \$55,430, versus \$32,144 for the general population — more than three times as many homosexuals as average Americans are college graduates (59.6 percent v. 18 percent) — More than three times as many homosexuals as average Americans hold professional or managerial positions (49 percent v. 15.9 percent.)”¹²

9. Psychology. Despite greater wealth, education, professional prestige etc., their rate of alcoholism and suicide exceeds that of the average population and their life expectancy is less,¹³ mainly because among them is found the highest incidence of AIDS.¹⁴ And it is not the only deadly disease specifically identified with homosexuality.¹⁵

10. Physiology. The purpose of food and drink is to assuage hunger, thirst, and provide nourishment; the purpose of sex is procreation, not recreation. It takes life to create life; semen is not like spittle or sweat in the sense that it can be lost without negative consequences. It is “a precious highly elaborated fluid, very rich in essential substance, similar to brain substance — The loss of a drop of semen is equivalent to the loss of 40 drops of blood.”¹⁶ It is enervating to waste it! The bible has an account of Divine displeasure at doing so.¹⁷

A famous judge used to say during trials, “I don’t just want the facts, I want the truth.” At times, insufficient facts, or the omission of certain aspects of reality, can blur or distort truth. The ten basic items above are all facts; they certainly carry a message; but for the total picture — the truth — a bit of reality must be added — love, God’s love. That’s why “gay-bashing” —

hateful attacks on the gay community — is just as wrong as the practices perpetrated in its midst.

Ours is a very angry society.¹⁸ The rate of violent crimes — 22,000 murders a year, 3 domestic acts of violence a minute, etc. — is just the tip of the iceberg. The jobless, homeless, victims of crimes, etc. are filled with fury. They find great delight and even relief of a sort when they can vent their wrath in “respectable” ways, like attacking the gays, which, of course, casts the latter as martyrs of a sort and strengthens their resolve to persist in their way.

Just as surely as the Scriptures rejects homosexuality, it also teaches that the sins of the spirit are just as despicable, if not more so, than the sins of the flesh. In the parable of the prodigal son, the younger, guilty of sins of the flesh, repented and returned to the Father’s House. But not the older one, guilty of hate and pride, sin of the spirit; we do not read that he had a change of heart.¹⁹ The Master once told some guilty of spiritual sins, “The publicans and the harlots go into the kingdom of God before you.”²⁰

When a famous artist finished a sculpture, his newly hired servant asked, “How did you know Abe Lincoln was in that rough piece of rock?” Homosexuals, outwardly, may in a sense appear like rough pieces of rock. But the more unlovable a person seems to be, the more he needs love; the greatest sinner is potentially the greatest saint; since “to whom little is forgiven, the same loveth little,”²¹ it follows that one who has had much forgiven, loveth much.

Society has the right and duty to protect itself from all that is destructive; that includes hatred just as much as homosexuality. □

—A Probationer

1. CBS “Capitol Ideas,” February 7, 1993; U.S. *News & World Report*, February 1, 1993, p. 40; *Newsweek*, February 1, 1993, p. 52; *Time*, February 9, 1993, pp. 3, 29, 30.
2. According to research by the late Alfred C. Kinsey in the 1940s, gays are 10% of the population, but this was based on surveys of jail inmates. A 1993 report “by the National Center for Health Statistics of the Center for Disease Control” found “fewer than 3 percent;” 1992 studies in England and France came up with less than 2 percent. *World*, February 20, 1993, p. 5.
3. Even as, for example, the ongoing struggle

- between evangelicals and secular humanists has been moving through various arenas. See *Newsweek*, January 18, 1993, p. 4; *Time*, January 25, 1993, p. 93.
4. *Time*, February 8, 1993, pp. 19, 30.
 5. *The New Age Bible Interpretation, Old Testament, Volume I*, Corinne Heline, p. 142.
 6. *Genesis* 18:20-19:29; *Leviticus* 18:22; *Deuteronomy* 23:17; *I Kings* 14:24; *Romans* 1:27.
 7. New York's Senator Daniel Moynihan, quoted on CBS' "Osgood File," February 6, 1993.
 8. Former Secretary of Education William E. Bennett, quoted in an interview with the *EIB network*, January 29, 1993.
 9. *Christian American*, Volume 4, No. 2, P. 5.
 10. When one such testified to that on a radio talk show, the host cut him off with the accusation of violating separation of church and State and being intolerant by claiming his religion had power above others!
 11. Culture is that which preserves and protects society; homosexuality does neither, hence it cannot be part of multiculturalism. See *The De-valuing of America*, William E. Bennett, p. 195.
 12. *Christian American*, loc. cit.
 13. See *Newsweek*, January 18, 1993, p. 18.
 14. *Newsweek*, January 11, 1993, p. 60. In cities like New York, Los Angeles, Paris, more than 60% of deaths between 25 and 44 among artists, entertainers, and journalists are due to AIDS. *Newsweek*, January 18, 1993, p. 19.
 15. *WFNC* (Fayetteville, North

Carolina) *News*, February 3, 1993.

16. *Psycho-Physiopathy*, Book Five, Dr. T. de la Torre, p. 64.
17. *Genesis* 38:9, 10. See also *I John* 3:9. "Many different symbols and allegories are used in the Bible to teach man the sacredness of the creative force and the painful consequences following upon its misuse." Corinne Heline, op. cit., p.119.
18. See *The Boiling Point*, Kevin Phillips.
19. *Luke* 15:11-32.
20. *Matthew* 21:31.
21. *Luke* 7:47.

Christ and the Cults

“David Koresh”¹ didn't get to finish his book, but his life at Mt. Carmel near Waco, Texas, will no doubt be the subject of many. Even before his fiery finale with 70-plus others, he became the topic of at least one book and film.² He is being likened to Jim Jones, who in 1978 led 911 followers to their eternity in Guyana, South America.³

What makes people follow such people? For some, like drugs, it satisfies a need. Failures in life find comfort in a “religion” that denounces a society they hate; those without families find what others find in gangs; people are readily attracted to charismatic leaders with hypnotic powers; some want others to make their decisions for them; there are misguided idealists. Some are naturally gullible or, as Englands's famous Gilbert K. Chesterton put it, those who turn from God do not believe nothing but fall for anything — especially faked “supernatural” phenomena.⁴

Not all “cult leaders” are like Jones or “Koresh.” During the Great Depression there appeared one who called himself “Father Divine.” He provided for his followers' basic material needs; they accepted this as proof that he was what his name implied, though there was a down-to-earth explanation of his amazing influence. Once, when a marshall arrested him on a minor matter and almost immediately had a fatal stroke, he said, “I'm sorry I had to do this” — otherwise he was totally nonviolent!

What exactly is a cult? Dictionary definitions are less than precise. Some are exceedingly close to those given of sects and even denominations.⁵ All the big so-called “mainline denominations” in North America today once were just few in numbers, with strong leaders, and called cults or sects; with just one exception.⁶ Too, all the “mainline denominations” in North America today are either nonexistent or called cults or sects in most of the rest of the world, and many religious organizations powerful abroad are mere cults or sects here.

Whose standards are correct? When Alice in Wonderland of Lewis Carroll's delightful children's tale said, "Words mean what I say," that may be fine for fiction — but elsewhere?

The U.S. Government demands that food products be labelled truthfully. That can be done while being deceptive. Suppose someone on a sodium-restricted diet sees the word "sodium" missing from a label; he may think there actually is none in the product. But if MSG (monosodium glutamate) or NaCl (the chemical formula for sodium chloride; or salt) is on it, he is mistaken, deceived by a truthful label!

Demographers tell us that all children born in the U.S. from 1946 to 1964 are "baby boomers." Suppose identical twins were born in the Central Time Zone, one at 11:59 P.M., December 31, 1964, and the other at 00:01 A.M., January 1, 1965 — two minutes apart. Does that make one a baby boomer and the other not? Suppose a baby was born at 00:59 A.M. January 1, 1965, in the Eastern Time Zone, at the exact identical time as the first of the twins mentioned above but a few miles further east — does that fail to make him a baby boomer?

In a country to the south, a person wearing sandals and speaking a native tongue is labelled Indian; one with shoes and speaking Spanish is labelled by his country's name. Suppose one wears shoes and speaks Indian, or sandals while talking Spanish — what's their proper label?

Some years ago, a first grader, product of an interracial marriage, was asked to put on a form of what race she was. She could not. Could it be some things are not meant to be labelled?⁷

Labels can be dangerous and deadly. When, early last century, slaveholders in the U.S. decided to label men and women in bondage "property," slavery became much harsher than before. And as has been witnessed in our day, labelling the unborn "fetus" (instead of unborn human was no mere exercise in semantics but salve for the collective conscience of those who choose the euphemistic label "pro-choice" over "pro-death." But pro-lifers could also be called "pro-choice" — they choose life and the mature view of human responsibility for one's action.⁸

When it comes to the label "cult," there is such a thing as "guilt by association." "Cult has become a smear word."⁹ There are said to be 2,500 cults in America consisting of about 1% of

the population, so they're small. About the only ones well known are those making headlines due to bizarre behavior. Human nature being what it is, the general public easily holds *all* small groups suspect. The word "occult" also has been much maligned, even though coming from the same root as "occultation," which occurs whenever there is a new or full moon. But alas, "occult" sounds very much like "a cult," and ignorance is fertile soil for suspicion.

The Rosicrucian Fellowship has been criticized as a cult. Its basic teachings are Scriptural and sound. For instance, the spiritual or mystical or allegorical interpretation of the Bible is advocated within its pages.¹⁰ The belief in reincarnation not only is Biblical, but no longer even needs to be accepted on faith alone; it is a well-established scientific fact.¹¹ Astrology also is Scriptural and scientific. It deals with the influence of celestial bodies on things terrestrial. Who will deny that the Moon influences the tides, and as to the Sun — how long would there be life on this planet without it?¹² As to healthful living — who in his right mind can argue against its wisdom; even multitudes who profess neither faith nor ideals espouse it.

In the Fourth Gospel we read of Philip, how shortly after he began to follow the Saviour, he invited Nathaniel to join him. The latter asked, "Can there any good thing come out of Nazareth?"¹³ Even as cults today have a bad name, so Nazareth did back then. Interestingly enough, it means "branch," or "offshoot," a pretty close analog to "cult."¹⁴

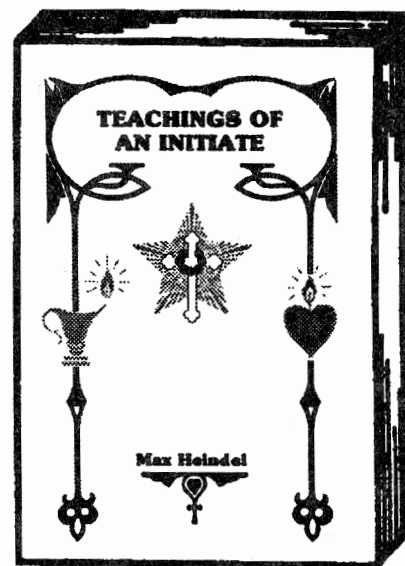
Philip didn't argue but simply said, "Come and see." Nathaniel complied. Nathaniel means "Instructed of God."¹⁵ None who truly are, like Nathaniel of old. or sincerely striving to be, will be detracted in their search for Truth by flippant labels, but like him, "come and see" — investigate Truth for themselves — "prove all things, hold fast that which is good."¹⁶ □

—A Probationer

1. See the cover stories of *U.S. News & World Report*, *Newsweek*, *Time* for May 3, 1993. The real name of the Waco group's leader was Vernon Howell; he took "David" because the Biblical king by that name had been God's anointed, and "Koresh" is one of the forms of Cyrus, founder of the Persian Empire, called God's anointed in the Bible.

Isaiah 45:1; *New Age Bible Interpretation, Old Testament, Volume III*, p. 293, Corinne Heline.

2. *Time*, March 29, 1993, p. 56; *Newsweek*, April 5, 1993, p. 51.
3. *Reason*, May, 1993, p. 79.
4. 2 Thessalonians 2:7-11; "Duping the Faithful," *U.S. News & World Report*, March 29, 1993, p. 31; millions are said to follow questionable leaders "just for a kind word." *Newsweek*, April 5, 1993, p. 41.
5. "Who decides what is a cult? The government? Another religion?" National Radio Talk Show Host Charles Adler, April 21, 1993. For comments on "good" cults, see Corinne Heline, *op. cit.*, pp. 245, 359.
6. The Episcopal Church began big and "mainstream": when the Pope in 1534 refused to grant Henry VIII a divorce decree, he transferred all papal power in England to himself, thus becoming head of what had been the Catholic Church in England. With the change at the top it became Church of England, and on being transplanted to America it here became known as the Episcopal Church, due to its leadership by bishops.
7. Labels are also elastic! "I'm trusting, you're naive, he's a fool; I'm quiet, you're unassertive, he's a wimp; I'm sensitive, you're fussy, he's neurotic; I'm concerned, you're curious, he's nosy; I'm thrifty, you're a bit tight, he's cheap." *Reader's Digest*, May 1993, p. 193.
8. The Bible inveighs against those who lie by labels. Isaiah 5:20.
9. *Newsweek*, April 5, 1993, p. 12.
10. I Corinthians 2:13, 14; Galatians 4:24.
11. To consider just one Biblical reality: If it were not for reincarnation, how could Elias (Elijah) have become John the Baptist? Matthew 16:13, 14; 17:11-15. For scientific confirmation, see *The Evidence for Survival from Claimed Memories of Former Incarnations*, Ian Stevenson, M.D.; *Reincarnation, Key to Immortality*, Moore and Douglas.
12. Genesis 1:16; Job 38:31. If the wise men from the East had not believed in astrology, would they have followed that star? Matthew 2:1, 2.
13. John 1:46.
14. *Metaphysical Bible Dictionary*, p. 472.
15. *Ibid.* "A most important kabbalistic key to understanding deeper meanings of the Bible is an interpretation of the esoteric import of names, numbers, and certain words of the text." Corinne Heline, *op. cit.*, p. 303.
16. I Thessalonians 5:21.



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Book Reviews

Reincarnation, Key to Immortality

Marcia Moore and Mark Douglas, Arcane Publications, York Cliffs, Maine, 1968, 394 pages.

THE truth or falsity of the reincarnation hypothesis has nothing to do with religion. It is not a question of faith and belief but of verifiable scientific fact." P. 51.

For some, this claim may seem incredible, but the authors point to the fact that Dr. Ian Stevenson, at the time of writing a member of the Department of Psychiatry, School of Medicine, University of Virginia at Charlottesville, had "many hundreds of cases in which children have given detailed information about their supposed former selves," "carefully documented." The authors relate several.

For instance, there was an Alaskan fisherman. In his early days he believed in reincarnation, but in his later years he grew somewhat skeptical and told his favorite son and daughter-in-law that if this belief were really true, he'd come back as their son and would have his birthmarks on his left shoulder and forearm. Also, he gave them his gold watch. Shortly thereafter he disappeared. His body was never found, but barely nine months later, his daughter-in-law gave birth to a boy, who had the same birthmarks as his late grandfather. As he grew up, he resembled him in appearance, gait, posture, and temperament. He showed an inborn knowledge of boating but also an abnormal fear of water. When about five, on seeing the gold watch, he said, "that's my watch" and refused to give it up!

Not only obscure people's lives testify to the reality of rebirth, there have also been famous ones. One case even produced a building as corroborating testimony, when the Swedish psychiatrist Axel Munthe (1857-1949) reconstructed on the isle of Capri the temple erected by the Roman emperor Tiberius. He had no previous knowledge of architecture, but, on the basis of numerous psychic experiences, believed he was

a reembodyment of the renowned Roman ruler.

There was the case of U.S. General George Patton. His often voiced belief that he fought with the ancient Greeks at Troy and later with Caesar's heroic Tenth Legion might be subject to ridicule but for the fact that, during his World War II campaigns, he frequently and accurately described places before he went there, and also gave his driver correct directions.

Shortly after World War II, *The Search for Bridey Murphy*, by Morey Bernstein, became a best seller. It was the story of a living American housewife who claimed to have lived near Belfast, Ireland, from 1798 to 1864 and, as proof, presented facts of life in the Emerald Isle which, humanly speaking, she would have had no way of knowing. Almost at once, magazines and tabloids launched a vehement attack based on "orthodox" opinions, and sales nosedived. The authors present proof that the orthodox allegations were unfounded: there really were iron beds in 19th century Ireland as the housewife claimed. Also, Catholics had been allowed to become lawyers despite other legal restrictions. There had also been a section of town called "Mardike Meadows" as she claimed, according to an old map obtained by a researcher.

If the case for reincarnation is so unassailable, why is this belief not more widely accepted? Actually, the premise of this question may be somewhat shaky. It is only in the West that it would come up. The authors quote the definition of Europe offered by one of its philosophers that it is "that part of the world which is haunted by the incredible delusion that man was created out of nothing, and that his present birth is his first entrance into life." P. 34.

So why has reincarnation's reality in the Occident been relegated to the realm of the ridicu-

lous? Most things new find acceptance slowly, but especially, according to the authors, for two reasons. First, reincarnation undermines the status quo's foundations. Marcia Moore, one of the authors, attended Harvard, and quoted one of her professors as admitting that the occult "has been proven to a degree of probability which in any other branch of science would lead to its being accepted as a fact. But we can't accept it, because it would involve rethinking the entire foundation of our science." P. 223.

Secondly, it would "introduce to us super-physical dimensions of being, beside which man's ego would appear puny indeed." P. 243. Moore and Douglas cite the case of Giordano Bruno, burned at the stake for teaching that the Sun, not our earth is at the solar system's center.

Of course, not all scientific minds in the West are negative on the Law of Rebirth. They cite Henry Ford, who found reassurance in rebirth, a "calmness that the long view of life gives to us." He also said, "Genius. . . is the fruit of long experience in many lives." P. 124.

As proof, the authors point to Mozart and Michelangelo, who, even as small children, surpassed contemporary adults in skill and knowledge. How else can one account for those who, without having been tutored, knew more than many engaged in educating others? This also accounts for humanity's ongoing progress as fueled by those who have had many incarnations. After all, if each person born were here for the first time, how could there be those sufficiently advanced to produce new breakthroughs?

Though the book's title holds

forth reincarnation as key to immortality, it also shows how it sheds much light on mortality and mundane existence, together with the Law of Sowing and Reaping, which the writing team identifies as life's most basic. For instance, they discuss vivisection, concluding that something causing so much pain to one order of creation could hardly be a great blessing to another. They also find it ironic that one of the results of meat eating is heart trouble: people don't have the compassionate heart to spare the lives of animals — what better way to call attention to their shortcoming?

There's not only a personal karma. Also, on the national level, actions have reactions. The authors see a karmic tie between the French persecutions of the Huguenots in the 17th century and the fact that France was invaded four times in the 19th and 20th centuries by the very nation most of those persecuted people had fled to. Many psychics believe that the modern British had at one time been citizens of the Roman Empire and the Germans of Phoenicia and its colony of Carthage — rivals — accounting for their clashes in this century's biggest wars. There's also an outstanding example of good national karma: the Swiss were one of the first nations to allow freedom of speech and worship. They also successfully integrated its French, German, and Italian population. Peace, prosperity and international prestige have resulted.

While the Law of Cause and Effect is extremely exact — the mills of God grind slowly, but exceedingly fine — it should not be regarded as a cold, stern, legal justice. The Great Beings in charge of evolution are motivated by love. The lessons each soul must learn during its journey are inculcated at the time it is most receptive, and in the most effective manner. The example is given of a child taking what is not his. In its early stage, the only "language" it understands would be a slap on the hand, until it finally realizes this is the result of doing wrong, and it desists. But a loving parent longs for the day when he can reason with the youngster instead.

And the spiritual student, growing in soul consciousness, can reach the place where he can work out his own lessons, or problems, growing thereby, and also fulfill the real purpose of the Great Law itself: not just, like the laws of nations, to punish misdeeds, but to produce growth and help the aspirant experience personally that the Law of Karma is none other than the Great Law of Love.

Those on the Path often wonder why they encounter so many problems. The authors remind the reader that tests in college are more difficult than in kindergarten, but one is also far better prepared then. The hard lessons in life no doubt needed to be taught. Love waited for the most favorable time — maturity.

A frequently asked question is: "Is it not a waste of time and effort to have to go through childhood so often in order to

learn needed lessons?" Two reasons are suggested: many lessons are best mastered in childhood. Also, there must be a time of adjustment to each new life situation. A man from the Middle Ages suddenly put down in a modern city would be extremely confused, but not a man who had grown up in one.

The truth seeker will not be disappointed by *Reincarnation, Key to Immortality*. An extensive bibliography of related reading is offered in the back, as well as an address whence those books may be obtained. One can hardly ask for more. □

—A Probationer

Nature's Healing Grasses

Nature's Healing Grasses. H. E. Kirschner, M.D. H. C. White Publications, Riverside, California, 127 pages. No date given.

WOULD you like to delay "the onslaught of old age"? Prevent "the degenerative changes that bring on diseased conditions"? Feel "energetic all day long"? Maintain "perfect health from the cradle to the grave"? Then this book is for you!

It deals primarily with chlorophyll, "one of Mother Nature's most precious gifts to mankind" (p. 24), the main ingredient of all of "nature's healing grasses" which, correctly used, far outdo all so-called "wonder drugs." All life energy derives from the Sun, but green plants alone can capture and pass it on to man and beast. Amazingly, the chlorophyll molecule closely resembles human blood, the only difference being that the centerpiece of chlorophyll is a single atom of magnesium, where blood contains an iron atom.

Generally, things of value are rare. Not chlorophyll. It is abundant — even in weeds, which not only bring minerals from the subsoil to the topsoil and store them, fiberize and condition the soil and help make it more productive, but they also contain great healing potential.

Take the common dandelion (from *dent de lion*, French for lion's tooth). It is a diuretic, a

tonic, healer of kidney and liver malfunction, and, if dried and ground up, can be used in place of coffee. Dandelion tastes like coffee, and instead of harmful caffeine, it contains factors beneficial for remedying dyspepsia, gout, and rheumatism. Also therapeutic are the weeds malva, lamb's quarter and the mainly Western weed filaree (from the Spanish *alfile-rilla*, a needle, or pin).

Alfalfa is not a weed, but, by many, it is seen as mainly fodder for cattle, chickens, and pigs. Alfalfa is most highly valued by Dr. Kirschner. He relates how Frank W. Bower pioneered the human use of alfalfa, "one of nature's rarest gifts to man." After seeing pigs thrive on it, he fed it to his children, with the same result. Next, he gave it to Dr. L. D. Biler, a victim of lumbago. Dr. Biler was so thrilled with the result that he began treating his patients with it and joined Frank Bower in devoting his life to the study and promulgation of alfalfa.

Alfalfa is rich in chlorophyll and also in many vitamins, minerals, and proteins. It arrests and even reverses tooth decay. Dr. Kirschner, a veteran of six decades in healing work, claims the very best way to eat alfalfa is in the form of sprouts, which he calls "nature's most living food," widely available in health food stores.

In his chapter "Comfrey — the Healer," the Dr. Kirschner concedes he is presenting nothing new, merely the therapeutic value herbalists have known for centuries. He cites specific instances of healings from diarrhea, ulcers, cancers, and warts. Its active agent is *allantoin*, present in both roots and plants. It is a "cell-proliferant" — it makes the edges of wounds "grow together," which is the meaning of the second part of its name, *symphytum*, as found in old herbal texts.

On the benefits of celery, Dr. Kirschner quotes Hippocrates, the Father of Medicine, who lived 2400 years ago: "Nerves distraught? Let celery be your food and medicine!" P. 101. Celery is 93.7% water and high in mineral content. The alkalinity of celery can counteract the arthritis caused by deposits of inorganic-calcium, which is a result of the common American habit of overindulging in concentrated, acid-forming foods. In summer, as juice, celery

will also lessen the discomfort of excessive heat. Celery's "insulin ingredient" will be welcomed by diabetics. Its fiber content encourages regularity. Eat celery to alleviate rheumatism, neuralgia, obesity, and nervousness. When eating celery, the greener the better, for white stalks, bleached, are far less nutritious.

Watercress and parsley are two other greens highly recommended by Dr. Kirschner. Both are generally regarded as mere garnish, though their nutritional value is most impressive. Watercress even contains an abundance of rarely occurring Vitamin E. Growing in water and generally found in sandy creek bottoms, watercress is not affected by soil depletion. It is especially effective for building up the blood and nourishing the pituitary gland.

Parsley, described as a sacred herb in Greek mythology, is excellent for the genito-urinary tract and in case of gallstones, calculi of the kidneys and bladder, albuminuria, and nephritis. It also helps maintain the adrenal and thyroid glands.

Four millennia support the claims of licorice. The Egyptians buried their Pharaohs with it. The ancient Chinese avidly consumed it for endurance and longevity. Alexander the Great's army as well as Caesars' legions carried it for sustenance. Little wonder: *glycyrrhizin*, the sugar it contains, has 50 times the saccharinity of cane sugar. Today, its main use is to counteract respiratory problems. It can also alleviate chest and lung pains.

Dr. Kirschner allotted the most space to kelp, claiming it has the widest range of usefulness of all the grasses. The ocean is nature's "catch-basin" for all kinds of mineral substances. Seawater contains 3.5% dissolved inorganic compounds, which kelp absorbs and transforms into organic substance assimilable into the bloodstream and capable of being utilized by the human body. There are no less than 30 trace elements or micro-nutrients in kelp. In parts of the Orient and the South Sea, kelp is a daily staple. In the U.S., kelp is used by both orthodox and alternate forms of medicine. Because of its tremendous nutritional value, low cost, and general availability, Dr. Kirschner writes: "As a physician my advice to you is: 'Put kelp on your shopping list today.'" P. 84. Use kelp powder in soups and salads, as a salt substitute, and a vege-

table gelatin. Kelp is also available in flake form and as tablets.

Dr. Kirschner extols the benefits of the following "therapeutic green drink": soak 15 almonds, 4 pitted dates, and 5 teaspoonfuls sunflower seeds overnight in water. Pour about 8 ounces unsweetened pineapple juice into a liquifier and liquify it along with the items soaked overnight. Then take 4 large handfuls of green leaves (either those mentioned in the book or spinach, beet greens, kale, or chard), and liquify them in 8 ounces unsweetened pineapple juice. Put the two mixtures together in the liquifier, triturate a few moments, refrigerate and the mixture should be ready to drink. Dr. Kirschner credits this potion with some marvelous cures for tuberculosis, tumors, and cancer.

Dr. Kirschner concludes: "There is absolutely no substitute for greens in the diet. If you refuse to eat these 'sunlight energy' foods you are depriving yourself, to a large degree, of the very 'essence of life.' Thus you are violating one of the oldest and most fundamental laws of human nutrition, and you will pay for your folly in many forms of ill health." P. 93. □

—A Probationer

The White Goddess

An Historical Grammar of Poetic Myth, Robert Graves, The Noonday Press, Farrar, Straus & Giroux, New York, 1948, by International Authors N.V. First American, amended and enlarged edition, 1966. Twenty-fifth printing, 1991, 492 pages.

THE feminine principle of poetic myth, the White Goddess, has inspired and unwittingly guided the advancement of humankind and development of the early alphabets and languages of the Mediterranean and Northern Europe. The ancient Bards or poets, often held the mystical secrets which they taught through the medium of poetry while they served as priests and priestesses of the time. The poet was originally the leader of a totem-society of religious dancers. His or her verses were danced around an altar or in a sacred enclosure, and each verse started a new turn

or movement in the dance. These totem societies were under the dominion of the White Goddess. The dances were seasonal and fit into an annual pattern from which “gradually emerges the single grand theme of poetry: the life, death and resurrection of the Spirit of the Year, the Goddess’s son and lover.” In this most fascinating, absorbing, and documented work, Robert Graves has written a masterpiece that the Rosicrucian student can refer to in the study of the vital body, and particularly the Hyperborean Epoch, a period that most historians call myth, but what Rosicrucians know actually existed, according to the *Cosmo Conception*.

This language of poetic myth is magical, bound up with popular religious ceremonies in honor of the Moon Goddess or Muse. Some of these early celebrations of the White Goddess date from the Old Stone Age which was the Hyperborean Epoch, and to this day retain the esoteric meaning of early Celtic poetry. The book traces the history of our English alphabet, language and poetry, from the words of Apollo, the Hyperborean, to the Master Bard of the Renaissance, William Shakespeare. The book tells how language originated in the battle of the trees, and as Shakespeare writes in “As You Like It,” about “tongues in trees and books in running brooks.” This is not entertainment, but spiritual truth hidden in the Bard’s famous lines. The tree alphabet, as Graves describes it, was first found in the Beth-Luis-Nion in Roderick O’Flaherty’s *Ogygia*, as a “geniune relic of Druidism orally transmitted down the centuries.” Graves point out it has been used for divination only and consists of five vowels and thirteen consonants. Each letter

is named after a tree or shrub of which it is the initial:

Beth	B	Birch
Luis	L	Rowan
Nion	N	Ash
Fearn	F	Alder
Sailie	S	Willow
Uath	H	Hawthorn
Duir	D	Oak
Tinne	T	Holly
Coll	C	Hazel
Muin	M	Vine
Gort	G	DwarfElder
Pethboc	P	Elder
Ailm	A	Silver Fir
Onn	O	Furze
Ur	U	Heather
Eadha	E	White Poplar
Idho	I	Yew

Graves points out that the letters in the modern Irish alphabet are also those of trees, and most of them correspond with O’Flaherty’s list, though T has become gorse; O, broom; and A, elm. The consonants of this alphabet form a calendar of seasonal tree-magic, and all the trees figure prominently in European folklore. The trees are particularly sacred to the White Goddess, who presided over the year and to whom the number five was sacred. Gwion, the ancient Celtic poet and the chief poet of Wales, describes the Cauldron of Inspiration as “Sweet cauldron of the Five Trees,” the number five being given its value by Pythagoreans and successors. Graves goes on to say the in Crete, Greece and the Eastern Mediterranean in general sacred trees are formalized as pillars; so these five trees may be the same as the five pillars with vertical and spiral flutings which a man is shown adoring a Mycenaean cylinder seal.

Gwion also wrote about the Hyperboreans that we read about in *The Rosicrucian Cosmo-Conception*:

“Incomprehensible numbers there were
 Maintained a chilly hell,
 Until the Fifth Age of the World,
 Until Christ should release the captives.”

As Rosicrucian students, we know that the Hyperboreans originated out of the Polarians, the first human life wave to live on earth in mineral-type bodies which were able to divide without the need for sex because they were androgynous. Gwion writes that the cold north pole is beyond the source of the Boreas or North wind or “at the back of the North Wind,” a phrase used by the historian Pindar to locate the land of the

Hyperboreans. Hyperboreans lived in a spiral silver castle called "Arianrhod" in back of the North Wind. The legend goes that when they died, they were taken by Hermes to the calm silver circled castle at the back of the North Wind. What we know today as England, Ireland and Wales and Scotland evolved out of the Hyperborean lands. Graves cites a Merlin prophecy:

"The ancient Druid region which is based on the oak cult will be swept away by Christianity and the door — the god Llyr, will languish, forgotten in the Castle of Arianrhod, the Corona Borealis." According to Historian Hecateus, 6th century B.C., this land of the Hyperboreans was beyond the North Wind, an island of "happy temperature, rich in soil and fruitful in everything, yielding produce twice a year." Pindar wrote in the Tenth Pythian Ode:

"Neither by ships nor by land can you find the wonderful road to the trysting place of the Hyperboreans." Graves adds that the Hyperboreans were a priesthood concerned with a Northern "other world." They prepared the way for the beginning of the physical body we had in the Lemurian Epoch to the present form in the Earth Period.

We look forward to the spiritual body development, the

new etheric bodies we are learning to develop for the Jupiter Period when the human life wave will be one race, a blue race. When this happens, we will have a new religion built through esoteric Christianity, and that will become religion of the Father-Mother God, and once again we will be androgynous beings. Graves acknowledges the return of the White Goddess, the feminine principle, to hasten the day of liberation.

The book is full of historical references to the riddles of life that existed thousands of years ago. It is relevant to the Rosicrucian student in understanding the evolutionary process of thought, and in preserving the feminine spiritual principle, known in myth as the White Goddess. □

—Susann Lee White

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Readers' Questions

Magnetic Force of Earth's Poles

Question: How would you explain to a high school student the magnetic force of the Earth's poles?

Answer: First, we would offer the postulate that the Earth is a living thing, the body of a Cosmic Entity, and that the poles are vortices in its vital body.

All things from that cosmic atom we call a solar system down to the tiniest atom of physical matter are ensouled by an etheric counterpart without which no substance can be made to assume or maintain any form. Streams of etheric energy circulate within and about all objects, things, bodies, etc., by means of the etheric counterpart, the vital body. These energies pass in and out and are radiated upon and through other forms—endlessly, using a major inlet and one or many outlets. The Earth is no exception.

The poles are simply great vortices whereby energy enters the Earth's etheric counterpart, flows through it and sustains all lesser forms on our planet's surface, circulating in and out and radiating outward into space as fresh etheric energy continues flowing in from the Sun and beyond.

Of all objects, it is perhaps a magnetized iron bar in which this phenomenon may be most easily observed. Yet its response is very slight to tremendous currents which could easily sweep along any object on the Earth. Mankind may again learn to harness these energy currents to move great masses and airships, as did the ancient Atlanteans.

Ruling Spirits Of Planet

Question: Will you please harmonize the various passages in the Rosicrucian literature where it describes the Planetary

Spirit of the Earth, and distinguish between the Father, Christ, Jehovah, and the original Planetary Spirit. Also distinguish between the functions of these various Beings.

Answer: The Earth is presided over at the present time by the Father, Christ, and Jehovah, the second one of these, Christ, being indwelling in the Earth six months out of each year. The original Planetary Spirit of the Earth had charge of our evolution during the Saturn, Sun, and Moon Periods and probably the first part of the Earth Period. Then this Spirit, who was one of the Seven Spirits before the Throne, withdrew from active participation in directing the evolution of the Earth and turned his functions over to the Father, Christ, and Jehovah, still guiding these regents, however. The authority for this statement is to be found on page 182 of *The Rosicrucian Cosmo-Conception*:

“In the particular planetary scheme to which we belong, the entities farthest evolved in the earliest stages, who had reached a high stage of perfection in previous evolutions, assume the functions of the original Planetary Spirit and continue the evolution,

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the original Planetary Spirit withdrawing from active participation, but guiding its Regents.”

We find an account of the origin of the great spiritual Beings, the Father, Christ, and Jehovah, given on page 58 of *Gleanings of a Mystic*:

“The Father is the highest Initiate of the Saturn Period, inhabiting particularly the Spiritual Sun. *The Son*, the Cosmic Christ, is the highest Initiate of the Sun Period, inhabiting the Central Sun and guiding the planets in their orbits by a ray from Himself, which becomes the indwelling Spirit of each planet when it has sufficiently ripened to contain such a great Intelligence. Jehovah, the Holy Sprit, is the highest Initiate of the Moon Period, dwelling in the physical, visible Sun. He is regent of the various moons thrown off by the different planets for the purpose of giving beings who have fallen behind in the march of evolution more rigid discipline under a firmer law, to awaken them and spur them on in the proper direction if possible.”

After the original Planetary Spirit withdrew,

Jehovah was first to work upon the Earth, but he worked upon it from without. He instituted the regime of law and taught man to evolve through law. Christ next appeared on the scene, and His function was to teach man to evolve through love. He also worked upon the Earth from without for a certain period before He became indwelling at the time of the Crucifixion. The Father will have an active part in directing the evolution of the Earth during a later period, which will very possibly begin at the time when the Religion of the Lamb ceases to hold sway. This will occur when the Sun by precession leaves Aries the next time and enters Pisces, as stated in *The Message of the Stars*, page 17.

The Religion of the Father will follow the Religion of the Lamb, and thus it is reasonable to suppose that it will be inaugurated about A.D. 26,366, that is, nearly 25,000 years hence. We arrive at this figure as follows: The Sun last entered Pisces A.D. 498, as stated in *Simplified Scientific Astrology*, page 134. Adding to this

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figure the length of a Great Sidereal Year, namely, 25,868 years we obtain 26,366. The Religion of the Father will not be inaugurated while we are still inhabitants of the physical Earth, as stated on page 435 of *The Cosmo-Conception*.

We note from the above quotation from *Gleanings of a Mystic* that Christ, our present indwelling Planetary Spirit, is a Ray from the Cosmic Christ. We would infer from the above passage that the Father, Christ, and Jehovah have superseded all the original planetary spirits of all the seven planets of our system, because Jehovah and Christ are there stated to exercise their functions in connection with all the planets, not merely with the Earth alone.

Since Jehovah is the highest Initiate of the Moon Period, it is to be inferred that He did not take charge of evolution on the Earth until some time after the end of that Period, and therefore it must have been in the earlier stages of the Earth Period. Christ became indwelling in the Earth a little more than 1900 years ago, but He had been

gradually superseding Jehovah for some time before this. Although we have no direct statement as to when His active work upon the Earth began, still it is to be presumed that it was about the time when the Aryan religion of the Lamb was inaugurated, which occurred when the Sun entered Aries by precession as stated in *The Message of the Stars*, page 17. This was in 1658 B.C., obtained as follows: The Sun entered Pisces A.D. 498. Subtracting this figure from 2156, the number of years spent by the Sun in each sign, gives 1658.

The Father, Christ, and Jehovah, who are now exercising the functions of Planetary Spirit of the Earth and also of the other planets, are not to be confused with the will, wisdom, and activity aspects of the God of our solar system, shown on the diagram on page 178 of *The Rosicrucian Cosmo-Conception*. The Father, Christ, and Jehovah are independent beings, working within or under the dominion of our Solar God.

Epigenesis

Question: You state that Epigenesis is a fact without, however, explaining it. What is Epigenesis exactly?

In order to illustrate my question better, allow me to quote one philosopher—Leibnitz or Huxley, I am not certain which. The author compares man to a receptor who, by way of the gray matter of his brain, is able to catch coarser or finer vibrations according to the degree of his evolution. The contention continues with the assertion that if a man “invents,” for example, differential calculus or a symphony, these existed at all times in the universe.

Now to generate “new causes” (your definition), which may be taken as being made outside of the universe, seems rather paradoxical. Or is the interpretation only a matter of terminology?

I understand that worlds or systems of worlds are continuously evolving, as are the Gods and man himself, but all this evolution is, is it not, inevitably made within the Manifestation of the Supreme Being? It cannot be outside of it, and a fortiori, if not outside of it, it must be inside of it. Can we then call *new* causes that which exists in potency? And consequently cannot Epigenesis be explained as being everything within Manifestation which has not yet been used and is subsequently to be transmuted?

Answer: First, let us review the meaning of Epigenesis. The Western Wisdom Teaching postulates that “Progress is not simply unfoldment—not simply involution and evolution. There is a third factor, making a triad: Involution, evolution, and—epigenesis. The first two words are familiar to all who have studied life and form, but while it is a generally admitted that the involution of Spirit into matter takes place in order that form may be built, it is not so commonly recognized that *the involution of spirit runs side by side with the evolution of form.*”

“The form was built by evolution; the Spirit built and entered it by involution; but the means

for devolving improvements is *epigenesis.*”

In other words, “The chain of cause and effect is not a monotonous repetition. There is an influx of new and original causes all the time. That is the real backbone of evolution—the only thing that gives it meaning and makes it other than an unrolling of latent actualities. This is epigenesis—the free will that consists of the freedom to inaugurate something entirely new, not merely a choice between two courses of action.”

It should be remembered that man, a differentiated, individualized Spirit, is a God-in-the-making, and that “In order that he may become an independent, original Creator, it is necessary that his training should include sufficient latitude for the exercise of the individual originality which distinguishes creation from imitation. So long as certain features of the old *form* meet the requirements of progression they are retained, but at each rebirth the evolving life adds such original improvements as are necessary for its further expression.”

“When epigenesis becomes inactive in the individual, the family, the nation, or the race, evolution ceases and degeneration begins.”

Perhaps your difficulty in understanding the meaning of Epigenesis lies in the fact that it applies to an individual course of action rather than to an object.

For instance, if a man invented a phonograph, it would be quite true to say that the phonograph previously existed “in the universe.” However, the person who took the action which resulted in the invention made the choice himself. He chose to embark upon a course of action new to him—he set into action causes new in his experience or unfoldment, and thus exercised the faculty of Epigenesis.

True it is that all evolution proceeds *within* the Supreme Being, but that does not in the least prevent an individual from setting into operation causes which he has never set into operation before, nor observed in operation. This is made possible by the Divine Free Will with which every human being has been endowed. □



Nutrition and Health

Avoiding Alzheimer's Disease

AT ONE TIME she had all she could reasonably hope for — a loving, prosperous husband respected in the community, a beautiful daughter, a happy home, health, friends. Then Alzheimer's disease set in; expensive round-the-clock nursing care became mandatory; she died in her mid-sixties — years as well as pounds.

Doctors know neither cause nor cure.¹ All they can do is “control” its symptoms. But there is a way of avoiding it: “Managing mental energy...can be learned.”² The Bible clearly indicates how to achieve sound mentality; if this is maintained, there cannot at the same time be an unsound mind: “For God hath not given us the spirit of fear; but of power, and of love, and of a sound mind.”³

Listed at the very outset is a negative to be eliminated, fear, “the greatest deterrent to the restoration of health.”⁴ So, thinking positively, confidently, may well be the most basic step in averting Alzheimer's disease. The wise man wrote, “A merry heart doeth good like a medicine.”⁵ Modern science agrees: “A positive attitude may be potent medicine.”⁶ The writer of Proverbs continues, “A broken spirit drieth the bones.” When something becomes dry, it hardens; the process of aging is basically one of hardening;⁷ Alzheimer's syndrome certainly is a sort of senility. Hence the wise advice, “The best preservative of health is an optimistic attitude of mind which looks upon life fearlessly and sees a friend in everyone.”⁸

There is one kind of fear in a class all by itself, not always recognized as such, but most dangerous, the fear of old age. None other than the courageous late French President De Gaulle admitted, “The only thing I fear is the shipwreck of old age.” Many may consider it inevitable to grow weaker with the years, and so they start slowing down. But that sends the wrong signals to the system, which tends to do exactly what's expected of it, so it will slow down all the more, in mind as well as body. But it isn't necessary: In Hunzaland, Bulgaria, parts of Russia, and other areas, people work well past the century mark. A nonagenarian, asked the secret of his vigor, said he ignored the calendar: “A lot of people practice getting old. They start to walk slower and they hold on to things.

They start practicing when they are 70, and when they're 75, they're a hit. They've made it. They're now old.” And they might be ready for Alzheimer's disease:

Returning to our text in II Timothy 1:17, we note the second part, what God has given us: “Power.” What produces “power” in things living? The infusion and use of energy. How is energy “infused” into the brain, seat of the mind? By nourishment, food. We know what great damage to the brain, hence also to the mind, can occur when deprived of oxygen for a short while. Lack of proper food can have similar results. In an experiment, some people were allowed to eat anything they desired, except foods rich in Vitamin B complex. Within weeks, those hitherto normal persons all began to act in irrational ways. It would be interesting to investigate the lifetime diets of victims of this malady; doctors just might be surprised at the results: Did they really follow a regimen of fresh fruits, vegetables, grains, plant protein prepared in healthful ways? If the body is saturated with nourishment best designed to preserve health, sickness cannot exist any more than an ice cube in a pot of boiling water.

Alzheimer's is regarded as premature senility. But there are actually no ailments of old age: “There

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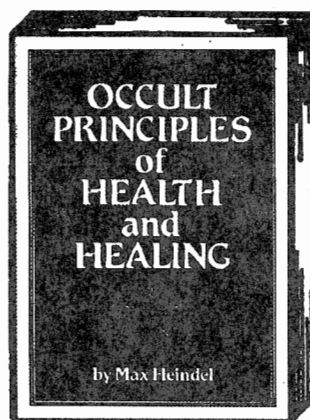
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are no diseases caused by the mere passage of time."⁹ Those considered as such are simply the result of people having transgressed Nature's laws over many years. Not only must such ways of living be abandoned, but why not do better? The best kind of defensive is an offensive; why not deliberately set out to slow down the aging process, refuse to grow old gracefully? It can be done!

For thousands of years, the Chinese have believed ginseng can prolong youth; they've called it more precious than gold. It is said to contain mitogenic rays, supporting cell regeneration. The herb sarsaparilla is also recommended, containing the male and female hormones, testosterone and progesterone.

Another method of extending youthfulness is the system advocated in *Dr. Frank's No Aging Diet*. It claims that physical deterioration is brought about by cellular degeneration, which may be retarded by a diet rich in nucleid acids. Some of the best sources are legumes, cauliflower, mushrooms, celery, radishes, onions, scal-

lions, asparagus. Especially recommended are beets, said to contain a substance helpful in utilizing nucleid acids; perhaps now we know why the Russians love Borscht!

Another youth-extending device claiming remarkable results originated in Romania shortly after World War II, when Dr. Ana Aslan came to believe that procaine, an anesthetic, has rejuvenating results. Thousands have flocked to her spa for the treatment; supplements containing "Gerovital" are available in the U.S.

Other supplements have received wide publicity as means of repelling mental deterioration. There is glutamic acid, which in actual experiments has raised the IQ level, especially if accompanied by an abundance of thiamine.¹⁰ There is also lecithin, a soy bean derivative, "One of the outstanding foods for the feeding of the nerves and brain."¹¹ Many regular users report more mental alertness. One health writer, analyzing the life styles of "great geniuses," including "Pythagoras, Plato, Aristotle, Leonardo da Vinci, Spinoza, Beethoven, Herbert Spencer, etc." con-

cludes that their mental vigor was due to "lecithin concentration of the blood at the highest possible level."¹²

Helpful and necessary as total nutrition may be in the effort to ward off premature senility, it is not enough. As indicated above, power is derived from the infusion and use of energy. Body builders not only follow a special diet, but also special exercises. If the mind is to enjoy "power," it too must be exercised: "If we realize that memory can be developed like a muscle, we must also accept the truth that its efficiency will diminish like a muscle if not properly used."¹³

The great Law of Life is, use it or lose it. In the verse just before our "text," we are admonished to "stir up the gift of God, which is in thee."¹⁴ The mind certainly is that; it must be activated by exercise.

"Senility is the result of feeling emotionally dead, as if there is nothing more to do or give. Subsequently, the mind allows itself to slip. If there is so little need for it, why bother to keep it?"¹⁵

In a treatise on "Medical Astrology" a deep student of Life has written that "paralysis of any kind is an overcrystallization."¹⁶ Alzheimer's is mental paralysis; exercise, use, activity counteract crystallization; the person wishing to avert this nemesis can do no better than to regularly and rigorously give workouts to his mind. There may be no better way to start than at the TV knob--by turning it off unless there is really something instructive or edifying on. It has been proved that TV helps lower academic achievement; much of it has been described in terms of "a vast wasteland," "mental pabulum," "junkfood of the mind." One certainly cannot help wondering if it is mere coincidence that Alzheimer's was un-

known before the advent of TV.¹⁷

Western Wisdom students know that mental concentration produces "thought power,"¹⁸ but they may not be aware that a certain practice indulged in "innocently" by just about everybody can counteract the good achieved by constructive effort. It is, reading a great deal with no intention to remember, especially fiction of an exciting nature. Obviously, it is impossible to limit one's reading to only that which one needs to retain, but one should regulate the amount one reads without wishing to store it in the mind, for that strengthens the habit of forgetting, and that's what Alzheimer's is so very much all about.

For years now we've been hearing the commercial, "A mind is a terrible thing to waste." Indeed, for it truly is the most wonderful part of the most wonderful of God's terrestrial creations — Man, made in His very image. But persons who truly conform to the Laws of life have nought to fear, for "If thou wilt diligently hearken to the voice of the Lord thy God, and wilt do that which is right in his sight. . . I will put none of these diseases upon thee."¹⁹ □

— A Probationer

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Nutrition and Health

The Science of Nutrition

WATER is the great solvent. Nitrogen or protein is the essential builder of flesh, but contains some earthy matter.

Carbohydrate or sugars are the principal power-producers.

Fats are the producers of heat and the storers of reserve force.

Ash is mineral, earthy, and chokes the system. We need have no fear of not obtaining it in sufficient quantities to build the bones; on the contrary, we cannot be too careful to get as little as possible.

The calorie is the simple unit of heat. In a pound of Brazil nuts, for instance, when bought at the market, 49.6 percent of the whole is waste (shells), but the remaining 50.4 percent contains 1485 calories. That means that about one-half of what is bought is waste, but the remainder contains the number of calories named. That we may get the nearest amount of strength from our food we must pay attention to the number of calories it contains, for from them we obtain the energy to perform our daily work. Chocolate is the most nutritious food we have; also cocoa, in its powdered state, is the most dangerous of all foods, containing three times as much ash as most of the others, and ten times as much as many. It is a powerful food and

also a powerful poison, for it chokes the system more quickly than any other substance.

Of course, it will require some study at first to secure the best nourishment, but it pays in health and longevity and secures the free use of the body, making study and application to higher things possible. After a while one will become so familiar with the subject that he will need to give it no particular attention.

It must be remembered that not all of the chemical substances contained in each article of food are available for use in the system, because there are certain portions which the body refuses to assimilate.

Of vegetables we digest only about 83 percent of the proteins, 90 percent of the fat, and 95 percent of the carbohydrates.

Of fruits we assimilate about 85 percent of the proteins, 90 percent of the fat, and 90 percent of the carbohydrates.

Phosphorus is the particular element by means of which the Ego is able to express thought and influence the dense physical body. It is also a fact that the proportion and variation of this substance is found to correspond to the state and stage of intelligence of the individual. Idiots have very little phosphorus; shrewd thinkers have much; and in the animal world, the degree of consciousness and intelligence is in proportion to the amount of phosphorus contained in the brain.

It is therefore of great importance that the aspirant who is to use his body for mental and spiritual work should supply his brain with the substance necessary for that purpose. Most vegetables and fruits contain a certain amount of phosphorus, but it is a peculiar fact that the greater proportion is contained in the leaves, which are usually thrown away. It is found in considerable quantities in grapes, onion, sage, beans, cloves, pineapples, in the leaves and stalks of many vegetables, and also in sugar cane, but not in refined sugar.

The following table shows the proportions of phosphoric

acid in a few articles:

100,000	
parts of:	Parts
Barley, dry, contains of phos. acid	
.....	210
Beans.....	292
Beets.....	292
Beets, leaves of.....	690
Buckweat.....	170
Carrots, dry.....	395
Carrots, leaves of.....	963
Linseed.....	880
Linseed, stalks of.....	118
Parsnips.....	111
Parsnips, leaves of.....	1784
Peas.....	190

In conclusion, let the aspirant choose such food as is most easily digested, for the more easily the energy in food is extracted, the longer time will the system have for recuperation before it becomes necessary to replenish the supply. Milk should never be drunk as one may drink a glass of water. Taken in that way, it forms in the stomach a large cheese ball, quite impervious to the action of the gastric juices. It should be sipped for it will then form many small globules, which are easily assimilated. Citrus fruits are powerful anti-septics, and cereals, particularly rice, are antitoxins of great efficiency.

Having now explained, from the purely material point of view, what is necessary for the dense body, we will consider the subject from the occult side, taking into consideration the effect on the two invisible bodies which interpenetrate the dense body.

The particular stronghold of the desire body is in the muscles and the cerebro-spinal nervous system, as already shown. The energy displayed by a person when laboring under great excitement or anger is an example of this. At such times the whole muscular system is tense and no hard labor is so exhausting as a "fit of temper." It sometimes leaves the body prostrated for weeks. There can be seen the necessity for improving the desire body by controlling the temper, thus sparing the dense body the suffering re-

sulting from the ungoverned action of the desire body.

Looking at the matter from an occult standpoint, all consciousness in the Physical World is the result of the constant war between the desire and vital bodies.

The tendency of the vital body is to soften and build. Its chief expression is the blood and the glands, also the sympathetic nervous system, having obtained ingress into the stronghold of the desire body (the muscular and the voluntary nervous system) when it began to develop the

Secret Thoughts

I hold it true that thoughts are things
Endowed with bodies, breath and wings,
And that we send them forth to fill
The world with good results — or ill.

That which we call our secret thought
Speeds to the earth's remotest spot,
And leaves its blessing or its woes
Like tracks behind it as it goes.

It is God's law. Remember it
In your still chamber as you sit
With thoughts you would not dare have
Known,
And yet make comrades when alone.

These thoughts have life; and they will Fly,
And leave their impress by and by,
Like some marsh breeze, whose poisoned
breath
Breathes into homes its fevered breath.

And after you have quite forgot
Or all outgrown some vanished thought,
Back to your mind to make its home,
A dove or raven, it will come.

Then let your secret thoughts be fair;
They have a vital part, and share
In shaping worlds and molding fate —
God's system is so intricate.

—Ella Wheeler Wilcox

heart into a voluntary muscle.

The tendency of the desire body is to harden, and it in turn has invaded the realm of the vital body, gaining possession of the spleen and making the white blood corpuscles, which are not "the-policemen of the system" as science now thinks, but destroyers. It uses the blood to carry these tiny destroyers all over the body. They pass through the walls of arteries and veins whenever annoyance is felt, and especially in times of great anger. Then the rush of forces in the desire body makes the arteries and veins swell and opens the way for the passage of the white corpuscles into the tissues of the body, where they form bases for the earthy matter which kills the body.

Given the same amount and kind of food, the person of serene and jovial disposition will live longer, enjoy better health, and be more active than the person who worries, or loses his temper. The latter will make and distribute through his body more destructive white corpuscles than the former. Were a scientist to analyze the bodies of these two men, he would find that there was considerably less earthy matter in the body of the kindly disposed man than in that of the scold.

This destruction is constantly going on, and it is not possible to keep all the destroyers out, nor is such the intention. If the vital body had uninterrupted sway, it would build and build, using all the energy for that purpose. There would be no consciousness and thought. It is because the desire body checks and hardens the inner parts that consciousness develops.

There was a time in the far, far past when we set out the concretions, as do the mollusks, leaving the body soft, flexible, and boneless, but at that time we had only the dull glimmering consciousness the mollusks now have. Before we could advance, it became necessary to retain the concretions, and it will be found that the stage of consciousness of any species is in proportion to the development of the bony framework within. The Ego must have the solid bones with the semifluid red marrow, in order to be able to build the red blood corpuscles for its expression. That is the highest development of the dense body.

Diet, like health, is determined individually, and no general standard can be set up. At the same time it may be safely said that the less meat we can get along with, the better our general health will be. But if we wish to do without it altogether, it is absolutely essential that we should study a table of food values so that we get the necessary proteins from the

vegetables we eat. No man can go to the ordinary table and get sufficient nourishment if he eats only the vegetables provided as accessories to meat; he must have beans, peas, nuts, and like foods which are rich in protein to take the place of the discarded flesh, or he will starve. As a hint to brain workers it may be said that carrots contain about four times as much phosphoric acid as any other food. The leaves can be used as salad and they have three times as much phosphoric acid as the carrot itself.

More dangerous to man than any food as a clogging and hardening agent of the system is water. It does not matter how clear and pure it looks, there is an enormous amount of the lime compounds and magnesia in the best we have, and neither filtration nor boiling will take it out... if we want to preserve health and youth in old age, we must... use for all internal purposes only distilled water, which is free from the injurious lime-compounds. □

— Max Heindel

ROSICRUCIAN PRINCIPLES

The Rosicrucians advocate a vegetarian diet as superior, physically and spiritually, to a diet containing meat. They regard alcohol, tobacco, and stimulants as injurious to the body and a detriment to the Spirit. They believe in the power of prayer and the creative power of thought through concentration in bringing about the healing of mind and body. They hold, however, that physical means can often be used to advantage to supplement spiritual and mental means. □

Healing

Mind and Healing (Conclusion)

BUT the moment we allow thoughts of fear, of worry, or anger, the body endeavors, as it were, to close the gates against an outside foe, fancied or real. Then also the spleen closes up and ceases to specialize the vital fluid in sufficient quantities for the necessities of the body, and we then see a phenomenon which is analogous to the effect of lowering the voltage or cutting in more resistance in an electric fan.

In the human body, when the thought of fear forces the partial closure of the spleen, the solar fluid does not go through the body with the same speed as before. It does not then radiate from the periphery in straight lines, but these lines become crumpled, and thus they allow easy access to the deleterious organisms which may then feed unobstructed upon our tissues and cause disease.

Whether the consistent mental scientists, or others who believe in divine healing, know this law or not, they act according to its dictates when they affirm that they are children of God, that they have no reason to fear, for God is their Father and will protect them so long as they do not deliberately disregard the ordinary laws of life.

The actual fact is that contagion comes from within. So long as we live a common-sense life, feeding our bodies upon the pure foods which come from the vegetable kingdom, taking a sufficient amount of exercise, and keeping mentally active, we may rest secure in the promise that the Lord is our refuge.

There shall no evil befall us so long as we thus show our faith by our works. □

—Max Heindel.



Jesus Supports the Sinking Peter.—Matt. xv. v. 30, 31.

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. and Pro-Ecclesia at 4:45 P.M., when the Moon is in a cardinal sign on the following dates:

September.....3—11—17—23—30
October.....8—14—20—28

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.



For Children

The Man who made Earthquakes and Lightnings

HAVE you ever been in an earthquake? When the ground shook, and buildings collapsed? And perhaps you've seen lightning strike? There once lived a man who actually made these things happen!

When he was born, the midnight of July 9/10, 1856, in the village of Smiljan, in what then was the Austrian province of Croatia, his family expected he would grow up to be a very unusual boy, for it thundered much of the night, and lightnings flashed across the sky.

Young Nikola was unusual all right, even as a little lad. Very curious, he crawled all over the house to examine everything. "Can we put a cowbell on him?" asked his older brother. His folks couldn't watch over him all the time, and this seemed as good a way as any to know where he was.

Sometimes, though, he made noises to let others know of his whereabouts. Like the time he climbed a chair to examine something on a high shelf, lost his balance, and fell into a big bucket of milk! Another time he found two baby eagles and brought them home. He hoped they'd teach him to fly, so he fed them. Of course they didn't so he studied a great many other things. He wasn't content just with what he learned in school; he read all the books he could get his hands on.

What he learned soon came in handy. One day, before he was even ten, the pump of the fire department didn't work. Young Nikola volunteered to fix it, and he did.

"How did you know what to do?" asked his mother.

"Something inside of me told me," he answered,

He was not only smart, also good. One day his friend Carl asked him to help him with his art. Not only did Nikola gladly do so, but he deliberately ruined his own drawing so the school's scholarship would go to Carl instead of him.

He continued to study very hard, so much so that he got very sick and almost died. One day he barely whispered, "I want. . . to be. . . electrical engineer." His father said, "You can be." That revived Nikola and he was sent to the polytechnic institute up north in Graz.

From there he went to the bigger city of Budapest, Hun-

gary, where he was put in charge of the new telephone exchange. He felt it needed improving, so he invented what he called a "repeater," what we call a loudspeaker, like in a radio or TV.

"If you were to patent it, you'd get rich," a friend suggested.

"I don't have time, I must invent more things," he replied. I have something inside me, greater than my head, that keeps giving me ideas."

Like how to improve the electrical system. At the time, a power station was needed every two miles. People nearby got good power, those farther away very little. Nikola's system could transmit electricity dozens of miles. But his boss — Nikola was now working in Strassburg then Germany — wasn't interested. So his good friend, Szigetti, advised, "Go to America, that's where they'll appreciate your inventions."

In the summer of 1884 he landed in New York City. All he had was 4¢, a book of poems, some scientific formulas he had-written, a few tools, some old clothes. How's that for starting life all alone in a strange country, even though he had already patented 40 inventions in Europe.

He walked toward the address of a friend. On the way, he saw a

man unable to fix a machine. Nikola offered to fix it, he did, and was paid \$20 — the first money he earned in America.

For a while he worked for famous Tom Edison; then as a ditch digger because he couldn't find anything else. His foreman introduced him to George Westinghouse, owner of a big electric company. Nikola — his last name was Tesla — promised to build a machine that would greatly improve the company's operation and Mr. Westinghouse promised to pay him a million dollars for it.

Nikola produced it. Mr. Westinghouse broke his promise. His excuse: if he had to pay, his company would fold and many people would be without electricity. Nikola thought the well-being of millions of people was more important than his getting the money, and tore up the contract — he loved helping people more than making money. Besides, his head was full of more things to invent!

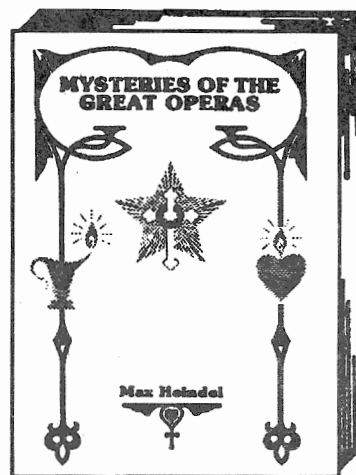
He was able to transmit sound without wire over long distances long before radio was invented. He also produced what he called "special radiation" long before X-rays came along. So why didn't he get credit for them and many other inventions? "I'm so busy working all the time on new things to invent that I don't have time to bother with lawyers to get them patented," he would say — and he meant it, too. He wasn't after money; he wanted to help people by making their lives more enjoyable.

That's also why he sometimes invited the public to see what all was possible to improve living. Because so many people wanted to come, he had to rent big halls, like New York's Madison Square Garden. One time there he had a big basin built, filled it with water, then he put toy boats into it. Without touching them, he made them move any way he wanted to! He talked about giving boats "borrowed brains;" today we know what he did as "remote control." His great hope was that in the future, mechanical gadgets could be used to defend peaceful nations against aggressors, so men wouldn't have to die in battle; he truly wanted to do all the good he could.

His work was based on a simple principle: There's a reason for everything; nothing happens just by chance. There are laws that control all life. Many of them he found to be based on

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(Order on page 320)

waves, like in the ocean and certain vibrations, which made possible transmitting electricity and controlling things from long distance.

So one day, he began to wonder whether all that was consisted of unseen vibrations. He had a laboratory in which he had learned a great many things; perhaps he could also get the answer to this puzzle. He remembered a machine he had made years before. It vibrated; some of his helpers had used it for massage and said it made them feel very good. He observed that it made other objects in the room tremble. So he set out to improve that vibrator, built up its power, and see if it might bring about an earthquake.

When he tested it, his assistants couldn't work — their benches shook so hard! So did other objects in the building; windows broke. In a nearby police station, the furniture jumped about. An officer tried to sit down but his chair moved away and he landed on the floor! A pipe broke and water poured out! The police knew exactly what was wrong; these were the doings of that "crazy" scientist up the street! Only he could have done this! And they'd better stop him before he levelled all of New York City!

Of course Mr. Tesla stopped the earthquake. Would you like to know how he was able to produce it? So would a great many other people; he never wrote it down; he was too busy; there were many more things to invent. He also started the Tesla Electric Company. And to think — less than a dozen years before, he had landed in America with just 4¢ in his pocket!

Because he needed more space, he moved to Colorado Springs. That area was unusual: the mountains produced many lightning bolts; they not only tore across the



NIKOLA TESLA • American electrical engineer and inventor • July 10, 1856-Jan. 7, 1943

sky, they also shot up from the ground! Don't you just know what flashed through the inventor's mind: "I've produced an earthquake, why not also lightning! Its energy could do much good!"

So he set out to achieve it. "It works!" he cried out one day as the sparks in his workshop got thicker and longer, way over 100 feet. Once more, he had robbed Nature of a great secret.

But the world wasn't ready for it. The heavy demand his experiment had put on the Colorado Springs Electric Company wrecked its station. Because Mr. Tesla had to pay for all the damage, it also wrecked his finances. To drum up money, he returned to New York, where he had rich friends. He assured them that his stay in Colorado had not been in vain; he knew now how to send electricity without wires and do a great many other things that would greatly improve life. So a very famous rich man, Mr. J. P. Morgan, offered him \$150,000. That persuaded others to help too. So he opened an office near the big public library in Manhattan, so he might be close to the very best books to help him with his work.

He also developed a new interest — a lifelong love for all

the birds that swarmed around there. He started to study and feed them, and not just occasionally. He came to care for them even more than for the honors of men.

One time there was a big banquet of famous scientists to give Mr. Tesla the very highest honor they could bestow on anyone, the Edison Medal. To make sure Mr. Tesla would come, one of them personally went to his hotel room to bring him. He had to wait a while — the great man wasn't finished feeding his little birds.

After the dinner, when Mr. Tesla was to receive the award, he had disappeared. The scientists knew exactly where to find him: in a nearby park, feeding his beloved pigeons. Only when he had no more seeds for them, did he go to the banquet room to pick up his medal. And because a large sum of money came with it, he was now able to feed more pigeons and with better seeds!

And also able to produce many more things to improve the quality of life on earth. But now his interests ranged even further . . . he worked on communicating with outer space many years before the "Space Age" began. He also received many more honors. A Tesla Institute in Belgrade, his native Yugoslavia, opened in 1936 and promised him an annual gift of \$7,200; to-

day that would be several times that much.

But he was growing old and weak now: he had overworked for many years. He also was too generous with others, including those he called his most faithful friends, the pigeons. He said he talked to them and they to him; who could deny that it was so? They flocked in droves into his room. They sat on his head and shoulders and let him play with them. But their cheerful chirping was perhaps a little noisy; some nasty neighbors complained. And because Mr. Tesla at times didn't have enough money to pay rent, he often had to move. But his winged friends always knew where to find him, and visited him again. After all, he told them where he was going and they loved him, so why shouldn't they?

He was especially fond of one little lovely white pigeon with gray on her wings. When she died, something told Mr. Tesla that his work on earth was finished; or was it that her death had broken his heart? A few nights later, on January 7, 1943, that great heart so full of love and wisdom stopped beating. The pigeons stopped their happy singing; they as well as all mankind knew that the world had lost a great friend. □

—Dr. Paul K. Freiwirth

Crossword Answers

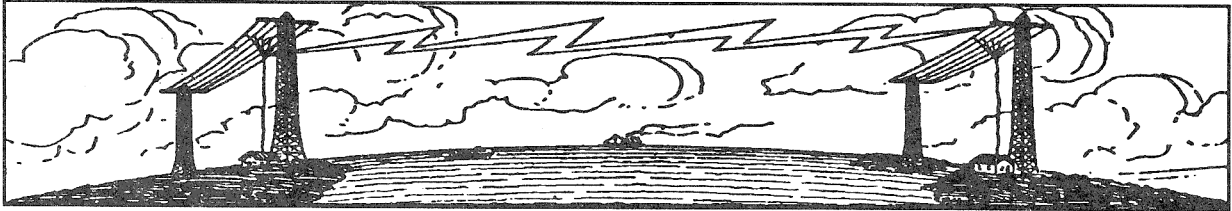
Crossword on page 278.

References from *JOHN*:

1. 04:07
2. 05:35
3. 01:51
4. 05:29
5. 08:35
6. 06:62
7. 06:32
8. 08:28
9. 17:05
10. 06:27
11. 16:32
12. 16:11
13. 12:47
14. 11:44
15. 16:05
16. 04:10
17. 13:38
18. 06:44
19. 11:10
20. 16:26
21. 03:20
22. 18:11
23. 13:18
24. 05:14

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Computer Telecommunication



An Additional Way To Spread The Rosicrucian Teachings

(In Questions and Answers)

Your questions concerning the spreading of the Rosicrucian Teachings by computer telecommunications are always welcome! Please address them to the BBS-Team at Mount Ecclesia. We are also looking forward to your data call to The Rosicrucian Fellowship BBS at 619-721-1828 [via modem].

[NOTE: The answers for this issue's questions are excerpted from the RBBS-PC version 17.4 Technical Reference Guide found in the "RBBS-D.ZIP" file.]

QUESTION: What, specifically is the "RBBS-PC" BBS software package?

ANSWER: RBBS-PC is a Remote Bulletin Board System for the IBM personal computer, hence the name RBBS-PC. RBBS-PC's primary application is a "host" communications package. This allows a System Operator (SysOp) to set up a computer that lets "remote" callers use it for many functions, including:

—the dissemination of news and bulletins



- electronic mail between users
- exchange of programs and data
- taking surveys and placing on-line purchase orders
- or playing games.

RBBS-PC is a "full featured" bulletin board system that not only supports a broad range of functions, but runs "multi-user" under networks and multi-taskers. RBBS-PC can also run as a "local" application in which the "user" does not connect through a telephone line, such as on a local area network.

QUESTION: What is the philosophy behind RBBS-PC?

ANSWER: RBBS-PC is given away freely, with source code. Its authors and contributors neither ask for nor receive any money for their work. RBBS-PC is "Userware", meaning that it is supported and enhanced by the community of people using it, who believe that what is shared becomes better than it was. It is hoped

that RBBS-PC will be used as a catalyst for the free exchange of information, an educational example of communications programming, and an irrepressible political force that puts the power of information in the hands of the many.

QUESTION: How is each new version of RBBS-PC distributed?

ANSWER: Each new version of RBBS-PC is initially sent to the CPCUG's Software Exchange for distribution. CPCUG is a Maryland Corporation whose "legal name" is the Capital PC User Group, Inc. The CPCUG is an all-volunteer, non-profit organization according to Section 501 C3, Social Welfare, of federal law. All revenues are re-invested in and applied toward CPCUG's education programs.

There is no fee at all for using or distributing RBBS-PC. Indeed, no one can charge for its use or distribution, though user groups and commercial distributors of software can recover their costs but not charge anything or RBBS-PC itself.

RBBS-PC can also be downloaded from hundreds of bulletin boards across the country. If the BBS you are calling is running RBBS-PC, chances are good they will also have the files in their library. Contact the SysOp of The Rosicrucian Fellowship BBS at 619-721-1821 for more details.

QUESTION: How does one go about installing RBBS-PC?

ANSWER: RBBS-PC is a powerful application that may take months to master fully, but gives those who stick with it a practically ever expanding power as their knowledge and needs grow. But it is not necessary to understand everything or take advantage of all its power, before it can be set up initially. This section is intended to provide a step-by-step approach to setting up RBBS-PC. Follow the steps thoughtfully! Do not proceed to subsequent steps until you understand all the previous steps.

Our goal with persons getting started with RBBS-PC for the first time is to get them off to a fast start by (a) bringing up the software to see how it runs, and (b) getting the software to be able to answer an incoming telephone call. A BBS strongly reflects the interests and personality of its SysOp, and RBBS-PC is one of the most flexible and customizable of the BBS's.

However, for those who are NOT familiar with electronic bulletin board systems in general, a good introduction to installing RBBS-PC is contained in the book "Electronic Bulletin Board Starter Kit" by Charles Bowen and David Peyton, published by Bantam Books. The book does in 436 pages what the next few pages attempt to do. It is a superb guide for someone who has never setup a bulletin board system or is not knowledgeable about PC or asynchronous communications. The book comes complete with an extensive index as well as a copy of RBBS-PC Version 15.1C and, of course, the associated source code. Since all versions of RBBS-PC are upward compatible, this book serves equally well as a guide for the uninitiated to all subsequent versions of RBBS-PC. This book guides the potential SysOp in easy stages from unwrapping the two diskettes that are included with the book to operating the more advance features of RBBS-PC. The book was published by Bantam Books in August of 1988, ISBN 0-553-34552-4, and can be found in most technical book and computer stores. It addresses the topic of installing an electronic bulletin board system in a far better way than the RBBS-PC "Technical Reference Guide" does.

Because RBBS-PC attempts to provide SysOps the maximum flexibility, it is perfectly possible for those setting RBBS-PC up for the first time to shoot themselves in the foot. Be patient with yourself. Remember that things worth achieving usually are not obtainable without effort.

QUESTION: What advice do you have concerning the first time installation of RBBS-PC?

ANSWER: Do not try to do everything at once. Keep things simple and proceed patiently, a step at a time, putting only one thing in place. The files you need are the executables (RBBS-EXE.ZIP) and system text files (RBBS-TXT.ZIP). RBBS-PC comes completely set up, ready to run. To take advantage of this set up, you must do the following:

1. Create a new subdirectory on the hard drive of your computer. "RBBS" is a suggested name but any can be used. The DOS command to make the directory is "MD \RBBS".

2. Copy the zipped files into the subdirectory. You must have at least RBBS-EXE.ZIP and RBBS-TXT.ZIP. The DOS command to copy is "COPY <from> <to>", e.g. "COPY A:*.ZIP C:\RBBS".

3. Make the subdirectory you created your cur-

rent one ("CD \RBBS").

4. Unzip the files using the command "PKUNZIP -d *". You need to obtain a copy of the program "PKUNZIP.EXE" to do this. Subdirectories will be created off the current directory.

5. Enter the command: INSTALL. This program will check the directory structure, and inform you if any files are missing or misplaced. It also makes sure the RBBS-PC configuration matches your system. The file INSTALL.LOG will contain information about files the install procedure could not find, or had to move. While many of the files are OPTIONAL, consult this log if you later encounter problems running RBBS-PC.

You are now ready to run RBBS-PC! RBBS-PC comes with a sample configuration file, and small but empty users and messages file. To bring up RBBS-PC, at the DOS prompt, type RBBS[Enter] where "[Enter]" means to press the "Enter" key. RBBS is a batch file that runs RBBS-PC, and also controls certain RBBS-PC maintenance functions (see section 13 for details).

In this first run, RBBS-PC does not wait for a telephone call to establish communications through a serial port, but just runs as a local application, communicating with you through the screen and keyboard. You should see a copyright notice first, then a "WELCOME TO RBBS-PC", a short message about a "prelog", and then be asked "What is your First Name?" What you see on your screen beginning with the "WELCOME" is exactly the same as a remote caller on the telephone line would see. Instead of your real name, enter SECRET NAME[ENTER]. This is the "secret SysOp name" for the sample system. Next, answer the questions RBBS-PC asks you and look around. Your only goal at this point is to make sure that the software runs on your computer.

The next goal is to get RBBS-PC to answer an incoming call. This requires a functioning communications port, modem, and telephone line, as well as more configuration information in RBBS-PC. There are five things you must normally do in preparation:

(1) Set the RBBS-PC modem commands properly for your modem, especially the modem initialization string and firmware initialization string (See CONFIG parameter 225).

(2) Set the hardware switches on the modem properly, but some modems, especially "internal" modems, may have no hardware switches.

(3) Set the communications port to what the modem is using (see CONFIG parameter 221).

(4) Initialize the modem's firmware. This makes permanent the settings that RBBS-PC needs (see CONFIG parameter 231).

In the best of all worlds, the factory settings of the modem are what RBBS-PC wants and RBBS-PC's default settings work, so that nothing at all must be changed. This is normally the case for the USR Courier 2400 modem.

Your key to setting everything up is the RBBS-PC configuration program called "CONFIG.EXE". CONFIG is your guide

to configuring RBBS-PC for your preferences and environment, and basically is just a smart editor for setting up RBBS-PC. RBBS-PC stores its configuration parameters in a file called "RBBS-PC.DEF". To edit configuration file RBBS-PC.DEF, just type CONFIG RBBS-PC.DEF[Enter]

You will see a copyright notice, CONFIG will read in the current values, and then you will see a table of contents for the many pages of parameters you can set. There are over 300 parameters you can set in RBBS-PC, which can be extremely complex. Most you will never change, but RBBS-PC has tremendous power and flexibility if and when you do need it. You can just press the page down key "PgDn" to see the many screens of parameters, if you want to browse. Do not be intimidated. RBBS-PC, as shipped, has nearly all of these parameters set for you. For more information, read section 10.

Once you have set the modem parameters in CONFIG, and saved your changes, you are ready to make sure that RBBS-PC will answer incoming calls. Be sure you have your modem connected and on. Then type RBBS[Enter]

You should see a copyright screen. RBBS-PC will draw a screen with boxes. The modem lights should flash, and RBBS-PC should display "Ready for Calls" in a box. Four lights on an external modem will normally be on: High Speed (HS), Auto Answer (AA), Modem Ready (MR), and Terminal Ready (TR).

Ideally, you have a second computer beside the first with a modem and telephone line that you can use to call the BBS. Otherwise, have a friend with a computer call it. You need to call with a modem to make sure that the two modems will talk. When the call comes in, the Ring Indicator (RI) should blink. Then the Off Hook (OH) and Carrier Detect (CD) lights should come on as the modems link. And RBBS-PC should chip in with its opening "WELCOME

TO" line, and the send (SD) and receive (RD) lights should blink periodically. If the lights blink but you see nothing, you may need to turn on "snoop" so you can see the session on your local terminal. Press F9. If that doesn't do anything, press it again. After the caller says "Goodbye", RBBS-PC should recycle, the CD and OH lights go off, and the box reappear that finally says it is again ready for calls.

Once you have RBBS-PC answering calls, you are ready to begin customizing the board, setting it up the way you want, and adding features. You need two primary tools: CONFIG.EXE (part of the RBBS-PC package), and a full screen editor (which you must supply). You need what is called a "programmer's" editor versus a word processor—one that only puts in what you type and never inserts any hidden or special characters—what is sometimes called as straight "ASCII" editor.

Here we will walk you through what is behind what the caller sees on logon. The first message is "WELCOME TO" followed by the name of the board, as specified in CONFIG parameter 12.

Next the file PRELOG is displayed. This file need not be present, and generally should be brief, as it is displayed on every call.

Callers are then asked to identify themselves, by answering the question "What is your FIRST name?" The text after "your" can be set up with CONFIG parameter 45, though most SysOps do not change it (e.g. "What is your ACCOUNT ID?"). The next question is "What is your LAST name?", which can be set in parameter 46.

If the caller is not in the user's file, which normally means that this is a new, first time caller, then RBBS-PC displays the text file called NEWUSER. Here you should explain the board and the rules you have for people to follow.

Callers next see a welcome specific to their security level, called a "logon level greeting file". These files take the form LGnn.DEF, where "nn" is their security level (e.g. level 10 callers would see the file LG10.DEF, if it is present in the default directory). Then, a general "welcome" file is displayed. The general welcome file shown to the caller can be changed "on the fly" by RBBS-PC, dependent on what sort of Graphics option the caller has selected. SysOps often use this for an ANSI log-in screen.

There are many other things in RBBS-PC you will want to set up, such as bulletins, news, and conferences. Just remember to take your time.

RBBS-PC almost always runs the FIRST time. Make one change at a time and then test it so you don't break something that once worked. □

(To be continued)

—Robert H. Jacobs
Please, send your questions to:
Modem: 602/984-8342, U.S.A., or
CompuServe ID: 76347,1707

WE ARE ETERNAL

*On whistling stormcloud; on Zephyrus wing,
The Spirit-choir loud the World-anthems sing
Hark! Lis't to their voice "we have passed
through death's door
There's no Death; rejoice! life lives evermore."*

*We are, have always been, will ever be.
We are a portion of Eternity
Older than Creation, a part of One Great Whole,
Is each Individual and immortal Soul.*

*On Time's whirring loom our garments
we've wrought
Eternally weave we on network of Thought,
Our kin and our country, by Mind brought
to birth,
Were patterned in heaven ere molded on earth.*

*We have shone in the Jewel and danced on
the Wave,
We have sparkled in Fire defying the grave;
Through shapes everchanging, in size, kind
and name
Our individual essence still is the same.*

*And when we have reached to the highest of
The gradations of growth our minds shall recall
So that link by link we may join them together
And trace step by step the way we reached
thither.*

*Thus in time we shall know, if only we do
What lifts, ennobles, is right and true.
With kindness to all; with malice to none,
That in and through us God's will may be done.*

—Max Heindel



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Christmas, Christ and Christian Mysticism: The Twelve Nights of Christmas

by Richard Koepsel

The Christ Mystery is the most significant factor in modern human evolution. The term "Christ Mystery" signifies all of the spiritual activities initiated or transformed by the great spiritual being representing the second attribute of the godhead called Christ during the three year ministry in the body of Jesus between the baptism by John and the crucifixion. During that period the composite being Christ-Jesus initiated a new way to supercede but not nullify the religion of the law, under which we were foundering in selfishness, with a religion of love, light and life beyond self.

The act of nascent humanity (represented biblically by Adam and Eve) called "The fall of man" was an unprecedented act of freedom. In that act humanity willfully evoked the possibility of sin (working out of harmony or rebelliously against the divine plan) by selfishly using the creative power at our disposal for an apparent immortality through the generation of new bodies and for other selfish material ends before we had the love and wisdom to use that power concordantly with divine intent. That act (the "fall") bought us freedom from the direct influence of the divine creative hierarchies who cannot comprehend sin but it also bought us exile from the spiritual worlds (Eden) and eventually brought us to a dangerously disease prone estrangement from nature. We sold ourselves into slavery to our own desires under the law and bound ourselves to a materialism which, ironically, we fear losing in death.

The act of Christ is also an act of unprecedented freedom. Christ, acting not out of necessity but in loving volition, took on the severe limitation and confinement of our earthly life (including the suffering of sin without having ever sinned) to share as one of us the love, light and life of the world of Life Spirit — a realm beyond the law and beyond self. If we accept that offering (in our free state we are not obligated) we have not only a means to freedom from our self-imposed bondage and exile from direct conscious experience of the spiritual worlds, but

we also receive an opportunity to express a positive, creative freedom within and beyond nature. From that love-light-life profound mysteries have issued which have the capacity to completely transform every aspect of human endeavor.

These talks are offered as a modest attempt to begin to explore the most rudimentary of the multitude of facets of the Christ Mystery so we can work with its intent and hasten the day of the liberation of Christ when we also will no longer "see through a glass darkly", no longer live in a fallen and darkened condition of materialism, no longer live in selfishness and fear — when Life shall overcome death. Intentional emphasis has been placed on the transcendental aspects of the Christ Mystery as an antidote to our materialistic myopia. However, great pains have been taken to present the transcendental realities in a way they can be experienced with our present understanding — the *experience* of Christ, not just the idea of Christ, is what is important. These talks are anything but final statements on any of the subject matter. They are intended as beginnings or openers, not ends, to awaken new inquiry among fellow christian mystic aspirants.

Christianity in its foundation did not work through either the official church or state and history has shown that any attempt to apply the materialism it was sent to heal to its volatile life by means of formalization has miserably failed the purpose of Christ. Bearing this in mind these talks were presented as informally as possible and the speaker inserted some things to promote informality whenever that seemed appropriate. Unfortunately, there are no humbling boos, guffaws or outspoken objections on these tapes as one would expect in an attempted reliving of the life of Christ in one way or another. For this reason, and especially relative to the best laid plans, the speaker considers the talks an unqualified failure missing many of the ideas and most of the spirit intended. But that does not mean these talks are without helpful spiritual content for we know that as the world judges success even the very life of Christ would seem a failure. □

—Richard Koepsel

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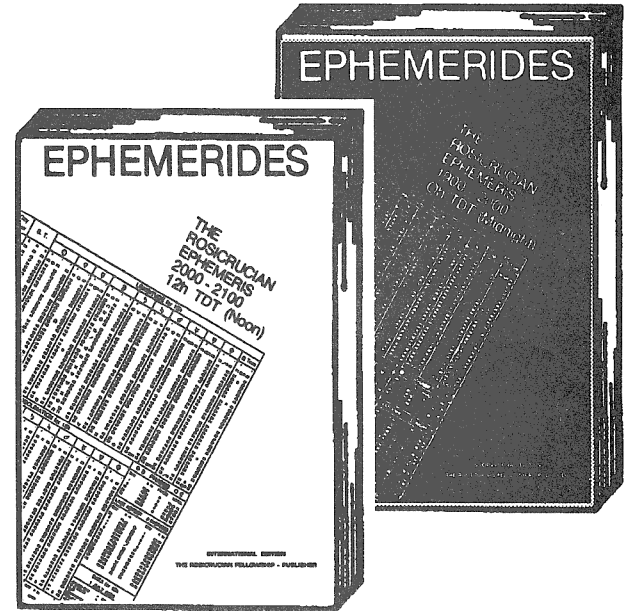
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