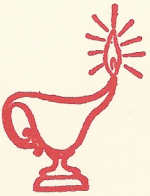
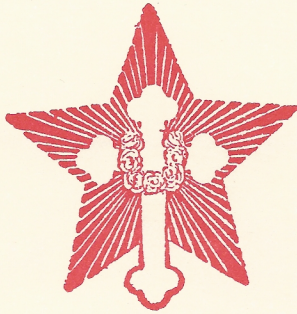


# THE ROSI-CRUCIAN FELLOWSHIP MAGAZINE

RAY'S FROM THE ROSE CROSS



## FEATURES

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*Awaiting the Day of  
Liberation*

*The Sun: Light and Life  
of the World*

*Ocean Floors Moving  
Hearts and Palms*

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Occanside, California, 92054 U.S.A.

# The Rosicrucian Fellowship Magazine

## Rays from the Rose Cross

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## The Message of Easter

One of the high points of the year for those on the Path comes at the Spring Equinox. At this time the Planetary Spirit of Earth is freed from its bonds to soar into higher realms.

The month of April is known as the Resurrection month. It is then that all of Nature responds to the renewing Force which is felt coursing throughout creation. The Life impulse and beauty of new growth are everywhere.

The aspirant, too, feels an inner stirring of resurrection forces. The heart is lifted in praise and thanksgiving to this wonderful Life energy which expresses as Love. Voices are lifted in glorious hallelujahs, joining in the rhythms of Nature.

In all the cacophony of destruction going on in the world, the message of Easter reaches through, soothing and blessing the heart that is open to it. The heart of faith and trust, which is set upon things of the Spirit, is lifted above the tumult of the world and rests in the assurance that, in spite of appearances, it is Life, not death, that rules.

The scoffer and unbeliever may seem to have the weight of evidence on his side, but not so. That Life, which is also Light and Love, peacefully continues to prove itself stronger than all else.

The Life which embodied in Christ Jesus was expressed as Love of the highest kind. Love such as this is truly Life. In adoration we bow before it; in joy we lift our heads, singing hosannahs.

This example of completely selfless Love has been given to us, not only for our redemption, but also for our emulation. In humility we shrink from the suggestion that we too may reach this exalted estate, but in renewal of faith and dedication of heart we go forward, knowing that this is our ultimate destination.

So we come to understand that the message of Easter is Life — unquenchable, burgeoning Life. That Life which is wise as the serpent and harmless as the dove, which permeates every cell and atom, and which renews and blesses with its holy, liberating, spiritualizing influence.

“And the Spirit and the bride say, Come. And let him that heareth say, Come. And let him that is athirst come. And whosoever will, let him take the water of life freely.”—*Revelation* 22:17.

# THE Mystic ... LIGHT



## Awaiting the Day of Liberation

A LECTURE GIVEN IN OUR CHAPEL ON EASTER SUNDAY BY HELENE TAYLOR

**C**HRIST IS RISEN! All Nature is rejoicing in the beauty of a new effulgent life and love, celebrating the miracle of the Resurrection with a surging flood of glory and power that mounts from the Earth to the very throne of God. Something of the joy of it filters through to us, even though the mystery itself may be far beyond our understanding.

Spiritual aspirants join in with this gladsome song of Spring, knowing that Christ's period of annual sacrifice has once more been completed. He said: "Ye have heard how I said unto you, I go away, and come again unto you. If ye loved me, ye would rejoice, because I said I go unto the Father, for my Father is greater than I."

Easter is a time for rejoicing. We should be very grateful and thankful, for Christ has given His whole self generously and lovingly to save us from want and darkness. Without His Life, Love, and Light our sustenance would be of no avail. If we can hear, and our eyes are truly open, we can see the angelic hosts accompanying Him to His heavenly home and we can hear the celestial choirs singing His praises in glad hosannas to their risen Lord. At this time we cannot help but feel the upsurge of new life, the promise of Spring in the air, and the songs of praise — bringing gladness and joy to everyone on Earth. All the Nature

Spirits, too, are joyfully resuming their work of making our Earth bloom into a beautiful garden.

If we really work in the Christ's Vineyard, each succeeding year we are better able to tune in to this exuberant joy and can each time come nearer and nearer to hearing, literally, the victory song of the Great Avatar, the Christ: "It has been accomplished!"

He is risen! This is Christ's hour of triumph! During the past six months the Christ, as our Planetary Spirit, has brooded over the Earth and in the Earth, nurturing the souls of men. He has called upon us to turn within ourselves to search our motives and cleanse our hearts that we may better prepare "the way of our Lord, and make straight His paths within us". Meanwhile, He has filled to the brim the hidden reservoirs of Life throughout the planet, renewing the Life Principle, so that we may have life more abundantly. His powerful radiations are also cleansing and vitalizing the higher vehicles of man to the degree in which he is, individually and collectively, able to respond, and when, at the vernal equinox, He began to rise out of His prison to go to the Father, He released this "abundant" life to the very last degree, to be used by all evolving beings upon the Earth. The Divine Spark in every living thing has been touched by it, and in each has awakened the inherent cosmic

urge to press on, to be, to do, and to dare!

This cosmic urge is the expression of the Eternal Epigenesis of the Spirit. Never is a man more divine than when inaugurating new, constructive activities or breaking the bonds of habit to mold his life upon a larger plane, thereby rising higher towards the goal that reaches to Heaven.

Each Easter morning at sunrise, thousands climb to the hilltops to celebrate this Cosmic Event. For the multitude, it is only an outer ceremony, and although they do not understand the God, the Knower, within, they join in with the heavenly host. For those who are on the Path and are conscious followers of the Grail, it has an inner realization of their own solar mystery.

The life of the God-man, Christ Jesus, was molded in conformity with the solar story, and it foreshadows in a similar manner all that may happen to the Man-God of whom Christ Jesus prophesied when He said: "The works that I do ye shall do also; and greater works shall ye do; whither I go thou canst not follow me now, but thou shalt follow me afterwards." (*John 14:12; 13:36*).

Jesus knew the work he was to do many lives before he was born in Bethlehem. He prepared for that occasion, making his body pure and perfect so it would be worthy for the Christ to use. Jesus' body was the purest of any on Earth.

A Ray of the Christ, Highest Initiate of the Archangelic Life Wave of the Sun Period, who evolved to the second aspect of our Solar God which is the Love-Wisdom Principle, came here to our Earth to save us from sin and darkness, and at the Baptism in the River Jordan became incarnate within the body of Jesus. Divinity took on flesh and dwelt among men for three years, preaching, teaching, and healing all those who came to Him.

In Vol. I of *Questions and Answers*, page 198, it is stated: "When anyone has progressed so far that he appreciates the blessings of Brotherhood, where he en-

deavors to abolish egotism and cultivate altruism, he may go through the rite of baptism. He enters the water as a symbol of his return to the ideal condition of Brotherhood which existed when all humanity lived, so to speak, in the water. We see Jesus, the herald of Universal Brotherhood, at the beginning of his ministry entering the water of the Jordan and being baptized there. When he arose from the water the Universal Spirit rested upon him as a dove and from that time on, he was not simply Jesus, but Christ Jesus, the potential Saviour of the World imbued with the Universal Spirit, which will eventually take away all the evils of selfishness and restore mankind to the blessings of Brotherhood which will be realized when the Universal Spirit has become immanent in all mankind."

At the Crucifixion Christ was released from the body — the cross of matter — and when the blood flowed He entered the Earth and became its indwelling Planetary Spirit, cleansing it and opening the way of Initiation for all who would come, instead of for only the chosen few.

Each year since the first Easter, two milleniums ago, the Great Being, Christ, during the winter months, has been suffering untold agonies of torture from being confined in the cramping density of our crystallized Earth, *awaiting the day of Liberation*, which comes at the time spoken of as "Passion Week." When He is finally freed from the cross there is that cry of triumph, not of agony but a shout of joy, that the Hour of Liberation has come and that once more He can soar away for a little while. When we understand this phase of Easter, we, too, can truly rejoice with Him when He exclaims, "It has been accomplished!"

Can we hasten the Day of His Permanent Liberation?

When enough of us have become strong and virtuous, and do not wish to obtain knowledge for the personal self, who are truly *consecrated* followers of the Christ, working in His Vineyard, we will become, collectively, great powerful centers of Spir-

itual Intelligence like suns of the first magnitude in the mental horizon of the world. These will illuminate the world with wisdom, sending intellectual rays to the utmost limits of the planet, disintegrating the darkness and thus freeing the Christ from suffering for us.

The Great Hierarchies and Elder Brothers are more anxious for us to attain than we are ourselves and are helping and doing all they can to hasten the day. We are being shown the way, the Rosicrucian Teachings have been given by them to us, which points out the path of attainment by the safest and sanest methods.

If we look up into the heavens, also, we can read the stellar script in the skies pointing out the way. In *The Message of the Stars*, page 3, we are told: "It was common knowledge among the mystics that the evolutionary career of mankind is bound up with the Divine Hierarchies who rule the planets and the signs of the Zodiac and that the passage of the Sun and planets through the twelve signs of the Zodiac marks man's progress in time and in space. Therefore it is not to be wondered at, that in the investigations into spiritual development of mankind it also deals with the Zodiac which is the boundary of our evolutionary sphere at the present time . . . ."

"The Hierarchies who are guiding our evolution had their training in some previous scheme of manifestation . . . ."

"The zodiac and the planets are as a book in which we may read the history of humanity during past ages, and also give a key to the future which is in store for us."

In fact, in the great stellium of February 4 and 5, 1962, at the new Moon, all but one planet, Uranus, known as the Christ planet, came together in the zodiacal air sign Aquarius, Uranus being opposite to Aquarius in the sign Leo. This picture in the sky suggests to us that our Earth is soon to be "in the air" — that is, it will be less dense, more etheric. It also indicates that the way to

attain this high state is by way of the Leo lessons in order to earn the right to enter the Aquarian Age, the first step into the New Age Galilee. A few of the key words of Leo are: love, light, life, and loyalty (the heart development). The Aquarian keywords are: altruism, friendship, cooperation, tolerance. In the Aquarian Age, the signs Aquarius and Leo will be illuminated and vivified by the solar precession for the upliftment of the Son of Man (Aquarius) by the Christ Within, the Lion of Judah (Leo), to the estate of Superman. We will then be living in the suburbs of the New Garden of Eden, Galilee, where Christ will be freed permanently and reign as Priest and King on the order of Melchisedec, and we shall have attained to the true brotherhood of man. What a glorious future to look forward to — certainly worthy of laboring hard to attain!

We *can* hasten the Day of Liberation! Especially do great world events that advance mankind on the path upward hasten that day by leaps and bounds!

A great event of this kind, that could be read in the heavens, took place in July of 1969. That was the landing of a man upon Earth's Moon. Those who are sensitive to the higher vibrations realized that in addition to the tremendously important physical accomplishment taking place, there was also another occurrence — a spiritual event — transpiring at the same time.

The fact that a man landed upon the Moon, in outer space, is not really the point, but we might say it was the method used by the Elder Brothers to aid humanity in a great uplifting world event. This was indeed needed for our Earth was in a critical state and could have tipped the wrong way in the balance. Something had to be done to prepare all mankind for the future.

The first and sixth decades of each century are particularly propitious to commence the promulgation of a new spiritual teaching and the initial introduction of these teachings are best given when the

new Moon enters Aries. The Elder Brothers were greatly concerned in finding a messenger to bring the true Christianity as given in *The Rosicrucian Cosmo-Conception* to the public at large for the first time during the first decade of the twentieth century, for the first half of that decade had already passed. We know how Mr. Heindel was chosen, and how when the new Moon entered Aries in the second decade of this century he was directed to inaugurate the healing system for The Rosicrucian Fellowship before the end of the second decanate. Both of these responsibilities were finished in time, and were great events in the path toward the Day of Liberation.

To further the spiritual Teachings during the sixth decade of this century, when the new Moon entered Aries in 1960, the Elder Brothers chose the most brilliant scientists who were capable channels for man's spiritual advancement, to commence the promulgation of a further step for world peace and also to prepare mankind for the Aquarian Age. This work was accomplished before the close of the decade by the men on Apollo 11, landing two men upon the surface of the Moon. You probably remember the first Surveyor that landed on the Moon. It was reported that 6,000 of the best mathematicians worked for two years on sending this craft into outer space — the Moon their target. The success of this gave the scientists much needed information. The Surveyor 3 robot camera craft was launched in 1967. This speeded up the work, with other trials, for the Apollo's landing two years later.

This landing was broadcast as a world project for world peace, not just for the United States but for the whole world! All data was given, nothing withheld. All broadcasts were sent the world over, showing the events live as they took place. Neil Armstrong spoke a great truth when he stepped upon the surface of the Moon and said: "One small step for man, one giant leap for mankind!" It was reported that at that time an estimated two or more billion people from all over the

world were concentrated upon one subject, one idea, one event — the man stepping upon the Moon! All the people watching or listening were engrossed in the one subject, forgetting self, race, color, creed, nation; their thoughts were away beyond their own little Earth and out of our Earth's gravity in outer space — all in brotherhood, oneness. All were hoping and praying for the success and safety of the three Astronauts. Even if this was only for a short time for some, it was an "Open Sesame" for them.

The aspects as read in the heavens at that time indicate the significance of this great event. The Hierarchies who have charge of the three aspects of our Divinity — the Divine, Life, and Human Spirits and their counterparts, the dense, vital, and desire bodies — were involved in this landing in outer space, attempting to aid man in his evolution. The planets in these zodiacal signs worked in unison and cooperation for our good in trines, sextiles, and conjunctions!

Pluto, who works with the masses, was in Virgo. The Hierarchies of Virgo are known as the Lords of Wisdom and have charge of the Divine Spirit, highest of man's threefold Spirit, during the Earth Period. They gave us from themselves the germ of our vital body during the second revolution of the Earth Period. The vital body is the counterpart of the Life Spirit.

The Sun, representing the Spirit, was in Cancer and only two and one half degrees from the cusp of Leo, the Lords of Flame, so called because of the brilliant luminosity of their bodies and their great spiritual power. These great Hierarchies gave us from themselves the germ of our dense body in the first revolution of the Saturn Period and in the seventh revolution of the same Period awakened our Divine Spirit. The dense body is the counterpart of the Divine Spirit.

The Sun was in the zodiacal sign Cancer, the Cherubim, who awakened our Life Spirit in the sixth revolution of the Sun Period. Mercury was in Cancer also. The Lords of Mercury aid man towards self-mastery and Initiation for they are



the custodians of the Lesser Mysteries.

Jupiter, the Moon, and Uranus were in Libra — the Lords of Individuality who, during the third revolution of the Moon Period, gave us from themselves the germ of our desire body, the counterpart of the Human Spirit. These Lords of Individuality have charge of our Life Spirit during the Earth Period. The Life Spirit is the lowest vehicle the Christ uses, as the dense body is our lowest.

Jupiter is the planet of benevolence and philanthropy and has been a prominent factor in promoting altruism during the past two thousand years. Neptune was in Scorpio, home of the Lords of Form, who have charge of our threefold body and our Human Spirit during the Earth Period. Neptune and Jupiter are helping man to cross the Piscean bridge into the Aquarian Age.

We can be assured that there were great Invisible Beings accompanying the astronauts on their trip in outer space, just as there were with the pioneer Charles Lindbergh on his solo flight across the Atlantic before the closing of the third decanate.

Many are looking forward to the second Advent, but when we are ready, the condition will come. It will not take place until *we* have earned the right to live in the New Galilee which is the Sixth Epoch condition. We are now in the fifth Epoch. The higher we climb the Ladder of Being, the smaller the spirals get, and the further we progress, the shorter the time in which a given improvement is made.

From *Questions and Answers*, Volume II, we read: "Thus the Bible says exactly what it means when it tells us we are to be caught up in the air, in the twinkling of an eye so that we may be fit inhabitants of the New Jerusalem when that 'comes out of the heavens,' or becomes visible. It should also be understood that this kingdom is now being prepared though it is invisible to most people. It is nevertheless in the course of construction, waiting for the time when we shall have learned the lessons of concrete existence

and fitted ourselves for the discrete occupations which we shall then learn."

Easter Day marks the resurrection and the liberation of the Christ Spirit from the lower vibrations of the Earth. This should inspire us to work continually for our own permanent liberation from our cross of matter. Knowing that the Divine Hierarchies who have guided humanity upon the path of evolution from the beginning of our career are still actively working with us from their worlds, we also know that with their guidance *we will attain!* So let us enter into the inner realization this gladsome Easter Day, and by the intensity of our devotion create wings upon which we shall soar to the realms of the Father, joining in with the heavenly host in their song, "HE IS RISEN!"

\* \* \*

### THERE IS A LIGHT

*There is a Light in Darkness  
Which is sought by all Mankind,  
To cheer us or to shame us —  
It is for each one to find.*

*A beautiful Light in Dimness  
That shows an alternative;  
Humanity slowly is heeding  
The Light that says, "Serve, Love,  
Forgive."*

*It's a glorious Light in the Dawning  
If our Soul in its flight can but find  
The Mount of Transfiguration —  
That Light which will lift all Mankind.*

*It's the Light of the Sun ever shining  
Transmitted from God to Man,  
And we are touched by the brilliant rays—  
As God has ordained in His Plan.*

*It's a Light with heavenly Radiance;  
Man's Spirit will be filled with Grace,  
When the Golden Clouds are parted,  
And we meet Him face to face.*

—ETHEL ALEENE PANNELL

## God's Easter Present

*God sent us an Easter present;  
It came on Easter morn;  
It wasn't an Easter bonnet,  
Nor anything to be worn.*

*It wasn't an Easter greeting card,  
Whose fate was just to be burned,  
It wasn't even a sermon,  
Nor a lesson to be learned.*

*We fixed a box for our mother cat,  
Lined with blankets warm and clean;  
But she'd have none of such fancy stuff  
With babies to raise and wean.*

*A trash box, full of papers,  
Old and dirty and torn,  
Was her idea of the proper place  
For baby cats to be born.*

*So God sent us two little kitties,  
So velvety-white and new,  
As fluffy and soft as snowflakes,  
With pink accessories, too.*

*Little pink paws and little pink noses,  
And delicate pink-lined ears.  
Did I say there was no lesson?  
No comfort for earth-born fears?*

*For all of their helpless baby-cries  
Made music that Easter Day;  
And all of the world's confusion  
And trouble seemed far away.*

*The God who made tiny white kitties,  
So soft and cuddly and warm,  
Will surely guide His human child  
Through any kind of a storm.*

*In spite of wars and "protests,"  
In spite of hunger and pain,  
There will always be love and courage,  
New life will come again.*

—SYLVA SUTTON

# Humility

A LECTURE GIVEN IN OUR CHAPEL AT EASTERTIME BY DAGMAR FRAHME

**P**URITY, selfless service, and humility are the foundations of character without which no spiritual growth is possible. The three go hand in hand, and as one quality is being consciously developed, the other two cannot help but develop also. One cannot serve with true selflessness and not at the same time unfold the humility born of exposure to the sufferings, sorrows, and tribulations afflicting people everywhere around us. One cannot consciously turn one's thoughts and activities into ever purer, more spiritual, channels without simultaneously being aware that the strivings of some others are not being similarly raised, and without desiring to serve and help those others.

As the Easter season, with its message of sacrifice for, and resurrection of, the human race, approaches, the importance of one of these three spiritual qualities — humility — should be particularly at the forefront of our thoughts. The supreme example of humility was given to the world by the Christ Himself, who, voluntarily, for our sakes, "took upon Himself the form of a servant, and was made in the likeness of man, and being found in fashion as a man, He humbled Himself and became obedient unto death, even the death upon the cross."

A further act of humility on the part of the Christ, an act of particular occult significance, occurred at the time of the Footwashing. We are told how on the night when Christ had partaken of the Last Supper with His disciples, He rose from the table and girded Himself with a towel, then poured water into a basin and commenced to wash the disciples' feet — an act of the most humble service.

Max Heindel explained the occult significance of this act in *Ancient and Modern Initiation*, as follows:

"Comparatively few realize that when we rise in the scale of evolution, we do so by trampling upon the bodies of our

weaker brothers; consciously or unconsciously we crush them and use them as stepping-stones to attain our own ends. This assertion holds good concerning all the kingdoms in Nature. When a life wave has been brought down to the nadir of involution and encrusted in mineral form, that is immediately seized upon by another slightly higher life wave, which takes the disintegrating mineral crystal, adapts it to its own ends as crystalloid, and assimilates it as part of a plant form. If there were no minerals which could thus be seized upon, disintegrated, and transformed, plant life would be an impossibility. Then again, the plant forms are taken by numerous classes of animals, masticated to a pulp, devoured, and made to serve as food for this higher kingdom. If there were no plants, animals would be an impossibility; and the same principle holds good in spiritual evolution for if there were no pupils standing on the lower round of the ladder of knowledge and requiring instruction, there would be no need for a teacher. But here there is one all-important difference. The teacher grows by *giving* to his pupils and serving them. From their shoulders he steps to a higher rung on the ladder of knowledge. *He lifts himself by lifting them*, but nevertheless he owes them a debt of gratitude, which is symbolically acknowledged and liquidated by the Footwashing — an act of humble service to those who have served him."

Even the noblest, most compassionate, and most spiritual of men is, in one way or another, using and, so to speak, trampling upon, his weaker and younger brothers. It is quite literally true that we owe a debt of service to these brothers — in our own lifewave and others. As stated in the *Cosmo*, for instance, were it not for the plant kingdom which continually makes oxygen from the carbon dioxide which we exhale, and supplies it

to us, we would soon poison ourselves by breathing the death-dealing carbon dioxide with which we and our fellow men have filled the atmosphere.

The percentage of poison contained in the breath of an individual is in exact proportion to the evil in his nature and inner life and the thoughts he thinks. Only when the nature has been so refined and spiritualized that low, coarse, or selfish thoughts and deeds are no more does the individual cease to exhale carbon dioxide and begin to build his body therefrom. Only then does he cease to be a source of poison to his fellow men. Similarly, man's destruction — sometimes wanton, sometimes accidental, and sometimes unavoidable — of the animal, plant, and even mineral kingdoms, is well enough known. We have not yet done much to help them — or to lift ourselves by lifting them — although it does seem that the general public is at last waking up to the fact that the destruction, at least, cannot long continue. Certainly we owe a tremendous debt in this regard, which will some day have to be paid.

The farther we progress along the spiritual path, the more clearly we see the many reasons we have for humility. They include privileges, responsibilities, gifts — albeit earned ones — and our own condition vis-a-vis our fellow human beings. Humility, felt within the context of a life as rich in meaningful, spiritual blessings as is that of the aspirant, is almost inevitably accompanied by reverent thankfulness.

Slowly, as we progress, we become ever more aware of our good fortune — even though it is fortune earned by our own efforts — in having made some little progress toward the ultimate spiritual goal, while much of humanity around us is still chained to the demands of materialism, aware, perhaps, that "something" is missing from their lives but unable to ascertain what that something is. We know that we have, in small measure at least, passed beyond the worst of the materialistic stage, and have found and accepted the Path which we must now

diligently and dutifully follow, probably for many lifetimes. Is this not reason enough to be grateful and humble, and in humility to make every effort to assist others up to the point which we have reached? Should not the mere fact that we are able to accept and believe the illuminating Rosicrucian Teachings, when so many people around us point with skepticism or scorn, be sufficient grounds for humility and gratitude?

Conversely, the very people who have set foot on the Path also know, better than anyone else, how much farther they still have to go, and how much more they still have to overcome. To have received the first glimmerings of spiritual aspiration, and even to have reached the point where we "believe" wholeheartedly in the Teachings, is only the beginning. Looked at in the light of the ideal toward which Rosicrucian students are striving, our imperfections are glaring and overwhelming. There are very few people who do not have to change and overcome much in their make-up, personality, and lines of thought, before they can truly say that they are living the life to the point of perfection at which it should be lived. Most of us, in nightly retrospection, are well enough aware of the lapses of behavior, of thought, of speech, or of feeling committed during the day, which do no credit to one who subscribes to the Teachings of our Elder Brothers and seeks to be used as a channel of good works by them. Our many faults and weaknesses — doubly reprehensible because, thanks to the Teachings, we *know* better — also offer good and sufficient reason for humility, and for determination, renewed daily, to strive harder and do better.

We can also learn a great deal about humility by observing the virtues of — or the divine essence within — other people. It is a rare individual indeed who does not have at least one trait, characteristic, or attitude worth studying and emulating. Perhaps it is a sense of humor, perhaps a fondness for animals, perhaps it is patience or tolerance, per-

haps — ferreted out from beneath a gruff exterior — it is a soft-hearted kindness to those who are ill or a delight in the company of small children. Perhaps it is diligence and persistence on the job, perhaps a conscience that forces him to set aside personal pleasures in favor of work that must be done. Perhaps it is simply an occasional, momentary exhibit of a virtue that is not yet strong enough within him to be permanent and continuing, but which is, slowly but surely, being developed. Every day we encounter people who possess and beautifully display just those characteristics which we individually may lack. If we observe such individuals with any thought at all, we should immediately become more humbly aware of our own shortcomings. "Why can't I be like that?" is a question familiar enough to the aspirant who sees before him the beautiful example of a person more compassionate, patient, hard-working, or kindly than he is himself. We can each learn valuable lessons from almost everyone we meet if we observe him long and intelligently enough, and very often one of these lessons, either directly or indirectly, is that of humility.

Add to this the fact that, despite our many shortcomings, the Elder Brothers, with their infinite patience and compassion, continue to use us, whenever they can, as their agents in publicizing and spreading the Teachings and in service to humanity. There is little doubt that less advanced beings, not endowed with the sublime level of love and understanding to which the Elder Brothers have risen, would long ago have become disgusted with the sometimes glaring and unbelievable failings exhibited, now and again, by almost every student. Yet we know that we remain constantly surrounded by their love, care, and protection, and that they regard our shortcomings with compassion rather than aversion, and our failures with commiseration rather than wrath. Is this not another reason for humility, as well as gratitude?

Then again, there is the tremendous privilege that has been accorded us as

students, and particularly as Probationers, of The Rosicrucian Fellowship. To participate in any of the healing services — to function as a channel for the release of the divine healing force — is an awesome privilege, as well as responsibility. If we could but see the tremendous good that this healing force, strengthened by the efforts of each one of us individually, does, every time it is released, we would surely have reason to regard our part in this process with humility. It certainly would behoove each one of us to increase both our efforts to make ourselves worthy channels for the healing force, and our prayers of thankfulness that we are being permitted to function in this capacity.

The fact that we are privileged to disseminate the sublime Teachings, and to help turn the eyes and thoughts of others toward their wisdom, truth, and light, is also no small blessing, and another reason to be humbly grateful for what has been given us. To guide just one person to the spiritual Path, to help just one fellow human being reach the way that leads back to God and to his own ultimate destiny of perfection, is a worthy accomplishment in any lifetime. To serve as a guide in these matters to many people — as we who are fortunate enough to work at Mt. Ecclesia do — is certainly to find ourselves in a position of trust and responsibility for which we should be particularly grateful and humble.

It is true enough that those of us who have set foot on the spiritual path seem suddenly to encounter more trials and tribulations than we had previously faced and, often, than many of our more "material" friends and acquaintances face. We have been assured that trials are a sign of progress and a cause for great rejoicing. So indeed they are, for they show that we are paying up long-accumulated debts under the Law of Consequence and, of course, the sooner we liquidate them the sooner we will be free of them and able to proceed more quickly on our evolutionary journey. We have been told, further, that the Recording Angels

themselves are responsible for confronting us with these opportunities for cleaning our slates — or with these hardships, if we wish to call them that. Certainly it sometimes seems as though that which plagues us is insurmountable, but our progress depends precisely on how well, cheerfully, optimistically, and positively we do surmount and overcome. We know that, especially in our new, although perhaps still faltering, endeavors to put all things in their spiritual context, we are not alone. We shall prevail more satisfactorily if we ask for divine guidance, if we live according to divine law, and if we continually draw upon the Christ Light so abundantly available. Thus, not only are the trials — which we would eventually encounter anyhow — deliberately given us in extra measure so that we may make faster progress, but also is the help we need to withstand them always available, provided only that we seek it hard enough. As we are taught, we should rejoice over our trials. We should, however, also be humbly grateful, not only that we are being permitted to pay off debts so quickly, but also that we have at hand so much assistance in doing this.

In the same context, our trials are almost never as bad as they may seem at first glance. Always, *always*, we can find someone worse off than we are, and usually we do not have to search too far. Whatever our affliction, it is not so great as that tribulation which bewilders and frustrates the sick man down the street or the poor unfortunate whose “bad luck” or socially unacceptable behavior has landed him in trouble and been publicised in the newspaper. In this case, too, should we not be humbly grateful that our misfortunes are so relatively small, and should not our thoughts and prayers bypass our own afflictions and reach out to those who seem to be in much greater need than we?

By far our greatest cause for humility, however, is the unceasing love and care of the God Who made us, and of Whom we are a part, and the sublime manifestation of that love in the annual sacrifice of the Christ, who gives Himself each

year that we may live, and Who is the very prototype of true spiritual humility. It is not too hard to imagine the state we should be in had not this lofty Being, of His own will, chosen to aid and resurrect us with His divine radiance, and to imprison Himself within the confines of our planet during a goodly portion of every year for untold centuries. How many human beings, on their own level of capability, would make a comparable sacrifice for members of another lifewave? How humble we should be that this wonderful thing has been done for us!

True spiritual humility is one of the greatest lessons we can learn. When real humility dawns in our hearts — through the realization of the infinitude of God, of the meaning and permanence of the spiritual blessings which are ours, and of the glory of our own ultimate destiny — we realize our true relationship with God, and our finite natures fade into insignificance. Our dependence on material things, our egotism, our self-importance, dwindle into nothingness. The little man, the selfish man, fades away, and another takes his place — one who is bigger, nobler, and more efficient.

When our hearts grow humble and guileless, we come closer to the spiritual realm and become ever more endowed with spiritual insight. We then become equipped to rise above momentary, tenuous successes and failures of material life, above changing circumstance and worldly opinion, and even, eventually, above the inevitable national and global catastrophes destined to confront humanity until lessons yet to be learned *have* been learned. When we can feel and express within ourselves, in all sincerity and thankfulness, the reverent, compassionate humility so well understood and exemplified by the Christ Himself, then no material consideration, no temporal upheaval, no secular burden, will ever again have the power to thwart or overcome us.

In short, we can make or unmake our outer conditions by our inner thoughts and feelings. If we are humble, sincere,

(Continued on page 161)

# MAX HEINDEL'S MESSAGE

*Taken from His Writings*

## THE DESIRE BODY

(TWENTY-SEVENTH INSTALLMENT)



### Man's Desire Body in the Invisible World

#### *Higher Beings as Factors*

**T**HE Archangels became experts at building a body of desire stuff, the densest matter of the Sun Period. Therefore, they are able to teach and guide such less evolved beings as man and animal how to mold and use a desire body.

Again we have a seeming anomaly — for the Archangels were the humanity of the Sun Period when the vital body was started, at a time when man had as yet no desire body — but the difficulty vanishes when we remember that each of our bodies is the shadow of one of the aspects of the Spirit, and that the vehicles are not given by these Hierarchies. They are merely helpers of man in training a particular vehicle, because of a special fitness. Thus the Archangels are trainers of our desire bodies, because they became experts at building and using such a vehicle when they were human in the Sun Period, for then they built their densest bodies of “desire stuff,” as we are now building ours from chemical mineral matter.

In the Moon Revolution of the Earth Period the Archangels (humanity of the Sun Period) and the Lords of Form took charge of the reconstruction of the desire body, but they were not alone in that work. When the separation of the Globe into two parts occurred, there was a similar division in the desire bodies of

some of the evolving beings. We have already noted that where this division took place, the form was already to become the vehicle of an *indwelling* Spirit, and in order to further this purpose the Lords of Mind (humanity of the Saturn Period) took possession of the higher part of the desire body and implanted in it the separate selfhood, without which the present man with all his glorious possibilities, could never have existed.

Thus in the latter part of the Moon Revolution the first germ of separate personality was implanted in the higher part of the desire body by the Lords of Mind.

The Archangels were active in the lower part of the desire body, giving it the purely animal desires. They also worked in the desire bodies where there was no division. Some of these were to become the vehicles of the animal Group Spirits, which work on them from without, but do not enter wholly into the animal forms, as the individual Spirit does into the human body.

The desire body was reconstructed to render it capable of being interpenetrated by the germinal mind which, during the Earth Period, will be implanted in all those desire bodies in which it was possible to make the before-mentioned division.

The Lords of Mind took charge of the higher part of the desire body and of the germinal mind, impregnating them with

the quality of separate selfhood, without which no separate, self-contained beings such as we are today would be possible.

As when reflected in a pond, the images of trees appear inverted, the foliage seeming to be the deepest down in the water, so the highest aspect of the Spirit (the Divine Spirit) finds its counterpart in the lowest of the three bodies (the dense body). The next highest Spirit (the Life Spirit) is reflected in the next lowest body (the vital body). The third Spirit (the Human Spirit) and its reflection, the third body (the desire body), appear closest of all to the reflecting mirror, which is the mind, the latter corresponding to the surface of the pond — the reflecting medium in our analogy.

The lowest vehicle of the Archangels is the desire body. Our desire body was added in the Moon Period, at which time Jehovah was the highest Initiate. Therefore Jehovah is able to deal with man's desire body. Jehovah's lowest vehicle is the Human Spirit and its counterpart is the desire body. The Archangels are His helpers because they are able to manage the Spiritual Sun forces and the desire body is their lowest vehicle. Thus they are able to work with and prepare humanity for the time when it can receive the spiritual impulses directly from the Solar Orb, without the intervention of the Moon.

Jehovah helped man to get control over the mind and desire body by giving Law and decreeing punishment for its transgression. The fear of God was pitted against the desires of the flesh. Thus sin became manifest in the world.

The Angels cause man's corn and grapes to grow or wither, his cattle to increase or not, his family to multiply or die out, as required to bless him for obedience to the law of the chief Race Spirit Jehovah, or to punish him for transgression against the law. Under his sway all the Race Religions: Confucianism, Taoism, Buddhism, Judaism, etc., have flourished and worked in the desire body as Religions of the Holy Spirit. Jehovah helps man to curb the desire body because that was started

in the Moon Period.

The Angels worked alone with man in the Hyperborean Epoch, when he had only a dense and a vital body, but in the Lemurian Epoch, when the desire body was added, the Archangels also took a hand, to help the infant human Spirit to control its future vehicles. They neutralized the desire body so that it was sexually active only at certain times of the year.

At stated times of the year (during the Lemurian Epoch) the Archangels withdrew their restraining influence on the desire body and the Angels marshaled humanity to great temples where the generative act was performed at the times when the constellations were propitious. Our present-day honeymoon trips are atavistic reminders of those migrations for propagative purposes, and show a connection with the heavenly bodies in the name *honeymoon*.

When propagation had been accomplished, the desire body was again neutralized, and in consequence there was no more pain connected with parturition than is the case with the animals at present, where similar conditions obtain now.

The human Ego was very weak (in the middle third of Atlantis) and had to get help from someone else. Therefore Jehovah, the highest Initiate of the Moon Period, the ruler over the Angels and Archangels that work with men, breathes into man's nostrils, gives him lungs, and gives him the Race Spirit in the air that is to curb the hardening tendencies of the desire body and help him to get it under control. The desire body has control of the voluntary muscles. Every movement we make is caused by desire, and every exertion breaks down tissue, and hardens more and more every particle of our tissue.

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No matter what our creed, we are all brethren in Christ, so let us rejoice. The Lord has risen! Let us Seek Him and forget our differences.—*The Mystical Interpretation of Easter.*



# Studies in the Cosmo-Conception

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

## The Individual Ego in Man

Q. Is there evidence that the Ego in man makes him more individual than animals?

A. That all oxen thrive on grass and all lions eat flesh while "one man's meat is another man's poison" is an illustration of the all-inclusive influence of the Group Spirit as contrasted with the Ego which makes each human being require a different proportion of food from every other.

Q. How does this apply to medicine?

A. Doctors note with perplexity the same peculiarity in administering medicine. The same medicine acts differently upon different individuals, but will produce identical effects on two animals of the same species owing to the fact that animals all follow the dictates of the Group Spirit and Cosmic Law — always act similarly in identical circumstances.

Q. How is man different?

A. Man alone is, in some measure, able to follow his own desires within certain limits.

Q. Does not man consequently make many mistakes?

A. That his mistakes are many and grievous is granted.

Q. Then would it not be better were he forced to do right?

A. Lessons of discrimination between good and evil cannot be learned unless man is free to choose his own course and has learned to eschew the wrong as a veritable "womb of pain." If he did right only because he had no chance to do otherwise he would be but an automaton and not an evolving God.

Q. How does this make him superior to the animal?

A. As the builder learns by his mistakes, correcting past errors in future buildings, so man, by means of his blunders and the pain they cause him, is attaining to a higher (because self-conscious) wisdom than the animal, which acts wisely because it is impelled to action by the Group Spirit.

Q. Will this sometime be true of the animal?

A. In time the animal will become human, have liberty of choice and will make mistakes and learn by them as we do now.

Q. How does the Group Spirit control its charges?

A. The animal's spine is in a horizontal position and through it play the currents of the animal Group Spirit which encircle the Earth.

Q. Could the animal be trained to remain upright?

A. No animal can be made to remain constantly upright because in that case the currents of the Group Spirit could not guide it, and if it were not sufficiently individualized to endure the spiritual currents which enter the vertical human spine, it would die.

Q. What three requisites are necessary in the vehicle of an individual Ego?

A. An upright walk, that it may come into contact with the currents just mentioned; an upright larynx, for only such a larynx is capable of speech (parrots and starlings are examples of this effect of the upright larynx); and, owing to the solar currents, it must have warm blood.

Ref.:—*Cosmo-Conception* pp. 84-86.

# WESTERN WISDOM BIBLE STUDY

## Crowning Works of the Ministry

CORINNE HELINE

### *The Rite of the Anointing*

Then Jesus six days before the passover, came to Bethany, where Lazarus was which had been dead, whom he raised from the dead.

There they made him a supper; and Martha served; but Lazarus was one of them that sat at the table with him.

Then took Mary a pound of ointment of spikenard, very costly, and anointed the feet of Jesus, and wiped his feet with her hair; and the house was filled with the odour of the ointment.

Then saith one of his disciples, Judas Iscariot, Simon's son, which should betray him,

Why was not this ointment sold for three hundred pence, and given to the poor?

This he said, not that he cared for the poor; but because he was a thief, and had the bag, and bare what was put therein.

Then said Jesus, Let her alone; against the day of my burying hath she kept this.

For the poor always ye have with you; but me ye have not always.—*John 12:1-8.*

This incident in the life of Christ Jesus is intensely interesting when studied esoterically. Some Bible commentators conclude that the reference in each of the three Gospels is made to the same person, whereas the Mary referred to by John is the sister of Lazarus, and not Mary Magdalene, the woman of sin who was redeemed. Mary, the sister of Lazarus, was one of the foremost of the women disciples. The alabaster vase of ointment symbolizes the dazzling whiteness of the soul body of the mystic, built through love and service and offered in supreme dedication at the feet of the Master. This soul body is formed of the higher ethers which are attracted through love, purity, idealism, and selfless service. The hair is the product of the vital body and the understanding reader will recognize that its use by Mary as recorded in the above passage is an allusion to the ethers of the body, or the soul body. It was an Oriental custom thus to bathe and anoint the feet of an honored guest. The

soul body of a saint emits a fragrance; and when we read that the house was filled with the odour of the ointment, we may know that Mary had reached a high spiritual attainment that was recognized even in the fragrance that emanated from her.

Judas Iscariot, the lower self, always objects to the higher nature dedicating itself to the works of the Christ. "The poor" (those who are not yet ready for this high place in the spiritual life) "ye have always with you, but me ye have not always" (upon the Earth functioning in a physical body).

This incident, which is recorded in the Gospels of Mark (14:3-9) and Luke (7:36-50), outlines the path of supreme dedication for the aspirant. Every event in the life of Christ Jesus portrays a step on the disciple's path as the Christ is awakened *within* him. In Mark and Luke the woman who performs this service is a sinful or erring one. Esoterically this signifies the feminine pole which is fallen in all mankind. In the Gospel of John, which outlines the pathway to the highest attainment, Mary, who was one of the foremost disciples of the Christ, does the anointing, thus showing that the great transmutation had taken place. Mary is now a high Initiate. The anointing occurs after the raising, or Initiation, of Lazarus, the supreme work done by the Christ upon the Earth. It is also significant that this event immediately precedes the Triumphal Entry which is another step in the life of the highly Illumined One.

The anointing with perfumed oil was practiced in Greece as a mark of hospitality. This service was always performed as a token of honor to some highly favored guest. Throughout both the Old and the New Testaments it was used to consecrate priests, prophets, and kings, also sacred

places and articles of worship. The oil of anointing symbolizes divine wisdom.

It was the custom of the early Christians to anoint the sick with consecrated oil as evidenced in the words of Mark: "And there were some that had indignation within themselves, and said, Why was this waste of ointment made?" Also, in the words of James: "Is any sick among you? Let him call for the elders of the church; and let them pray over him, anointing him with oil in the name of the Lord." (James 5:14.)

Christ's ministry was now practically completed. There remained only the Passion Week with its deepest esoteric in-



struction for the Disciples who had qualified themselves to receive it, and the final great work of cleaning and redeeming the Earth for the benefit of all mankind.

John was the youngest of the original Twelve, and aside from Judas was possibly the only one to escape martyrdom. After the Crucifixion he lived chiefly in Ephesus and there presided over seven churches. Under the Roman Emperor, Domitian, he was accused of using evil magic in his wonderful healings, and for this he was banished to Patmos where he received the sublime vision transcribed for us in Revelation.

We discover frequently in early frag-ments that primitive Christianity was as-

sociated with magic and sorcery in the popular mind. This was partially — but not wholly — due to the fact that in the beginning it was almost entirely a Jewish sect. Most of the first Christians were Jews by birth or by adoption. That the popular attitude had some basis in fact is shown in relics discovered in the catacombs of Rome: small golden caskets containing portions of the first chapter of John's Gospel, to be worn as amulets. The circumstance that it is John's chapter on the Logos (Word) which is used as a magic talisman is significant. It indicates that these early Christians understood the tremendous mantram power contained in John's great song of planetary rhythm. The Tetragrammaton has also been used in magical ceremonials by both Jews and Christians until modern times. It is still important to initiatory work and it is not wholly unknown to the mystic Mason.

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## HUMILITY

(Continued from page 156)

and faithful in spiritual matters, we can change the whole order of things in our outer life. Truth, enlightenment, wisdom, and, eventually, omniscience, come to those who have learned humility. Let us, then, become more acutely conscious of the many blessings which are being showered upon us as spiritual aspirants, and let us make every effort to cultivate that humility through which our inner growth, our ability to serve, and our usefulness as helpers in God's work, will increase to an unimagined extent.

\* \* \*

Humility leads to the highest distinction, because it leads to self-improvement. —*Brodie*.

It is vain to gather virtues without humility; for the Spirit of God delighteth to dwell in the hearts of the humble. —*Erasmus*.



## The Sun: Light and Life of the World

A. L.

**T**HE Sun is the center of our solar system. It warms, illuminates, and governs the Earth and other heavenly bodies which circle around it. Nothing could exist without this Giver of Life.

The physical appearance of the Sun is that of a great golden, glowing globe, over whose surface there hovers a layer of vapors or gases called the solar atmosphere. Above these vapors rise vast jets, clouds, and protuberances, and extending beyond these is the bright, curiously shaped corona, which can be seen as living, leaping flames when the Moon covers the Sun at a total eclipse.

The Latin name for Sun is *Sol*; the Greek, *Helios*. From these many words and names are derived.

Many of the early races worshiped the Sun as a deity. Temples to the Sun and hymns to the Sun were common all over the known world. On Salisbury Plain in England we have a curious monument of this prehistoric Sun worship, namely, Stonehenge, or the hanging stones, called so from their peculiar positions. No one has ever been able to figure out how the stones could have been put up that way. These ruins denote that this open temple was used by the priests for solar measurements and astrological calculations, among other purposes.

The principal seat of Greek Sun worship was Heliopolis, near Damascus in Syria. Here was a magnificent temple in

which a great golden statue of the Sun god was placed, and on festival days this was carried around the city on the shoulders of prominent citizens. Heliopolis is now a wretched vilage, its beautiful name changed to Baalbek, and all its former magnificence decayed and vanished; but the temple ruins are still there.

*The Rosicrucian Cosmo-Conception* tells us that the Sun is the embodiment of the highest spiritual intelligence in our system. At the beginning of *our* evolution (there have been many before) all the planets that are now *outside* the Sun were then *in it*. Not all the beings there could keep up with its tremendous rate of vibration, however, so eventually many Spirits fell behind, started to crystallize, and were then thrown out into space on globes or planets of their own, each presided over by a Planetary Spirit.

The most advanced beings stayed longest with the Sun and were thrown off last. Their globes are Venus and Mercury, which are inhabited by the highest intelligences next to the Sun Spirits. They are the closest to the Sun in space and the smallest of the planets.

Our Sun could not have become a Sun until it had set out from itself all those insufficiently evolved beings who clogged the progress of the great luminous ones qualified for that evolution. All the beings upon the different planets would certainly have been consumed in the Sun's terrific

heat had they remained there.

The visible Sun, however, though it is a place of evolution for beings vastly above man, is not by any means the father of the other planets as material science supposes. On the contrary, it is itself an emanation from the Central Sun, which is the invisible source of all that exists in our solar system. Our visible Sun is but the mirror in which the rays of energy from the Spiritual Sun, which is God, are reflected. The *real* Sun is as invisible as the *real* man.

The Sun is the great cosmic reservoir of vital energy. It is the center of all spiritual faculties, the fountain of all life. Hence its astrological symbol is the circle with a central point denoting the highest spiritual aspect, Divine Will, which is the highest expression of the individual self, the Ego.

The Sun rules the fixed, fiery, positive, masculine sign Leo. It is exalted in another fiery sign, Aries, where it is most powerful. It is weakest in Libra, where it is in its fall. Through these three signs we see the Sun's influence on all life. When it is in Aries, we may readily note the powerful effect of the wave of vital fluid then poured out to all. Nature is vibrant with life in the forms of all the kingdoms, endowing them with abundance of vitality, which goes on increasing, bringing fruitage in the autumn, when Saturn, who has his exaltation in Libra, takes possession of tired Nature then getting ready for the winter's rest.

The human body is also energized by the solar life contained in our food, which enters our system through the head and throat, governed respectively by the exaltation signs of the Sun and Moon, Aries and Taurus. Elimination occurs through the activity of the liver and kidneys, ruled by the exalted Saturn in Libra.

We find the royal sign Leo, the home of the Sun, between Aries and Libra. It rules the heart and spinal cord. People with a well aspected Sun in Leo have a masterful nature. They have a keen sense of honor, a never-failing integrity, and are magnanimous even to bitter enemies.

The Sun as life-ruler indicates some capacity for leadership. It gives dignity to the whole nature. It makes a noble, warm-hearted, affectionate, conscientious person. However, we know that the brightest light always casts the deepest shadow. So may a badly afflicted Sun as life ruler signify a spineless weakling — cowardly, arrogant, egotistical, swaggering, despotic, whining, and generally despicable. Looking through history we find many examples of such people among the monarchs of the past.

A well-aspected Sun in Aries gives a person radiant health and energy, which will tend to throw off any disease or ailment. The Sun in Aries may cause fevers from the excessive heat in the system if the person is not careful in his habits of eating and living. It may also dry up the scalp and cause one to be baldheaded.

There are three so-called unfortunate angles for the Sun in a horoscope. People born shortly after sunset have it in the sixth house, which may indicate sickness or a life of service. Birth in the middle part of the afternoon places it in the eighth house, the house of death, where

## Horoscopes for Subscribers' Children

Should you wish to avail yourself of a possible opportunity to have your child's HOROSCOPE delineated in this department, subscribe to this magazine for one year, and accompany your subscription with an application for a reading. RE-NEWALS count the same as a subscription. Readings are given for children up to 14 years of age. They include a general character, health, and vocational analysis.

TWO names only are usually drawn each month, but unless there is an unusually large number of applications, you may have more than one opportunity for a drawing.

BE SURE to give: Name, Sex, Birth-place, and Year, Month, Day (of month), and minute of birth, as nearly as possible. Also please be sure to state if Daylight Saving Time was in effect.

NOTE: We give horoscope readings ONLY in this magazine.

of course it is very much out of place. Such people may have many hairbreadth escapes. The third unfortunate place for the Sun is the twelfth house, the house of sorrow and limitation. Here it usually indicates a lonely soul, a person whose early life especially may be passed in trouble or poverty.

We know that the Sun first of all rules the vital fluid, which is specialized through the spleen, transferred to the solar plexus, and then distributed over the whole body. This rose-colored vital fluid is invisible to ordinary people; it can be compared to the electricity in telephone or telegraph wires. When this fluid is obstructed in the human organism, we have sickness; hence an afflicted Sun indicates disease, particularly in a man's horoscope. In a woman's chart it is the negative Moon, the collector or reflector of the solar forces, which indicates sickness.

When the Sun reaches its highest degree of northern declination around June 21st, it enters the constellation Cancer. This marks one of the tropics, meaning turning points. Here the Sun turns downward toward its western node and the days grow shorter. The lowest point in southern declination is reached about December 21st, when the Sun turns north and the days grow longer. This occurs at the tropic of Capricorn. These two points of the Sun's highest and lowest declination respectively are called the summer and the winter *solstices*, meaning places where the "Sun stands still." It remains there practically stationary for three days, when it begins to move onward again. In the extreme north in midsummer, there is no dense darkness; the nights are very light. In the Southern Hemisphere this happens in mid-winter. At the North Cape in Norway, within the Arctic Circle, latitude 73 N., the days are 24 hours long from May 12th to July 29th. Then the Sun is seen low in the horizon at midnight—a wondrous sight!

The Sun's path among the constellations is called the ecliptic. Every year about the 21st of March when the Sun leaves the Southern Hemisphere, it crosses

the celestial equator and enters the northern degrees of latitude. At this time the days and nights are of equal length. But owing to a vibratory motion of the axis of the Earth the Sun crosses the equator a little earlier each year than it did the year before. This precedent crossing is called the *Precession of the Equinoxes*.

This motion of the vernal equinox is a most important factor in human affairs. If there were no precession, the intellectual zodiac would coincide with the zodiac of the constellations. The precession amounts to one degree in about 72 years, which causes the Sun to take 2156 years to pass through one sign.

These periods mark the rise and fall of world religions and civilizations. Humanity is destined to rise to a wonderful spiritual height. We all know that the boy is father to the man. Using this principle, we may say that *man* is father of the *superman*. When the Sun by precession enters the celestial sign Aquarius, the Water Bearer, which will be in the year 2654 A.D., we shall in reality have a new religion, a religion of love and compassion. This ideal for which we strive is shown in the opposite sign, Leo, where strength of character, courage of conviction, and kindred virtues will make man the king of creation, worthy to lead and guide the lower orders of life in manifestation.

Thus we see how important this precession is, for as the years go on, the progressing Sun, marking our progress, will illuminate our minds, not only for the advancement of science, art, and inventions hitherto undreamed of, but it will increase the power of spiritual perception, gaining for us that sympathetic understanding which the world so badly needs today.

So year by year the command of Christ, "Love thy neighbor as thyself," is slowly becoming a joyful *reality*, rather than as before largely an empty phrase. Then at last the Prince of Peace, embodying the Aquarius-Leo principle, will reign supreme in the hearts of men, and we shall see the glory everlasting and know the "peace which passeth all understanding."

## FATALISM and ASTROLOGY

L. S. I.

**T**HE steady increase of astrological study has developed very rapidly during the last few years. In all larger cities one finds a number of astrological study groups or classes where the people of Uranus-predominant aptitudes make an earnest study of this ancient, and yet modern, science. Indications are that astrology as a science will go far in this generation, for many of these students of today will be the research workers of tomorrow.

There is no question in the minds of all who have even only a limited knowledge of astrology that it is a wonderful science which illuminates the Path we are to follow according to the Universal Plan, and through which the unknown becomes the known, the mysterious becomes plain. Whatever the plane on which the planetary vibrations are mostly manifesting themselves, depending on the development of the individual, the results of these vibrations will amaze the most skeptical mind.

However, in observing the young and more advanced students, and also in reading most of the present-day "mushroom-growth" variety of periodicals and books on this subject, one cannot help but discern a very regrettable attitude taken toward this science—an element of fatalism attached to astrology. And it is this attitude, of which the student is very often not quite conscious, that is doing astrology and its followers incalculable harm.

Here is an example of how this element of fatalism works, its presence being quite unrecognized by the individual. An acquaintance remarked to me that he always has had, and will have, disappointments in his friends; this is shown by the Moon and Jupiter in his birth-chart being in opposition, and occupying the 11th and 5th houses. And since a close conjunction of Uranus and

Saturn have chosen the 7th house, of all the others in the wheel, in which to exercise their dominion, he expects nothing but chaos in his relationships pertaining to that house. Some of his exceptions have been realized already—they always are, if you expect persistently enough!

The young man in question is an advanced student of this science—he knows his stars. He often emphasizes the fact that FREE WILL is our prerogative, and that man can rule his stars, instead of being ruled by them. How very contradictory to all those expectations of disappointments; yet this young man is a typical example.

A well-known contemporary writer and teacher of astrology said: "The study of astrology shows us when certain influences are to operate; and our own state of being, mental, physical, and spiritual, decides the quality of the results as affecting us and our immediate surroundings."

Man makes mistakes in whatever directions the afflictions in his horoscope point; consequently, he suffers from these directions. He was given reason and intellect, and is therefore placed under the law of cause and effect; he reaps exactly what he has sown and in that way learns the lessons that this life has to teach him. The departments of life which offer opportunity for the mastery of our lessons are shown clearly in our birth-charts. Each affliction gives an opportunity for conscious effort to be used in eliminating the obstructions placed in that particular department of life; it gives one an opportunity for self-growth and progressiveness, for conquering of limitations. It makes for SOUL-GROWTH.

There is nothing evil, but thinking makes it so, and that is certainly very true of the so-called malefics and the evil aspects of planets. Let us consider the

case of the young man whose friends are such disappointments to him. According to Emerson, a friend is the product of your own magnetism. You do not seek him out—your own qualities draw him to you. A man is judged by his friends.

So, if the friendships of this young man were disappointing, instead of blaming his 11th house, he should turn to look for the cause within himself. Instead of expecting his friends to disappoint him, he should go out of his way to please them, and devote himself unselfishly to helping them and be a real friend always, regardless of what the returns are for his devotion and good will. He should give the best in him, both in thought and actions. It is not in his inner nature to do this without effort, but here is where efforts are necessary for elimination of this obstruction to his happiness and growth. If he persists in the effort to overcome this affliction, the 11th house in his birth-chart will no longer be the bugaboo it has been in the past.

We are here to gain experience, and the planets in their courses do cause us to go through these tests. It is entirely up to us whether we face them willingly, or are forced by repeated trials and misfortunes to recognize the law of cause and effect. Max Heindel wrote: "... they (men) are often driven to sorrow, that they may learn to evolve within themselves the WILL POWER that finally frees them from all domination by the ruling stars." He also wrote: "All that we have to do is to grasp the opportunity, and help our stars, that our stars may help us."

In studying astrology, too much emphasis cannot be put on the importance of Free Will. While the planetary vibrations do exercise an indubitable influence upon us, yet we are to a large extent the real arbiters of our destiny. Students should be impressed with this truth before they receive the elementary instructions in the zodiac, its houses and signs, planets and aspects, and their respective meanings.

Astrology is an instrument given to us for obtaining self-knowledge, and as one of the ancients has said: "Learn about thyself, that thou may know thy brother." But in order to obtain the full benefit of this instrument for self-knowledge, we must first learn how to use it properly.

Fatalism is a sign of retrogression. Our lives are the results of our actions in the past; we reap as we sow, but if we learn to cooperate with our stars, we can eliminate much sorrow and suffering in our present life, and work to build for a beautiful life in our next existence. Our thoughts and actions are in a large way accountable for the events occurring in our lives, so if we give out the best in us, the best will come back to us. Astrology points the way in which we are to serve, and by complying with its laws we learn to master our Fate.



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## The Children of Aries, 1971

*Birthdays: March 21 to April 4*

**P**EOPLE born when the Sun is in Aries, sign of cardinal-fire, are usually of a positive, fiery temperament, having much enthusiasm and energy. Brimming with forces similar to those released at the vernal equinox, they have a zest for living, a fondness for dynamic activity, and a youthful vigor often retained throughout life. Vigorous action, intense experiences, and obstacles to overcome are the breath of life to them.

Arians usually have all the forcefulness and self-assurance required for self-assertion and can be very aggressive, eager to contend with others, and even domineering. Being impatient of restraint, interference, or routine, they insist on having their own way, and may make much progress through their manifold experiences when they overcome conceit, egotism, and impulsiveness. As pioneers in various fields, they can be self-sacrificing and tireless in action, stimulating the less adventurous to follow them into a richer existence. Originality, self-reliance, and a certain optimistic outlook give them an advantageous hopefulness.

The possible shortcomings of the Aries natives are irritability, restlessness, wilful-

ness, and a tendency to go to extremes through indignation, hasty speech, or a lack of discretion. The tendency to overwork without sufficient rest is apt to result in a physical breakdown. Rudeness and impatience need to be conquered and kindness and consideration for others cultivated.

Several aspects operate all during this solar month: Sun square Mars, Jupiter conjunct Neptune, Jupiter sextile Uranus. The first of these endows the native with an abundance of energy and the faculty of leadership, but these are apt to be turned in a destructive direction. Thus control of temper and moderation in attitude need stressing in training these children. "Blessed are the peacemakers" is an excellent adage here. The other two aspects give a strong interest in the occult, along with a broad, humane disposition. The native is honest, sincere, hospitable, and possesses executive ability; during sleeping hours he may be quite conscious on the invisible planes.

From March 21 to April 4 the Sun trines Jupiter, favoring health, wealth, and happiness. The native is friendly, generous, optimistic, and trustworthy; he has good reasoning ability and judgment, and also executive ability. There is a

tendency to be conservative in religion, especially adapted to government work, and possessed of material gain honestly acquired.

The trine of the Sun to Neptune lasts from March 21 to 31, intensifying the spiritual vibrations of the aura and thus encouraging development of the spiritual faculties. Ability for inspirational music is also favored.

From March 21 to April 6 Venus and Mercury are in sextile aspect, bespeaking cheerfulness, sociability, and ability for music and poetry. Affable and persuasive, these natives make good salesmen.

Venus squares Saturn from March 21 to 25, pointing out the need to train these children in generosity and consideration for others. The unhappy effects of suspicion and jealousy may well be stressed.

From March 21 to 23 Mercury opposes Uranus, a strong indication of the need for these natives to cultivate moderation and balance in all things. Many extremists and anarchistic people have this aspect.

Mars and Uranus are in square aspect from March 21 to April 10, another configuration which requires much effort of will to maintain balance and moderation in speech and action. Control of temper, willingness to listen to reason and entreaty, and real consideration for others are all points needing attention.

From March 25 to April 9 the Sun and Uranus are in opposition, signifying a high-strung, nervous, impulsive, and unreliable person. Here again is the need for training in moderation and equilibrium — control of temper and proper respect for authority.

Venus squares Neptune from March 27 to April 5, suggesting opportunities to learn lessons in fidelity and faithfulness to partners and close associates. Speculation should be avoided, particularly in dealing with corporations or large companies.

From March 29 to April 10 Venus and Jupiter are in square aspect, giving the same luxurious likings as the sextile and trine, but limiting the ability to satisfy them. These natives need to cultivate

strict honesty and an unpretentious attitude, as well as faithfulness in partnerships and control of the appetites.

Saturn trines Mars from April 5 to 12, giving a capable, determined, and energetic nature equipped for intense and sustained action and of obtaining unusual results thereby. The executive ability, dominant forcefulness, and endurance of these natives are remarkable, and consequently they are constantly accomplishing what others cannot achieve. On account of these qualities they always rise to prominent positions and are much esteemed on account of their ability, but seldom liked for these aspects also indicate a lack of warmth and love. A strong physique and general good health are favored.

From April 6 to 21 Venus sextiles Mars, indicating an ambitious, aspiring, and adventuresome nature, amorous and extremely demonstrative in the affections, very fond of sports and pleasures. It gives the native an abundance of energy and business acumen, consequently he has a splendid earning capacity. However, he is likely to waste his money for he loves to make a great outward show and display. Being a free spender, he is also very popular among his associates, and is apt to marry early or hastily.

\* \* \*

Our love should be the same whether the person is old or young, ugly or beautiful. We should look for the beauty of the soul, for the universal relationship of all souls and not mind so much the relationship of the bodies. "Who are my mother and my brothers?" asked Christ Jesus, and pointed to His disciples, those who were at one with Him in His great work. They were closer to Him than any brother could be on account of mere physical relationship. This attitude constitutes an upward step from the Venus love which places the emphasis upon the physical garments of the loved ones and leaves out of consideration the Spirit that is within.—*Max Heindel.*

# Readings for Subscribers' Children

TANYA E. L.

Born December 16, 1967, 12:48 P.M.

Latitude 33 N., Longitude 117 W.

Signs on Cusps of Houses:

ASC, Aries ..14.46	4th, Cancer ..9.00
2nd, Taurus ..19.00	5th, Leo .....3.00
3rd, Gemini ..16.00	6th, Virgo ....4.00

Positions of Planets:

Dragon's H. .24.49	Aries . . . . .1st
Moon . . . . .23.01	Gemini . . . . .3rd
Jupiter . . . . .5.46	Virgo . . . . .6th
Pluto . . . . .23.02	Virgo . . . . .6th
Uranus . . . . .29.02	Virgo . . . . .6th
Part of F. . .13.35	Libra . . . . .6th
Venus . . . . .11.00	Scorpio . . . . .7th
Neptune . . . .25.10	Scorpio . . . . .8th
Mercury . . . .17.22	Sagittarius . . .9th
Sun . . . . .24.12	Sagittarius . . .9th
Mars . . . . .11.40	Aquarius . . . .11th
Saturn . . . . .5.45	Aries . . . . .12th

The Sun conjuncts Mercury (6.50 degrees) in Sagittarius in the 9th house in this chart, squares Pluto and Uranus in Virgo in the 6th, opposes the Moon in Gemini in the 3rd. Sagittarians are usually pleasant, friendly, idealistic, charitable, and kindly people, interested in travel and philosophy, having high aspirations. However, it will not be so easy for this child to manifest the highest traits of this Jupiter-ruled sign, due to the fact that there is no favorable aspect to the Sun to offset the squares and oppositions. She will need to cultivate a definite purpose in life, persistence in her undertakings, and the ability to take criticism with profit. "There is no failure save in ceasing to try," is an excellent motto for her to use constantly in her daily life.

The sextile of Mercury to Mars in Aquarius indicates a keen, ingenious, original, and intuitive mind. There is a love for freedom of thought and speech but a respect for law and order. Tanya will be inclined to like debate and argument and

to have a good sense of humor, as well as enthusiasm for accomplishing her allotted tasks. She has a mechanical bent, too, and can succeed in literature or the mechanical arts. Cultivation of the memory will be of definite help to her.

The cardinal-fire sign Aries on the ASC bespeaks an active personality with considerable drive. Self-confidence and ambition to lead are also present.

Jupiter in Virgo in the 6th sextiles Venus in Scorpio in the 7th, trines the MC — no afflictions. This configuration points toward a cautious, analytical, and practical nature, with ability to discriminate between the real and the seeming — to sift error from truth. General good fortune in life is favored: material plenty, a happy marriage, and the respect of associates. The nature is inclined to be optimistic, generous, honorable, liberal of mind, and tolerant of the views of others. Good health is also favored, but the influence of Uranus and Pluto in the 6th house will modify this last to some extent.

Besides its sextile to Jupiter and the MC the lady Venus squares Mars, so that this little girl should be taught from early years the sanctity of the creative force and how to transmute it into the higher channels. Music would perhaps be the best means of directing her emotional energies into the more constructive avenues. A taste for good music can be inculcated at an early age if the effort is made, and the parents of Tanya certainly should make the effort.

Saturn in Aries in the 12th sextiles Mars, giving a capable, determined, and energetic side to this child's nature. She also has executive ability and endurance, and her health is favored. Her vocational activities are apt to be of a secluded nature, away from the public.

Neptune, the planet of spirituality, in Scorpio in the 8th, sextiles Uranus and Pluto, inclining Tanya toward the occult or mystical side of life. This can be a

great advantage in following her highest aspirations and overcoming some of her personal problems.

### KELLEY H.

Born November 24, 1968, 12:30 P.M.

Latitude 43 N., Longitude 83 W.

Signs on Cusps of Houses:

ASC, Aquarius 14.35	4th, Gemini ..5.00
Pisces intercepted in 1st	
2nd, Aries . . . .4.00	5th, Gemini ..25.00
3rd, Taurus ..10.00	6th, Cancer ..16.00

Positions of Planets:

Dragon's H. ..6.33	Aries . . . . .2nd
Part of F. . . .15.54	Aries . . . . .2nd
Saturn . . . .19.24R	Aries . . . . .2nd
Pluto . . . . .24.39	Virgo . . . . .7th
Jupiter . . . . .1.19	Libra . . . . .7th
Uranus . . . . .3.03	Libra . . . . .7th
Mars . . . . .9.22	Libra . . . . .8th
Mercury . . . .25.34	Scorpio . . . . .9th
Neptune . . . .26.28	Scorpio . . . . .9th
Sun . . . . .2.30	Sagittarius . . . .9th
Venus . . . . .11.63	Capricorn . . . .11th
Moon . . . . .3.49	Aquarius . . . .12th

In this chart, too, the solar orb is in the common-fire sign Sagittarius and the 9th house in conjunction with Mercury, but also conjunct the MC and Neptune, sextile Moon, Uranus, Jupiter and Mars. This is an exceptionally well aspected Sun, bringing into manifestation many noble qualities of the individuality. Kelley has lofty ideals, high aspirations, and many innate abilities for rising in life. Sunny, trustworthy, sympathetic, progressive, intuitive, honest, sincere, courageous, and resourceful, this child is well equipped with the physical, mental, and spiritual qualities to accomplish whatever purposes may be determined upon and thus to serve humanity to a very high degree. Development of the spiritual faculties is strongly favored, and the broad, versatile, and reasoning mind portends high success

in literature, law, or religion. The conjunction of the well-aspected Sun with the MC augurs well for the vocational life, indicating a receptive public which may elect Kelley to a public office. In all intellectual pursuits, the diplomatic field included, and traveling positions, this native will be found at home and successful.

The beautifully aspected Moon (sextile Sun, Mercury, and Neptune, trine Mars Uranus, and Jupiter) in Aquarius in the 12th points toward a very vivid, fruitful imagination, an exceptionally well-developed intuition, a kindly, sociable disposition, and popularity among friends. Also indicated are a retentive memory, wonderful physical vitality, ambition, courage, generosity, power of endurance, originality, independence, and inventiveness. There is a probability of work or assistance with hospitals and charitable institutions.

Venus in Capricorn in the 11th makes only the square to Mars, the weak spot in this chart. It suggests a sensual side to the nature, an extravagant attitude, and a tendency to be jealous of honor. However, this influence is so insignificant in comparison with the numerous outstandingly strong ones that Kelley should surely have no difficulty in handling it. Nevertheless, since Venus is in the house of friends, it would be well for this child's parents to see that friends and close associates are of a desirable type.

Saturn in Aries in the 2nd house is retrograde and unsuspected save for a conjunction with the Part of Fortune and a sextile to the ASC, so that inheritance and ability to increase it by careful investments is possible. A minor measure of self-reliance, discretion, and patience is probable.

Uranus and Jupiter in conjunction in Libra and the 7th house is a configuration auguring well for a happy marriage to a noble, sympathetic, uranian partner. This stellar pattern also indicates ingenuity, inventiveness, and originality, as well as benevolence, honesty, and executive ability.

# 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.*

## Teacher, Receptionist

JANE E. V. — Born May 25, 1948, 3:30 A.M. Latitude 39 N., Longitude 123 W. The Sun, Uranus, and Mercury are in the common-air sign Gemini in this chart, indicating a basically mental temperament. The solar orb sextiles Pluto, trines Neptune, squares Mars, so that the mentality is spiritually oriented, but temper and resentment against authority will need to be sublimated. Mercury conjuncts Uranus, sextiles Mars, and opposes Jupiter and Moon, pointing toward a quick, intuitive, and progressive mind, but the need to cultivate the memory and conquer a tendency toward exaggeration. Taurus rising gives needed stability, and Capricorn on the MC suggests ambition. The ruler of the 10th house is Saturn and it is placed in Leo in the 5th house, conjunct Pluto, sextile Neptune. Mars is also in the 5th house, trining Moon (in Capricorn in the 9th), Jupiter (in Sagittarius in the 8th), and ASC, in addition to sextiling Mercury and squaring Sun. This native is rather versatile, but could probably give her best service as a teacher or receptionist. She also has writing, speaking, and singing ability.

## Chemist, Naturopath

FRANK A. C. B. — Born July 16, 1936, 3:12 P.M. Latitude 41 N., Longitude 74 W. This native has an unusual grouping of planets in the cardinal-watery sign Cancer in the 8th house: Moon, Mars, Mercury, Sun, Pluto, and Venus. The Sun conjuncts Venus, Pluto, and Mercury (the last, 8.29 degrees, and therefore of slight influence), trines the Scorpio ASC and Saturn in Pisces in the 4th. Mercury conjuncts Mars, sextiles Uranus, Neptune, and MC, trines Saturn. The Moon is unsuspected save for its conjunc-

tion with the Dragon's Tail and trine to Part of Fortune. Neptune is in Virgo in the 10th house, conjunct the MC, sextile Mercury and Mars, trine Uranus, square Jupiter. This man has very strong spiritual inclinations and abilities. Whatever he chooses as a vocation will likely be dominated by his spiritual outlook. He would be at home in the movie industry as a chemist, analyst, writer, or artist, and he could also use his natural talents as a naturopath.

## Dental Asst., Ins. Agent

IRENE E. T. — Born October 14, 1947, 3:18 P.M. Latitude 42 N., Longitude 83 W. This chart shows Neptune, Sun, and Moon in the musical, artistic sign Libra in the 8th house, the solar orb conjunct the Moon (8.26 degrees), sextile Saturn and Pluto (in Leo), trine Uranus in Gemini and the Aquarian ASC. The Lady Luna (in the last degree of Libra) also conjuncts Venus (in Scorpio), and trines Uranus, adding to the imaginative faculty and love for music and art. Mercury in Scorpio in the 9th squares Saturn, Pluto, and the ASC, suggesting a rather shrewd but cynical mind, and the need to practice concentration. A well aspected Uranus (sextile Saturn, trine Sun, Venus, and Moon), though retrograde, in Gemini, denotes originality, versatility, and fondness for science, as well as a strong intuition. This young woman will learn more easily by means of her intuition than by means of the concrete mind. The ruler of the Sagittarian MC, Jupiter, is posited in Scorpio in the 9th, so that even though there is considerable artistic and musical ability, the vocational field will likely cover such occupations as dental assistant, repairer (clothing, etc.), insurance, and restaurant work.

# Daily Thought and Guide

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

## THURSDAY — APRIL 1

Mercurial influences are stimulated today, so that activities involving speaking and writing are encouraged. The evening hours find harmonious rays from Venus favoring art, music, and peace.

## FRIDAY — APRIL 2

Opportunities for soul growth through maintaining one's equanimity and purpose are probable today. To the spiritually oriented, no door closes without another — and usually a better one — opening.

## SATURDAY — APRIL 3

The stabilizing effects of Saturn's rays remain through the very early morning hours of today. They may be used to set the pace for a satisfying day.

## SUNDAY — APRIL 4

A fine day for wholehearted worship at the church of one's choice. A new realization of the beneficence of Deity may bring a brighter soul radiance to the earnest seeker.

## MONDAY — APRIL 5

Life-giving solar-lunar rays brighten the very early morning hours, so that the day can be well begun — and "well-begun is half done."

## TUESDAY — APRIL 6

Keep all dealings clear and above-board during the morning. Beginning around noon the mental vibrations should be more encouraging and helpful.

## WEDNESDAY — APRIL 7

Much can be accomplished today, both mentally and physically, by using initiative and persistence. Seek advantages for others in need.

## THURSDAY — APRIL 8

"Liberality consists less in giving profusely than in giving judiciously." — *Bruyere*.

## FRIDAY — APRIL 9

Jupiterian influences are being released this morning, and those from Uranus in the later hours. "To live is not to live for one's self alone; let us help one another." — *Menander*.

## SATURDAY — APRIL 10

On this day of the Full Moon, it is well to keep poised and meet with sympathetic understanding the experiences that come.

## SUNDAY — APRIL 11

On this Easter Sunday we meditate on the glorious truth that "The life impulse from the cosmic Christ which entered the Earth last fall . . . is now liberating itself from the cross of matter to ascend again to the throne of the Father."

## MONDAY — APRIL 12

Harmonious, compassionate influences from Venus promise a morning for inner wisdom in solving problems. Energy from Mars may bring full accomplishment in the evening.

## TUESDAY — APRIL 13

"The only freedom worth possessing is that which gives enlargement to a people's energy, intellect, and virtues." — *Channing*.

## WEDNESDAY — APRIL 14

The urge to be generous may be strong today, but it is well to heed the voice of intuition as to the direction of our sharing.

## THURSDAY — APRIL 15

Favorable solar-lunar vibrations today give life to undertakings and zest to action. We are always wise to swim with the tide.

## FRIDAY — APRIL 16

Mental endeavor is favored this morning. The week's work may be ended with a satisfied feeling of having accomplished a cherished set objective.

## SATURDAY — APRIL 17

Harmonious vibrations from Mars, Saturn, and Venus portend auspiciously for a pleasant and rewarding day. Business and pleasure can be advantageously combined.

## SUNDAY — APRIL 18

"Love your enemies, and bless anyone who curses you, and do good to anyone who hates you, and pray for them who carry you away by force and persecute you."—*Matt. 5:44.*

## MONDAY — APRIL 19

The early hours can bring "divine whispers" of encouragement by means of the intuition if the inner ear is alert. Listen and heed.

## TUESDAY — APRIL 20

Another fine day, with harmonious vibrations from both Sun and Mercury to help toward accomplishment on a high plane. "I will lift up mine eyes —"

## WEDNESDAY — APRIL 21

"Nature knows no pause in progress and development, and attaches her curse on all inaction, said the initiate Goethe. This "curse" we call retrogression.

## THURSDAY — APRIL 22

With favorable lunar-venusian vibrations from the compassionate sign Pisces in effect today, we can turn confidently within for inner direction in our activities.

## FRIDAY — APRIL 23

Should the unexpected occur today, remember that it may bring just the opportunities needed for showing real understanding and inner strength.

## SATURDAY — APRIL 24

"It is as easy to draw back a stone thrown with force from the hand, as to recall a word once spoken," observed the Greek poet Menander.

## SUNDAY — APRIL 25

"So deep in my soul the still prayer of devotion, unheard by the world, rises silent to Thee."—*Thomas Moore.*

## MONDAY — APRIL 26

Practical accomplishment is favored today by the combined influences from Saturn and Mars manifesting through Taurus and Capricorn. A cherished plan may be realized.

## TUESDAY — APRIL 27

The intuitive voice may be heard today by those who listen. Its advice is always wise, coming from the universal World of Life Spirit.

## WEDNESDAY — APRIL 28

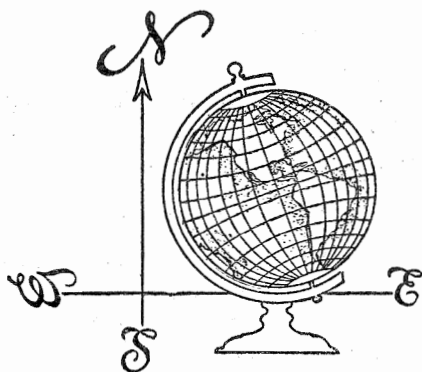
The eye of the intellect "sees in all objects what it brought with it the means of seeing," declared Thomas Carlyle. The heart's "eye" must needs also be cultivated.

## THURSDAY — APRIL 29

Harmonious solar-lunar rays today offer aid that may be needed in maintaining equilibrium in the home and in partnerships.

## FRIDAY — APRIL 30

Mixed vibrations on this last day of April bring opportunities for exercising the will and saying: "I am the master of my fate."



MONTHLY

# News

INTERPRETED

## Life in the Clouds

Though scientists have long known that the earth's atmosphere is a vast reservoir for such microorganisms as spores, pollens and disease bacteria, the generally accepted theory has held that these forms of life are biologically inactive, unable to feed, grow or reproduce until they alight on solid ground. Now this view has been challenged by Dr. Bruce C. Parker, a biology professor at Virginia Polytechnic Institute. What Parker contends is that colonies of tiny plants and animals — technically called ecosystems — are actually living life to the full inside certain types of clouds, producing in the process an array of chemicals, including some pollutants, that eventually find their way to earth in rainfall.

Parker's first inkling of this possibility came three years ago, when he was using his goldfish pond to test a new device to detect dissolved chemicals and noticed that the level of vitamin B12 and other organic materials in the pond increased significantly after rainfall. At first, Parker reasoned that these chemicals were probably carried into the clouds by dust particles; but further studies showed that the dust carried too little of the organic material to account for the concentration found in the pond. The only alternative, Parker reports in the magazine *Natural History*, was that the vitamins were actually being produced inside the clouds, by living colonies of microorganisms.

*Hawaii*: To support this theory, Parker cited an observation by Dr. R. Malcolm Brown, of the University of North Carolina, who drove through clouds on a Hawaiian mountain top, collecting air samples on special dishes outside his car. The dishes, after processing, yielded a variety of algae, fungi and bacteria.

Parker has made his own contribution to the search for cloud colonies, using chemical and radioactive techniques to detect evidence of living processes in cloud samples. Now he is preparing to sample the inside of clouds with special collectors mounted outside a light plane, in the search for direct evidence of the cloud life. And

even if his search is unproductive in that respect, Parker argues that it will nonetheless increase man's knowledge of air pollution and airborne disease.

—*Newsweek*, Oct. 5, 1970.

Max Heindel tells us that disease-causing bacteria are the result of man's own evil thoughts. We are well enough aware of the multitudinous number of bacteria existing everywhere on the Earth. It is not so well known, however, that colonies of these harmful entities inhabit the clouds of our atmosphere and actually contribute to atmospheric pollution. Thus these evil creations of man seem to have spread farther afield than even the average occult student might think. Here appears to be a forceful example of the destructive and far-reaching results of the wrong use of thought power.

It seems, then, that in order completely to do away with air pollution, man must learn that he not only will have to find a way to dispose of the chemicals, smoke, and other residue now infiltrating the air from our industrial complexes and machines, but also will have to conquer and dispose of his evil thoughts which generate air-borne bacteria.

## Three Giant Sections of Pacific Ocean Floor Moving

Three giant sections of Pacific Ocean floor are moving, and may account for a lot of earthquakes. The discovery was made by an expedition of Navy and Princeton oceanographers on the *USNS De Steiguer* research ship. Three great Pacific crustal "plates" — one lying west of a north-south mid-ocean ridge and two lying north and



south of an east-west ridge extending out from Central America to meet the other — are being shoved in different directions by upthrusting magma along the east-west ridge that is “wedging” them all apart, and shoving ocean floor into the foundations of the west coast of the Americas.

—*Science Digest*, Sept., 1970.

Although the movements of the ocean floor here described may, in scientific minds, “account for” some earthquakes, and although purely physical causes do precede them, the occult student knows that phenomena such as movements in the Earth’s surface are not the first, primary, cause. Max Heindel tells us that materialism causes seismic disturbances, and that those members of the lifewave affected by them are so affected because of the operation of the law of consequence. Individuals who have flagrantly disregarded natural law and lived selfishly — in this or previous lives — must learn not to repeat such behavior. Sometimes, unfortunately, it seems that only the violence of a cataclysmic natural disaster offers experience of sufficient intensity to impress the needed lessons upon the malefactors.

In the Region of Concrete Thought known as the Second Heaven are found the archetypes, or living patterns, of every form which exists in the physical region. These archetypes are built by great creative Hierarchies and beings of lesser development — including members of the human lifewave when they are between incarnations on Earth — who work under their direction. The archetypes take the form of living, vibrating cavities or hollow molds, each one of which emits a musical sound which is its keynote, and it is this sound or keynote which attracts material and builds it into corresponding forms manifesting in the physical region.

The musical tone sounding in the archetype attracts, and molds the physical atoms into every form, each particular form determined by the shape of its own special archetype. When any modification in the surface of the Earth is required, the creative Hierarchies — and those who work under their supervision — change the form and tone of the archetype. This,

in turn, brings about a similar change in the physical form. No change can take place on the physical plane until the archetype in the Second Heaven has been altered so as to bring about the transformation.

Thus we see that we ourselves, working under the direction of higher Beings, create the archetypes of the Earth that we will eventually inhabit. The higher Beings know how the Earth should be molded in order that we may experience that which we must. The archetypes are fashioned in such a way that their physical prototypes will be properly molded. Thus it is that changes in the Earth’s structure — including natural catastrophies — are brought about.

## Man Made Blood

Hospitals wage a continuous struggle to keep up with the demand for blood—and well they might, since some 6.5 million pints are used in the U.S. annually for operations and the treatment of disease, and the need is rising. Adding to the chronic shortage of blood is the problem of infection: patients receiving transfusions sometimes risk serious illness from blood contaminated with the hepatitis virus. To solve both problems, researchers in several laboratories are currently trying to develop nothing less than an artificial blood that would be cheap, safe and plentiful.

The most promising approach toward a blood substitute to date, described in the current Proceedings of the Federation of American Societies for Experimental Biology, is a clear liquid made of synthetic substances called fluorocarbons and polyols. In solid form, fluorocarbons are known to every housewife as the Teflon that lines no-stick frying pans; as a gas, they constitute the freon used in aerosol sprays. In liquid form, fluorocarbons act like red blood cells in their capacity to carry oxygen from the lungs to body cells and bring carbon dioxide back to the lungs. The polyols with which the fluorocarbons are mixed are large molecules that have some of the properties of the proteins in blood plasma; they attract water and thus provide a liquid medium for transporting the fluorocarbons as well as filling the blood vessels.

The initial excitement about the synthetic blood arose in the early 1960s, when Dr. Leland Clark of the University of Cincinnati Medical School found that a mouse could survive several hours of immersion in a fluorocarbon-oxygen solution. Later, Dr. Robert P. Geyer of the Harvard School

of Public Health removed up to 90 per cent of a rat's blood and replaced it with an emulsion of fluorocarbons and polyols.

Within two days, the animals regenerated their own plasma proteins, Geyer found, and by the end of a week, their normal complement of red cells had been restored. Geyer has some rats that have lived as long as three years after these blood-replacement experiments without any apparent harmful effects. Clark, meanwhile, has injected the fluorocarbon-polyol emulsion into dogs and found that fluorocarbons carry oxygen around the body even more efficiently than normal blood.

At the very least, fluorocarbon-polyol mixtures may prove valuable for keeping donor organs alive outside the body while awaiting transplantation. These solutions, Clark and Geyer have found, when circulated by pump through an organ such as the liver, preserve the organ's natural function "as well as, if not better than, whole blood." Thus, the artificial blood substitutes might keep donor organs viable much longer than is now possible.

—*Newsweek*, Nov. 2, 1970.

The Western Wisdom Teachings aver that blood is the vehicle of the Spirit, that the Ego works directly through the blood, that blood is the highest expression of the vital body, that it is requisite to a separate desire body, and that without blood no Ego can find expression.

In view of its singularly personal essence, therefore, it appears that the introduction of blood by transfusion might be potentially even more dangerous than the material scientists realize. Science knows, of course, that to inject a particular type of blood into a person with another type is fatal; science also knows that the injection of disease-carrying blood from one individual can cause another individual to acquire the same ailments.

What material science does not know, however, and what must also remain somewhat conjectural to the occult student, is the extent to which healthy and otherwise compatible blood might cause a recipient to alter his characteristics, reactions, and personality to conform with those of the donor. In large part, this probably would depend on the inner strength and convictions of the recipient; if he is normally strong-willed and positive, he would be more likely to retain his original attributes, with all their subtlest singularities, than

if he is weak-willed, hesitant, and negative.

Occultism explains that when blood from a highly evolved animal is injected into a less evolved animal, the lower life form will be killed. Similarly, when the blood of a human being (the stronger) is injected into an animal (the weaker) the animal will be killed. It would seem reasonable to carry the analogy further and assume that, although the injection of blood from a stronger into a weaker human being, if otherwise compatible, most likely would not kill him, it might very conceivably impart some of the strong donor's characteristics to the weak recipient. The matter is, of course, extremely subtle, and a transfusion which has no seeming psychological impact on one person might bring about considerable change in the mental and emotional characteristics of another.

It is essential to evolution that each Ego retain and develop its own individuality. Use of organs, or of blood, from another Ego might tend to compromise that individuality and impose false characteristics from without. Anything that can safely be done to prevent such a contingency is to be welcomed. Therefore, it appears that, if a harmless, effective, artificial human blood is developed, its use would be preferable from the occult, as well as from the purely physical, point of view.

\* \* \*

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# BOOK REVIEWS

Literature - Plays -  
Motion Pictures - Music

## "A Flock of Lambs"

*A Flock of Lambs*, by Robert Terese with Corinne Owen. Henry Regnery Company, Chicago, 1970.

**I**N order to supplement his income, Mr. Terese, a railroad fireman, took a second job as bus driver at a school for mentally retarded children. His first reaction of distaste toward what he then felt were physically unattractive and socially "unacceptable" children gradually changed to concern and love. Eventually, as a result of this initial encounter with the mentally retarded, he became so involved with their problems that he quit his railroad job to devote full time to their care and education.

This book is the story of the subsequent establishment of the Lambs, a community of mentally retarded young people for whom a program of all-around care, individualized training, and meaningful employment is being fostered. Mr. Terese and Mrs. Corinne Owen, co-founders of the Lambs, work on the premise that mentally retarded persons with "moderate" IQ's—equivalent to mental ages 7 through 10—can be trained to perform productive activities and can be helped to lead wholesome, useful, and satisfying lives within the bounds of their limitations.

Neither Mr. Terese nor Mrs. Owen had received any formal training in the care or education of the mentally retarded; consequently, they had no preconceived notions of what the mentally retarded should or should not be expected to accomplish. They met at the school where

Mr. Terese drove his bus and, eventually, taught, and soon found themselves united in launching imaginative and successful classes including physical education, creative art, and the cooking of simple foods for their young charges, who had hitherto been exposed only to the stultifying "basket-weaving" type of activity in which they did virtually the same thing all day and were "kept" rather than trained.

From the outset, the two co-workers appeared guided by common sense, an infallible instinct concerning mentally retarded children, and, primarily, genuine concern and love that caused them far to transcend the established notions with which society had surrounded mental retardation. The author and Mrs. Owen began their collaboration in 1958, and he admits that, since that time, great strides forward have been made in the care and treatment of the mentally retarded. In 1958, however, except in rare instances, institutionalized "care" of these unfortunate individuals generally consisted of containing them behind locked doors, occupying them—if they responded at all—with unprofitable "busy work," and permitting them to pass their days in "nothingness." The idea of attempting to instill some meaning into their lives was considered lunacy, and the suggestion that a mentally retarded child was an individual with limited potential who, guided by someone with sufficient patience, love, understanding, and time, could learn to perform basically useful functions and live a fruitful life, was given no credence

by most authorities.

The author and Mrs. Owen soon observed many facts about the mentally retarded children that refuted ago-old popular misconceptions concerning them. They respond to love even more enthusiastically and wholeheartedly than do children who are "normal." Their greatest obstacle is fear — fear of the world that has ridiculed and criticized them, and fear of their own failure to measure up to expectations. The so-called "moderately" retarded are well aware that they are different from their contemporaries, and encounter nothing but heartbreak in attempts to accomplish what others do. Once they are able to admit their limitations, however, they can learn to function within them and no longer suffer feelings of frustration at their inability to conform to "advanced" standards. A considerable range of abilities exists among moderately retarded people, and individual attention is necessary to permit each person to develop those potentials which he does have. Some in this category can learn simple reading and arithmetic; others, who cannot, are able to respond in other ways — for instance by devotedly caring for animals or carefully cultivating plants. Mentally retarded persons *can* be taught to help themselves, and to help others who are even less fortunate.

The first major undertaking begun by Mr. Terese and Mrs. Owen was the Lambs Pet Shop in Chicago, staffed — except for the co-founders themselves — by mentally retarded young people. The success of this venture proved that the moderately mentally retarded can hold jobs geared to their individual abilities, and that they thrive under the stimulation and the challenge of simple activities. The pet shop, however, was not sufficient for the enterprising, dedicated co-founders of the Lambs, whose hope for some time had been to provide a place where the mentally retarded could live as well as work, and could thereby experience the satisfaction derived from employment in all other facets of daily life as well. In founding the Lambs Pet Farm on a large

tract of land near Chicago, Mr. Terese and Mrs. Owen took the first step in fulfilling this dream. When the book was being written, the Farm consisted of a pet shop, a public dining room, a children's zoo, and a gift shop, staffed by mentally retarded people between 18 and 33 under the care of a few general supervisors. The farm is maintained on income from its activities, plus contributions from private donors. Plans call for the construction, by 1980, of residences for 300 people. Then those who are employed on the farm will live in a community of their peers, will have continuing care even after the death of their parents (a worrisome problem for all mentally retarded), and will live as normal lives as possible — far more normal, certainly, than would be the case on the "outside" among a society whose standards of conduct and achievement they cannot attain.

Naturally the co-founders experienced tremendous obstacles — physical, economic, and social — with regard to both their ventures. Their quiet determination, intense faith, and overriding certainty that their projects had "found favor with the Lord" kept them going, however. The author records many instances in which, when need was greatest and hope lowest, someone "guided by the Lord" appeared with whatever was required. At times the book reads like a catalogue of donors and their donations — of money, supplies, or time and labor — but this, too, is an essential part of the story, and without the cooperation of so many interested and kind-hearted individuals, the Lambs could not have succeeded.

In addition to the direct benefits which the Lambs provides for its members, this community also serves several secondary, but significant, purposes. The contact between the public and the "retarded" staff on the farm is contributing to a new public understanding of mental retardation. "Are *those* children really retarded?" is a question frequently posed to the author by people who are amazed at the well-

(Continued on page 188)

# Readers' QUESTIONS

## Development of Spiritual Powers

### Question:

In your literature you state that in the beginning God differentiated us within Himself, a multitude of spiritual intelligences, all *potentially* as omnipotent as Himself, and that the work of each of us is to develop these latent potentialities into dynamic powers available for use at any moment and under the direct control of the will. Can you give me some definite information as to how this work is done?

### Answer:

This question is asked so often that we are going into considerable detail in making the subject clear to our readers.

One of the principal objects of The Rosicrucian Fellowship is to assist its members in the attainment of spiritual development. The method is very definite and its various steps clearly defined.

Each Spirit when first differentiated within the body of God in the World of Virgin Spirits has the appearance of a point of light vibrating at an enormous rate of speed. The vibration, however, does not consist of a single rate of speed but of three different rates; and while the whiteness of the light is of inconceivable brilliancy, upon a closer investigation it is found to contain faint shades of what might be termed the germ of the three primary colors: blue, yellow, and red.

These vibrations incorporate within themselves the three potential powers and spiritual vehicles of the Virgin Spirit, which are commonly designated as the Divine Spirit, the Life Spirit, and the Human Spirit, or threefold Spirit. It is

the development of their potential powers that transforms the Virgin Spirit into a creative God. Each Spirit must take every step on the path of evolution by itself, but it is helped by others who have gone the same way before.

The process of developing these latent potentialities into dynamic powers is as follows: Through a long period of time known as *involution* the Virgin Spirit acquires its spiritual vehicle: the Divine, Life, and Human Spirit; and learns to build a threefold body: the dense, vital, and desire. In this work it is continually instructed by Beings more advanced in the School of Life. When these bodies have reached a certain stage in development, the Virgin Spirit enters and connects up with them by means of the link of mind, and then the real process of spiritual development begins.

The food necessary for spiritual development is soul essence or extract, and this is obtained from the threefold body. Each aspect of the Spirit requires a different food. The food required by the Divine Spirit is extracted from the dense body, the food required by the Life Spirit is extracted from the vital body, and the food required by the Human Spirit is extracted from the desire body.

The method employed in extracting this food or nourishment is as follows: Right action in relation to external impacts, experiences, and observation alchemically extracts the conscious-soul essence from the dense body and brings to the Virgin Spirit a better environment and opportunities in the next life. The conscious soul thus extracted nourishes the Divine Spirit and gradually develops its latent potentialities, some of which are

the positive polarity of the Virgin Spirit — the Father Fire principle, dynamic power, will, reason, and intellect. We call this spiritual food the conscious soul.

The food essence for the intellectual soul is alchemically extracted from the vital body through the process of discrimination in distinguishing between the important, essential, and real, and the unimportant, unessential, and unreal, and through the exercise of memory. This gives the Virgin Spirit a better temperament (disposition) in the succeeding life. This intellectual-soul food nourishes the Life Spirit, and develops its latent potentialities, chief among which are the negative pole of the Spirit — which is the nurturing, enfolding principle — the wisdom-love principle, the imagination, and the principle of light.

From the desire body the Virgin Spirit extracts the emotional-soul essence. This alchemical process is brought about through curbing the animal instincts, devotion to high ideals, and lofty feelings and emotions generated by right action and purifying experiences. This automatically gives the Virgin Spirit a better mind in a future life. The emotional soul essence nourishes the third aspect of the Virgin Spirit, the Human Spirit, and develops its latent potentialities, which manifest as activity, epigenesis, germination, growth, and expansion in the various evolving kingdoms.

Now the above is what we believe you will agree is “definite information” as to how we develop latent potentialities into dynamic powers, but perhaps it would be well to remember always that we not only unfold our powers through “loving, self-forgetting service to others,” but also build that most essential garment, the soul body. The development of our inner powers is not purely an intellectual process, although it certainly requires the use of the mind and will. It is just as important to unfold the heart qualities — perhaps more so for the Western World at present. Actually, our goal is attaining a balance of the head and heart qualities,

and we should keep that in mind when occasionally assessing our spiritual progress.

As Max Heindel reminded us: “Paul struck the nail on the head when he said: ‘Knowledge puffeth up, but love edifieth.’”

## Where Solar Fluid Is Colored

*Question:*

In the *Cosmo-Conception*, pages 62-63, there is this statement: “The vital force from the Sun, which surrounds us as a colorless fluid, is absorbed by the vital body through the etheric counterpart of the spleen, wherein it undergoes a curious transformation of color.” A similar statement is made in *Rosicrucian Mysteries*, p. 89. However, in *Occult Principles of Health and Healing*, pages 127-128 and 176, it is stated that the coloration takes place in the solar plexus. Which is correct?

*Answer:*

The coloration takes place in the solar plexus, we believe. The statement on page 176 of *Occult Principles of Health and Healing* was taken from the October, 1915, issue of *Rays from the Rose Cross*, page 35, and no doubt represents what Max Heindel had discovered after personal investigation subsequent to the writing of the *Cosmo-Conception*.

The Rosicrucian Philosophy as embodied in the *Cosmo-Conception* is such a monumental work, dealing with such profound and extensive subjects, that it is natural to expect only a general description and explanation in dealing with fundamentals. Max Heindel did much personal investigation after writing the *Cosmo-Conception* and left his findings in his various writings. You may have noted page 10 of the *Cosmo-Conception*, which tells of additional details he discovered concerning the vital body and the silver cord. The point you bring up also comes in this category, we believe.



## Health in the News

### Hearts and Palms

Carnival palmists are not the only ones who say they can foretell the fortune by studying a person's hand. During the past decade, a legitimate science called dermatoglyphics (from the Greek for "skin carvings") has sprung into being, pioneered by medical researchers who have found that the ridges, whorls and creases of the hands can help in the diagnosis of disease. Most recently, a Minneapolis neurologist discovered that, simply by analyzing a baby's palm prints, he can often detect serious heart defects in time for lifesaving surgery.

Dermatoglyphicists reason that any genetic or external factor that damages the organs of the developing fetus would affect the finger, palm or sole prints as well. And indeed, researchers have detected a number of congenital and hereditary disorders that leave their mark on the hands or feet. For example, a normal child has a crease that starts below the little finger and extends two-thirds of the way across the palm, and below that a second crease that starts below the index finger and also extends two-thirds of the way across the palm. However, a child with Mongolism, a severe form of mental retardation caused by an extra chromosome, usually lacks the upper crease and has a characteristic crease that goes all the way across the middle of the palm.

Might the same sort of telltale signs show up in an infant with congenital heart disease? To test this thesis, Dr. Milton Alter of the Minneapolis Veterans Administration Hospital and a colleague, pediatrician Dr. Robert Schulenberg, collected hand, finger and sole prints from 225 children diagnosed as having congenital heart defects and compared them with those of some 400 persons without cardiac malformations. Finger and foot prints from both groups proved to be the same. But the palm prints of the heart patients showed a difference.

In a normal person, Alter notes, there is a point at which three patterns of ridges

converge near the wrist to form a kind of three-pointed star, called the axial triradius. In nearly all of the heart patients, however, the axial triradius was not situated near the wrist, but higher in the palm, toward the fingers. In many instances, Alter notes, children with heart defects may exhibit no symptoms until years after birth — and then it is often too late for successful surgery. He suggests, therefore, that hand prints be used as a routine screening test for congenital cardiac disease in all babies.

—*Newsweek*, 9-14-70.

Modern science has now found another way in which localized areas of the body indicate the condition of the whole person. It is believed that the soles of the feet are correlated to other parts of the body, and skilled treatment of different portions of the soles have alleviated and corrected ailments and pains in other portions of the body. A properly trained healer can make a complete diagnosis of his patient by examining the irises of his eyes. Some occultists also claim that fingernails are an indication of character and personality.

Palmistry — although still regarded as a parlour game or superstition by many — actually does reveal much about an individual's characteristics and personality to one who is skilled in reading the lines. Now we have medical proof that competent examination of the palms of an infant will reveal physical and mental abnormalities which otherwise might not come to light before the expiration of months or even years. This is already

proving to be an invaluable aid in the early treatment of such abnormalities.

We believe that, as the Aquarian Age draws nearer, doctors and healers, by using both the science of astrology and physical manifestations such as the ones described, will become increasingly more able to make quick, accurate, and complete diagnoses.

## A Dietitian Looks at Meatless Meats

Tomorrow's foods are here today! One reason is that inflation and population increases have placed excessive demands on the world's limited food-producing lands.

One acre of land planted in soy beans will produce ten times the protein received from the same acre of land used to produce animal protein. This factor alone could have far-reaching effects upon world hunger and world nutrition.

Protein-starved countries could take their place among the well nourished nations of the world were these protein-rich foods to supplement the local diet. Further, our own protein deprived people could receive nutritional relief through these products as well as through their equally economical counterparts. Soup mixes, luncheon meats, frozen hamburger patties, stews, chili and other grocery staples have been nutritionally fortified with soy protein, thus extending the initial product to reduce the cost of the final product.

Nutritionally, soy protein products or analogs — as they are commonly called due to their similarity to animal protein products — compare quite favorably with the animal protein products. Analogs, like animal meat, are excellent sources of high quality protein in that both supply each of the amino acids so essential to body-building growth. Analogs can also be fortified with desired levels of vitamins, minerals, and other nutrients vital for the development of good nutritional well being.

Soy protein meats far surpass the animal products in two factors: polyunsatur-

ated fat and freedom from cholesterol. The normal American diet, rich in animal protein, averages a ratio of saturated fats to polyunsaturated fats of 0.3. With three times the saturated fats being ingested in the average American diet, a substantial amount of cholesterol is being produced in the arteries of the American public. Cholesterol clogs arteries! Blood cannot flow through clogged arteries. And too often clogged arteries produce an unnecessary fatal statistic.

Currently, vegetarians have exhibited the primary interest in the soy protein products. But is it only a matter of time and education before many Americans will be demanding the polyunsaturated meatless meats or analogs. Life is precious. The American dollar should be spent on products to prolong life, not shorten it.

Calories are another substantial concern of America's bulging belt line. Weight watchers should rejoice in that an equal amount of nourishing nutrition can be received for fewer calories.

Cost is yet another advantage of the relatively new analogs. Inflation has driven the prices of animal protein almost out of reason while its soy protein counterpart—even on a limited production basis—ranges only from 45c to 80c per pound. With sales projected from \$10 million per annum, a mere 1 percent of today's meat market, to perhaps \$2 billion per annum by 1980, yet only 5 percent to 6 percent of the meat market will be represented by the soy protein analogs.

Another cost factor is evident with convenience foods rising as the dominant factor in the institutional as well as in the domestic market. Storage of soy protein products presents no difficulty in that they are available frozen, canned, and dehydrated. Institutions are becoming increasingly aware of the phenomenal savings that can be programmed into their dietary departments through the proper utilization of convenience foods. With the labor market being such as it is — unskilled, unavailable and uneconomical — soy protein products offer a near panacea solution.



Analogs also provide, not only in their own right but as meat extenders, a means by which to extend the world's food supply, increase world health and nutrition, and lower food costs.

—*Judy Ford Stokes, R.D.*  
in *Tomorrow's Foods*,  
July-August, 1970.

## White Bread and Vitamins

Novelist Henry Miller once wrote an essay in which he said the soft, bland white bread eaten by Americans symbolized the emptiness of their lives, the lack of both human and dietary nutrition in a mass consumption economy.

It turns out that he was right — about the bread, at least. U.S. Department of Agriculture scientists report that the processing of wheat into white flour removes much of the natural B vitamins and vitamin E. The fate of other important nutrients in wheat processing is now being examined.

There is a loss of the nutrients in both the milling and bleaching processes, but the latter causes the greatest losses, according to the USDA scientists.

In the tests, only about 10 percent of the vitamin E survived both milling and bleaching of soft and hard wheats; 40 percent of the vitamin E in durum wheat survived milling alone, but there were further losses when the durum flour was made into macaroni. Thiamin, riboflavin, niacin and vitamin B6 were also greatly reduced by milling and bleaching. Vitamin B6 was the most affected of these B vitamins, with only 15 percent of the original amount left in white bread. Adding vitamin B6 to enriched flour is being discussed. While not all bread-makers use it, enriched flour contains varying percentages of other B vitamins lost in processing.

—*Science News*, Sept. 19, 1970

Anyone who, in recent years, has made even the most rudimentary study of foods and nutrition, is well aware that unenriched white bread is one of the least healthful foods available. It is appalling, however, to stand in the check-out line of the average supermarket and observe the number of loaves of such bread being purchased for family tables, or to consider the thousands of sandwiches made with such bread which are being carried to school and consumed by children all

over the country each day.

Now that scientists in the Department of Agriculture are becoming aware of — or, at least, are publicizing — the harm that results from the processing of wheat into white flour, perhaps a more concerted effort to warn the general public away from this type of food will be forthcoming.

Many people, of course, praise the merits of “enriched” white bread and pronounce it of adequate nutritional value. No method of “enrichment” is yet in use, however, which restores completely all the nutritional elements that had originally been taken from the wheat. Furthermore, as has been pointed out frequently by health experts, why remove food values from wheat only to try to put them back after it has been changed to flour of a different color. Bread made of whole wheat, rye, or soya flour is far more healthful and has been found — by those able to wean themselves away from “cake-like” white flour — to be surprisingly delicious.



## 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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## OUR PATIENTS WRITE

*New York*—My heart is full of prayers and thanks to the healers. The sciatica pains are all gone — no more nagging backache!

*Oregon*—I've been on the diet you recommended for over a week now, and it has been a rewarding experience. I don't tire so quickly, which is really wonderful. I've noticed some physical changes which seem to be evidence of the work of the Invisible Helpers, and I think I'm getting moral support, too.

*Michigan*—How relieved and happy I am! After I wrote you about my smoking I became very determined to quit. Last Saturday night before going to sleep I prayed earnestly that I might overcome the habit. I don't know what the Invisible Helpers have done, but I do know I owe them a debt of gratitude for helping me with this problem. Sunday morning I got up with no desire to smoke. Haven's touched or wanted a cigarette all week. I know that this time I am finished with the habit. In my heart I feel free. Thank you and the Invisible Helpers for your aid. Now I can go on to other improvements.

*California*—To me the spiritual contact with the very dedicated Invisible Helpers is one of the higher points of my life. I do hope to become one some day. With my wife, it seems to be the visible contact of a letter from you that is most important, and we thank you for your beautiful letter to both of us. May God continue blessing your truly wonderful work.

*Utah*—I've never been forgetful of the wonderful help in healing I've had through the Fellowship agencies. Am most grateful that all necessary healing progress has gone forward. Am aware that I must exercise patience as this progress proceeds, but this is becoming less difficult in face of the fact that it is proceeding. Many thank to all my friends — visible and invisible.



## Health Is Newness

**R**EMARKABLE improvements in the health of individuals have often been brought about by a change of environment — new scenes, new people, new activities, and new thought processes. Understanding physicians often prescribe a visit to some pleasant place as a curative for an illness which may have refused to yield to other remedies. However, some people are of course unable for one reason or another to leave their homes, and thus may be given the opportunity to transcend the power of outer stimuli by effecting a change *within themselves*.

The spiritual aspirant sees the superiority of this method, not only because it obtains permanent results, but because it also brings keenly desired soul growth. The effort of will required to relinquish old, set ways of feeling and thinking which have helped to bring about the crystallizations manifesting as disease is indeed well spent. This may take time, but it *can* be done, as many attest. The consciousness can be changed simply by establishing different *reactions* to the same people and surroundings — reactions clothed in the golden aura of Christlike love and desire to serve.

Inherent in every human being is the Love-Wisdom (Christ) aspect of the God-head, and it may be unfolded into a wondrous glory by daily efforts to serve others lovingly. In this manner we may bring about a physical, emotional, and mental change in a seemingly miraculous manner.

The crystallizations are dispelled and the different bodies restored to their normal rhythm and harmony.

By holding the Christ Ideal firmly in mind, sending forth from our hearts all the love we can, and persistently cultivating a loving faith in His all-embracing mercy, we permeate our consciousness with His healing vibrations. Thus may we “walk in a new life,” as St. Paul states in the 6th Chapter of Romans, radiant with health and “in the likeness of His resurrection.”

\* \* \*

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

### HEALING DATES

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



## Wrinkle's Adventure

DAGMAR FRAHME

(Conclusion)

**W**RINKLE slid down from the stone and sighed. Well, he thought, he might just as well get going. He was just picking up the packages when he thought he heard a noise — almost like someone crying. He listened carefully for a minute, and then heard it again. It *was* someone crying, and seemed to be coming from underneath the big stone. Wrinkle put the packages down again and started to burrow in the direction of the noise. It grew louder as he dug further down, and it wasn't too long before he found little Stubby Worm, who lived next door, lying right underneath the stone and sobbing loudly.

Stubby was hardly more than a baby and must have wandered away from home when his mother wasn't looking. He had evidently been right under the stone when it fell. Wrinkle saw quickly that Stubby wasn't hurt — there was a nice soft layer of earth between him and the stone — but he was certainly very scared. Wrinkle tried to get him to stop crying and tell what happened, but Stubby just kept on sobbing.

"Come on, Stubby," Wrinkle said finally, "we can't stay here. I'm going to

take you home — if I can find a way."

But Stubby didn't move. No matter what Wrinkle said or did, Stubby did nothing but go on sobbing. Wrinkle tried to pull him along, but that only made Stubby start to kick and scream.

"Oh, boy," thought Wrinkle. "What am I supposed to do now? Guess you can't expect anything else from a baby," he sighed.

It was quite clear that Wrinkle was going to have to carry Stubby home. And if he carried Stubby, he couldn't carry the packages, too. Now the frozen food would be ruined before he could get back to it, and Mother would be disgusted.

"A guy just can't win," thought Wrinkle, "no matter how hard he tries."

He sighed again, and then took a deep breath and picked up Stubby. That was pretty hard to begin with, and much harder because Stubby kept right on kicking and screaming. But Wrinkle took a very firm grip on him, took one more look at the packages out of which the frozen food was starting to leak, took another deep breath, and started up.

It was very hard going, because there were many little stones in the way that never used to be in that part of the earth before. He had to crawl around all of them, and the trip took three times

as long as it would have taken otherwise. When he finally got to the top, he saw why all the stones had been driven into the ground. Farmer Brown was plowing the earth with his big, noisy machine. This part of his farm had always been a pasture before, but now it seemed that he was going to start planting in it. No wonder!

Wrinkle put Stubby down for a minute and looked around. It was going to be awfully hard crawling home. Instead of the nice smooth ground that used to be here, the earth was all plowed up and big clumps of it were lying around everywhere. He would have to crawl above, or around, or through hundreds of them before he got home, and to poor Wrinkle, who was already very tired, they looked like mountains.

At least Stubby had stopped crying. Stubby had never been above the ground before, and was looking at this strange, new world in amazement. He didn't make a sound when Wrinkle picked him up again, but just went on staring at everything around him.

Wrinkle started off. It was very slow going and Stubby, even though quiet, was getting heavier and heavier. The sun was hot, too — this was the time of day when even Wrinkle didn't like to be above ground — and he soon felt parched all over. Sometimes, when he came to a particular big clump of earth, he deliberately burrowed into it so that he could rest and cool off for a while. But that only made the going even slower, and Wrinkle forced himself to get up and start off again.

He had been crawling for at least an hour, and it seemed to him that he just simply could not move another inch, when he suddenly heard voices. They were calling his name — and Stubby's! Wrinkle crawled up on a high clump of earth and looked around. There, just a few feet ahead, were Father and Mother Worm, his sisters, Stubby's mother and father, and several of their other neighbors. They

looked very worried — Mother Worm and Stubby's mother even seemed to have been crying — and were looking in all directions and calling loudly.

"Here we are," shouted Wrinkle, "up here." Even Stubby found his voice and yelled, "Here, here, here."

The worms looked up, and Father Worm pointed to the clump from which Wrinkle was waving. "There they are — they're safe," he called to the others. He and Stubby's father hurried in the direction of the clump, and Mother Worm and Stubby's mother hugged each other and started crying all over again.

Wrinkle put Stubby down and stayed right where he was. Stubby's father could take him the rest of the way, and as for himself, he couldn't go any farther no matter what else happened. Soon Father Worm and Stubby's father appeared over the side of the clump of earth. Stubby's father picked up his little boy and carried him happily down to his mother. Father Worm came over to Wrinkle, who had been thinking sadly about all the frozen food which must by now be completely ruined. As Father Worm came up to him, Wrinkle blurted out:

"The packages are still in the tunnel and the frozen food is ruined and I'm sorry and I tried to bring it back the way mother wanted but I couldn't because I had to leave the packages because I could not leave Stubby and — and — and —" and with that, poor exhausted Wrinkle began to cry.

Father waited until Wrinkle had stopped sobbing and then said gently, "Wrinkle, you are a hero. The frozen food doesn't matter. You found Stubby and brought him home and probably saved his life. How you managed to carry him this far over all these clumps of earth I will never know. That would have been a terrible job even for a grown-up. I'm very proud of you, Wrinkle."

Wrinkle blinked back his tears and looked at his father in surprise. Father wasn't angry about the groceries — he

was, so it seemed, even proud of him!

"Come down now, and let's go find your mother. She has been terribly worried about you." Wrinkle followed his father down the clump of dirt, sliding rather than crawling because he was so tired. At the bottom, Mother Worm was wiping her eyes with her handkerchief. She hugged Wrinkle hard, without saying a word.

"I'm sorry about the groceries, Mother," whispered Wrinkle.

Mother Worm sniffed and for a minute it seemed as though she was going to start crying again. But she took a deep breath and said "Groceries! Wrinkle, I don't care about the groceries — I care about you. All that matters is that you are safe. Where did you find Stubby? And how did you get out of the tunnel? We heard that it was blocked. I want you to tell me everything that happened."

As Wrinkle and his mother started toward home, followed by Father Worm, Stubby's mother hurried up to him and gave him a big hug and kiss. To be honest, Wrinkle didn't like that too much, but he smiled politely at Stubby's mother.

"Thank you, Wrinkle, thank you," she said over and over again. "Stubby went out the front door when I was in the basement, and by the time I got upstairs he was out of sight. I've been just frantic. You are a hero and you should get a medal."

Stubby, who had toddled up behind his mother, grinned at Wrinkle and started chanting "Hero — hero — hero —". Then all the neighbors came up and congratulated Wrinkle, and it was quite a triumphal procession going home.

That evening there was a big party for Wrinkle. The scoutmaster came, and gave him back his two badges and also a new one for being brave. Stubby's mother had baked a huge cake with the word "HERO" in pink icing across the middle. All Wrinkle's friends were there, and all the neighbors. There were quite a few speeches but the one that made Wrinkle happiest was by his father who simply said, "There have been times when I was worried about

my son and thought he would never start to grow up. But now I know that I have nothing to worry about. Wrinkle has more sense and more courage than I had given him credit for, and I cannot tell you all how proud I am of him."

Then everyone called out for Wrinkle to make a speech. He didn't want to, but he finally stood up and said, "Thank you all for the party and the cake and all those nice things you said. I don't feel like a hero, and if I really am it's only because I was lucky enough for once to do the right thing at the right time. But from now on I'm going to try hard always to do the right thing at the right time on purpose."

And from then on, nobody ever had to worry about Wrinkle again.



#### BOOK REVIEW

(Continued from page 178)

kept appearance, good manners, friendliness, and competence, of the staff. Under an agreement with a nearby college, students training to work with the mentally retarded are now working individually with the Lambs as part of their academic program. Finally, the Lambs has served as a model for at least one other similar community.

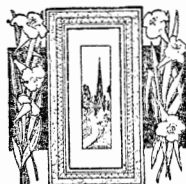
The reader will soon see to what extent Mr. Terese and Mrs. Owen "gave of themselves" to their charges and their work; he will be moved by the compassion which motivated them; he will be impressed with the simple yet deep faith which gave them their initial, and continually underlying, optimism, and which led them to present their problems in prayer to God — prayer that always, in one form or another, was answered. Here, then, is another example of what can be accomplished for humanity by those who dedicate themselves to lives of selfless service.

EASTER

The life of the *God Man*, Christ Jesus, was molded in conformity with the solar story, and it foreshadows in a similar manner all that may happen to the *Man God* of whom Christ Jesus prophesied when He said: "The works that I do shall ye do also; and greater works shall ye do."

Easter is an annual symbol to strengthen our souls in the work of well-doing that we may grow the golden wedding garment required to make us sons of God in the highest and holiest sense.

It is literally true that unless we walk in the light as God is in the Light we are not in fellowship; but by making the sacrifices and rendering the services required of us to aid in the emancipation



of the race we are building the soul body of radiant, golden light which is the special substance emanated from and by the Spirit of the Sun, the Cosmic Christ.

When this golden substance has clothed us with sufficient density, then we shall be able to imitate the Easter Sun and soar into the higher spheres.

With these ideals firmly fixed in our minds, Easter time becomes a season when it is in order to review our life during the preceding year and make new resolutions for the coming season to serve in furthering our soul growth. It is a season when the symbol of the ascending Sun should lead us to a keen realization of the fact that we are but pilgrims and strangers upon Earth, that as Spirits our real home is in heaven, and that we ought to endeavor to learn the lessons in this life school as quickly as is consistent with proper service.—*The Mystical Interpretation of Easter.*

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