

The Rosicrucian Fellowship Magazine

Rays from the Rose Cross

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SEEK UNDERSTANDING — HAVE FAITH !



These are difficult times—times in the world's history when each and every one of us must re-appraise ourselves and our attitudes — cultivate patience—take courage—seek understanding—and have faith.

NO MATTER HOW UNSETTLED CONDITIONS MAY BE—
NO MATTER IF WE BE SAD, FINANCIALLY BROKEN,
CONFUSED, DOWNHEARTED—TAKE COURAGE.

It Is a Time of Spiritual Opportunity

And to learn our Cosmic Lessons we must prove our spiritual ability to understand and solve the problems confronting us.

It is in the little things of daily life that we are being tested, tested for our endurance, stamina, fortitude, our willingness to change and progress.

Why Worry?

We can not add a hairsbreadth to our height or a hair to our heads by worrying!

WORRY IS THE MOST WASTEFUL AND DEPLETING OF
ALL EMOTIONS, AND IT DOES NO GOOD WHATEVER.

All sorrow, unhappiness, anguish, suffering are for the purpose of education, unfoldment of the latent spiritual qualities we possess —

but

If we sincerely seek the higher life and ideals, all outer conditions will take care of themselves and destiny will take care of us.

THE SUBLIME ROSICRUCIAN TEACHINGS GIVE PRACTICAL
ADVICE AS WELL AS MEANS AND METHODS OF OVER-
COMING ADVERSITY AND ATTAINING PEACE
AND CONTENTMENT IN THESE TIMES OF
STORM AND STRESS.

If you are interested in knowing more about them, write us. We shall be happy to give you further information and without your incurring any obligation thereby.

THE ROSICRUCIAN FELLOWSHIP,

MT. ECCLESIA,

OCEANSIDE, CALIFORNIA.

THE Mystic LIGHT



Who Are the Elder Brothers?

A TALK GIVEN IN OUR CHAPEL BY FERN JOHNSTON

THE material for our talk this morning has been culled largely from numerous writings of Max Heindel, and much of it is directly quoted. Some has been taken from a most interesting booklet being published by the Fellowship entitled: *The Silver Cord and the Seed Atoms*.

In the booklet we read: "When, after receiving the germ of mind, from the Lords of Mind from Sagittarius, infant mankind was led astray by the martian Lucifer Spirits, certain ones of the more advanced of humanity of the planets Venus and Mercury came to our assistance. We say, a more advanced *humanity* of those planets, because our life wave of Virgin Spirits (to the number of about 60 billion monads) is distributed on all the planets of our solar system, with the exception of the two outer "mystery" planets, so-called, Neptune and Pluto. Evolution differs from planet to planet, however, so the Egos are not all equal in development, the Venusians and Mercurians being ahead of Earth humanity in civilization. However, even among these advanced ones some were less advanced than others, and their backward ones, at first exiled, so to speak, to their moons, later were sent to Earth to finish their karmic lessons here by aiding us.

Max Heindel tells us that these Great Beings were successful in retrieving their loss in a large measure under the

discipline given them on these moons, and by their service to us secured a return to the home planet; the moons which they once occupied disintegrated and were expelled into interstellar space. The asteroids are remnants of moons which once encircled Venus and Mercury.

Again we read from the new booklet: "The Mercurians established the Mystery Schools in which the King-Priests were educated, and which evolved into the Mystery Schools which are still with us today. Each school teaches the Nine Lesser Mysteries. The Mercurians work only with the individual Ego, more particularly with the Ego who is preparing for Initiation."

"We become ever closer to the Mercurians, who are our own elder brothers in evolution, but note that the term 'Elder Brother of the Rose Cross' is not a term which is applied to them. The Elder Brothers of the Rose Cross belong to Earth's own humanity, who have been taught by the Mercurians from the time the link of mind was given in Lemuria, and are now at the very head of Earth humanity's evolution. In other words, our 'Elder Brothers of the Rose Cross' are the younger brothers of the Mercurians."

Mr. Heindel has stated: "The immediate Leaders of humanity (apart from the creative Hierarchies) who helped man to take the first tottering steps in

evolution, after involution had furnished him with vehicles, were Beings much farther advanced than man along the path of evolution. They came on this errand of love from the planets which are located between the Earth and the Sun — Venus and Mercury.

“The Beings who inhabit Venus and Mercury are not quite so far advanced as those whose present field of evolution is the Sun, but they are very much farther advanced than our humanity. Therefore they stayed somewhat longer with the central mass than did the inhabitants of our Earth . . . The inhabitants of Mercury are the farthest advanced, hence are closer to the Sun.

“Some of the inhabitants of each planet were sent to the Earth to help nascent humanity and are known to occult scientists as the ‘Lords of Venus’ and the ‘Lords of Mercury’.”

This explains Mr. Heindel’s reference to our “Elder Brothers from Mercury” — elder in the point of evolution, and “they have evolved so immeasurably far beyond our present status that they may look upon us as a grown young man regards his baby sister or brother.”

When mankind had reached a certain stage of progress, “the most advanced were placed under the guidance of the Lords of Mercury, who initiated them into the higher truths for the purpose of making them leaders of the people. These Initiates were then exalted to kingship and were the founders of the dynasties of Divine Rulers who were indeed kings ‘by the grace of God’, i.e., by the grace of the Lords of Venus and Mercury, who were as Gods to infant humanity.”

“The Lords of Mercury taught man to leave and re-enter the body at will; to function in his higher vehicles independent of the dense body.” “Mercury, now being in obscurity, is exercising very little influence on us, but it is emerging from a planetary rest, and as time goes on its influence will be more and more in evidence as a factor in our evolution. The coming races will have

much help from the Mercurians, and the people of still later Epochs and Revolutions will have even more.”

The Hebrew version of Genesis states that “on the 7th day Elohim rested.” This is all in accord with our occult teaching of the part taken by each of the Creative Hierarchies in the work of evolution down to the present Period. It is also taught that in the present Epoch the Gods and Creative Hierarchies have withdrawn from active participation, that man may work out his own salvation, leaving the necessary guidance of ordinary humanity to the Elder Brothers who are now the mediators between man and the Gods.”

“The most advanced among humanity at the beginning of the Aryan Epoch were given the higher Initiations, that they might take the place of the messengers of God, i.e., the Lord of Venus. Such human Initiates were from this time forth the only mediators between God and man. Even they did not appear publicly nor show any signs and wonders that they were leaders and teachers. Man was left entirely free to seek them or not, as he desired.”

“The purpose of the Lords of Mercury at that time and of all Hierophants of Mysteries since then, as also all the occult schools of our day, was and is to teach the candidate the art of Self-Mastery. In the measure that a man has mastered himself, and in that measure only, is he qualified to govern others . . . So the Lords of Mercury now work on the individual, fitting him for mastery over self and (incidentally, not primarily) for mastery over others. This work on their part is but the beginning of what will be an increasing mercurial influence during the remaining three and one-half Revolutions of the Earth Period.”

It is logical to assume that the Elder Brothers of the Rose Cross were among those trained by the Lords of Mercury, even from the time of Lemuria, to become the leaders of ordinary humanity.

The Founder of the Rosicrucian Or-

der, Christian Rosenkreuz, appeared in the fourteenth century. He had previously been born as Lazarus; and before that as Hiram Abiff, when, according to Masonic tradition, he was given charge of the Sons of Cain, who seek the light of knowledge at the sacred fires of the mystic shrine. As Christian Rosenkreuz he works with the world powers, the industries, and science, endeavoring to strengthen spiritual power in these areas in order to hasten the day when the head and the heart can be united and Christ, the Son of God, can come again.

The Elder Brothers are known in the West as friends and advisors — they “never urge, never praise, and never blame. The urge must come from *within* the pupil, and they teach him to judge himself . . . Thus in every respect they educate him to stand upon his own feet without leaning on them or anyone else. The higher we attain, the greater would be the disaster of a fall, and only as we cultivate equipoise and self-reliance coupled with zeal of devotion, are we really fitted to go on.”

“Like all other Mystery Orders, the Order of the Rosicrucians is formed on cosmic lines. If we take balls of even size and try how many it will take to cover one and hide it from view, we shall find that it will require twelve to conceal a thirteenth ball. The ultimate division of physical matter, the true atom, found in interplanetary space, is thus grouped in twelve around one. The twelve signs of the zodiac enveloping our solar system, the twelve semi-tones of the musical scale comprising the octave, the twelve Apostles who clustered around the Christ, etc., are other examples of this grouping of twelve and one. The Rosicrucian Order is therefore also composed of twelve Brothers and a Thirteenth.”

“Seven of these Brothers go out into the world whenever occasion requires; appearing as men among other men or working in their invisible vehicles with and upon others as needed; yet it must

be strictly kept in mind that they never influence people against their will or contrary to their desires, but only strengthen good whenever found.”

These brothers live in a material house and “seem to hold offices of distinction in the community where they live, but this . . . is only to give a reason for their presence and not create any question as to what they are, who they are, or that there is anything out of the ordinary about them. Outside of that house and in that house and through



COMTE DE ST. GERMAIN

Philosopher, Freemason, diplomat, and Rosicrucian Initiate—The Count St. Germain was the wonder man of the Eighteenth Century.

that house there is what may be called the Temple. It is etheric and . . . might be likened to the auric atmosphere that is around our Pro-Ecclesia . . . Their house is so permeated with spirituality that most people wouldn't feel very comfortable there.”

“The remaining five brothers never leave the Temple, and though they do

posses physical bodies, all their work is done from the inner worlds.

"The Thirteenth is Head of the Order, the link with a higher Central Council composed of the Hierophants of the Greater Mysteries, who do not deal with ordinary humanity at all, but only with graduates of the Lesser Mysteries.

There are nine Lesser Initiations and four Great Initiations before the candidate finally reaches the Liberator, where he receives "a knowledge concerning other evolutions and is given a choice of remaining here to assist his brothers or entering other evolutions as a Helper. Those who elect to stay here as Helpers are given various positions according to their tastes and natural bent. The Brothers of the Rose Cross are among those Compassionate Ones, and it is a sacrilege to drag the Rosicrucian name in the mire by applying it to ourselves when we are merely students of their lofty teaching." We are students of the Philosophy, and not Rosicrucians.

"The Hermetic Axiom says 'as above, so below,' and the lesser teachers of mankind are also grouped upon the same cosmic lines of 7, 5, & 1. There are upon Earth seven schools of the Lesser Mysteries, five of the Greater Mysteries, and the whole is grouped under one Central Head Who is called the Liberator."

After an Initiate has passed the first of Four Great Initiations he becomes an Adept, one who has reached a high stage of spirituality "and has learned to use the 'Creative Word', the word of power, which was lost by humanity in its descent into matter" He not only sees and knows the inner workings of the laws of Nature, but has the faculty of leaving his body consciously and investigating these things and has power over them. "He knows how to control his actions and emotions, thus saving all unnecessary strain upon the body. He knows the exact elements required to keep up his body and the proper proportion in which to take them. Thus he secures the maximum nutrition and a minimum of waste.

"For that reason he may keep his body in a state of youthful appearance and vigorous health for hundreds of years. It is said that Christian Rosenkreuz is today using a body which has been thus preserved for several centuries . . . Judging by the standards of ordinary men the Elder Brothers seem now to be about forty years of age." They understand the law and live accordingly, using food only at intervals measured by years. "The word of God is to them a 'living bread'."

"The Adepts are able to preserve their bodies for centuries, maybe millenniums, but they are also able to create a new vehicle if for any reason that becomes expedient and the following is one of the ways described by the Elder Brothers."

"It is a law in Nature that the cell life inherent in any particle of food must be overpowered by the Ego before it can be assimilated. Hence it is impossible for the Adept to make an extract of the elements whereof a body is to be built forming them into a vehicle and then stepping from the old to the new. He must first take them into his own body that they may be attuned to the seed atom and properly assimilated. Then after they have been appropriated by him in the manner decreed by the laws of Nature, he may again extract them and use them to build a new body. Therefore the Adept commences his work by increasing his diet and extracting the surplus amount of food. Being so thoroughly self-controlled, he has also the power to control and hold in subjection the live food elements which he thus uses gradually to build a body. This vehicle is usually placed in a room not entered by any one else. When it is finished and the Adept desires to make the change, he simply steps out of his old body into the new.

"The use of this method is the solution to the mystery surrounding the early life and antecedents of such men as Count St. Germain, Cagliostro, etc. They were Adepts who stepped out of
(Continued on page 442)

Those Resilient Otters

TOM MYERS

EDITOR'S NOTE: For this charming article we are indebted to the editors of *National Wildlife*, as well as to the author, for permission to use it in our *Rays*. It appeared in the magnificent June-July issue of *National Wildlife*, and will, we are sure, appeal to all our animal-loving readers.

BORN in a raging storm off the Aleutian Islands, the giant swells had traveled eleven days toward California. Day after day they had rolled unimpeded some 4000 miles across the vast, empty Pacific to die finally with a crashing violence on the jagged Monterey coast. At the same time one of the famous California winter gales slashed down the coast, tearing the tops from the waves and obscuring all distinction between air and water. Spume and spray streaked across the heaving seas, enveloping all in a white, almost unbreathable world.

Off shore a few hundred feet from the smashing surf lay a bed of giant kelp, fifteen miles long and a mile wide. In the center of this huge mass of heaving seaweed was a small colony of the rarest, most valuable, and most endearing animals in the world: the California sea otter (*Enhydra lutris nereis*).

Though thought extinct for many years from the ruthless slaughter by Russian, American, British, and hired Aleutian fur hunters, this harmless mammal was rediscovered in 1938 off the central California coast. Many years ago the otters spent much of their time resting on shore. They bore their young among the rocks and sought protection from the violent winter gales there. Now in self-protection, the last six hundred of the 150,000 sea otters that once inhabited the California coast live from birth to death in the ocean, driven to the safety of the sea by the fur hunters. For the last hundred years they have not been known to come ashore except through accident or death. In self-pres-

ervation they have made an extreme modification of their living habits and now spend their entire life in the sea. It took man only twenty-five years to force the little animals with the most valuable fur in the world to alter their place in evolution thousands of years to a complete life in the ocean. Not even the haughty Siberian black sable is more valuable than the coat of the sea otter. No wonder the friendly animal was hunted to what was thought extinction by the world's most unrelenting predator: man.

It is recorded that in the early hunting days when they still inhabited the rocky shore, they would nuzzle the legs of their killers the moment before a club ended their lives. At other times, like a philosophical old man, the otter, when cornered and expecting a death blow, would turn its back to its human enemy and cover its eyes with its furry paws. In death, the small furbearers would often assume the human attitude of lying on its back with crossed forepaws. The method of kill was by spearing, shooting, and clubbing the adults, lured by screaming pups held hostages by the hunters. Many mothers were killed attempting to save their pups, for the love for their young is intense and they will face any danger to protect them. When mothers were killed many of the younger pups slowly drowned as their inner fur saturated with water. Many of the older ones, old enough to swim but too young to feed themselves, died of starvation. Now they are protected by a law with a penalty of \$1,000 and one year in jail, which was passed by the California Legislature in 1913, after the otters were thought to be extinct.

Possibly no animal is so significant in world history as the otter, for it was the discovery of the sea otter by Russians from the east and Americans from the west that linked civilization around

the world for the first time in recorded history.

The lure of the most valuable fur in the world brought the occupation of Northern California by the Russians. Their main settlement was Port Ross, seventy miles north of San Francisco, and they established other outposts on the Farallon Islands and Bodega Bay, California. Because of the otters' almost complete disappearance by 1939, the Russians sold Fort Ross to Captain John Sutter of California gold rush fame. Later they sold Alaska to the United States for similar reasons.

Thus the disappearance of the fun-loving, human-like otter was the primary reason for the Russian withdrawal from the western half of the world. Had the Russian fur hunters practiced conservation and game management they would presumably own California and Alaska today.

Now California sea otters are one of the wariest creatures in the sea and one of Nature's most reluctant photographic models. They seem to spend most of their time floating on their backs with their webbed hind feet waving in the breeze. They sleep, eat, play, cuddle their young, and quite often swim on their backs. They often wind a strand or two of kelp around their bodies to keep from drifting from the raft (sea otter term meaning herd). To keep the Sun's glare from their eyes, they place their stubby forepaws over their faces in the summer like a sleepy child. Some time of each day is spent in cleaning themselves — their fur, feet, and tail, like a cat licking its coat.

The otters seem to be itchy a good deal of the time and sometimes all four paws and flippers are scratching in different directions and places at the same time. Sometimes all four feet and tail stick up in the air. At other times their forepaws are folded on their chests, their tails drag in the water, and their feet are flopped forward over their bodies or dangle backward in the water.

The otter can swim easily and swiftly

on his back, occasionally turning his head to see where he is going. But when he really wants to make time, he flips over on his stomach, folds his forepaws on his chest, and with great strides of his strong hind legs and furred feet, pushes his long body through the water at a rapid speed with the grace of an eel.

A pup has to be taught to swim and would soon sink if not held up by its parent. When the mother goes to the bottom for food she leaves the pup on the surface where it can float a short time with the aid of a cushion of air trapped in its fine fur.

The California sea otter eats while floating on his back, using his chest for a table. After every two bites or so he rolls completely over in the water, washing fallen food from his "floating table." Usually one or two annoying gulls swoop low or float near him, trying to steal his food while picking up the scraps. This does not seem to anger the friendly furbearer though, for the gulls come so close he could probably harm them if he wished to do so. Instead, when too harassed, he will splash water on the birds with his feet.

An otter feeds primarily on sea urchins, mussels, clams, and other shell fish brought from the bottom of the ocean. About ten per cent of his diet seems to consist of abalone, and he will sometimes sample crab, sea cradle, lobster, starfish, octopus, fish, and seaweed.

One of the unique actions of a feeding sea otter is his method of opening mussels of sea urchins. While on the bottom for shellfish, he picks up a flattened rock and brings it to the surface with the food. Immediately upon breaking the surface, he is flat on his back, the rock is on his chest, and he is holding the shellfish between his paws pounding it open on the rock. No other animal habitually uses tools in feeding except man, the chimpanzee, and the Galapagos Finch. The sounds of chop, chop, chopping can be heard at times for a mile up and down the coast when a sea

otter is feeding. It takes an average of 35 bangs to crack open a mussel and nine bangs for a sea urchin, according to K. R. L. Hall and George B. Schaller of the Center for Advanced Study in the Behavioral Sciences of Stanford, California.

Some people believe the otter brings the stone to the surface under his armpits or presses the mussel against his chest with one paw and the rock with the other on the way up. Sometimes he will use the same rock for the cracking of many shellfish and sometimes he picks up a different rock each time he is on the bottom. Otters can apparently dive 150 feet for food but usually prefer water ten to fifty feet deep.

The best places for sea otter watching are Point Lobos Reserve State Park, just south of Carmel, California, and at Lover's Point in Pacific Grove. They have also been seen off Steinbeck's Cannery Row in Monterey. They usually lie about a half a mile off shore in the kelp beds but come in much closer when feeding. The otter now seems to inhabit a range from Pacific Grove south to Hearst Castle at San Simeon.

Sea otters are much larger than the common river otter — from four to six feet and weigh fifty to eighty pounds. They are smaller though than harbor seals or sea lions. You would think an animal that size would be easy to see, but until you get to know the characteristic movements of the sea otter you may have a hard time spotting them in the kelp.

The only other sea otter in the world are an Alaskan sub-species (*Enhydra lutria lutris*), who number about 30,000 in the Aleutian Islands. They are smaller and have greatly different living habits from the California otter.

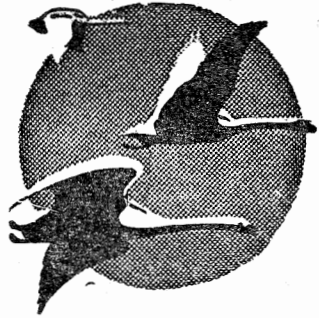
No California sea otter has ever been kept in captivity, with one notable exception. On January 7, 1964, a live baby was washed ashore at the mouth of the Carmel River. With the cooperation of California State Park Rangers, the Department of Fish and Game and the

Pacific Grove Museum of Natural History, the otter was transferred to the Steinhart Aquarium in San Francisco.

She seemed healthy and happy for ten days. Someone named her Bessie Lou. She was twenty-five inches long, weighed seven pounds, meowed and yelled every four hours for fillet of mackerel and clams; cleaned herself with her tongue and paws; played with rocks and teethered on a rubber dog bone. Bessie Lou was spoon-fed and burped. She craved attention; liked women with high voices and tried to talk back to them. But with all precautions, Bessie Lou was unable to survive out of her natural habitat.

As this issue of *National Wildlife* goes to press . . . it appears that the sea otter may be in trouble again because of man.

A report by the California Department of Fish and Game is being de-



livered to the State Legislature recommending the trapping and relocating of an initial twenty sea otters. Commercial abalone fishermen say the otters are competing with them for abalone near their home part of Morro Bay, California. Fish and Game officials stated last year that the number of otters seen south of Cambria, California, and in major abalone beds has varied from a few animals to fifty or sixty, and there are many indications that they are doing a significant amount of damage to the adult abalone in the beds. In their report, Fish and Game officials say, "Harassment of relocation should not be undertaken unless accompanied or preceded by adequate studies and the sur-

vival of this unique subspecies should remain the foremost consideration." Also, "These studies could include establishing population reservoirs in different locations for the benefit of the total population."

Conservationists not in favor of harassing the sea otters under any circumstances state:

1. Since the population of the California sea otter has hovered around six hundred or less in the last one hundred years, any trapping or harassment could upset the delicate balance of nature for such a small group of animals. They could all die.

2. Any harassment could cause them to become so wary of humans again that they could vanish for another eighty years or longer.

3. Although some Alaskan sea otters have been transplanted from one island to another (20 planned for Washington state this summer) by the U. S. Fish and Wildlife Service, the mortality rate has been one third.

4. The California otters which are supposedly fully protected by law are still frequently found dead by wardens from gunshot and speargun wounds.

5. The abalone catch has not decreased in the last few years in the Morro Bay area, but has increased from 1,262,000 pounds in 1962 to 1,569,000 pounds in 1966.

6. Although 228 commercial abalone permits have been issued for the Morro Bay area, only about 12 fishermen make their full living from diving.

7. California Department of Fish and Game spent \$122,000 on the abalone industry in 1966, mostly for law enforcement work. It received only \$6,000 back from the industry for the same year.

8. The cost of the Fish and Game sea otter proposal would run an additional estimated \$46,000 a year.

9. California's tourist industry would suffer from the disappearance of the otter.

10. And finally, it would be morally

wrong ever to harass again such a delightfully intelligent animal that has to date valiantly survived man's crushing predation.

What the future will bring, no one knows. Meanwhile, the otters are sleeping quietly along the rocky coast . . . with their paws over their eyes.

WHO ARE THE ELDER BROTHERS

(Continued from page 438)

an environment when they had outgrown their usefulness into a new field. The bodies they had left behind bore no names and no one suspected that the Spirit which had inhabited them had not taken the usual post-mortem course.

"Our revered Founder and the twelve Elder Brothers whom he selected to aid him in the work centuries ago probably first made a retrospective study of the trend of thought during our era, and . . . thus were able to obtain a fairly accurate conception of the direction likely to be taken by the minds of future generations and determine their spiritual requirements . . . Their conclusions were right when they judged that *pride of intellect, intolerance, and impatience of restraint* would be the besetting sins of our day; and they formulated their philosophy so that it satisfies the heart at the same time that it appeals to the intellect and teaches man how to escape restraint by mastering self."

The Elder Brothers "do not regard an intellectual understanding of God and the Universe as an end in itself; far from it . . . This scientific, logical, and exhaustive teaching is given in order that man may believe in his heart that which his head has sanctioned and start to live the religious life."

The Brothers of the Rose Cross have attained to great heights of spirituality, wisdom and power. They stand ever ready to help us as we receive, comprehend, and follow their guidance. They have shown us the Way through two prime requisites: *Pure Love and Self-Forgetting Service* to others.

Out of the Light

E. F. M.

AS the train clicked along the rails, Mary Jordan leaned her head against the red plush back of the seat.

"Tired, Darling?" asked Bob.

Mary looked at her husband beside her and smiled, laying her slender hand in his firm one.

"A little," she answered. "The motion of this train seems to upset our little Betty."

Bob smiled down at her. "I hope little Betty will be as lovely and sweet as her mother," he whispered, his blond head bent close to her.

"Thank you, sir." They both laughed.

Then — the train stopped suddenly. Everyone was thrown to the floor. A man yelled. A woman screamed. The horrible shudder of the congested cars threw everything into chaos. Bob grabbed for Mary, but she was thrown out of his reach. Before he could get to her, the coach toppled slowly onto its side and with a final shudder followed by a thud, lay still.

"Mary! Mary!" shouted Bob, tearing at the seats and luggage. Mary was hidden from him by scrambling, screaming people.

Finally he fought himself free and battered his way to the spot where he had seen her last. There she was; he could see one of her feet sticking out from under a dislodged seat.

He lifted the seat and threw it clear of the limp figure. Stooping he gathered the awkward little form in his arms.

Sobbing and muttering, he staggered to the nearest window. The shouting and racket going on about him seemed not to penetrate his mind, which was numb with anxiety for the helpless form in his arms.

Holding Mary with one arm and resting her weight on his knee, Bob seized a small bag and smashed out the jagged glass left around the window casing.

Cautiously testing his weight on the arm of an overturned seat, he slowly drew himself up to a standing position.

"Hey, you, a little help here," he shouted to a man running by. The man stopped and came to the car window.

"Help me get my wife out of here, quick!" Bob's hands shook as he lifted Mary up through the window to the man.

"Be very careful, she's not well." Bob wondered what had happened to his voice — it had never sounded like that before. He tried to lift himself through the opening, but his ankle seemed to be pierced through with a knife. Just a piece of broken glass, he thought. On the second attempt he reached the top and swinging his legs free, jumped to the ground, but again the ankle protested and buckled up under him.

"You're hurt, too," said the man. "I'll lay your wife down here and try to find some blankets for her."

Bob crawled over to where Mary lay, white and motionless.

"Mary, Mary, for God's sake speak to me." The anguished prayer within him reached only to his throat which burned and throbbed. He talked to her, trying to penetrate the blackness which seemed to have taken her from him.

And it was a blackness, for Mary herself could not get her bearings. It frightened her, but Bob could not seem to hear her calling him. With the fright there was pain, pain that she could not understand, but there in the distance just coming into view was a light. She hurried toward it as fast as the pain would allow her to travel.

Although the light grew brighter with every step, it seemed that she could get no nearer to it. Then somewhere in the blackness behind her, she heard Bob's voice calling her to come back. But the

light ahead was beautiful, and drew her irresistibly.

In the light Mary could now see exquisite temples and beautiful houses. At the right was a great marble staircase leading up toward the light.

"Where am I?" thought Mary, becoming frightened at the great splendor before her. If only she could see someone she knew!

"Mary! Mary! Oh, my dear, come back to me!"

She turned. Bob was somewhere back there in the blackness. She tried to call him to come, too, but no sound came from her.

Then a beautiful child appeared before her in the light.

"Mother, you are so lovely; I patterned myself after you," she said.

Mary stared. The girl had her same clear blue eyes and long dark hair.

"Betty, how did you get here? Where did you come from?" Mary asked.

Betty smiled and took Mary's hand.

"This is my home, but I never thought we could be here together," the child replied.

Again the voice in the blackness reached Mary's ears. "Mary! Mary! I can't live without you. Don't leave me."

Betty smiled. "He really loves you, Mother," she said. "You are fortunate, for it is not always so."

"How do you know?" gasped Mary, hungrily drinking in the beauty of this daughter who stood before her.

Again Betty smiled. "We know many things here."

Mary looked around. She had forgotten her surroundings since Betty appeared.

"What place is this?" she inquired.

"This is the Heaven World," the child replied. "It is a beautiful world where all one has been denied on earth finds realization. Here we work because we love the things we do. I shall study here now to learn all that I would have learned had I gone to Earth."

"You are not coming to Earth with

me?" Mary was surprised as she spoke, for she herself sounded as if Earth were somewhere off in space.

"No. I must stay here and study for a while now, then perhaps later I shall go back to Earth again."

Mary nodded. She seemed to realize that Betty knew what she must do and that to protest would be wrong.

"Come and see where we live," said Betty, and Mary closed her eyes to hear better the soft, vibrant voice.

Children were dancing and singing in the streets; friends were visiting and laughing together. A group of people passed by, hurrying, but smiling.

"Where are they going?" asked Mary curiously.

"Over to those two big buildings, perhaps. One of them is a concert hall, and the other is a theater where music and drama lovers can hear and see the things they enjoy," the child answered.

"I suppose all the great singers and actors from the Earth continue to give wonderful performances here," Mary remarked.

"Sometimes, but mostly the performers are those who wanted to be great singers or actors when they were on Earth, but for some reason they did not get to realize their ambition."

"How wonderful," said Mary, "to learn that ambition is never lost."

"Farther over there are libraries and laboratories for those interested in those things," the child explained.

"It's all so beautiful," whispered Mary.

The two passed many smiling faces as they walked along a side street to a little white cottage with green porch boxes under the windows and a garden all around. The flowers in the boxes seemed to smile and nod as they approached.

"Isn't it lovely, Mother? We can be so happy here."

"We?" questioned Mary.

"Yes, you and I," replied the child.

"But Bob — your father," Mary queried.

Betty shook her head. "He is not ready to come yet."

Mary looked into the blackness from where Bob's voice was calling.

"Oh, what shall I do?" Mary looked at Betty for counsel, but received only a smile. Mary knew, somehow, that the decision was up to her. Then a happy thought came.

"Why, can't you come, too, Betty? Your father will be so happy; we have dreamed about you so much."

Betty shook her head again. "I can't. You have done all you can for me by building me a physical body. From that, I have learned what I need to know for the time being, and now I am free again to go about my work here. You must either return alone or stay here with me. You are the only one who knows if your work on Earth is finished."

"I shall be so lonely now that I have seen you," said Mary.

"Well, there is a little boy I know who would like very much to come and live on Earth with you and Daddy; you

could take him after you get strong again."

A little boy! Mary felt exuberant. "He could go so many places with Bob and be such company for him!"

Betty nodded and smiled. "Daddy would be glad to have a son."

"My work is not finished," Mary said. "I must go back. Bob needs me. It would be selfish to stay here. I must give the Earth a son who will tell the world about the things I have just learned. Good-bye, Betty, dear. I am proud to have helped you, and when I have finished my work on Earth I'll come back."

"Good-bye," Betty smiled. "Thank you, mother."

Mary turned her face toward the blackness; she could hear Bob's frantic voice. She turned at the edge of the light and looked back at Betty who waved encouragement.

"I must go back," sighed Mary. "There is Bob — and our son — yes, they will both need me."

THE SOLAR ECLIPSE FOR SEPTEMBER, 22, 1968

OUR solar system is a living organism. It possesses a circulatory system. The normal rhythmic flow of that system is impaired in varying degree at times of eclipses. That is why such occurrences, especially when the mid-day sun is darkened, have come to be regarded as omens of some approaching ill to man or disaster to the Earth.

During the period of a solar eclipse the areas immediately affected suffer a diminution in the life-sustaining processes. The Sun is the home of the Cosmic Christ, so when a veil is drawn over His radiant countenance and the streamers of His enlightening, enlivening, and love-redeeming energies that normally flow into earthly existence, certain effects of such withholding are inescap-

able. They bring on limitations and disturbances in some form, unrecognizable or not, that have to be met and overcome. They are reminders that this Earth of ours, this "sorrowful Star" has yet a long way to go to attain its ultimate destiny of becoming a sun and an eternally radiating globe in which there is no shadow of turning and no trace of darkness.

An eclipse is seldom accompanied immediately by any noticeable effects. Such there are, but usually they have to wait on certain planetary configurations of an igniting character to bring them to the surface. An earthquake could be such an occurrence. According to the age-long accumulation of stellar wisdom it has been found that earthquakes usually fol-

low close after eclipses, but that they do not take place until some malefic planet passes over that point in the heavens in which the eclipses occur.

Nor may the effect of an eclipse on man's consciousness and inner life be realized beyond perhaps the awe and wonder of a celestial phenomenon and an instinctive feeling that were not our Day Star to return to light the Earth, all in it would sink into hopeless despair and perpetual darkness.

The effect of the present September eclipse of the Sun will be most pronounced among those segments of the population that come under the governing ray of Virgo, the sign in which the eclipse occurs. These include the work-



ers and servers; they cover the field of labor, and also of health.

The Sun, as aforesaid, is the home of the Cosmic Christ. Uranus, which is in exact conjunction with the Sun's eclipse, is sometimes referred to as the Christ planet. It radiates the impersonal love of the Christ, the personal love of Venus that has been raised to the higher octave of divine compassion. So, at the moment when the solar Christ turns His face away from the Earth for a brief moment, Uranus, as the Awakener, is present to release, mayhap, a lightning bolt into some area of our earth life. It may not strike immediately a fire anywhere but it might in some unpredictable and surprising way put on some kind of an elemental demonstration such as tends to put the fear of God into the hearts of men and turn them to thinking of their littleness and helplessness in the face of cosmic powers loosed to work out purposes not within the human grasp. To this extent at least an eclipse may prove chastening and purging by

Equinox. This is one of the four points the thoughts and reactions it may engender of a deeply penetrating and unforgettable nature.

The solar eclipse of September 22 is also of special significance in that it occurs on the very day of the Autumnal of supreme spiritual significance in the cycle of the year. It marks, outwardly and inwardly, a major turning point in the soul life of man and planet. At each of these four seasonal changes there is a "changing of the Guard" among the Four Lords of Destiny. At the Autumn Equinox Michael takes charge for the ensuing quarter. This Archangel is Christ's own special messenger to the children of Earth. His countenance is described as that of the Sun and his rank as next only to the Christ.

Michael's special mission is to help humanity find the way to Christ. His way is the way of peace, and yet He wields a sword. He is the Overcomer. His familiar representation is standing victoriously over a slain dragon. In this He stands one with the World Redeemer. Said the Christ, "I have overcome the world." Also, said the Prince of Peace: "My peace I give unto you." But, like Michael, His earthly Ambassador, He also wields a sword. Said He: "Think not that I come to bring peace but a sword."

Here we meet with apparently irreconcilable contradictions. But by taking recourse to an occult formula these can be resolved: "Every truth is but a half truth."

The whole truth is in the two-edged sword that divides those who are for and those who are against. Those who are for know the peace that passeth understanding; those against, the violence and suffering that come from colliding opposites.

Now, at the time of this coming Autumn Equinox, what do we have? The Solar Logos, normally concealed, giving the signal to Uranus, His planetary agent, to hurl a vibratory ray into cer-

(Continued on page 477)

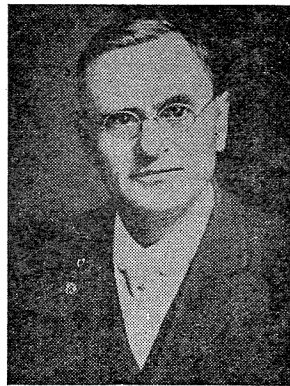
MAX HEINDEL'S MESSAGE

Taken from His Writings

THE VITAL BODY

THIRTY-FOURTH INSTALLMENT

Relation of Vital Body to Spiritual Development



Positive and Negative Development

SPIRITUAL development may be positive, as in Adepts, Initiates, and Invisible Helpers; or negative, as in the case of mediumship.

The vital body of every Initiate is always positively polarized, as that makes it a better and more receptive instrument for the vibrations which come from the Life Spirit, whose counterpart the vital body is.

It is sometimes asked why Initiates are always men. They are not; in the lower degrees there are many women, but when an Initiate is able to choose his sex he usually takes the positive masculine body, as the life which brought him to initiation has spiritualized his vital body and made it positive under all conditions, so that he has then an instrument of the highest efficiency.

There are women Initiates, and sometimes even Initiates of the Greater Mysteries take upon themselves a feminine body for the sake of a special work which they desire to accomplish. It is true, however, that those who have advanced so far that they have a choice regarding sex usually prefer a male body, and the reason is not far to seek. Woman has a positive vital body but a negative dense body and is, therefore, somewhat at a disadvantage in the world as at present constituted. Striving for the higher ideals and living the higher life, we spiritualize the vital body and transmute it into soul, which is always

positive — a power usable regardless of sex — and when the Initiate wears a masculine body, also, he is thoroughly positive in the Physical World and has a better chance for advancement than when using a feminine vehicle.

Hence one who lives upon a flesh diet must replenish his food supply very often; such material would therefore be unsuitable for the purpose of building a body that has to wait for some time before the Adept enters it. Food consisting of vegetables, fruits, and nuts, particularly when these are ripe and fresh, is interpenetrated by a great deal of the ether which composes the vital body of the plant. These are much easier to subdue and to incorporate into the polity of the body, also they stay much longer there before the individual cell life can assert itself. Therefore the Adept who wishes to build a body ready to wear before he leaves the old one, naturally builds it of fresh vegetables, fruits, and nuts, taking them into the body which he uses daily where they become subjected to his will, a part of himself.

Regarding the effect from the occult standpoint of this polarization, we may learn much from certain customs in so-called secret societies. As you know, such organizations always place at the door a guard who is instructed to deny admittance to anyone not supplied with the proper password and signs, and that works very well so far as the people are concerned who function only in their

physical body. But the so-called secrets of these organizations are not in any sense secrets to those who are able to enter their places of assembly in their vital bodies.

It is otherwise in a true esoteric order such as, for instance, the Rosicrucians. No guard is on duty at the door of the Temple when the Mystic Midnight Mass is said each night of the week. The door is wide open to all who have learned to speak the open sesame. But that is not a spoken password; the initiate who desires to attend must know how to attune his soul body to the particular rate of vibration maintained on that night. Furthermore, this vibration differs on the various nights of the week so that those who have learned to attune themselves to the vibration maintained on Saturday night when the first degree meets are as effectually barred from entering the Temple with those who carry on the work Sunday, Monday, Tuesday, etc., as any ordinary person.

Therefore, "The Path of Preparation" precedes "The Way of Initiation." Persistence, Devotion, Observation, and Discrimination are means of attainment, for by these the vital body is sensitized. By persistence and devotion the chemical and the life ethers become capable of taking care of vital functions in the dense body during sleep. A cleavage takes place between those two ethers and the two higher, the light ether and the reflecting ether. When the latter two have been sufficiently spiritualized by observation and discrimination, a simple formula given by the Teacher enables the disciple to take them out with his higher bodies at will. He is thus equipped with a vehicle of sense perception and memory. Whatever knowledge he possesses in the material world is then available in the spiritual realms, and he brings back to the physical brain, memories of his experience while without the dense body. This is necessary in order to function outside the dense body with full consciousness of both the Physical World and the

Desire World, for the desire body is unorganized as yet, and did not the vital body leave its imprint on the desire body at death, we could have no consciousness in the Desire World during post-mortem existence.

There are various grades of spiritual sight. One grade enables a man to see the ordinarily invisible ether with the myriads of beings that invest that realm. Other and higher variants give him the faculty to see the Desire World and even the World of Thought while remaining in the physical body.

But these faculties, though valuable when exercised under full control of the human will, are not sufficient to read the Memory of Nature with absolute accuracy. To do this and to make the necessary investigations in order that one may understand how the "Web of Destiny" is made and unmade, it is necessary to be able at will to step from the physical body and function outside in that soul body which we have spoken of as composed of the two higher ethers, this also being invested with the desire body and the mind.

Thus the investigator is in full possession of all his faculties, he knows all that he knew in the Physical World, and has the ability to bring back into the physical consciousness the things which he has learned without. When he has this ability he must also learn to balance himself, to understand the things which he sees outside, for mark this: It is not enough to be able to step outside the body into another world and to see things there; we do not by that fact become omniscient any more than we understand what everything is used for and how everything works here in this Physical World because we live here from day to day and year to year.

It requires study and application to become thoroughly familiar with the facts of the invisible world as it does with the facts of the world in which we are now living in our physical bodies. Therefore the book, the "Memory of

(Continued on page 452)

Studies in the Cosmo-Conception

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

Constitution of the Earth

(Continued)

Q. In what way can the volcanic outbursts of Vesuvius be a corroboration of the theory that people whose destiny it is to die by violence are gathered at the place of the outburst?

A. A list of these outbursts during the last 2000 years shows that their frequency has been increasing with the growth of materialism. In the last sixty years (prior to 1910), especially, in the ratio that materialistic science has grown arrogant in its absolute and sweeping denial of everything spiritual, have the eruptions increased in frequency.

Q. What are the actual figures in regard to this?

A. While there were but six eruptions in the first thousand years after Christ, the last five have taken place within 51 years. The first eruption during the Christian Era destroyed the cities of Herculaneum and Pompeii, in which the elder Pliny perished, A.D. 79. The other eruptions followed in A.D. 203, 472, 512, 652, 982, 1036, 1158, 1500, 1631, 1737, 1794, 1822, 1855, 1872, 1885, 1891, 1906.

Q. What has been done to counteract the demoralizing influence of materialism?

A. A great deal of occult information has been given out by the Elder Brothers of the race, who are ever working for the benefit of humanity.

Q. What has been one of the results of materialism from the health standpoint?

A. One of the causes of the dread "white plague" (tuberculosis) is this materialism, not traceable to the present incarnation, perhaps, but the result of

materialistic beliefs and affirmations in previous lives.

Q. Why is it particularly detrimental to the spiritual progress of the race for materialistic minds to gain power?

A. This is because in the eighth or atomistic stratum of the Earth it is multiplied, so that such a type may be reproduced and thus used over and over again in the formation of other bodies.

Q. Was Pliny, the Elder, thus partly responsible for so many material scientists in our day?

A. It is quite possible that the brain tendencies of Pliny were reproduced a thousand years afterward, and have been partly the cause of the present crop of material scientists.

Q. Who are some of the individuals who have endeavored to change the trend of material science?

A. Mesmer was one, sent by the Elder Brothers. Madame Blavatsky was another, a faithful pupil of Eastern Masters.

Q. What particularly valuable astronomical fact did the latter point out?

A. She pointed out that the inclination of the Earth's axis is caused by a movement which, in due time, brings the north pole to where the equator is now, and still later, to the place now occupied by the south pole.

Q. Has this theory been corroborated?

A. Yes. G. E. Sutcliffe discovered and mathematically demonstrated that Laplace had made a mistake in his calculations. The rectification of this error confirmed by mathematical demonstration the existence of the third motion of the Earth.

—Ref.: *Cosmo-Conception*, pp. 508-512.

WESTERN WISDOM BIBLE STUDY

Healing Miracles of Christ

CORINNE HELINE

The Deaf and Dumb Man Healed (Continued)

OTHER illustrations of the Law may be observed in bodily deformity resulting from the perpetration of cruelties such as the hideous punishments of the horror chambers of the Inquisition; spinal trouble, through using spiritual forces for purposes of black magic and the like; stomach and digestive troubles from a gluttonous and debauched appetite; heart trouble through intense selfish and personal love which failed to regard the welfare of others; and tuberculosis resulting from materialistic thinking and living. Sometimes the karmic consequences of violation of cosmic law follow within one lifetime; more often they occur in later incarnations, after an interval of death, so that an individual may be born innocent in respect of the one lifetime known to him yet suffer these karmic retributions carried over from the past.

In the case of the deaf and dumb man described in the gospel of Mark, Christ Jesus touched the man's ears and his tongue, and looking up to heaven (the symbol of the Eternal), he said, "*Ephphatha*," which means, "Be opened." He had chosen to follow Christ into the heaven of a new life, freed from the limiting restrictions of the old. His choice may be ours with the same results.

Ephphatha, "be thou opened," refers esoterically to the development of clairvoyance, clairaudience, and the power of the spoken Word awakened in the disciple. This symbolic act of the Christ has been commemorated in both the Greek and Roman churches in the Baptismal Rite where the priest touches the ears and mouth of the penitent with a finger which has touched his own lips, and pronounced the word, *Ephphatha*.

The Early Church referred to *Eph-*

phatha as the mystery of the *Apertio*, or Opening, and connected it in the Mysteries of Christ Jesus with the Rite of Baptism wherein the disciple also received the powers of extended sight and hearing. It was possible for the Archangel whom we know as the Christ to permeate all crystallized atoms with the powers emanating from His own home world, the realms of Life Spirit, where all is life, light, and love. Because of this, healings were instantaneous in all cases where He chose to make them so. Such were the forces resident in Him, whose radiations were so powerful that even those who touched His garment were made new again. This fact was again evidenced in the healing of Malchus' ear at the time of the arrest of the Master in Gethsemane.

After the prolonged exercise of His powers, the glorious Christ Spirit would depart for a season of solitude in an Essenian retreat, in order that His mighty vibrations should not completely shatter the human body of Jesus which he had assumed at the time of the Baptism and used throughout His ministry on Earth. During these retreats from the public ministry, He withdrew from the mortal body, leaving it in the care of the Essenes, who worked upon it in His absence. This was a specialized work the Essenes were able to do because of their own high spiritual powers which they radiated from themselves. Advanced souls invariably work by projecting their vibrational powers. Thus also did Christ cast out the evil Spirits with a word, and healed all that were sick and whose karma entitled them to healing, that it might be fulfilled which was spoken by Isaiah, the prophet, saying, "Himself took our infirmities and bore our diseases." (*Matt. 8:16*).

Paracelsus admonishes us to remem-

ber that the subject of disease and healing can be understood only when considered in the light of karmic law, and this affects not only the physical body, but also the several interpenetrating invisible vehicles of man. "There is a two-fold power active in man," he says, "a visible and an invisible. The visible body has its natural forces and the invisible body has its natural forces — and the remedy of all disease and injury that may affect the visible form are contained in the invisible body, because the latter is the seat of power that infuses life into the former and without which the former would have no life."

Visible and invisible body building is divided into cycles of seven. The first cycle of seven is concerned chiefly with the building of the physical and vital bodies, which correlate to the development of the glandular system. The second cycle is concerned with the development of the desire body. It is fiery, and correlates with the chemistry of the circulatory blood system. The third cycle is given over to the development of the mental body. It is airy. Thought now becomes the supreme creative power. In the subconscious it establishes habits, the tendency of which is to crystallize the etheric or vital body. The fourth cycle summarizes or synthesizes the preceding septenates. It recapitulates the past, and in so doing frequently touches karma that has been carried over from previous Earth existences, and which is now scheduled for payment.

The age of twenty-eight marks the completion of the fourth septenary cycle when, in the occult sense, the true mental life of the Ego is considered to have begun. It marks the final maturation of the four etheric "sheaths" which are the matrix of physical growth.

"For ye should comprehend that there be seven lives in man, of which not one attaineth to the true life which is in the soul." The seven lives are the seven septenary periods from birth to forty-nine years of age, which is the "Middle Age" of the occultist, and marks a time of

profound and fundamental change leading to new vision in one who has found "the true life which is in the soul." The seven must be transformed before the fullness of development is realized. Christ Jesus cast seven devils out of Mary of Magdala, which has reference to this sevenfold attainment. After this experience she became the foremost woman disciple of the Master and was the first of them all to be able to lift herself sufficiently high in consciousness to recognize Him when He returned on the blessed Easter Day.

"The true physician must both understand and perceive," writes Paracelsus further. "If he does not see the patient's astrality, he cannot prescribe that which, being the curative opposing force, must be roused within the patient's Spirit. The true healer looks not for causes in the visible, but seeks to understand the invisible." Truly, man will never know perfect health until he learns to live in harmony with the laws of life. Again in the words of Paracelsus: "Sickness is the expression of a fight that is being waged by the occult man against the degenerate conditions of his nature."

All truth is one and eternal, and the teachings of the Christ have reached down the centuries in the testimonies of the wise and the virtuous to our own day. The following words of a truly New Age teacher, Dr. Alexis Carrel, in his popular book, *Man the Unknown*, are to the point: "Science studies intensely man's liver, kidneys, all his physical functions, everything except the only important function, which is Thought." This sounds the keynote of the regenerate processes of the New Age. Christing the mind, Paul called it. When this is done, the purification and the perfecting of the body follow. The chains of past causation and the bondage of heredity hold us only so long as we permit them to do so. We are in bondage under the law; we are free in Christ.

"Go and sin no more lest a worse thing come upon thee." These words

well express the close connection existing between disease and sin, sin being all that which is not in accord with the constructive powers of Nature, or in other words, with Divine Law. Illumination and regeneration are one in the process of healing. To know continuous radiant health is to live in constant communion with the divinity within. This was the message of the Christ as it is of all true teachers who have both preceded and come after Him.

The physical body is a reflection of the Divine Plan as it manifests in the universe about us. It is composed of molecules ensouled by a central point of light or spiritual power, which controls its vibratory rate or motion. Every element in the universe is within man. The microcosm is the child of the macrocosm. Inharmonious interaction, or disease, manifests in the etheric body before it registers in the physical. The tone of the vitalizing principle is lowered; it is "jangled out of tune" by ceasing to vibrate in harmony with the keynote of its archetypal pattern.

Positive affirmations and constructive thinking rapidly restore the normal tone of the etheric body, and contrariwise, fear is the greatest deterrent to the restoration of health. The Twenty-third Psalm holds a magical power for the alleviation of fear. Let the rhythms of its declarations impart their harmony and strength into the whole being. It will make for health and wholeness. "The Lord is my shepherd. I will not fear." "I will fear no evil for Thou art with me."

The true spiritual healer possesses faculties with which the inner bodies of the patient and their relation to the physical vehicle may be examined. "If our medical students," writes Franz Hartmann, the noted occult writer and physician, "were to apply a part of the time which they employ for the study of external sciences which are practically useless to them, to the development of their interior perceptions, they would become able to see certain processes with-

in the organism of man which are to them at present a mere matter of speculation and which are not discernible by physical means."

The day is not far distant when orthodox medicine, like orthodox science as a whole, and also orthodox religion, will experience a spiritual awakening that will lift it to new heights of service. The quickening activity is under way. Ever greater are the numbers of awakened souls earnestly striving toward the ideal enunciated by the blessed Lord Himself when He said: "Be ye perfect, even as your Father in Heaven is perfect."

MAX HEINDEL MESSAGE

(Continued from page 448)

Nature," is not read easily at the first attempt, or at the second either, for just as it takes a child time to learn how to read our ordinary books here, so also it requires time and effort to decipher this wonderful scroll.

(Continued)

BIBLE INTERPRETATION

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Astrological Influences Hinted in Scientific News

KENT LORIMER

IT is always interesting to students of astrology to note the scientific findings that help to substantiate to the materialistic mind the validity of the belief that influences of the planets are felt by humanity. Some of these findings are given in the following pages.

A poison is always a poison. Or is it?

It may depend on the time of day it is given.

By the same token, a life-saving drug, administered to a dying man at the wrong hour, may lose all its healing powers.

Circadian rhythms, natural peaks and valleys in the daily cycle of physiological activity, account for this phenomenon which has far-reaching applications for medicine and science.

As physiologists gain greater insight into man's time scale, it will be possible to know not only what dose of a drug to give patients, but also at what time of day it should be given.

Studies of rats given potentially lethal doses of amphetamine, a common stimulant of the central nervous system, showed that its action varied significantly over a 24-hour day. Dr. Lawrence E. Scheving of the Chicago Medical School reported that up to 78 percent of the rats died at certain hours, while at other times amphetamine was fatal to only 6 percent.

Once the good and bad hours have been determined for one group of animals, it can be safely predicted that others of the same species will respond in the same way. Dr. Scheving told the American Association for the Advancement of Science meeting. Similar rhythmic results were found in animals tested with nicotine, strychnine and other drugs, he said.

The relation of body rhythms and susceptibility to drugs was first noticed by Dr. Franz Halberg and his colleagues at the University of Minnesota who have also found reactions to physical stimuli such as noise (made) rhythmically.

Some attempts to apply this knowledge to clinical medicine have been made, though no fool-proof way to use it has been found. Dr. Richard J. Wurtman, an endocrinologist at the National Institute of Mental Health relates rhythmicity to the treatment of Addison's disease which results when the adrenal gland fails to secrete enough hormones. Hormone injections help, but patients seldom feel completely well, Dr. Wurtman said, and "one reason is that we can't quite duplicate the natural rhythms of these secretions." Normally, though, they seem to be highest in the blood about 6 a.m. and lowest at about 10 p.m.

—*Science News*, January, 1967

One of the axioms of astrology is that even the effects of drugs differ according to the hour of day and time of the Moon when they are administered. When there is a strong and violent Mars or Uranus aspect in force during the day, obviously a sedative may not work as easily upon excited patients. On a quiet and peaceful Moon-Mercury, Moon-Venus-Jupiter days, drugs work peaceably; under Neptune mistakes in dosage occur, and under Mercury afflictions, also, due to bad judgment or mistaken diagnosis.

Here we read that "a life-saving drug, administered to a dying man at the wrong hour, may lose all its healing powers."

The astrologer contends that the "Circadian rhythms, natural peaks and valleys in the daily cycle of physiological activity," are caused principally by the daily cycle of the Sun and Moon. In the experiments with rats reported at Chi-

ago Medical School it was found, according to this report, that up to 78 per cent of the rats died at certain hours, while at other times the drug was fatal to only 6 per cent of the rats.

It is highly significant that it is stated that "rhythmicity (relates) to the treatment of Addison's disease which results when the adrenal gland fails to secrete enough hormones. Hormone injections help, but patients seldom feel completely well . . ." and Dr. Wurtman suggested that "one reason is that we can't quite duplicate the natural rhythms of these secretions." Astrologers have been busy working out the astrological rulerships of the endocrine glands, and the cycles which according to astrological theory correlate with the planetary movements in the solar system.

The rulership of the glands as generally accepted are: Pituitary Gland, Uranus; Pineal Gland, Neptune; Adrenals, Jupiter; Spleen, Sun; Thyroid, Mercury; Thymus, Venus; Gonads, Sun and Moon, Mars and Venus.

Traditionally also, the hours of the day are ruled by one planet or another, according as the day is named. The sunrise hour of the day is ruled by the planet for which the day is named. Monday, the Moon rules the first section; Tuesday, Mars rules the first section; Wednesday, Mercury rules the first section; etc., in an ordered series throughout the day. Mr. Heindel gives tables of planetary hours in *Simplified Scientific Astrology*.

The solar rhythm is the one obvious, large cycle, however. "Normally," says this report, "they (secretions) seem to be highest in the blood about 6 A.M. (sunrise), and lowest at about 10 P.M." (when the sun is approaching the nadir under the earth, or on the other side of the earth, at which time the solar forces are weakest). In hospitals it has been found that many deaths occur at about 2 A.M., just before dawn, following the zero hour with its low solar energies. This is also a time when the Spirit is very sensitive to spiritual influences, and

when those who are psychically sensitive often are conscious and aware of spiritual worlds and the beings in them. Occult students find that this is the time when they are active in their own personal work on the inner planes, and when they often awaken with the clear remembrance of their work apart from the body.

The hour when the Sun is passing through the eighth house, astrologically known as the house of death and which correlates to the sign Scorpio in the zodiac, is a two-hour period of low vitality; surprisingly enough, the solar power as felt by living beings on earth is actually lower during the mid-afternoon (when the Sun goes through the eighth house) than when it has dropped down to the seventh house as it begins to "set". Many people have noticed how suddenly refreshed they begin to feel when the Sun approaches the western horizon.

The following news item shows the mid-afternoon influence, as the sun goes through the eighth house. There we read that scientists have found that insects are more susceptible to poisonous insecticides in the afternoon than in the morning or night.

If you want to rid your house of flies or roaches, chances for killing them are best at four o'clock in the afternoon.

It's true. In studies of the circadian or daily biological rhythms of insects, scientists have found that they are more susceptible to poison insecticides in the afternoon than they are in morning or night. This cyclic behavior may have important implications in agriculture and at least partly accounts for variations in reported differences in the action of pest killers.

Farmers might well control pests best by employing this biological principle. They could also save money, because the job can be done with smaller doses at the most vulnerable time.

William Sullivan of the U.S. Department of Agriculture told scientists at the meeting of the American Association for the Advancement of Science about tests conducted in a laboratory.

Insects were exposed for minutes to an aerosol insecticide containing pyrethrum. Then they were released from a closed environment and put in an air conditioned room. Mortality statistics were collected on flies after two days and on roaches after

four days. Higher death rates were found among those who had been exposed to the poison during the afternoon, a time when the insects are more active than at times when they are normally at rest.

—*Science News*, January 7, 1967

The following news item, from *Science News* for April 1, 1967, comments further upon the diurnal cycle relative to therapy and hormone output. The hormone in question is the male hormone, the production of which is affected by the Sun's cycle. Both sexes, be it noted, produce the male hormone, but in the male a distinct daily rhythmic cycle has been detected, a rise and fall in hormone production with the Sun's cycle, whereas in females the production of the male hormone is "pretty much of a straight line;" and of course males produce more of the hormone. The experimenters observe: there may be a propitious time for therapy. The male hormone cycle is evidently governed by the Sun, which is a masculine significator in the horoscope along with Mars; whereas the Moon and Venus are feminine significators. That is, the astrologer would say, the male hormone responds to the masculine Sun force, which is positive in the male body.

Men have the least amount of male hormone at about midnight and the largest amount after daybreak, an ongoing study at New York Medical College shows. The study, reported by the American Cancer Society, may turn out to have many implications, both for human sex behavior and for the treatment of disease.

For example, there may be a propitious time for therapy, when hormones are administered for various abnormalities.

Men and women are believed to produce the same hormones, but the normal man produces about 20 times as much of the male hormone as the normal woman. Some masculine types of women produce more male hormone than normal, however. These women are unusually susceptible to cancer of the uterus lining.

Dr. A. Louis Southren and three co-workers measured the amounts of male hormone in the blood of normal men and women at various times of the day and night and found a regular diurnal cycle — a rhythmic rise and fall of the hormone — in males and pretty much a straight line in females.

We must also take into account, however, another aspect of astrological influence, namely, the horoscopes of the

people who are involved in the experimentation.

There was much in the news a few years ago about children deprived of personal affection in institutions who suffered mental and physical retardation. Now further information comes of children who live at home suffering growth lag due to inharmonious home environments which seem to affect the hormonal development. Even when the nutrition is adequate, the growth is stunted in young children whose parents do not behave properly. In some of the homes the parents were found to be alcoholic, given to violence, to promiscuity, and to quarreling, so that there was great discord in the home, and the children were noticeably affected by this—not merely nervously, but in the actual physical rate of growth. This was the conclusion reached by doctors in the case of thirteen Baltimore children aged eight to eleven who were only half as tall as they should have been for their age. All of these children showed every indication of pituitary deficiency, "low stature, little or no release of growth hormones," the doctors of the John Hopkins research team reported.

What led them to look into something other than pituitary deficiencies for a solution of the problem was the "bizarre eating habits" of the children. The children would eat, they said, double portions at meal time and then raid the garbage can, or eat a jar of mustard; and they drank from anything — dish pan, toilet bowl, or rain puddle. The children were taken to a hospital and there they suddenly began to shoot up at three times the normal rate, with no hormonal treatment whatever. Then they were sent back to their discordant homes — and the growth ceased. Two children brought back to the hospital immediately resumed their growth.

Such sudden changes, Dr. G. F. Power of Duke University said, without hormonal treatment, "indicate a direct psychic impact" upon the children's growth.

These children not only suffered retarded growth but they also had speech problems — their speech was garbled.

Astrologically the planet Uranus is said to rule the pituitary gland, and when this planet is on the Ascendant it makes for tall growth as a rule. It always makes for a very high strung nervous system, when it is strong in the horoscope. In the case of these children there was nothing wrong with the pituitary gland as shown in the fact that when psychic conditions improved the children immediately responded with swift growth and improved speech. It was necessary to take them away from the bad home environment to produce this change.

As occultists, the astrologers of the Western Wisdom School know that it is the Ego who rules the body, and the pituitary gland is the focus for the influence of the "Life Spirit", which is the Christ-Love Principle in the human being. Hence the correlation between love, peace, mental harmony, tranquility, and growth, and also speech — for Uranus governs the nervous system along with Mercury. Uranians not only have a sensitive nervous system but are so often psychologically sensitive.

At the other end of the scale there is the matter of dying, reflected as we have said in the 8th house of the horoscope both of man and the day. The Community Mental Health Journal publishes a monograph entitled "The Psychological Autopsy," in which the mental state of the dying is investigated. We are accustomed to think that fear of death is more or less normal, especially in the aged who have a long time to lie and think about it and await its coming, but according to this report the fear of dying is abnormal, "caused by gross organic or psychological impairment."

Elderly patients who are in reasonably good health and not disturbed emotionally, accept death with equanimity, and death anxiety is often associated with "organic and psychiatric deterioration," the doctors at the Cushing

Hospital in Framington, Mass., declare.

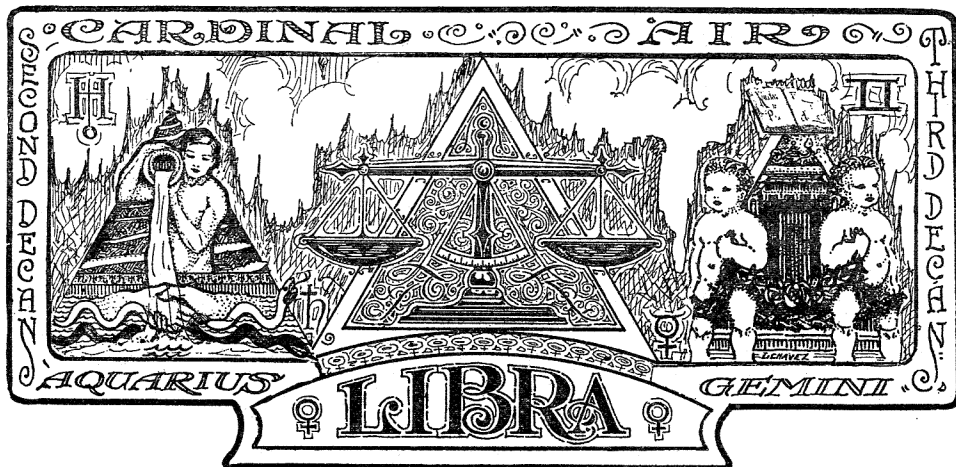
The time of dying ought to be, and often is, like infancy and adolescence, a time of "harmonious transition," from "a style of living to a style of dying." This, however, cannot be unless the person has a reasonably harmonious environment and adequate care, and a normal way of life. Hospitals seldom provide these things because they are impersonal, and the institutional approach does not make up for lack of personal love, care, and the companionship of congenial friends.

The researches at the geriatric hospital did not say that the elderly people who are dying necessarily lose contact with outer physical reality, but they did observe changes of attitude and emotion which seemed, as they put it, to be a preparation for death.

The physical basis for such a death preparation lies in the vital body, the electromagnetic matrix and sheath of the body, in which the body atoms are held during life. As death approaches and the Ego prepares for another world, the etheric body loosens within and around the physical, and the person sometimes begins to see and sense the soul world toward which his attention is pointing. He may become clairvoyant and clairaudient, and visit with friends and relatives who are there waiting for him to join them in the heaven world.

The word Purgatory covers a wide area of experience, from low to high, and in its final states and stages it is scarcely distinguishable from the First Heaven, for in the "Region of Hopes and Wishes" the desires of the heart, many of them unrealized on earth, have a partial fulfillment, even though these desires may be of a simple and not highly spiritual sort. The people in Purgatory, and to some degree in the First Heaven also, seem to live, eat, and work much as they did on earth.

Certainly those who know what to expect on "the other side" can prepare for transition in a much easier spirit than those who are ignorant.



The Children of Libra, 1968

Birthdays: September 23 to October 23

HALF way around the cycle begun in Aries, the Sun at the Autumnal Equinox enters into Libra, the sign of the scales. Like Aries, the other horizontal sign, Libra brings about a change of consciousness which impels man to an awareness of himself as being not only an individual, but also as part of a group. Love, convenience, gregariousness or practicality convince him of the advisability of thinking and acting with or for others. The needs and desires realized only through partnership or group effort are paramount here. Under the influence of Libra man becomes social-minded.

Being the positive house of Venus, Libra generally bestows a liberal measure of the abilities and temperament of the planet of love and beauty upon those born under its influence. Diametrically opposite to Saturn, the planet of profundity and obstruction exalted in Libra, Venus is symbolical on all levels of all that is light, cheerful, uplifting, and conducive to happiness. The levitating influence of Venus contending with the gravitating pull of stern reality exemplified by Saturn accounts for many of the characteristics of Librans, including their radically changing moods and

enthusiasms, their ability to project themselves very ardently into some relationship or interest for a time and then suddenly withdraw to make another eager start elsewhere. Maintaining a balance in all things is the ideal which the stars hold for them.

Librans like the good, refined things of life, and have a deep appreciation of beauty. There may be a love of luxury, at least of having things "nice" and in good taste. Emphasis is placed upon quality rather than quantity. Fondness of pleasure and inclination for artistic pursuits are often marked. Many works of art, music, architecture, and other expressions of Divine Beauty may be traced to Librans.

Harmonious relationships with others seem essential to the health and happiness of these people so that they are often willing to appease others for the sake of peace. However, once convinced that conflict is unavoidable, they are formidable opponents, fighting with the neatness and expertness of gentlemen.

Standards of perfection and the faculty of comparison are usually well developed, as well as a sense of perspective and relative values: qualities applicable in many lines besides the purely artistic, since they enable one to arrange various units of things into harmonious relation-

ships to one another. The "power to do the right thing at the right time and in the right way" of Librans is particularly apparent in their social contacts. A calm and steady view of things, high social intelligence, respectful consideration of others, and other marks of good breeding give them much charm.

Kind and affable, the Librans are well suited for both public and married life. Yet they preserve a "mysterious aloofness" which they cannot bear having others penetrate. There may be a tendency to bow to expediency rather than ignore it, as Aries does, but unless other factors in the chart so incline, Librans, having a well defined sense of justice, which they rightly regard as a cardinal virtue, will not take unfair advantage of people or situations.

All during this solar month the planet of benevolence, Jupiter, and the planet of spirituality, Neptune, are in sextile aspect from Virgo to Scorpio. This configuration gives an inspirational, mystical nature, and success in positions connected with occult orders. During sleeping hours these natives may be quite conscious in the invisible worlds.

The Sun conjuncts Uranus from September 23 to 30, pointing toward a rather highstrung nature, impulsive and impatient of restraint. Poise and self-control need to be cultivated by these people.

From September 23 to 27, Venus and Saturn are in opposition, so that children born during this period should be given special training in unselfish affections, generosity, and frank dealings with others.

Beginning September 23 and ending October 11, Venus sextiles Mars, indicating an ambitious, aspiring, and adventuresome nature. There is abundant energy and business acumen, along with a splendid earning capacity, but a tendency toward too-free spending needs to be curbed.

Mercury opposes Saturn from September 23 to 27, and from October 10 to 23, pointing toward the need to cultivate unselfishness, optimism, and truthfulness. Guard these children from a tend-

ency to stay aloof and brood over troubles.

From September 23 to October 3, Mercury sextiles Mars, giving a keen, resourceful mind, along with enthusiasm and an indefatigable energy. There is a love for argument and debate, too, and a remarkable dexterity. Success in literature and the mechanical arts is particularly favored.

Uranus and Neptune are in sextile aspect from September 23 to 30, an indication of interest in the occult or mystical side of life. Close touch with the invisible worlds and their inhabitants is suggested, and dreams and visions of a prophetic, inspirational type are probable. The intuitive powers are extremely well developed.

From October 7 to 23 the Sun opposes Saturn, suggesting that these natives be given special training in unselfishness, happiness, and consideration for others. Moderate exercise in the outdoors should begin early in the lives of these children. "As we sow, so shall we reap" is especially appropriate as a "keyword" for them.

Venus conjuncts Neptune and sextiles Jupiter from October 11 to 23, splendid configurations pointing toward a nature that is optimistic, generous, and hospitable. Health, wealth, and happiness are all favored, along with a satisfactory marriage. There is also apt to be considerable talent for music.

From October 12 to 19 the Sun conjuncts Mercury, favoring the mentality and memory on the days when the orb of aspect is three degrees or more. If combust the powers of Mercury are lessened.

Mars sextiles Neptune on October 22 and 23, intensifying the emotional nature and giving a leaning toward the study and practice of occultism and mysticism. When other testimonies in the horoscope concur, the martial energy directed toward the psychic subjects denoted by Neptune often helps the person very materially in his aim to penetrate into the invisible worlds in a conscious manner.

Readings for Subscribers' Children

COLETTE H.

Born July 8, 1959, 7:50 A.M.

Latitude 41 N., Longitude 74 W.

Signs on cusps of houses:

| | |
|--------------------|---------------------|
| ASC, Leo... 24.14 | 4th, Scorpio 17.00 |
| 2nd, Virgo ..17.00 | 5th, Sag.23.00 |
| 3rd, Libra ..13.00 | 6th, Cap. ...26.00 |

Positions of the planets:

| | |
|--------------------|------------------|
| Venus00.01 | Virgo1st |
| Pluto2.06 | Virgo1st |
| Part of F. ..22.48 | Virgo2nd |
| Dragon's H. .8.04 | Libra2nd |
| Neptune4.14R | Scorpio3rd |
| Jupiter ...22.20R | Scorpio4th |
| Saturn2.51R | Cap.5th |
| Sun15.35 | Cancer11th |
| Mercurey11.49 | Leo12th |
| Moon14.09 | Leo12th |
| Uranus14.45 | Leo12th |
| Mars22.38 | Leo12th |

Here is a little girl with the Sun in the watery, emotional sign Cancer, in the 11th house, sextile to the MC, the Part of Fortune in Virgo in the 2nd, and trine to Jupiter in Scorpio in the 4th. These favorable aspects indicate more of an out-going nature than is usual among the sensitive, retiring "Crabs." Colette is conscientious, discreet, and quite tenacious in connection with the things in life that really matter to her — home and security among these. The trine to Jupiter points not only to a happy, optimistic, and generous nature, but also to abundant physical vitality. Many friends, especially among those in positions of authority and standing in the world, will be attracted to this child. Her home should be a happy, affluent place on the whole, but the square of Jupiter (in 4th) to Moon, Uranus, and Mars, suggests influences in the home which will provide her with opportunities to learn poise, reliability, economy, and simplicity of taste. Also, she will

need to exercise care in diet if she is to avoid digestive and liver difficulties.

The Moon in Leo has an illuminating effect on the mind, and tends to strengthen a tendency toward aggressiveness and self-reliance. However, the square to Jupiter warns against ostentation, and the 12th house position of the lunar orb offers further warning to avoid clandestine love affairs.

Mercury in Leo suggests high ideals and aspirations, as well as a positive, persevering intellect, and its conjunction with the Moon indicates a retentive memory. Its conjunction with Uranus adds to the intuitive power and the quickness of the mentality. Colette would do well to cultivate constancy in the affections though, and not be lured into detrimental pleasures.

Venus, only one minute into Virgo, retains some of the influence of Leo, and since it is in the 1st house only six degree from the ASC, conjuncts Pluto, sextiles Neptune, and trines Saturn, Colette is no doubt a charming and lovable little girl. She has some musical ability, and the trine of Venus to Saturn points toward such fine traits as faithfulness, method, honesty, and a sense of justice. Simplicity of taste, high morals, and diplomatic ability are also all indicated, and Colette will very likely be honored and esteemed in her community. Since Venus rules the sign on her 10th house, Taurus, she should be favored by the public.

Saturn in the 5th is well placed in the sign it rules, Capricorn, and since it sextiles Neptune and trines Venus and Pluto, all fifth house matters (courtship, children, publishing, pleasures, etc.) should proceed satisfactorily. A public position in connection with education is favored, and there is the honesty, integrity, and determination to achieve whatever goals in life may be decided upon.

JOEL F. B.

Born April 28, 1966, 6:22 A.M.

Latitude 42 N., Longitude 85 W.

Signs on cusps of houses:

ASC, Gemini 3.32 4th, Leo9.00
 2nd, Gemini 27.00 5th, Virgo . . .7.00
 3rd, Cancer .18.00 6th, Libra . .17.00
 Scorpio intercepted in 6th;
 Taurus in 12th

Positions of planets:

| | |
|------------------------|----------------------|
| Jupiter28.40 | Gemini2nd |
| Moon12.27 | Leo4th |
| Part of F.8.13 | Virgo5th |
| Uranus . . .15.46R | Virgo5th |
| Pluto15.58R | Virgo5th |
| Dragon's T. .26.18 | Scorpio6th |
| Neptune . .21.12R | Scorpio6th |
| Venus22.42 | Pisces11th |
| Saturn25.29 | Pisces11th |
| Mercury . . .12.35 | Aries11th |
| Sun7.46 | Taurus12th |
| Mars7.56 | Taurus12th |

The solar orb in this chart is in the fixed-earth sign Taurus in the 12th house, conjunct Mars, trine Uranus and Pluto in conjunction in Virgo in the 5th, but square the Moon in Leo in the 4th. Joel has a basically stable nature with a strong and determined will, as well as a keen desire for material possessions. The usual amicable and patient nature of the Taurian is affected here by the close conjunction with Mars, which adds aggressiveness, and drive to the nature, as well as physical vitality, courage, determination, and constructive ability. The trine of the Sun to Uranus points toward intuitiveness, originality, inventiveness, and independence, so that this child will likely be among those pioneering in the fields of activity having to do with electricity, radio, electronics, etc. However, the Sun squares the Moon, which suggests that Joel should be taught to cultivate an inner harmony (by prayer and faith) and to try to transmute a tendency toward stubbornness and resentment. The 12th house position of the Sun further suggests a tendency to shut himself off

from his fellows and to prefer work in a secluded position, such as laboratory work, research, and hospital service.

Mercury in Aries in the 11th gives a mentality that likes argument and debate, but which is at the same time rather broad and tolerant of other people's opinions. There is quickness in grasping situations and ideas, as well as a natural inclination to be orderly and neat, and many acquaintances and friends among literary and scientific people are indicated. The trine of Mercury to Moon bestows a receptive mind and a retentive memory, two rather rare qualities which help greatly toward success in life, especially in one of the mercurial occupations. Ability as a linguist is favored.

Gemini on the ASC of this chart accentuates quick thinking, an inquiring mind, a wide interest, an impersonal view, and tact, in addition to scientific leanings.

Venus and Saturn are also in the 11th house, in close conjunction in the sign Pisces, squaring Jupiter in Gemini in the 2nd, trining Neptune in Scorpio in the 6th. This brings another type of friends into Joel's life — some of a spiritual nature, others inclined toward extravagance, indolence, and sham. It also indicates the need to stress self-control in the affections and appetites, as well as trustfulness and generosity, in training Joel.

The sextile of Uranus and Neptune gives a strong inclination toward the occult or mystical side of life, along with a close touch with the spiritual worlds and their inhabitants. Prophetic and inspirational dreams and visions are probable, and the intuition is highly developed, almost to the point of mind-reading.

Since Uranus rules the Aquarian 10th house, this boy will be attracted to the vocations having to do with electricity, electronics, air devices, etc. His earnings may be rather unstable though, so that he should be taught economy as well as how to spend wisely.

VOCATIONAL GUIDANCE ADVICE

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

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

Mechanic, Shipper

CRAIG W. — Born November 2, 1952, 7:04 A.M., Latitude 43 N., Longitude 86 W. This boy has the Sun in the Mars-ruled Scorpio, in the 12th, in conjunction with the ASC, sextile Mars, trine Uranus, but opposition Moon and Jupiter in Taurus in the 6th. There is a progressive, inventive, and intuitive trend to the nature, but a need to cultivate self-restraint in eating and spending, as well as thrift and strict honesty. Mars also squares Saturn and Neptune in Libra in the 11th, opposes Uranus, but trines Moon and Jupiter. But Virgo is on the 10th house, and its ruler, Mercury, is posited in Sagittarius in the 1st house, unaspected. Venus is also in Sagittarius in the 1st, unaspected. Craig has mechanical ability, and could probably give his best service in some mechanical capacity. Repairing automobiles, as well as selling them, should appeal to him. He could also do well in the transfer business, as a shipper, or as an importer and exporter. Success in his vocation will depend a great deal upon this native's learning a good measure of self-control and constructive direction of his faculties.

Int. Decorator, Music Dealer

HECTOR C. G. — Born September 17, 1946, 12 Midnight. Latitude 18 N., Longitude 67 W. With 26 degrees of Pisces on the MC and Aries intercepted in the 10th, we need to look to Jupiter, Neptune, and Mars for vocational inclinations. All three of these planets are in the Venus-ruled Libra in the 4th house. Jupiter and Mars are in conjunction and

trine the Moon and Uranus in Gemini in the 12th. The Sun and Mercury are in Virgo in the 3rd and 4th houses, square to the Moon and Uranus. The sensitive, emotional sign Cancer is on the ASC. This native should cultivate tolerance, unselfishness, and self-control if he is to make the most of this incarnation. Strongly mental and emotional, he seems to be more balanced in the latter side of his nature, and would feel most at home in doing some kind of work where music or art is involved. He has talent as an interior decorator, and he could be a salesman or dealer in music, jewelry, linen goods, or clothes.

Radio Artist, Interpreter

DORIS H. — Born March 12, 1948, 10:30 P.M. Latitude 34 N., Longitude 118 W. The mental-air sign Gemini is rising in this chart, with Uranus in the 1st house in conjunction with the ASC. This original, independent planet squares the Sun in Pisces in the 10th, opposes Jupiter in Sagittarius, but trines Mercury in Aquarius in the 9th in conjunction with the MC. Mercury also sextiles the Moon in Aries in the 11th and Jupiter in Sagittarius in the 7th, and opposes Mars in Leo in the 3rd. This is a rather high-strung, independent person who has an excellent mentality, but she needs to cultivate poise and will power. She would also do well to cultivate dependability, thrift, regard for the conventionalities, and circumspection in public life. She could serve well in some mental occupation, such as secretary, interpreter, radio announcer, or in some other capacity in radio activity.

Daily Thought and Guide

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

TUESDAY—OCTOBER 1

On this first day of October we may become aware of a blessed feeling for our fellowmen and "Little deeds of kindness, little words of love help to make earth happy like the heaven above."—*J. Carney.*

WEDNESDAY—OCTOBER 2

On this very quiet day, when our daily work is done, let us take time to ponder over many things; we will find that mankind is part of one big whole and we can trust that God, who made us, will take care of us.

THURSDAY—OCTOBER 3

Both head and heart are active today. Things will go smoothly only if we think before we act, for Mars may spur us on to quick thoughtless action.

FRIDAY—OCTOBER 4

Today we do our regular duties with much leisure. We may search within ourselves and try to find ways for improvement. For "As a man thinketh in his heart so is he."

SATURDAY—OCTOBER 5

Good Neptune rays strengthen all we do today. Music and good books can be much enjoyed. Let us make the best of these good aspects and "Praise God from whom all blessings flow."

SUNDAY—OCTOBER 6

This should be a very quiet Sunday. Let us take some time to recall the happenings of the past week and our reaction to them. If we judge ourselves rightly we may learn for future use.

MONDAY—OCTOBER 7

Another quiet day when we can find answers to many questions from within and from without. Let us watch and pray. We are all "Parts of one stupen-

dous whole whose body nature is, and God the soul."—*Pope.*

TUESDAY—OCTOBER 8

On this quiet Tuesday let us try to think things over before we act, for Mars is very strong and perhaps may urge us on too much. Now let caution be our watchword.

WEDNESDAY—OCTOBER 9

Our heart may feel somewhat heavy today, but Jupiter will help us to find courage for all we have to accomplish. "All things work together for good to them that love God."—*Romans 8:28.*

THURSDAY—OCTOBER 10

A very quiet day, but Uranus, the planet of mechanics and electricity, will be strong. "Gentle words, quiet words. They are more convincing, more compelling, more prevailing."—*Gladden.*

FRIDAY—OCTOBER 11

Today Saturn may lay a heavy hand upon us unless we are careful not to neglect our duties. Through self-discipline we learn self-control, then our inner voice will be able to reach us.

SATURDAY—OCTOBER 12

Much should be accomplished today for there are many helpful rays. Let us share the good things of life with those who may need them.

SUNDAY—OCTOBER 13

On this day of the Sun we realize again that Love is the fulfilling of the Law, and that "God is love, that love surrounds us, in that love we safely dwell."

MONDAY—OCTOBER 14

Many mixed rays are likely to bring us some different problems today, but if we try to perform our work well we will learn thereby that it is experience that helps us to gain wisdom and inner knowledge.

TUESDAY—OCTOBER 15

Both head and heart receive active good rays today, but Saturn is putting a dampening hand on Mercury. Let us try and not be discouraged, for "The Spirit giveth life."

WEDNESDAY—OCTOBER 16

On this Mercury day with some mixed aspects it will be well to practice patience. Shakespeare said it so well: "How poor they are that have not patience."

THURSDAY—OCTOBER 17

This is one of the busy days when we have an opportunity to strengthen our character and learn by experience. Let us try to understand the cause of any seeming unpleasantness.

FRIDAY—OCTOBER 18

This day of Venus may bring some irritating duties. We can overcome these with industry and cheerfulness, a fine Venus aspect helping.

SATURDAY—OCTOBER 19

Today brings many aspects to Venus and we know that we are God's children and are glad in the knowledge that: "In Him we live and move and have our being."

SUNDAY—OCTOBER 20

This day of the Lord will be dedicated to worship and relaxation, a day when we seek the good for all humanity, when we try to help our fellowman in the name of God our Creator.

MONDAY—OCTOBER 21

On this very quiet day, with Jupiter and Neptune giving us spiritual strength, let us listen carefully for the intuitive promptings which can strengthen our spiritual nature.

TUESDAY—OCTOBER 22

The planets' rays of yesterday carry over into this day. Performing our work quietly and taking care to keep spiritual things uppermost will be well. "The Lord is in His Holy Temple."

WEDNESDAY—OCTOBER 23

This should be a good day when it

will be easy to work out intricate problems. "How beautiful are the feet of them that bring glad tidings of good things."—*Romans 10*.

THURSDAY—OCTOBER 24

The Jupiter rays are strong today and we may be able to reflect much that is good. "The inclination to goodness is imprinted deeply in the nature of man."—*Francis Bacon*.

FRIDAY—OCTOBER 25

Today we may learn many important lessons if we curb our tempers, and if we can reach the higher mind we may hear the still small voice within.

SATURDAY—OCTOBER 26

Today mixed vibrations prevail. When we have done our work well rest will be in order. There should also be time for receiving high neptunian vibrations.

SUNDAY—OCTOBER 27

This should be a fine day for spiritual unfoldment, for Neptune sends us strong rays which may be used for spiritual rejuvenation. "In quietness shall be our strength."

MONDAY—OCTOBER 28

There is much strength in the rays of the planets today. We feel loving consideration for humanity and in humility we thank our Creator.

TUESDAY—OCTOBER 29

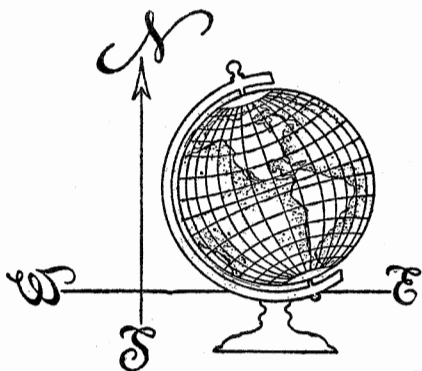
The rays of Jupiter are strong today. Let us make this a day of wise service to others. Our intuitive faculties will function well if we try to exercise them.

WEDNESDAY—OCTOBER 30

This is the day of Mercury. However, our minds may not function accurately, and Neptune and Uranus can lead us better to the information we need. "The law is within our hearts."

THURSDAY—OCTOBER 31

The rays are mixed on this rather quiet day. Let us try to understand what seems to be unclear. "Give therefore thy servant an understanding heart."—*11 Kings*.



MONTHLY

News

INTERPRETED

The Galaxy: Which Way Is Up?

Sir:

Your issue of May 11, 1968, p. 447 "Clouds Rush in Toward Milky Way" states:

"... look out of our galaxy to the north or the south" and again

"... the galaxy, which is a broad flat disk lying roughly in the east-west direction."

Universe is boundless, timeless, positionless, continuous and without direction. The galaxies revolve on their axes and spiral in the direction of one of its flat surfaces, but there is no compass direction involved. The solar system is spiraling toward Hercules which happens to be in a northern direction according to this small planet, but this is not up or down, north or south in as much as all objects of the universe are spiraling in spirals and cardinal directions are unknown.

Chapman Grant, Escondido, Calif.

(When astronomers speak of events involving the galaxy as a whole, they most commonly use galactic coordinates. The equator in this system is the mean plane of the galaxy. Directions parallel to this plane are called east and west. Perpendiculars are north and south. The plane of the galactic equator is inclined at 62 degrees to the equator of the earth, but the north and south poles are in the same hemispheres as those of the earth. North, south, east and west are common terms of references used by astronomers for either positions or direction of motion in relation to any of the three coordinate systems; celestial, ecliptic or galactic. The sense of the directions is roughly equivalent to all three. Editor.

—*Science News*, 6-22-68.

When we learn from modern astronomers that our solar system belongs to the Milky Way Galaxy, we immediately try to make a picture of the galactic system with reference to the rest of the universe, and our own place in the whole.

Briefly, our solar system is found on the rim of the galaxy, but it does not lie flat on, or within, that rim. It stands at a tilt of about 62 degrees. Nevertheless, both the ecliptic north pole of our system, as we see it from earth (RA 18 hrs., Decl. $66\frac{2}{3}$ N), and the celestial north, are in the same general direction as the north pole of the Galaxy, which is found near the borderline between the constellations of Canes Venatici and Coma Berenice (RA 12 h 40 m, Decl. 28 N). On the celestial globe the degrees of right ascension and longitude given for the north pole of the galaxy fall in the highest section of Coma Berenice, but some astronomical writers speak of this point as lying in Canes Venatici. Evidently there is some discrepancy in the borderline shown on the different star maps as put out by various astronomers. But the difference is very small, perhaps a degree or so of boundary zone.

It is a bit confusing to discover that the plane of the ecliptic is also inclined approximately 62 degrees to the plane of the galaxy, and this seems impossible; and it is necessary to look at a celestial globe to see how the three lines intersect. The line of the galactic equator comes down (or up) in a different direction and cuts across both the earth's celestial equator and the line of the ecliptic, which is the Sun's path and that of the planets of our system. The constellations of our zodiac are the rim of this circle called the ecliptic. At the point where the galactic plane cuts

across the celestial equator and ecliptic of our system, it appears to make an angle of approximately 62 degrees in each case.

This may be checked by another method without mathematics as follows: find the north ecliptic pole on the celestial globe — it is marked on the globe — then find the north pole of the galaxy in 14 hours 40 minutes Right Ascension, 28 North Declination, and mark this point with chalk. Then take a piece of paper or string and lay it along the curve of the globe connecting these two north poles, marking the distance on the paper or string; then take the paper or string and lay it along the circle of the ecliptic which is marked off in degrees and count the degrees — this will show the number of degrees between the two poles (ecliptic and galactic). In this instance it shows as approximately 62 degrees. The ecliptic north pole is, of course, in the vicinity of the constellation Draco, where it is marked + on the globe.

It is readily apparent on the celestial globe how the plane of the galaxy does not lie above or below the planes of celestial equator and ecliptic of earth, but cuts through them at a sharp angle, although the north galactic pole is also in our own world's northern hemisphere.

A chalk line drawn around the Milky Way, showing it as a circle, will make this very much clearer.

Take this circle of the Milky Way as the plane of reference; that is, if our own solar system and zodiac — the ecliptic circle — were a fried egg, it would be standing on its edge on the galaxy platter, tilted at an angle of 62 degrees. Only Gemini, Scorpio and Sagittarius would cut the line of the galaxy itself; the other sides are going up or down in space. Virtually all of the stars we see with the naked eye, with a few exceptions, belong not only to our Milky Way Galaxy, but also to our own little backyard of the galaxy, here on the rim, more than half way from the center.

Bionics: The New Science of Conquest

Bionics is a combination of biology and electronics which works to develop machines to perform or supplement the performance of human sense organs when damaged or missing. Readers are doubtless familiar with such items as the following, which describe the functioning of electrical mechanisms attached to artificial limbs. A newer field has been the use of implanted electrical mechanisms to send electricity into a limb paralyzed by polio, which can cause the patient to be able to lift his foot and walk naturally. Where polio has affected the feet, it often happens that the toe cannot be lifted up from the ground, which hampers walking. By implanting an electrical mechanism to send current into the proper nerve, the patient can cause the foot to respond in a nearly normal manner instead of drooping limply.

Very subtle control of artificial limbs by means of a tiny electronic device may become possible if experiments at West Hendon Hospital, London, are successful.

The experiments are being conducted at the new Powered Limbs Research Unit, which has just been set up by the Medical Research Council under Dr. A. B. Kinnier Wilson.

The unit is working on a tiny electronic device as thick as a match and less than an inch long, designed to be injected into a muscle through a thick hypodermic needle. A tiny package strapped to the outside of the limb will beam radio waves at the device, which will return them, modified by the electric current produced in the muscle.

A number of artificial limbs controlled by electric impulses picked up from muscles already exist. One of the most successful, the so-called Aldermaston hand, was partly developed at Hendon, miniaturized by Aldermaston engineers, and is now being made ready for quantity production. In this device, the electric signals are picked up from the skin surface and are easily confused by signals from other groups of muscles nearby.

The implanted electronic pickup will be completely insulated from other muscles. Several such pickups could be implanted in adjacent groups of muscles to control a much more complex limb with a variety of movements.

Dr. Kinnier Wilson says that the better the limbs get, the more difficult the technical problems which arise. For example, when a patient gets a limb which can be

moved in several directions, "he starts to gesticulate with it when he talks." This increases the power consumption enormously. —*F. C. Livingstone.*

—*Science News*, Nov. 18, 1967

Bionics is also setting out to conquer blindness. At present the efforts of the scientists and physicians are concentrated on purely physical aids, for as John Dupress comments the human visual apparatus "is by far the most complex part of the neural system, with about one million fibers running from the eye to the brain." To build an eye to replace the natural eye is as yet far beyond man's inventive capacities. But, we may add, healing the eye defects is still not beyond man's domain of actions.

The mechanical methods aimed at replacing sight simply aim to get information to the brain by means other than sight. Says Dupress, the 45-year-old director of Massachusetts Institute of Technology's Center for Sensory Aids (blind himself from battle injury in the last week of World War II): "If you could direct the right kind of particles, coded to the right kind of ion exchanges, there's no reason why these input signals couldn't stimulate the brain in such a way that visual sensitivity would result. Eventually, I feel sure, we will achieve a crude visual system or sensation right into the brain."

Science Makes New Uses of Body Electricity

In the search for physical memory, an English scientist has found new evidence of long-term electrical changes in the thinking neurons of high level brain regions.

Dr. O. C. J. Lippold of University College, London, stimulated individual cortical neurons in a rat for only five minutes. Yet for six hours afterward, the neurons continued to fire spontaneously at elevated rates.

Dr. Lippold says he saw the same cell response when he pinched the rat's tail or pulled its whiskers. If he kept up the stimulation for five minutes and if the cells reacted at all, they would keep on firing for hours, almost as if the animal were remembering.

In the past researchers haven't been able to get these results, Dr. Lippold says,

because they haven't stimulated animals long enough. The so-called plastic changes in electrical activity require at least five minutes of stimulation.

Dr. Lippold believes that if he has in fact tapped a basic memory process, it is probably long-term memory. The cell effect could not be abolished, as is usually the case with short-term memory.

—*Science News*, Nov. 11, 1967.

Scientific exploration of the electrical basis of the life processes continues. Here we have added information on the electricity of the nervous system as related to memory processes. In the old occultism the entire electrical background of the living organism related to what is called the "life ether". However, none of the ethers were independent of the others; they interlocked in formation and interacted in the life-processes. Thus when vitamins were discovered these also were related to the life ether, but today physicists and biologists speak of the "Vitamin A molecule," and other vitamins also may come in the same category, if not all. A molecule, or an atom, of course relates more closely to the "chemical ether" of the old occultism. But we know that in modern scientific terminology it is not possible to draw strict lines between atoms and molecules, because molecules are made up of atoms; atoms are bound into molecules by electrical forces, and molecules are bound into substances by electrical forces (including magnetism).

It is, however, significant to note that persons who experience what has been called "clairsentience" — that is, the power to sense rarer forces of nature which the ordinary body-senses do not receive — report that life-forces associated with angelic powers and other living beings who do not have physical embodiments nevertheless are powerfully electrical and magnetic, affecting human beings on earth with terrific impact, which is sensed as dynamic and stimulating. It is not merely that these life-forces are found in the living human or plant or animal organism and that they disappear when the organism un-

dergoes the change we term "death". The life-forces continue to exist apart from the body, and are frequently sensed and perceived as well as observed by those with the higher vision.

Still another mark of progress in the use of natural body electricity is the following:

University of Maryland scientists have successfully produced electrical power from the bloodstream of a living animal. Preliminary experiments show that enough energy was liberated to power a heart pacemaker in a human although this will require further research.

A permanent power supply would eliminate the periodic replacements of the small batteries now used to operate pacemakers. The need for such a power system has sparked a nationwide search. The present report comes near the end of a three-year study grant from the National Institutes of Health.

Dr. R. Adam Cowley of the university's School of Medicine and Dr. Mostafa E. Talaat of the Mechanical Engineering Department, the principal investigators, said results were achieved by placing an electrode in the bloodstream of the heart and another outside the heart.

Their tests produced power outputs from 49 to 14 microwatts, which are two to four times the amount needed to power a heart pacemaker or any similar electronic device.

—*Science News*, Nov. 18, 1967.

Synthetics to "Build" a Man

All through life, beginning with travel through the birth canal, the nose is mashed, bumped, squeezed, twisted and broken. Prominent and potuberant, it is a prime target for abuse.

Thus it isn't surprising that surgery of the nose is one of the oldest forms of plastic reconstruction. Restoration of noses was described in Egyptian papyri as early as 3000 B.C. Ancient Hindu surgeons reconstructed noses with skin taken from the patient's thigh.

In this age of high speed travel, sport mayhem and pampered profiles, the nose continues to be the plastic surgeon's paradise. But the nose is not alone. Today most organs of the body can be refurbished with spare part surgery.

The field has broken open only in the last 20 years. Before then surgeons unsuccessfully tried varieties of materials. Most caused foreign body reaction. The body cast them off. Some metals and plastics caused little reaction but they were hard and unyielding. They could be used only where motion was minimal, and they had to be anchored to a leg bone or screwed in as a skull plate.

Then came synthetic materials such as Dacron and Teflon, which the housewife

knows as the nonstick coating for cookware. The first spare parts were replacements for major arteries that had become obstructed through clots. Today thousands are living with grafts of knit tubing of Dacron. Thousands of others have artificial heart valves made partly of Teflon.

With the advent of silicones came further extension and improvement of surgical renovation.

The end is not in sight. At a recent meeting of the American Chemical Society, an interesting new material suitable for spare part surgery was introduced. Like silicone, it is completely synthetic and even less reaction-provoking. Its ability to live with tissue may make it an ideal replacement for eye corneas. It has produced no reaction and has remained transparent in rabbit eyes for up to four months.

Dr. Harris J. Bixler of Cambridge, Mass., said the synthetic, called Ioplex, also is being considered for use as a contact lens. Conceivably it would provide a semi-permanent contact lens, stimulating no eye-watering and requiring removal only three or four times a year.

Ioplex will continue in the animal testing stage for another year. Its first human application probably will be as a substitute for small blood vessels.

"This area of surgery remains a problem," he explained. "Limbs are lost because of clots or because the vessels are hard to suture. Ioplex, in addition to serving as material for artificial vessels can, in another form, serve as a 'glue' to join vessels."

Until Ioplex proves itself in the clinic, silicones will continue largely to stock the spare parts warehouse. A catalog would include:

Synthetic trachea, the windpipe through which air passes to and from the lungs.

Synthetic arteries to replace long segments of the aorta, the body's main blood channel, as well as leg and arm arteries.

Silicone tubes to drain water from the brain in children with hydrocephalus.

Silicone rubber for the repair of blindness due to detached retina.

Stainless steel, chrome-cobalt alloys, Teflon, methylmethacrylate and silicon to build up various bones of the skull, including the jaw, and the soft tissues of the face, such as cheeks, chin, ears and noses.

Silicone rubber in the form of foam and solid blocks to augment the breast and replace testicles.

Chrome-cobalt and stainless steel hip joints.

Thin sheets of silicone to patch up ear drum perforations.

—*Science Digest*, Feb. 1968.

Students often ask, What about synthetics used to rebuild parts of the human body? Obviously, these are fitted into the etheric matrix of the human body,

(Continued on page 478)



BOOK REVIEWS

Literature Plays
Motion Pictures Music

"FOOD IS YOUR BEST MEDICINE"

Food Is Your Best Medicine by Henry G. Biehler, M.D., Random House, 457 Madison Ave., New York City, 10022. \$5.95.

The title of this book will "ring a bell" with most students of the Fellowship Teachings, as Max Heindel was a strong advocate of using food as "medicine."

We find our view of the book reflected very well in some of the statements made in the inside front cover:

"Dr. Biehler's book is at once a primer of the good life as it is for good health. A positive, vigorous attitude toward living is reflected in Dr. Biehler's criticism of the excessive use of stimulants and drugs in our society today.

"Briefly stated, his position is: Improper foods cause disease; proper foods cure disease. In upholding this thesis, he has been in disagreement with orthodox practitioners of medicine. Years of laboratory observation have taught him that germs do not cause disease. Germs are merely a concomitant of disease present in every sick person but able to multiply in the sick individual because of disturbed functions.

"In this book you will discover which foods are helpful and which are harmful, and how the body reacts to both in health and illness. There are suggestions about eating or not eating, for when not to eat is often more important than what to eat."

The book discusses body mechanics, functions, and breakdowns, and what

the author believes to be the cause of many diseases. Dr. Biehler believes that diseases, from hay fever and colds to major organic disturbances, are the result of the body's attempt to rid itself of toxins which have been instilled into it, often because of poor eating habits. He describes some remarkable cures of serious illnesses which he has achieved through the use of proper nutrition and rest alone, without the use of drugs.

The author's comments on the right use of the right foods are illuminating. While admitting the need for protein, he discounts the current "protein fad" projected by Madison Avenue and shows how too much or the wrong kind of protein can be as dangerous as not enough. He emphasizes the importance of certain fresh fruits and vegetables, which play a major role in his own treatment of patients. Many readers may be startled to find that what they have considered "safe" and healthful eating habits such as the consumption of ice cream are not, in the Doctor's opinion, beneficial at all, and may have quite the opposite effect.

We believe all occult students will find this book of interest as well as of help in selecting proper foods. We wish there were more medical practitioners with Dr. Biehler's attitude.—D.F.

CORRECTION: In the September issue of the *Rays* the firm from which the book, *Who Cares for the Animals*, may be purchased should have been given as: THE PAGEANT PRESS, 101 Fifth Ave., New York, N. Y. We regret the error.

Readers' QUESTIONS

Nature of Heaven Life

Question:

I have heard people say they won't like to go to heaven because it is a very dull place with no fun. Could you say what kind of activities go on there? Also, I have heard people on the verge of death say that their family came to take them away. Do they live like we do here, all families getting their own families from earth after death, and carry on from there? If this is not so, why do the dead come back when one of their relatives is about to die?

Answer:

The heaven worlds are not usually dull places, although the experiences there depend to a very great extent upon the actions of the person during Earth life. You note we use the plural when referring to "heaven", for according to the Rosicrucian Philosophy there are three heavens, or states of being which the Ego experiences after being released from the physical body.

The First Heaven experience immediately follows the purgatorial experience (which takes place right after release from the body), and the life there (in the higher regions of the Desire World) is based upon the benefits conferred upon others during earth life. The panorama of life again unrolls, and reveals every scene where we aimed to help or benefit others. "Only the good desires and unselfish acts are productive of feeling. When we behold a scene where we helped someone, soothing their sorrow and alleviating their suffering, we feel all that the recipient of our favor felt in ease of body, of mental relief,

and gratitude to the helper. It does not matter whether he knew who helped him or not, the feeling he poured out to us when we helped him will be realized there, independent of other circumstances.

"On the other hand, if we have ourselves been grateful to our benefactors we will feel the same feeling of relief from distress and gratitude for the help all over again. As all these feelings and desires are built into the Ego by the spiritual alchemical forces generated when they are being realized there, and as they undergo a transmutation into faculties, usable in future incarnations, it is easily seen how important it is to our own soul growth that we should feel and express our gratitude for favors shown us. Thus we lay the foundation for the receipt of new favors in both this and future lives. It is said that the Lord loves a cheerful giver; it is equally true that the 'Law' (of Consequence) loves an appreciative heart.

"There are two classes for whom post-mortem existence is particularly blank and monotonous: the materialist, and the man who was so absorbed in his material business that he never gave a thought to the spiritual worlds." The former, who has denied God and believed that death is annihilation, "sees his mistake, yet having so dissociated himself from spiritual ideas, cannot believe but there is a terrible prelude to annihilation." He therefore goes about in a terrible state of suspense. The latter has been too good to suffer in Purgatory but not good enough to have a First Heaven life. His life is an unenviable monotony.

"This heaven is also a place of progression for all who have been studious, artistic, or altruistic. The student and

the philosopher have instant access to all the libraries of the world. The painter has endless delight in the ever-changing color combinations. He soon learns that his thought blends and shapes these colors at will. His creations glow and scintillate with a life impossible of attainment to one who works with the dull pigments of earth."

When the First Heaven experience has been completed, when "the result of the pain and suffering incident to purgation, together with the joy extracted from the good actions of the past life, have been built into the seed atom of the desire body" (constituting conscience), the Ego leaves its "desire body to disintegrate, as he left his dense and vital body," taking with him the forces of the seed atom of the desire body. He then enters the Second Heaven, which is in the Region of Concrete Thought, clad "in the sheath of mind, which contains the three seed atoms . . . He passes into a great stillness . . .

"Then comes the awakening. The Spirit is now in its home-world. Here the first awakening brings to the Spirit the sound of 'the music of the spheres'. Here the quintessence of the three bodies is built into the threefold Spirit. As much of the desire body as the man had worked upon during life, by purifying his desires and emotions, will be welded into the Human Spirit, thus giving an improved mind in the future. As much of the vital body as the life spirit had worked upon, transformed, spiritualized, and thus saved from the decay to which the rest of the vital body is subject, will be amalgamated with the Life Spirit to insure a better vital body and temperament in the succeeding lives. As much of the dense body as the Divine Spirit has saved by right action will be worked into it and will bring better environment and opportunities.

"This spiritualization of the vehicle is accomplished by cultivation of the faculties of observation, discrimination, and memory, devotion to high ideals, prayer, concentration, persistence, and right use of the life forces.

"The Second Heaven is the real home of man — the Ego, the Thinker. Here he dwells for centuries, assimilating the fruit of the last earth life and preparing the earthly conditions which will be best suited for his next step in progress.

"The life in the Second Heaven is an exceedingly active one, varied in many different ways. The Ego assimilates the fruits of the last Earth life and prepares the environment for a new physical existence. It is not enough to say that the new conditions will be determined by conduct and action in the life just closed. It is required that the fruits of the past be worked into the world which is to be the next scene of activity while the Ego is gaining fresh physical experiences and gathering further fruit. . . Man is also actively engaged in learning how to build a body which shall afford a better means of expression. It is man's destiny to become a Creative Intelligence and he is serving his apprenticeship all the time . . .

"Having assimilated all the fruits of his last life and altered the appearance of the Earth in such a manner as to afford him the necessary environment for his next step towards perfection; having also learned by work on the bodies of others, to build a suitable body through which to express himself in the Physical World, and having at last resolved the mind into the essence which builds the threefold Spirit, the naked individual Spirit ascends into the higher Region of the World of Thought — the Third Heaven. Here, by the ineffable harmony of this higher world, it is strengthened for its next dip into matter."

The great majority of people in the First Heaven seem to live almost as they lived here. They do not need to eat, but they do. They have houses there and seem to live very much as they did here, having as good and easy a time as they possibly can. During the purgatorial experience (which is not continuous) people may visit their friends and relatives and be present to receive them when they pass over.



Foods for Vegetarians

CARROTS have been much admired by all rabbits we've known, and by most people.

Of course there are carrot haters who sneer "Rabbit food," when carrots are mentioned. However, we feel that such remarks are a tribute to the superior judgment and taste of rabbits. Even these scoffers probably eat a lot more carrots — or carrot vitamins and flavor — than they realize.

Carrots have been grown in Europe since ancient times, and were introduced into this country by early settlers. When carrots were first brought to England from Holland, stylish ladies used the feathery leaves to decorate their hair.

There are six rather distinct types according to the shape and size of the root. Good carrots are firm, clean, fresh in appearance, smooth, well-shaped and of good color. The tops of bunched carrots should be fresh and green, although sometimes the tops are damaged and the roots are still in prime condition.

Carotene from carrots is used by many food processors to color and vitaminize margarine. This gives only food value, not flavor. And numerous recipes call for carrots as a seasoning agent.

Carrots originated in Southeast Asia and were known to the peoples of North Africa long before the Christian Era.

Their finest hour in history came shortly after we entered World War II. The British were cut off from the Scandinavian supply of cod liver oil, their

traditional source of Vitamin A, and RAF pilots were beginning to suffer from night blindness.

About this time a University of Arizona nutrition chemist, Dr. Margaret Cammock Smith, published a paper saying carrots grown in Arizona had three to ten times as much carotene as most carrots. (Carotene is the substance which contains provitamin A; the human body turns it into true Vitamin A.)

The British Food Ministry learned of the article and cabled the University for information on the value of carrots and other vegetables in preventing night blindness. Dr. Smith sent the desired information and presumably RAF pilots were thereafter served plenty of carrots and carrot juice.

In this country, the biggest carrot binge in history was set off when "Time" carried an article on Dr. Smith's discovery and the British request in its issue of Dec. 22, 1941.

Hundreds of thousands of young men who wanted to go into the Wild Blue Yonder began eating carrots by the bushel in the hope that they help them pass the Air Force physical exam.

Since carrots are rich in both carotene and Vitamin C, they not only help prevent night blindness, but also clarify the complexion and give a sparkle to the eye.

For a delicious soup, you can simmer cooked dried beans with the following magic combination: 1 carrot, 1 clove of

garlic, 1 bay leaf and 1 onion. Simmer about half an hour.

COOKING TIP: A great deal of the food value and flavor in carrots is in the skin or just below it, so cook carrots in their skins when possible. Also slice lengthwise rather than cross-wise; they lose less food value that way.

Cook in little or no water.

Agar-agar Widely Used

Agar-agar, sometimes called Ceylon moss, also known as Japanese or Bengal isinglass, is a gelatinous substance prepared from seaweed in Japan and India. It is valuable for all culinary uses for which gelatine is commonly employed. It makes a much finer jelly than does gelatin, and is free from every objection which can be offered against the animal product.

Agar melts at the temperature of boiling water, and congeals or jellies at a temperature above 120 degrees F., and so does not require refrigeration to set, even on the hottest summer day.

It contains no nutritive value but it serves as a vehicle for holding food together, as in fruit desserts, jellied entrees, blanc mange, and also as a therapeutic agent to increase the bulk in the intestine to promote the formation of a soft stool. Alginates, the active compounds extracted from seaweeds, are now used extensively in ice cream manufacture to give body and smooth consistency.

Nature's Green Butter

Because avocados do contain fat, many people do not use them. However, they can be used in place of butter, salad dressing, and cream. They have only about 25% fat, and one-half an average (6 to 8 oz.) avocado has less than 180 calories. They provide excellent protein and valuable vitamins and minerals as well.

1. Use in place of butter on toast for breakfast or in sandwiches.

2. Add sliced or cubed avocados to fruit or vegetable salad.

3. Mash and add to sandwich filling.

4. Mash and mix in salad dressing—either French or mayonnaise-type dressing.

5. Mash or cube avocados and add to any soup just before serving.

6. Add to your favorite ice cream recipe.

7. Avocado sherbet.

| | |
|---|-------------------------------|
| 1 c. Mild honey | apple juice |
| 1 c. Liquid soyagen | 1/4 tsp. Salt |
| 1 c. Mashed avocado | Few drops of pistachio |
| 1/2 c. Each: orange, lemon and pine- | flavoring (may be omitted) |

Mix thoroughly and freeze in refrigerator tray — stirring occasionally.

Concerning Diabetes

PREVALENCE OF DIABETES: The increase in diabetes in the United States has doubled since 1900. Present evidence indicates that maturity onset diabetics, especially over-weight adults, usually have an elevated level of circulating insulin which is only partially effective (indicating insulin resistance). Once individuals reduce to normal weight, more than 75% of these subjects show that blood glucose, glucose tolerance, and blood insulin have returned to within normal limits. The possible sequence of events leading to adult diabetes is improper diet habits resulting in an increase in blood insulin followed by hunger, obesity, insulin resistance, and diabetes.—U. D. Register, Ph.D., Loma Linda University.

FOUR OUT OF FIVE: “Approximately one out of four people, in the course of a lifetime, develops diabetes or episodes of hyperglycemia that are indistinguishable from diabetes . . . This means 25% of the population, not 2%, which has been the general impression. The higher figure . . . comes from ‘consecutive studies’ of individuals from birth to death, rather than from the prevalence rate in a given community at a given time . . . about 6% of the population inherit diabetes from both parents, and another 19% are heterozygous.”

—*Medical World News*, June 2, 1967

SUGAR INTAKE: At the Diabetic Clinic, Durban, South Africa, investigations have been made over a period of years on the relationship between total per capita annual sugar intake and incidence of diabetes. Its findings were: *High caloric intake is not necessary for a "common" incidence of diabetes.* Sugar cane cutters, during the cutting season, ingest $\frac{1}{2}$ to 1 lb. sugar a day by chewing sugar cane (they also have a sugar ratio of $\frac{3}{4}$ lb. per week). The acute effects of these massive amounts of sugar on the glucose tolerance have been observed. It seems that the arduous and lengthy process of *chewing cane sugar*, and the consequent dilution of the sugar cane juice by the free flow of saliva, *minimizes the impact of the massive amounts of sucrose on the carbohydrate-regulating mechanism of the body.*

—Abstract, *Journal of American Dietetic Association*, 50:319, 1967.

MISSING ANY BUTTONS?

Ever wonder why you do some of the things you do, or think the way you think? Has anyone ever accused you of having a few buttons missing?

One of the most fascinating discoveries of recent times is the exploration into the mysteries of the human brain—"the most highly organized apparatus in the universe." The fact has been established that this remarkable organ consists of 10 billion or so nerve cells or neurons, together with masses of supporting glia cells, creating a communication network that reaches out to every part of the body.

Electricity keeps this amazing machine working. Asleep or awake, an adult-size brain operates on about 20 watts of electrical energy. The source is the individual nerve cells, each of which is in effect a tiny dynamo.

Fuel for this infinitesimal dynamo is a chemical called glucose combined with oxygen. Glucose is a sugar. However, this doesn't mean you should eat more

sugar to give your brain more fuel on which to operate.

But right here lies the problem which often causes symptoms suggesting some people are "off their rocker" or have "a few buttons missing." A large quantity of sucrose in the blood raises the blood sugar to above normal. This rise causes insulin to be secreted into the blood stream, usually sending the blood sugar to below normal, which gives a person the same reaction a diabetic gets from too much insulin.

The brain operates on a moment-by-moment pickup of glucose from the blood stream, therefore, if the blood sugar goes very much below normal, there is not fuel enough to function properly. The lower the blood sugar, the more abnormal the behavior.

This is where those "lost buttons" come in. There are many people who act strangely and are even in mental institutions simply because they have been using too much sugar!

It is most important that we cut our sugar intake to the minimum to maintain normal brain functioning. A good rule to follow is to use as little as possible to make sour food acceptable, with no sweet foods or beverages between meals.

—*Today's Food, Summer, 1968*

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.

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FROM OUR PATIENTS

Uruguay—I have enjoyed another month of health, thanks to your help. I do not feel alone now because I have your help and protection. I owe my present good health to the Fellowship.

New Jersey—First, I wish to express my sincere gratitude and appreciation for all that has been done for me. I thank the invisible helpers to whom I am so grateful. It is my wish that I, too, may one day serve in this vineyard, in God's service. I'm feeling very good; in fact, I've never felt so good in my life. I still continue as directed. May God bless you in all your endeavors.

California—I cannot thank you enough. I am not the strongest character in any respect but somehow the teachings, astrology work, and the whole philosophy entailed are giving me an understanding that I didn't have before. If I regret anything it is only that I cannot become whole sooner, for then perhaps I will start giving out instead of just taking in. I have been extremely self-centered. Thanks again.

Colorado—I am so much better. I walked the 13 blocks to town yesterday and I'm working in the garden again. My heart seems to be behaving itself now. I am so grateful.

Oklahoma—I have received healing for my sore hands and the allergy condition has cleared up. I am so thankful.

Canada—Thank you for your lovely letter and the enclosed pamphlets, both of which carried great love. I know all that you say is true, and from an intellectual standpoint understand what I should do. I am trying to do, feel, think, and say the things that will bring freedom from the chains that bind. Believe me, I am grateful for the help from all my dear friends. I can only reiterate what I have said so often. Words are inadequate to convey my gratitude. Thanks be to God, the Elder Brothers and all the beloved helpers, I saw my own true face in the mirror yesterday, the first time for many years.



Mind and Healing

(Continued)

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.*

* * *

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

HEALING DATES

September.... 1 — 8 — 15 — 22 — 28

October..... 5 — 12 — 19 — 26

* * *

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

OUR PATIENTS SAY

Ohio—I am joyful to say that I am much, much better. Before I wrote you I was almost panicky; but strange to relate, the minute I sat down and started writing you for help, I contacted a great wave of love and joy. I sent my letter 3000 miles by air mail, and the Invisible Helpers came the next night; I was conscious of them.

California—Thank you for the help you have given me. The condition in my ear has cleared up; I do not know when the healing took place but I am indeed grateful. It will not be necessary to continue the work. Enclosed is a check to be used for the wonderful work you are doing.

Wisconsin—I am feeling fine; my weight is down to 118 pounds. People marvel at my wonderful progress; my husband most of all. It is a great blessing to receive this wonderful healing.

Portugal—I am grateful to the Elder Brothers for all the spiritual help, protection, and blessings that my wife and I have received. Our faith in divine healing power remains strong and firm. At times it seems like a miraculous gift from God.

California—When I write my weekly letter I feel that it is as reaching out to touch an unseen hand. It is a great comfort and gives me a tranquility that is very good. My gratitude for the help and guidance is without bounds. Writing a letter seems like such a small "price" for such a fine "pearl". My prayers are joining yours every day.

Arizona—Your every word is a golden drop from heaven. They replace the negative depths of depression from which we used to suffer, working faults staring us in the face and practically blinding us. It would be difficult to explain to what degree and how we were helped. We just know that the "way" is clearer and we have something to do. Now, in our gratitude, we want to help and send loving thoughts to our friends and neighbors.

California—I can't remember when I have felt better or more optimistic!

Illinois—As you place so much emphasis on carrot juice and the wonderful results, I managed to get some after saving my pennies for a long time. O, how I wish you could see the results! I re-read all the letters you have sent, then got busy. I followed a very strict diet and observed my reactions to various products. It came rather easy with my determination to perform. There seem to be many negative forces to counteract, but I try to do my part by serving and following your principles as much as possible.

California—I am feeling fine and my health is improving each day of my life.

Nevada—I shall be eternally grateful to you and your fellow workers for your loving help in my case. God bless you always and give you the power to continue your fruitful labors. Your letters are truly an inspiration. I have been able to do my work without fatigue thus far this season, and am confident that I shall continue to do so. Again I thank you from my heart for your unselfish devotion to my case.

Oklahoma—I am doing so well it is unbelievable to many of my friends. I know the prayers of all of you have done so much for me; I can't thank you enough. I wish I could do more. I am learning much in the study course; it is just wonderful. I wish everyone could know the pleasure and the feeling of assurance that comes from this study. Thank you all for your willing help. God bless all of you.

Ohio—I'm so happy today I could shout for you! The soreness is all but gone in my stomach area on my right side. The improvement is so marked today I am sure everything will be all right now. I was aware of the Invisible Helpers Thursday morning. Accept my unbounded gratitude; I am so happy that I was not permanently injured. Enclosed is a ten dollar love offering. Would that I could send one thousand dollars!

THE SOLAR ECLIPSE

(Continued from page 446)

tain areas aimed at loosening up age-old rigidities so that new and more flexible forms of thought and practice may come into expression; also signalling Michael, concurrently, to channel into the world the beneficent rays that flow from the heavens at this particular time. Here we would then have a rare combination of forces directed to bring about some kind of an awakening in the life of at least some portion of the Earth's inhabitants, severe as Uranus may make it but tempered to man's ability to meet it by Michael's Christ-bestowed redemptive powers.

Outwardly, as previously indicated, there may not be anything of a spectacular nature occurring anywhere during this coming eclipse, but something will occur and it will have special significance although this may not be fully discernible until time shall have brought its effects fully to the surface.—T.H.

(The above was written in July, 1968)

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MONTHLY NEWS

(Continued from page 467)

and, as soon as they are successfully functioning, are governed by the archetype, which "adapts" them. There is really no more of a problem than the purely technical one of getting the right materials which the body can *adopt* and *adapt* to its uses, just as it uses food which it chemically transmutes. The ideal solution would be, of course, to grow new parts as needed, as we at present grow second, and sometimes, third sets of teeth. But until this ideal solution has been achieved, the use of synthetic spare parts is hopeful.

We may say, however, that a few stories have been handed down which show at least the possibility that the human being is really learning to grow spare parts. New veins are quickly grown to take the place of blocked or damaged veins. The body tries to protect itself by encapsulating tumors, or by throwing membranes around inflamed appendices. Perhaps the body would do this oftener if it were supplied with the needed chemical elements. Perhaps it is a chronic nutritional deficiency which at present renders the human being incapable of restoring body parts as well as worn-out tissues. A new wonder-food may give the needed nutritional elements by means of which the human body will automatically replace any part of itself that is damaged.

A Methodist prayer group a few years ago reported the case of a child born without fingers, with only the "buds" which are found in the embryo. After months of prayer, the fingers grew out. Another prayer group reports a small child whose toe was amputated. After prayer a new one grew in its place. A third report is that of a child born without arms, whose arms, after prayer, grew out. We are sorry that we cannot offer proof that these stories are true; but they have been reported in good faith by good, honest people who believed that what they said was true. At any rate, they offer a divine hope for the future of the bedeviled human race.

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