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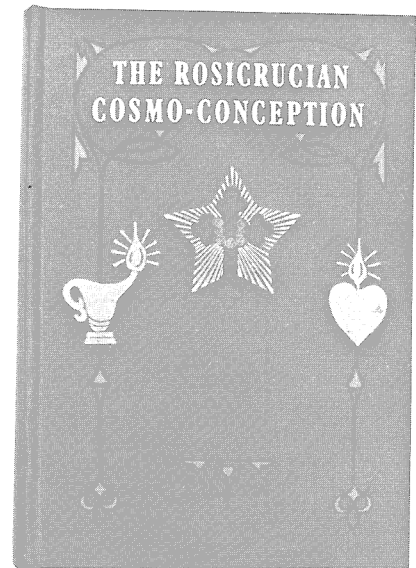
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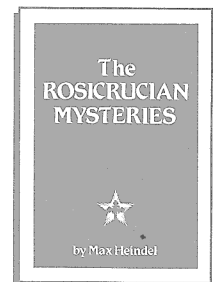
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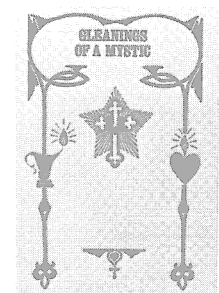
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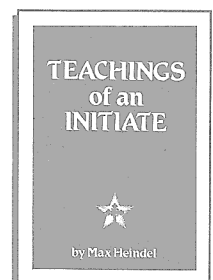
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*"A Sane Mind,
A Soft Heart,
A Sound Body"*



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“Thoughts”

1. We can all spend our lives going about doing good. Every time you meet a person, think of some encouraging thing to say—a kind word, a helpful suggestion, an expression of admiration. Every time you come into a situation, think of some good thing to bring—a thoughtful gift, a considerate attitude, a helping hand.

2. There is a criterion by which you can judge whether the thought you are thinking and the things you are doing are right for you. That criterion is *Have they brought you inner peace?* If they have not, there is something wrong with them—so keep trying.

3. Although others may feel sorry for you, *never* feel sorry for yourself—it has a deadly effect on spiritual well-being. Recognize all problems, no matter how difficult, as opportunities for spiritual growth, and make the most of these opportunities.

4. From all the things you read and from all the people you meet, take what is good—what your own ‘Inner Teacher’ tells you is for you—and leave the rest. For guidance and for truth, it is much better to look to the Source through your own ‘Inner Teacher’ than to look to people or books. Books and people can merely inspire you. Unless they awaken something within you, nothing worthwhile has been accomplished.

5. No one is truly free who is still attached to material things, or to places, or to people. We must be able to use things when we need them and then relinquish them without regret when they have outlived their usefulness. We must be able to appreciate and enjoy the places where we tarry, and yet pass on without anguish when we are called elsewhere. We must be able to live in loving association with people without feeling that we possess them and must run their lives. Anything that you strive to hold captive will hold you captive, and if you desire freedom, you must give freedom.

6. The spiritual life is the real life—all else is illusion and deception. Only those who are attached to God alone are truly free. Only those who live up to the highest light they have find their lives in harmony. Those who act on their highest motivations become a power for good. It is not important that others be noticeably affected. Results should never be sought or desired. Know that every right thing you do—every good word you say—every positive thought you think—has good effect.

7. All people can be peace workers. Whenever you bring harmony into any unpeaceful situation, you contribute to the total peace picture. Insofar as you have peace in your life, you reflect it into your

surroundings and into your world.

8. In our spiritual development we are often required to pull up roots many times and to close many chapters in our lives until we are no longer attached to any material thing and can love all people without any attachment to them.

9. If you want to teach people, young or old, you must start where they are—at their level of understanding. If you see that they are already beyond your level of understanding, let them teach you. Since steps toward spiritual advancement are taken in such varied order, most of us can teach one another.

10. After you have found inner peace, spiritual growth takes place harmoniously because you—now governed by the higher self—will do God’s will and do not need to be pushed into it.

11. Judging others will avail you nothing and injure you spiritually. Only if you can inspire others to judge themselves will anything worthwhile have been accomplished.

12. You cannot change anyone except yourself. After you have become an example, you can inspire others to change themselves.

13. In a conflict situation you must be thinking of a solution which is fair to all concerned, instead of a solution which is of advantage to you. Only a solution which is fair to all concerned can be workable in the long run. □

—By Peace Pilgrim

Wisdom Through Works

In the introduction to *The Rosicrucian Cosmo-Conception* by Max Heindel he relates a short story in regard to the seeking of wisdom: "Then," said the sage, "to become wise you must desire wisdom with as great intensity as you just now desired air. You must struggle for it, to the exclusion of every other aim in life. It must be your one and only aspiration, by day and by night. If you seek wisdom with that fervor, my son, you will surely become wise." Now, there are probably very few of you reading this article that could ever think that you desired "wisdom" more than a breath of air! Right? After all, what is wisdom and how can it really be of value to the spiritual aspirant on the path?

We know that without air we would surely die, but what about wisdom—can't we do without this if we still strive to be good Christians? Wisdom has to do with the application of "knowledge" on a practical, day-to-day basis. It is not the relating of a continual stream of esoteric facts or long-winded discussions on the correct way to live your life. Not at all, wisdom is really living the life, but with a greater reserve of understanding than the average person who just seeks to live for today. Wisdom has to do with understanding the "cause" behind what is happening around you and this is usually learned through the vehicle of experience. By your actions you will be judged. By your words you can be *mis-judged*. Thus, we all seek to act right so there won't be the possibility that others will think that we are doing something just for show. This is the hardest of all things to accomplish while in the physical body. We can so easily think that we are doing right, but in fact, we may be way out of line! Wisdom is the learning experience by which we "know" that our words and/or actions are correct without a slightest doubt to the contrary. Knowing is greater than believing and this requires the application of "wisdom through works" if we are to ever become one with the Christ Mind!

How we go about gaining wisdom is up to us, but the Law of Cause and Effect will eventually guide us there by "trial and error" if we refuse to look deeply into the reasons for our actions. It is not easy to really understand "wisdom" because it is that intangible thing that just seems to "be." It is perhaps something that cannot really be defined by the human mind. It is the result of lifetimes of learning through direct experience. We don't really need to feel inadequate because we don't show the "Wisdom of Solomon." Our path of spiritual development may take us through many experiences that are only to give us a glimpse into what we will be seeing in the future. We are not usually ready for the full and complete Truth at once so we tend to get it in small doses.

Since our actions are much more important than our words, we must strive continuously to be aware of this and avoid becoming hypocrites when we tell someone something and then turn around and do just the opposite of what we are espousing! Wisdom is gained through our actions and it is only by becoming aware of this fact that we will ever be able to make better use of our good and bad deeds. Since "evil" is good in the making, we can still learn from those mistakes for which we often try to chastise ourselves. □

—Editor

The Exodus — Fact Or Fiction?

Every year around Easter, while the “Christian world” celebrates the Saviour’s resurrection, the media and other sources remind us that Jews observe the Passover, to commemorate their deliverance from Egyptian bondage. From time to time too, statesmen in the Middle East refer to this, as when Israel’s former Prime Minister Begin informed Egypt’s late President Sadat that his ancestors had built some of the pyramids!

The Exodus has also become the theme of many Negro spirituals, comparing the Hebrews’ Egyptian sojourn with black slavery in colonial America and the ante-bellum South. The story has thus become imbedded in the public mind as a fact of history. Yet in *The Rosicrucian Cosmo-Conception* we read, “He (Jehovah) did not lead them out of Egypt. That story originated with their descendants and is a confused account of their journey eastward through flood and disaster out of the doomed Atlantis into the ‘wilderness’ (the Desert of Gobi in Central Asia), there to wander during the cabalistic forty years, until they could enter the Promised Land.” It is easily understandable if the average reader would be puzzled unless acquainted with the facts as unearthed by Archaeology!

The Washington Post National Weekly Edition rarely includes articles on religion, but recently (April 27, 1987) it presented “The Exodus Story Rings True, Even if it Didn’t Happen: The archaeological evidence is skimpy at best.” The author, Herschel Shanks, is no skeptic or scoffer, but editor and publisher of *Bible Review* and *Bible Archaeological Review*, which generally endorse the “orthodox” position. Albeit on the Exodus, Shanks unashamedly turns his back on the literal, historical interpretation of the Bible.

He quotes W.G. Dever, excavator of Biblical sites and former director of the Albright School of Archaeological Research in Jerusalem: “There was no real Exodus. There was no real wilderness wandering.” And for very obvious reasons. There is no direct archaeological proof of the children of Israel having ever been in Egypt, or that they wandered in the Sinai Desert for forty years. Yet there is much evidence to the contrary.

To be specific: Bible scholars who embrace a literal reading of canonical chronology place the Exodus in the 13th century B.C. They also hold that for thirty eight of their forty years’ wandering, the Israelites tarried at Kadesh-Barnea, present-day Ain-el-Qudeirat, the largest oasis in Northern Sinai. Yet the scholars’ spade has uncovered nothing there prior to the 10th century B.C., three centuries after Moses and his multitude should have camped there.

The 13th century B.C. also supposedly was when, in the words of the Negro spiritual, Joshua fought the battle of Jericho and the walls came tumbling down. But there had not been a walled city of Jericho since the 16th century B.C.; neither did there exist in the 13th century B.C. a place name Ai, the second city the Israelites were said to have seized during their invasion.

In view of these and similar facts, some scholars have speculated if the Exodus perhaps occurred two centuries earlier. But this raises another question: Why is there no evidence of the Israelites’ presence in Canaan until the 13th century B.C.?

Shanks tells of a scholar from Johns Hopkins who thought he was on to a solution to the whole dilemma. He found some Egyptian hieroglyphics that tell of an Exodus—but it occurred in the 15th century B.C. and under a female Pharaoh, Hatshepsut, whereas the Biblical account features one that is male. Too, in this Exodus, the narrative ends with “the Earth swallowed their (the emigrants’) footsteps,” the direct opposite of the traditional chain of events!

Since there could not have been an invasion producing mass urban destruction in Palestine during the 13th century B.C., others have come up with different theories. One points to a peaceful infiltration; another, to a feudal uprising within Canaan producing the Israelites' ascendancy. But they have remained just that, theories.

Inevitably, these wide departures from the "traditional account" have raised doubts concerning the entire episode. But, in the words of a leading Israeli archaeologist, Yigael Yadin, "What nation would invent such a crazy story?—that they were slaves in Egypt and they left that country and came to this country—and then make that the kernel of all their history. Even if you want to minimize it, there is a core of truth there."

No, we need not believe the account was made up; indeed "there is a core of truth there." In the words of *The Rosicrucian Cosmo-Conception*, it is "a confused account"; something happened to it in the process of time. Hard to believe? This sort of thing happens all the time!

Take, for example, the freeing of the slaves in America, a drama somewhat similar to the Exodus. It has become "a confused account," reinforced with a national shrine! Multitudes reverently flock to the Lincoln Memorial in the nation's capital, to pay homage to the President credited with abolishing slavery, yet he did no such thing! His Emancipation Proclamation, as anyone can read for himself, covered only the region in rebellion, where during the Civil War Lincoln had no authority!

And even if "the Great Emancipator" had applied the document to the entire Union it would have lacked legal force! Five slave states, Delaware, Maryland, Kentucky, West Virginia, and Missouri fought with the North. This fact should lay to rest that other "confused account" that the Civil War was fought over slavery. For slavery had been written into the Constitution; it would take no less than a constitutional amendment to do away with it; hence the 13th Amendment was enacted after Lincoln's death. Had the Emancipation Proclamation terminated the infamous institution, this amendment would have been superfluous.

**How
is
it
true
spiritually?
What
truth
does
it
contain
for
me?**

We ask: if something that happened just in the last century, in an open, literate, progressive environment like ours, could get garbled so badly and so fast, does it not stand to reason that in a primitive society, over a far longer time span, the same would occur, and if anything on a far bigger scale?

History's record is replete with examples!

That leaves just one question: Why include "a confused account" in the Sacred Canon? Because, while it has shortcomings on the literal, historical level, it is deeply true and inspiring on a higher plane, the spiritual. The student of Truth, knowing that spiritual things are "spiritually discerned," does not approach a Biblical narrative asking, Is it literally true? His question is, How is it true spiritually? What truth does it contain for me?

"In the Exodus story the Egyptians represent man's lower nature and the Israelites his higher. Egypt is the land of bondage, materiality and darkness; Canaan is the land of freedom, spirituality and light. The wilderness that lies between is an area of doubt, rebellion, want, trial and sorrow that the pilgrim soul encounters while making the transition from a lesser to a greater state of being. Pharaoh signifies the concrete or reasoning mind; Moses, the higher wisdom that comes from first-hand inner knowledge.¹

There is more, much more; the entire Bible is thus treated by this commentary, an indispensable tool for those who would bask in its beauty. This is the only way to interpret the Book of Books without flying in the face of historic, scientific, or other facts of reality. This treasure of truth is a distinct contribution of the Western Wisdom Teachings to the sum total of Christian thought. □

—A Probationer

¹*The New Age Bible Interpretation*, Old Testament, Volume I, Corinne Heline, pp. 200, 201.

Understanding the Law of Mind

“The Mind is the most important instrument possessed by the Spirit, and its special instrument in the work of Creation. The spiritualized and perfected larynx will speak the Creative Word, but the perfected “mind” will decide as to the particular form and volume of vibration. In the Jupiter Period the Mind will be vivified to some extent and man can then imagine forms which will live and grow, like plants. In the Venus Period when his Mind has acquired feeling, he can create living, growing, and feeling things. When he reaches perfection at the end of the Vulcan Period, he will be able to imagine into existence creatures that will live, grow, feel, and think.” (*The Rosicrucian Cosmo-Conception* by Max Heindel, pages 425-427)

There is only one Mind, the great Creative Mind of God! Each one of us just uses a part of this Mind by individualizing it. In the Western Wisdom Teachings of The Rosicrucian Fellowship, this is known as the “Link of Mind.” Thus, the subconscious mind of man has perfect connection with all points in time and space and it is by this means that we are drawn to other persons and situations in daily life. On the inner planes, our souls and minds are not isolated for this is really the realm of “God’s Mind” and from this we are never separated and are thus “all one.”

It is through this oneness of the Great Creative Mind that the Law of Mind is able to function. It is this one common mind where all of our thoughts operate; this is the Universal Mind or the Mind of God. The method whereby it does this is called the Law of Mind. All things are brought into manifestation on the physical plane of activity by the Spirit moving through this Universal Mind obeying the Law of Mind. This “Law of Mind” is always at work in our lives whether we realize it or not. This Law functions automatically because the Spirit is “self-knowing” and causes all mental patterns to

be filled with energy and force. Since the Spirit of God is activated through the mental medium of God through our mind, all of our “mental patterns” will be filled automatically by this Law. Therefore, it is of utmost importance that we are very careful “what” we think for our thought forms or prayers are going to be filled automatically!

We are able to use the Law of Mind to bring spiritual and material needs into manifestation by the principle of “Cause and Effect.” Without this Law of Mind, you would not be able to think—for by your thoughts you activate the Spirit on the particular level where your thoughts have originated. If they are of a low or desirous nature, that is where your mind will be attuned. If they are on a high spiritual level, that will be your point of awareness and you can be receptive to greater possibilities of experiencing the Kingdom of God than if your thoughts are elsewhere.

So important is this Law of Mind that our very lives depend upon it. I wish to refer you to the old axiom “As a man thinketh, so is he.” We literally build our present and our future lives by the thoughts we think. In regard to the use of our mind during the Jupiter Period, the following is given in *The Rosicrucian Cosmo-Conception* (pp 427-428). “In the Jupiter Period we shall guide the evolution of the plant kingdom, for that which is at present mineral will then have a ‘plant-like’ existence and we must work with it there as the Angels are now doing with our plant kingdom. Our faculty of imagination will be so developed that we shall have the ability, not

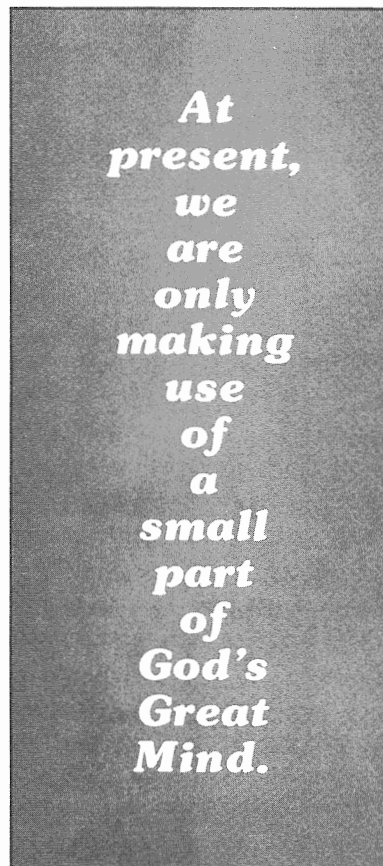
only to create forms by means of it, but to endow those forms with vitality.”

What a responsibility we will have then. It is for that reason that we must begin now to train our minds for the greater responsibilities which we will be given at a later period. As this coming Aquarian Age begins to manifest more completely, our thoughts will be more visible to others. There will be no concealing your “motives” from one who has attained the Spiritual Vision of the New Age! It is by learning to work with this Law of Mind that we will be able to start preparing ourselves for the higher spiritual work to come.

We seek to immerse ourselves in the Body of Christ because it is through the Christos that the power of God, the mind energy, is able to pass into physical manifestation. It is only an ignorance of truth that keeps us from experiencing so great a power, so complete a freedom, and having dominion over our lives by using this Law on a day-to-day basis. Through our own thought forms, sound of speech, and subconscious impressions we are able to set this Law of Mind into action. As a man thinks into the Universal Mind, he sets into motion a law which is creative and which contains within itself a limitless number of possibilities. All is Spirit and when we activate this Spirit, ALL THINGS ARE POSSIBLE!

Since man can only attract to himself that which is like his own thoughts—it is imperative that we learn to improve our thinking processes as soon as possible. This we do through learning “mind control” by concentration. This is a conscious use

of the Law of Mind. “Thought is the power we use in making images, pictures, thought forms, according to ideas from within. It is our principal power, and we must learn to have absolute control of it, so that what we produce is not wild illusion induced by outside conditions, but true imagination generated by the Spirit from within.” (*Rosicrucian Cosmo-Conception*, page 486)



It is through the exercise of “concentration” that we are able to accomplish this goal. We can also gain inner awareness of the invisible planes and in doing so, eventually be able to contact the “Akasha or Memory of Nature.” If we can now accept the premise that our thoughts produce our “atmosphere” and that which comes to us will be what we have chosen, the subject of Mind Control will become of greater importance than ever

before! It is through the control of your thoughts that you are able to create what you want in your life and in your own “personal universe.” Each individual does have his own “personal” atmosphere that is made up of past and present thought forms—good or bad.

Through gaining control of our thoughts and by using our knowledge of the Law of Mind we will be able to acquire self-reliance, a goal for all students of the higher life. But, how do we go about learning to master this Law of Mind? First, we must realize that all life is one and that all intelligence is drawn together by sublime and unseen strands on which thought travels. The wires are already laid (so to speak) so all you have to do is get in tune with what you seek to know and this will be available if you are able to provide a clear receiving station. We can only attract to us what is like us, so whatever our thoughts are, that is what will be our current state of consciousness.

At present, we are only making use of a small part of God's Great Mind. We are only able to shape images having to do with “form.” To actually create life is beyond our power until we have vivified the mind and made it come alive. As we strive more diligently through working with this Law of Mind, we will come ever closer to that creative state which will someday allow us to experience the supreme creative abilities of our Father-Mother-God-to actually create life! □

—N.D. Willoughby

EDITOR'S NOTE: For a free copy of the pamphlet “Law and Our Needs,” please write Editorial Department, P.O. Box 713, Oceanside, CA, 92054.

Mystic Light



The Revelation of St. John the Divine

CHAPTER 5

Whenever the number 5 is used in reference to man, or humanity, the letter *He* adds the significance of the *Breath of Life*. Although shared by all animals, this *Breath* gives only to man the principle of intelligence (i.e. Aries, the head) developed to where he can use intelligent speech to express his ideas.

Greater than the power of vocal expression is in relation to the renewal of life: Physical breath alone cannot accomplish this. It can prolong physical life somewhat, but is incapable of renewing it until it is consciously combined with the psychic breath, in which case it at once becomes the mediating principle between God and man, and between man and nature, also the link which attaches body to Spirit. Hence, *He* is not only breath, but vitalized and spiritualized breath. (Curtiss, *The Key to The Universe*, p. 186)

Having placed emphasis upon the proposition that there is to be found great harmony between numbers, the Hebrew Alphabet and the Revelation of St. John; let us briefly review symbolism found in the first two paragraphs of this chapter introduction, where man (5) was shown with his two feet upon the squared stone and his head in the heavens. Clearly, the higher and lower activities of mind are being shown. Therefore, if chapter 5 reveals mind beginning to cast influence over the physical aspects of man's life, we could reasonably conclude that chapter 15 (5 of the second cycle) would be concerned with man's higher mental activities within planes of activity beyond the physical, as was shown by man's head in the heavens.

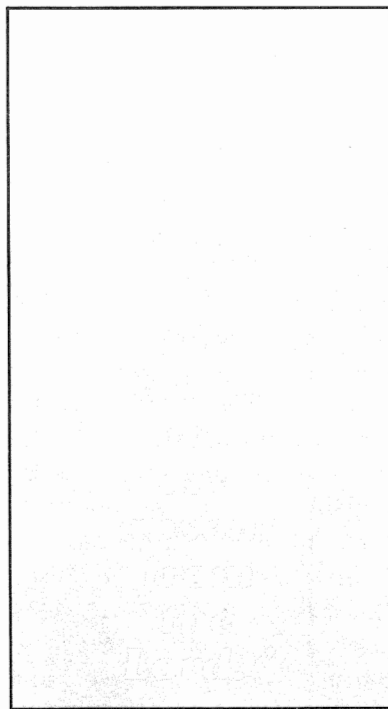
As we develop these concepts, during our study of this chapter, it will be obvious that the "sea of glass mingled with fire," that is introduced in chapter 15, refers without question to activity of mind upon that higher plane.

Next, let us review the 119th Psalm (King James) and check out letters *He* (5), *Job* (10) and *Samech* (15). We discover in section 5 man with a newly acquired mind, and the concern is revealed as “Teach me...; Give me understanding...; Make me to go in the path...” etc. In section 10, or Jod, emphasis changes to “Thy hands have made me...give me understanding.” Note that number 10 concludes the first cycle—and isn’t understanding the goal of the second higher cycle? With the “thunders” of chapter 10 sounding their voices, would not this indicate an urge to understand? Finally, in *Samech* (15), understanding now has been achieved, and now it states: “...thy law do I love...I hope in thy word...I will have respect unto thy statutes continually (because he now understands).

Let us proceed to another interesting subject, concerning the Biblical Jacob and his children. You will recall that Jacob had some marriage problems after serving 7 years for the hand of Rachel; but received Leah as his wife. Therefore, it was not until the birth of Joseph—after receiving Rachel as his true wife—that he had a legitimate offspring. Let us recall that Joseph has always been associated with the ninth house of the Zodiac (Sagittarius), and does not the ninth house concern itself with such matters as the thinker, intuition, understanding and conscious evolution? (The meaning of Jacob is “our first expression which must be supplemented by a higher type, spiritual Jacob.” Remember, it was Jacob that obtained the birthright.)

We now discover *Samech* (15), tied to Jupiter and Sagittarius (through the Hebrew Alphabet) and we discern that seeking understanding and ideals *within*—instead of without—are the legitimate activities that the book of Revelation is primarily concerned with! Study this aspect thoroughly, since there is much remaining to uncover.

In conclusion, we have referred to *three* levels of thought: 1. The beginning of physical thought. 2. The mastery of that, and the aspiration to higher thought. 3. Understanding, that is acquired in *Samech*, or spiritual thought.



From every vantage point, *He* reveals the link between God and Nature. When properly used: The body thus glorified through the 5 powers is called the Robe of Initiation. Unless the Neophyte has donned this Robe, and manifested its powers in the flesh, the Great Initiation has not been passed. These powers become 7 only after the

robe of physical existence has been laid aside and the Soul has donned the glorious, immortal Body of the Resurrection, the Seamless Robe of Jesus, called the Nirmanakaya Robe, or the Body of the Fire-breath. In other words, man is the Lord of Creation when he has woven the 5 mystic powers into his body and donned “the glorious robe of his strength.” (Curtiss, *The Key to the Universe*, p. 176.)

“While we are at home in the body (living the purely physical life), we are absent (are not of) from the Lord. (2 Cor. 5:6) Howbeit that was not first which is spiritual, but that which is natural: and afterward that which is spiritual. (1 Cor. 15:46)

1. *And I saw in the right hand of him that sat on the throne a book written within and on the back side, sealed with seven seals.* Ready to come forth from the *right hand* of him that held the book, into actuality, is the Divine scheme whereby truth is learned. But it is to come forth from *within*. Furthermore, coming forth from the back side and sealed with the seven seals, aptly identifies the physical body where on the back side is located the spinal cord, as it relays the messages to the “within” or Mind. The seven seals are the same spinal centers, or churches, that have been previously discussed. “Him that sat on the throne” is the Higher Self.

2. *And I saw a strong angel proclaiming with a loud voice, who is worthy to open the book and to loose the seals thereof?* (We detect that the Higher Mind is beginning to function.)

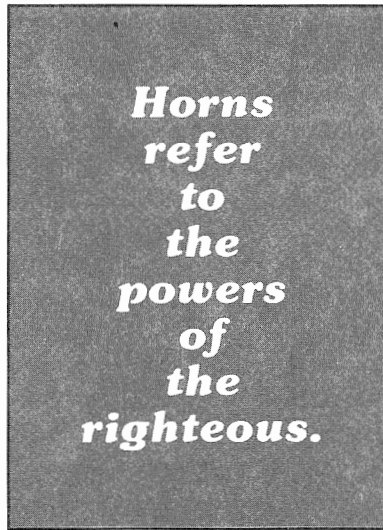
3. *And no man in heaven, nor in earth, neither under the earth, was able to open the book,*

neither to look thereon (but the preparations are being made.)

4. *And I wept much, because no man was worthy to open and to read the book, neither to look thereon.* (The physical senses lack the capacity to accomplish.)
5. *And one of the elders saith unto me, Weep not: behold the Lion of the tribe of Juda, the Root of David, hath prevailed to open the book, and to loose the seven seals thereof.*

These symbolic messages reveal the plight of the unregenerate man, who is securely bound to the material world and motivated by his lower nature. Man's only recourse is the Lion of the tribe of Judah, and in strong terms we are informed that there is no other way to live, but to practice a true heart-felt spirit of altruism towards our fellow man. Altruism implies that there will be no thought of earthly rewards. In other words, to activate the seven seals, it has become necessary to lose ourselves in service to our fellow man; and only as we work and serve others, do we experience an awakening of the Spirit into the new life. Only at that time does it become possible for the slain Lamb, or *Christ Force*, to open the Seals. The term *Lion*, as used in this example, identifies an all-conquering love of the Christ. Judah refers to the spirit of insight and understanding of the things of the higher life. Here is another of the numerous parallels to the teachings of the Elder Brothers, for they have urged us time and again to direct our endeavours through the channel of service to our fellow man (i.e. through work.) It is our labors, with the aid of the heart and mind, that help to perfect the vital body,

which then becomes the medium through which we become God taught.



Further thoughts were expressed by Mr. Heindel, when he indicated how as man spiritualizes his vehicles, the constitution of the vital body, made of ether, is most materially changed. Since the ability to open the seals of the book must come from within, we see the reason why the elder turned to the Lion of the tribe of Judah to perform this act. Clearly, the book of Revelation has instructed that man, when he relies on his five senses, is incapable of revealing the mysteries of this closed book.

6. *And I beheld, and, lo, in the midst of the throne* (seat of the Higher Self) *and of the four beasts* (High emotions, now coming from the physical or Foundation Stone), *and in the midst of the elders* (mature emotions) *stood a Lamb* (Christ Force) *as it had been slain* (freed from the restraints of materiality) *having Seven* (number of perfection) *horns* (strength, high aspiration, victory over the lower nature) *and Seven eyes* (perfect spiritual vision), *which are the Seven Spirits of God*

sent forth into all the earth (to perfect the physical).

Again, we are told that the throne is within and surrounded by the material world. The word, *Lamb*, as used here, reveals the newly acquired Christ Spirit. This interpretation is strengthened, when we realize that "slain" or "death" in the Bible, never refers to oblivion, but to a change of state. Thus, we determine that John is referring to a higher consciousness. Horns refer to the powers of the righteous. Seven, being the number of perfection, we have illustrated the powers that could be realized from acts of Altruism. A similar line of thought is revealed in Psalms 75:10. Seven eyes (perfected spiritual vision) and the seven spirits (perfection or completion of a spiritual process) underscore the above interpretation.

7. *And he* (the Lamb that had been slain) *came and took the book out of the right hand of him that sat upon the throne.*

8. *And when he had taken the book, the four beasts and four and twenty elders fell down before the Lamb, having every one of them harps, and golden vials full of odours, which are the prayers of saints.*

The symbolism of the "book" reveals how the Life Processes, of the cycle of manifestation, are being followed. Actions of the *right hand* indicate the coming forth into actuality, by positive control of this new potential from the higher planes.

Once again we have an illustration of the significance of numbers, for verse 7 reveals completion, or the perfection of a process. Inasmuch as chapter 5 is concerned with preparation for number 6, we have the first

manifestation of the Christ within. Following this, the next achievement that will be revealed during the orderly development process is to become aware of and read from the Region of Concrete Thought. The phrase, "Out of every kindred, and tongue, and people, and nation," refers to former physical attributes that are now projecting the higher influences.

9. *And they sung a new song (new understanding), saying, Thou art worthy to take the book, and to open the seals thereof: for thou wast slain, and hast redeemed us to God by thy blood out of every kindred, and tongue, and people, and nation.*

The significance of the greater part of this chapter is that there is fundamental preparatory work to be done in order that higher mental concepts of Truth above the purely physical expressions will become reality. This activity will mark completion of the 5 senses, so that efforts may be applied to the construction of the inner temple for future activity of the Christ within.

10. *And hast made us unto our God kings and priests: and we shall reign on the earth.* (That is we shall rule our own universe, as identified by "earth.")

11. *And I beheld, and I heard the voice of many angels around about the throne and the beasts and the elders: and the number of them was ten thousand times ten thousand, and thousands of thousands.*

Note that the numerical symbol here is *ten*, and again this proclaims the completion of a cycle, or attainment of perfection. Ten contains the numbers 7 and 3, or the numbers of perfection and the Trinity.

Stated another way, 10 implies a completion period of development within the stages of the soul's growth. Forthwith we shall discover a new harmony arising from the Christ consciousness within. Harmony between the text and numbers have been emphasized for so long in the number 10, but "ten thousands times ten thousand, and thousands of thousands." Such symbolism can only imply accomplishments with the higher planes.

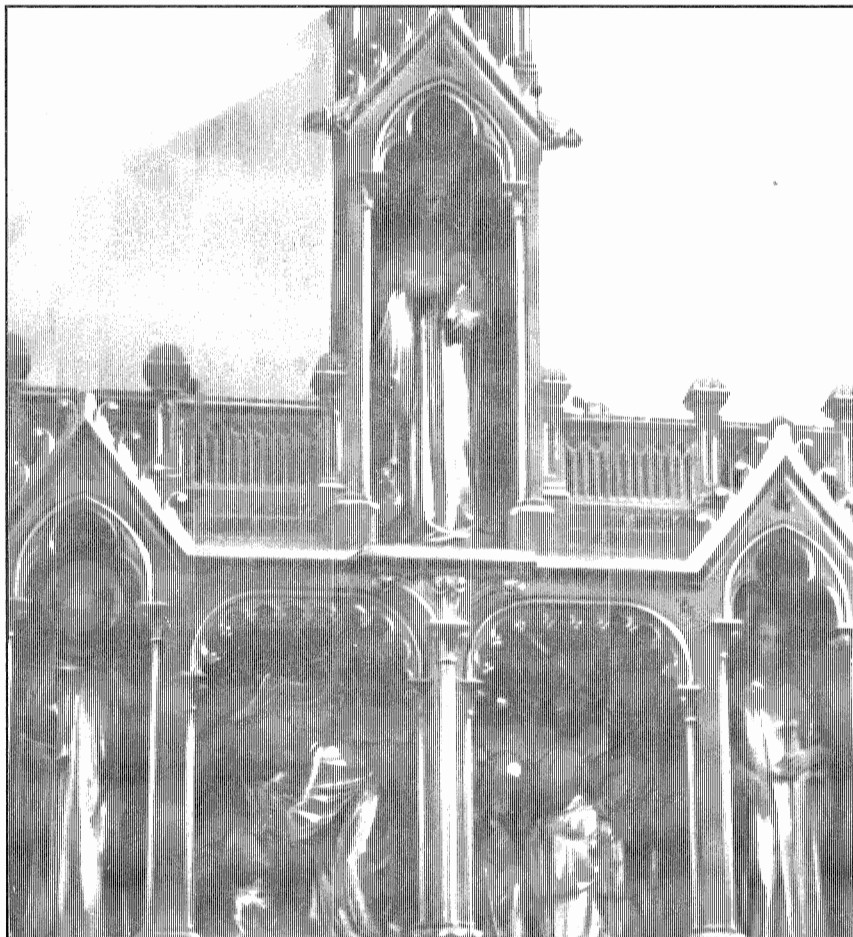
12. *Saying with a loud voice, Worthy is the Lamb that was slain (gave his life) to receive power, and riches, and wisdom, and strength, and honour, and glory, and blessing.*

13. *And every creature which is in heaven, and on the earth, and under the earth, and such*

as are in the sea, and all that are in them, heard I saying, Blessing, and honour, and glory, and power, be unto him that sitteth upon the throne, and unto the Lamb for ever and ever.

14. *And the four beasts said, Amen. And the four and twenty elders fell down and worshipped him that liveth for ever and ever.*

In summary, with the 4 elements squared and the accomplishments of 5, as revealed throughout this chapter, St. John said it all, with the comment in verse 9: "And they sung a new song, saying, Thou art worthy to take the book, and to open the seals thereof." Hence, the significance of this account is to inform the reader of the knowledge to be gained and with the accompanying experiences, there will be growth.



An interesting observation is the meaning of *Old Testament* and *New Testament*. In Latin, *Testa* means *body*. *Ment* (*Mentis*) means *mind*. Hence, the *New Testament* concerns perfected man. Lion of the Tribe of Judah, in verse 5, relates to perfected man.

SYMBOLY OF NUMBER 5

HE (or Heh) Simple Letter
Aries (♈) Number of Humanity

The symbolism of number 5, a Divine Number, reveals man or humanity at the mid-point of the scales of evolution, with his 2 feet planted firmly upon the squared foundation stone (physical) and his head in the heavens. In this manner is man shown standing upon and controlling the physical, as he reaches up into the realms of the Divine. Thus is it symbolically revealed that the end result of man's experiences on earth will be self-control.

To give greater meaning to these expressions there are a

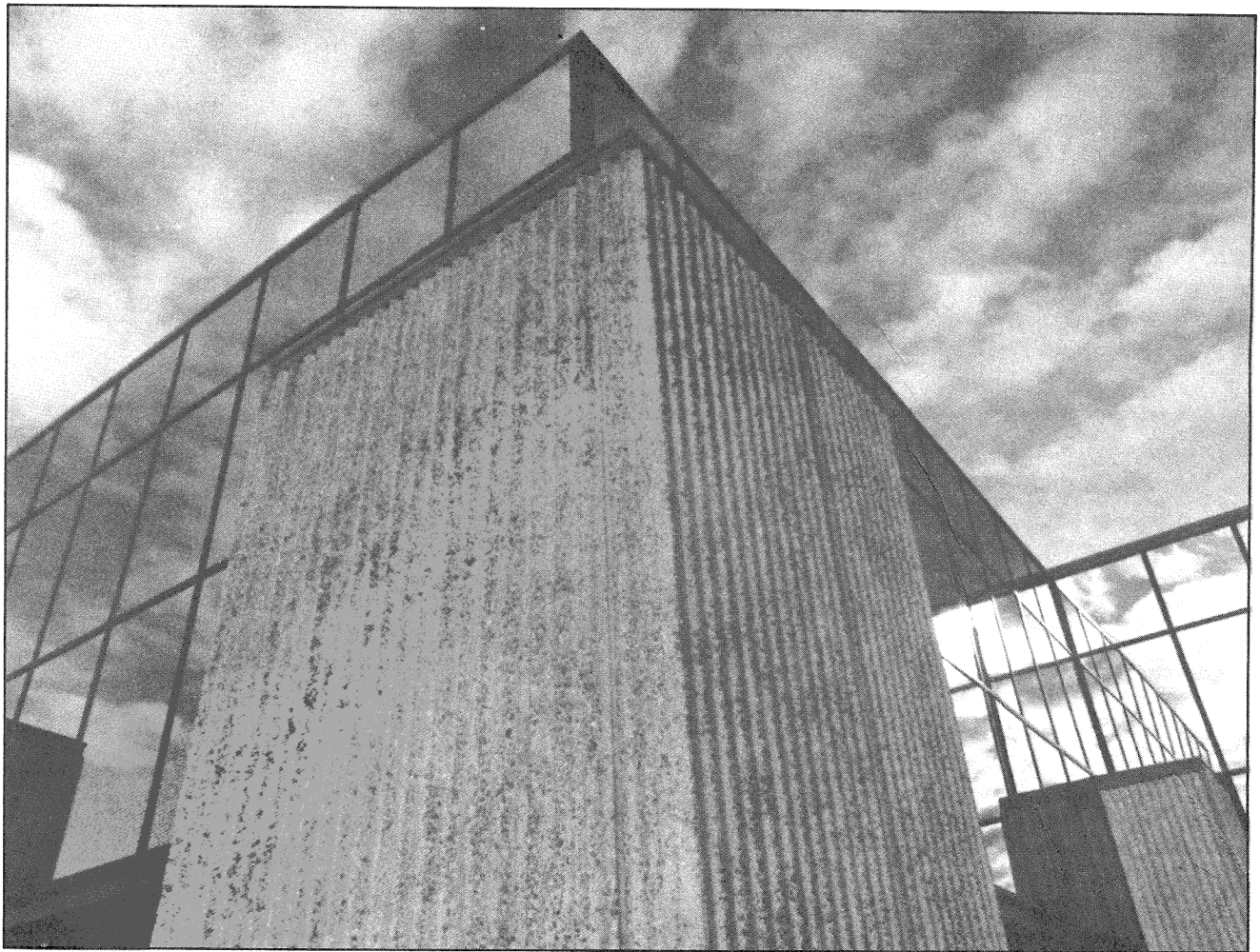


number of confirming evidences that should be noted. First, the numerals of the 5, when added ($1 + 2 + 3 + 4 + 5 = 15$), reduces to number 6, the number of the manifesting Christ Force from above that guides the Initiation procedure. It is extremely significant, symbolically speaking, to find the 5th angel (God's representative) sounding the trumpet in Chapter 9:1, as preparation is being completed to attain control of the physical, by Initiation.

Furthermore, when we consider that 5 is the number of the planet Mercury, ruler of mind in man and that the "Lords of Mercury are presently working on the individual, fitting him for mastery over self and for mastery over others" and that "this work on their part is but the beginning of what will be an increasing Mercurial influence during the remaining three and one-half Revolutions of the Earth Period,"—does not this merit our attention? Furthermore, our Elder Brothers from Mercury, human like ourselves, are presently assisting humanity to make these changes (See: *Message of the Stars*, Max Heindel, p. 355). Mercury is further symbolized as the *winged Messenger of the Gods*, and thus is illustrated again how the Mind Principle in man is to function at this stage of our development, where we are soon to become active in the Region of Concrete Thought. There, man stands at the pathway of regeneration "guarded by the Lords of Mercury, who with their wisdom will guide him toward the desired goal." (*Freemasonry and Catholicism*, Max Heindel, P. 72.) □

—Evans Waterman

Max Heindel's Message



Meat and Drink as Factors in Evolution

In previous chapters we saw how infant humanity was cared for by superhuman guardians, provided with appropriate food, led out of danger's way, and sheltered in all respects until grown to human stature and fit to enter the school of experience to learn the lessons of life in the phenomenal world. We saw also how the rainbow points to natural laws peculiar to the present age, how man was given free will under these laws, and how the spirit of wine was given to cheer and to stimulate his own timid, fearful spirit, to nerve it for the war of the world.

In an analogous manner the irresponsible little child who has been brought under the waters of baptism by its natural guardians is cared for through the years of childhood while its various vehicles are being organized. When the parental blood stored in the thymus gland has been exhausted and the child thus emancipated from the parents, it awakes to individuality, to the feeling of "I AM." It has then been prepared with a knowledge of good and evil with which to fight the battle of life; and at that time the youth is taken to the church and given the bread and wine to nerve and nourish him spiritually, also as a symbol that henceforth he is a free agent, only responsible to the laws of God. A blessing or a curse, this freedom, according to the way it is used.

In early Atlantis mankind was a universal brotherhood of submissive children with no incentive to war or strife. Later they were segregated into nations, and wars inculcated loyalty to kin and country. Each sovereign was an absolute autocrat with power over life and limb of his subjects, who were numbered

in hundreds of millions, and who yielded ungrudging and slavish submission.

As flesh eating came into vogue, wine became a more and more common beverage. In consequence of flesh eating much material progress was made immediately preceding the advent of Christ, and because of the practice of drinking wine an increasing number of men asserted themselves as leaders, with the result that instead of a few large nations such as people Asia, many small nations were formed in the southwestern portion of Europe and Asia Minor.

But though the great mass of people who formed these various nations were ahead of their Asiatic brethren as craftsmen, they continued submissive to their rulers and lived as much in their traditions as did the latter. Christ upbraided them because they gloried in being Abraham's seed. He told them that "before Abraham was, I AM," that is, the ego has always existed.

It is His mission to emancipate humanity from Law and lead it to LOVE, to destroy "kingdoms of men" with all their antagonism to one another, and to build upon their ruins "the kingdom of God." An illustration will make the method clear.

If we have a number of brick buildings and desire to amalgamate them into one large structure, it is necessary to break them down first and free each brick from the mortar which binds it. Likewise each human being must be freed from the fetters of family, hence Christ taught "Unless a man leave father and mother he cannot be my disciple." He must outgrow

religious partisanship and patriotism and learn to say with the much misunderstood and maligned Thomas Paine: "The world is my country, and to do good is my religion."

**The
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individual
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Christ did not mean that we are to forsake those who have a claim upon our help and support, but that we are not to permit the suppression of our individuality out of deference to family traditions and beliefs. Consequently He came "not to bring peace, but a sword"; and whereas the eastern religions discourage the use of wine, Christ's first miracle was to change water to wine. The

sword and the wine cup are signatures of the Christian religion, for by them nations have been broken to pieces and the individual emancipated. Government by the people, for the people, is a fact in north-western Europe, the rulers being that principally in name only.

But the fostering of the martial spirit such as prevails in Europe was only a means to an end. The segregation which it has caused must give place to a regime of brotherhood such as professed by Paine. A new step was necessary to bring this about; a new food must be found which would act upon the spirit in such a way as to foster individuality through assertion of self without oppression of others and without loss of self-respect. We have enunciated it as a law that only spirit can act upon spirit, and therefore that food must be a spirit but differing in other respects from intoxicants.

Before describing this let us see what flesh has done for the evolution of the world. We have noted previously that during the Polarian Epoch man had only a dense body; he was like the present minerals in this respect, and by nature he was as inert and passive. By absorbing the crystalloids prepared by plants he evolved a vital body during the Hyperborean Epoch and became plant-like both in constitution and by nature, for he lived without exertion and as unconsciously as the plants. Later he extracted milk from the then stationary animals. Desire for this more readily digestible food spurred him on to exertion, and gradually his desire nature was evolved during the Lemurian Epoch. Thus he became constituted like the present day

Herbivora. Though possessed of a passionate nature, he was docile and could not be induced to fight save to defend himself, his mate, and family. Hunger alone had the power to make him aggressive.

Therefore, when animals began to move and sought to elude this ruthless parasite, increasing difficulty of obtaining the coveted food aroused his craving to such an extent that when he had hunted and caught an animal, he was no longer content to suck its udders dry but commenced to feed upon its blood and flesh. Thus he became as ferocious as our present day *Carnivora*.

Digestion of flesh food requires much more powerful chemical action and speedy elimination of the waste than that of a vegetable diet as proved by chemical analysis of the gastric juices from animals, and by the fact that the intestines of *Herbivora* are many times longer than those of a carnivorous animal of equal size. *Carnivora* easily become drowsy and averse to exertion.

When prodded by the pangs of hunger the ferocious wolf does indeed pursue its prey with unwavering perseverance, and the spring of the crouching king of beasts overmatches the speed of the wing-footed deer. By ambush the feline family foil the fleetest in their attempts to escape. The cunning of the fox is proverbial, and the slinking nocturnal habits of the hyena and kindred scavengers illustrate the depth of depravity resulting from a diet of decayed flesh.

The vices generated by flesh eating may be said to be lassitude, ferocity, low cunning, and depravity. We may tame the herbivorous ox and elephant.

Their diet makes them docile and stores enormous power which they obediently use in our service to perform prolonged and arduous labor. The flesh food required by the constitutional peculiarities of *Carnivora* makes them dangerous and incapable of thorough domestication. Besides, energy contained in the diet of *Carnivora* is so largely expended in digestion that they are drowsy and unfitted for sustained labor like the horse or elephant.

The soothing effects of vegetable food manifest as finer feelings, which replace the ferocity fostered by flesh food.

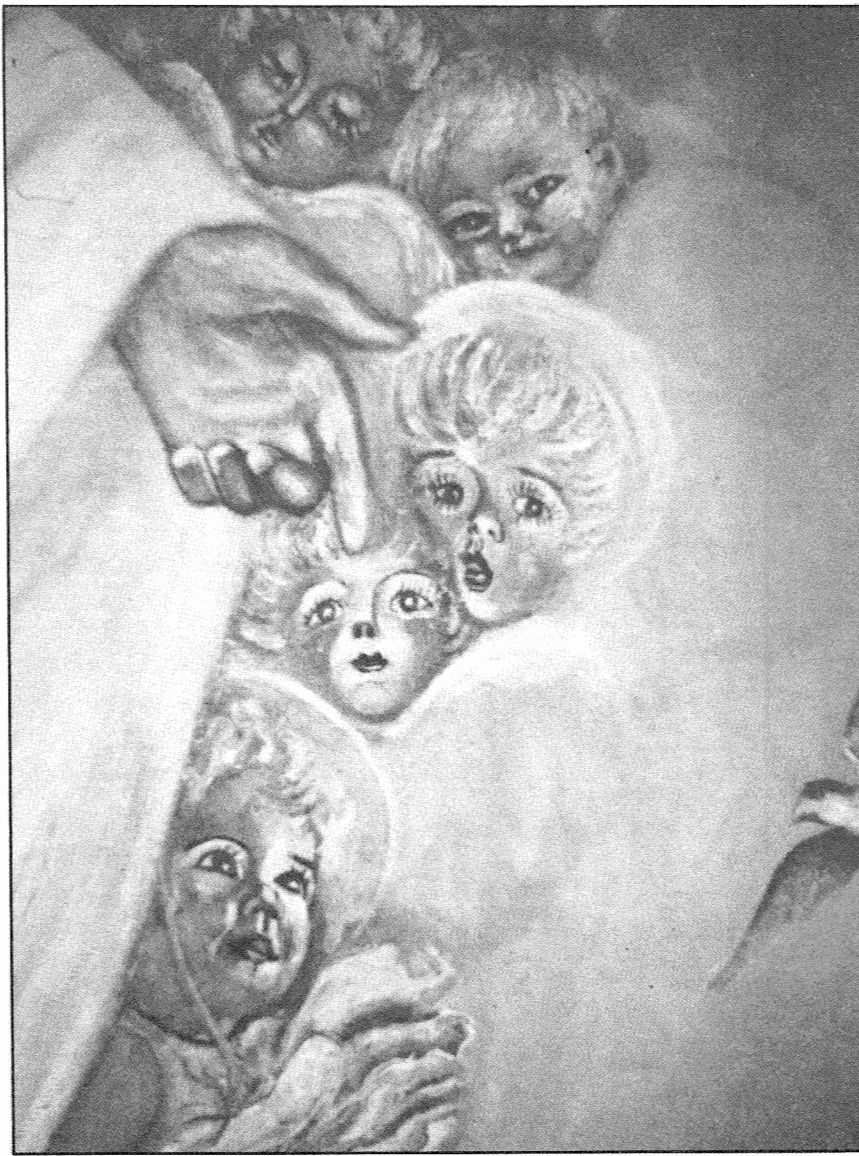
The drowsiness following a heavy meal of meat is too well known to require argument, and the custom of taking stimulants with food is an outgrowth of the desire to counteract the deadening effect of dead flesh. The intensified effect of feasting upon flesh in an advanced state of decay is well illustrated in "society," where banquets of game that is "high" are accompanied by orgies of the wildest nature and followed by indulgence of the vilest instincts.

The Westerner who can live upon a clean, sweet, whole-

some diet of vegetables, cereals, and fruits, does not become drowsy from his food; he needs no stimulant. *There are no vegetarian drunkards*. The soothing effects of vegetable food manifest as finer feelings, which replace the ferocity fostered by flesh food. Many need the mixed diet yet, for the practice of flesh eating has furthered the progress of the world as nothing else except perhaps its companion vice-drunkenness; and though we cannot say that they have been blessings in disguise, they have at least not been unmitigated curses, for in the Father's kingdom all seeming evil nevertheless works for good in some respect, though it may not be apparent upon the surface. We shall see how presently.

A private corporation, the East India Company, commenced and practically achieved the subjugation of India with her three hundred million people, for the English are voracious flesh eaters, while the Hindu's diet fosters docility. But when England fought the flesh eating Boers, Greek met Greek, and the valor displayed by both sides is a matter of brilliant record. Courage, physical as well as moral, is a virtue and cowardice a vice. Flesh has fostered self-assertion and helped us to develop a backbone, though unfortunately often at the expense of others who still retain the wishbone. It has done more as will be illustrated.

As said previously, the crouching cat is forced to employ strategy to save strength when procuring its prey, so that it may retain sufficient energy to digest the victim. Thus brain becomes



the ally of brawn. In ancient Atlantis desire for flesh developed the ingenuity of primitive man and led him to trap the elusive denizens of field and forest. The hunter's snare was among the first labor-saving devices which mark the beginning of the evolution of mind, and of the uncompromising, unflagging struggle of the meat fed mind for supremacy over matter.

We say "the meat fed mind," and we reiterate it, because we wish to emphasize that it is by the nations which have adopted

flesh food that the most noteworthy progress has been made.

The further west we travel, the more the consumption of meat increases as does the disinclination for bodily exercise, and consequently the activity of the mind is increased to a higher and higher pitch in the invention of labor-saving devices. The American agriculturists' acres are counted by thousands, and they harvest large crops with less labor than the peasant of the East who has only a small patch of ground. The reason is that the poor, plodding, grain fed Easterner has only his hands and his

hoe, which he keeps in motion all day and day after day, while the meat fed, progressive Westerner turns power-driven implements into his fertile fields and sits down in a comfortable seat to watch them work. One uses muscle, the other mind.

Thus the indomitable courage and energy which have transformed the face of the Western World are virtues directly traceable to flesh food, which also fosters love of ease and invention of labor-saving devices; while alcohol stimulates enterprise in execution of schemes thus hatched to procure the maximum of comfort with a minimum of labor.

But the spirit of alcohol is obtained by a progress of fermentation. It is a spirit of decay, altogether different from the spirit of life in man. This counterfeit spirit lures man on and on, always holding before his vision dreams of future grandeur, and goading him to strenuous efforts of body and mind in order to attain and obtain. Then when he has achieved and attained, he awakens to the utter worthlessness of his prize. Possession soon shatters illusion as to the worth of whatever he may have acquired; nothing the world has to give can finally satisfy. Then again the lethal draught drowns disappointment, and the mind conjures up a new illusion. This he pursues with fresh zeal and high hopes, to meet disappointment again and again, for lives and lives, until at last he learns that "wine is a mocker," and that "all is vanity but to serve God and to do His will." □

—Max Heindel
Gleanings of a Mystic

Studies in the Cosmo-Conception

The First Heaven

Question: Where does the man go from Purgatory?

Answer: When the purgatorial existence is over the purified Spirit rises into the First Heaven, which is located in the three highest Regions of the Desire World.

Question: What change occurs here?

Answer: Here the results of its sufferings are incorporated in the seed atom of the desire body, thus imparting to it the quality of right feeling which acts as an impulse to good and a deterrent from evil in the future.

Question: Is the past life again reviewed here?

Answer: The panorama of the past again unrolls itself backward, but this time it is the good acts of life that are the basis of feeling.

Question: How does this affect us?

Answer: When we come to scenes where we helped others we realize anew all the joy of helping which was ours at the time, and in addition we feel all the gratitude poured out to us by the recipient of our help.

Question: Do others' kindnesses aid us also?

Answer: When we come to scenes where we were helped by other, we again feel all the gratitude that we then felt toward our benefactor.

Question: What lesson can this teach us on Earth?

Answer: We see from this the importance of appreciating the favors shown us by others because gratitude makes for soul-growth. Our happiness in heaven depends upon the joy we gave others and the valuation we placed upon what others did for us.

Question: Is not our giving limited by our possessions?

Answer: The power of giving is not vested chiefly in the monied man. Indiscriminate giving of money may even be an evil. It is well to give money for a purpose we are convinced is good but service is a thousandfold better.

Question: Is this First Heaven a place of happiness?

Answer: The First Heaven is a place of joy without a single drop of bitterness. The Spirit is beyond the influence of the material, earthly conditions and assimilates all the good contained in the past life as it lives it over again.

Question: Are there additional advantages to the Spirit?

Answer: Yes, here all the ennobling pursuits to which the man aspired are realized in fullest measure. It is a place of rest and the harder has been the life, the more keenly will the rest be enjoyed. Sickness, sorrow, and pain are unknown quantities.

Question: What does this region give the religious-minded?

Answer: This is the Summerland of the Spiritualists, and here the thoughts of the devout Christian have built the New Jerusalem. Beautiful houses, flowers, etc., are the portion of those who aspired to them; they build them themselves by thought from the subtle desire stuff.

Question: May we say they are real?

Answer: These things are just as real and tangible to them as our material houses are to us. All gain here the satisfaction which Earth life lacked for them. □

—Ref: Cosmo-Conception, 113-117

Christian Precepts

See that none render evil for evil unto any man; but ever follow that which is good, both among yourselves, and to all men.

Rejoice evermore.

Pray without ceasing.

In everything give thanks; for this is the will of God in Christ Jesus concerning you.

Quench not the Spirit.

—1 Thessalonians 5:15-19

The mystic, who follows the path of the unquestioning heart, responds to such lofty precepts as these given by St. Paul simply because of his complete faith in the divine Source from whom he believes the sublime ideals of the New Testament came. To the occultist, who follows the dictates of the reasoning mind, these admonitions appeal only after they have been shown to be based upon scientific law. Each must eventually come to the point where he combines the faculties of the head with those of the heart and subsequently is able to express in a balanced manner all the unfolded powers of the individualized Spirit.

For those primarily on the head path occult philosophy explains the teachings of Christ Jesus and His disciples as spiritual laws which may be used to bring about definite soul growth in the complex human being. Thus the Ego, having satisfied the questionings of the intellect, is able to live the devotional life and unfold the qualities of the heart in an equal measure with those of the head.

See that none render evil for evil unto any man; but ever follow that which is good. It is a spiritual law that we attract to ourselves conditions in harmony with the vibratory rate of the thoughts and emotions which make up our aura. Consequently, when we “ever follow that which is good,” we build so strong a positive vibration within ourselves that we do not respond to “evil.” We are then in accord with St. Paul’s further injunction. “Be not overcome of evil, but overcome evil with good.” Also, by constant repetition of acts of love and service to others

we attract the two higher ethers which form the soul body, that ethereal garment in which we will function during ages to come.

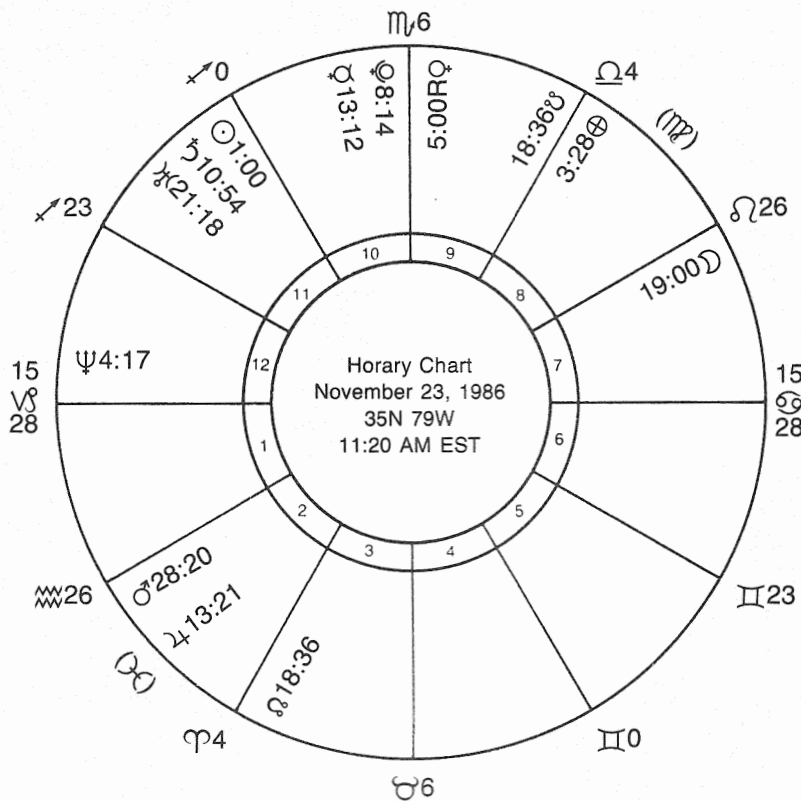
Rejoice evermore. Joy is a high rate of vibration which causes the vital body to well forth with such power that inharmonies are eliminated and health and well-being are invited. Every true Christian radiates a quiet cheerfulness and optimism. Indeed, how can he do otherwise if he really believes in the actuality of God’s love and wisdom?

Pray without ceasing. Prayer is not only “the most powerful method of soul growth known,” but it is also the surest and quickest way to commune with Divinity and manifest Its blessings upon Earth. Repeated scientific prayer affects the subconscious so that the aspirant comes to “pray without ceasing” in the sense that he may be said to live “in the presence of God” and unconsciously endeavors to do His will in all things.

In everything give thanks. An attitude of thankfulness to our Creator, for ourselves and others, is a vital factor in making soul growth. “When we offer thanksgiving and praise we put ourselves in a favorable position to the Law of Attraction, a receptive state where we may receive a new downpouring of the Spirit of Love and Light.”

Quench not the Spirit. The promptings of the Higher Self, the Spirit, are always unselfish, urging us to love and serve our fellow men. The more we heed those promptings, the more “soul” or food do we garner for nourishing the Ego toward perfection. □

Astrology



Iranscam, Irangate, or Watergate II?

The question raised sounded like those heard in '73 and '74: Who knew what when? Who all was involved? Was the law broken? But the student of Astrology realizes one major difference: The incident of the 1970's began with a specific, well-known event, the Washington office break-in at 2:17 AM EDT June 17, 1972; the real start of the Iranian affair is not known. A pro-Syrian paper in Lebanon first published the story; the United States media picked it up; the rest is history!

The fact that the Moon, planet of function, is in the second decanate of its sign correctly confirms that this affair had been going on for quite a while when it hit the headlines.

So, to get our answers, we set up a horary chart, based on the exact moment in time when there was an intense desire to ascertain the truth concerning this episode. Anyone in doubt as to the efficacy of this method is referred to *Simplified Horary Astrology*, Goldstein-Jacobson, p. 228, where a prediction of the time of World War II's end made three years previous to V.E. Day is described. We know the chart is valid for there are no strictures against judgment, and it "corresponds" totally with the nature of the issue.

For instance, the question concerns government, and Capricorn, the sign of government, is on the Ascendant. Its Sabian symbol is interpreted as "impulsiveness," which most certainly describes this debacle. Mars in Aquarius without helpful aspects is also very erratic, definitely not law-abiding. Here he is located in the second house of material resources and rules the I.C. of bases, foundations: basically, impulse was at work here, and a considerable amount of weapons and cash was involved.

Closest to the Ascendant and further singled out as important by being most closely aspected to the Part of Fortune is Neptune, planet of intrigue: sextile Venus, ruler of the I.C.; sextile the M.C.; trine the I.C. Its solstice point is conjunct the twelfth cusp of self-undoing, conjunct Uranus, and in fateful sextile to Venus and M.C. clandestine movements of money

and material occurred on a large scale.

Saturn, the chart's ruler and co-ruler of the second house, has no supporting aspects, so we take the negative reading of the sign holding it, Sagittarius: recklessness. The somber orb's square to Jupiter, Lilith, and the solstice point of the Dragon's Tail—all intercepted in the second house—tells us again that faulty judgment was applied, especially concerning material resources. Saturn is also part of the midpoint configuration which is very revealing: "Difficulties are overcome through extraordinary efforts."

Why were "extraordinary efforts" necessary? For our answer we turn to the I.C. "A bridge being built across a gorge." It is not easy to do this! According to some, the arms deal was intended to improve relations with oil-rich, strategically vital and lately hostile Iran; others claim the release of American hostages was the goal; in either case, a wide chasm would have to be spanned.

How? For that answer we consult the M.C.'s Sabian symbol: "Leaping to opportunity." Opportunism, we might say. Admittedly, United States law forbade arms sales to Iran, but it was hoped that this activity could be kept secret—as was, for instance, Secretary of State Kissinger's effort to reopen relations with mainland China in 1971—and that afterward, no one would challenge success. With the M.C. and three planets in secretive, self-confident Scorpio, this point of destiny as well as two of those planets in sextile to secretive Neptune in the twelfth house of secrets—that was clearly so.

This fact is also shown by the Sabian symbol of the Dragon's Tail, a point of self-undoing: "A gang of robbers in hiding."¹ How accurate a description! "Robbers"—funds were being misappropriated, and it all was done "hiding," which of course is *alien* to official United States practice.

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That fact is reinforced by the important cusp of the twelfth house of self-undoing, whose Sabian Symbol is "immigrants entering."² These certainly are symbolic of outside influences; in this case, outside the law. There have also been disclosures of cash being "laundered" to conceal the secret goings on; the ruler of the second house of money, Uranus, conjunct the twelfth cusp, has as its Sabian symbol "a Chinese laundry!"³

So much for the negative side; but Astrology is nothing if not positive! That opens up the process of regeneration, depicted by the cusp of the eighth house; "A rainbow."⁴ This

phenomenon is symbolic of "a covenant" and "the law of obedience."⁵ The government must keep its part of the "covenant" and abide by "the law" even as all citizens are expected to do.

All this is confirmed by the two planets on top of the chart, flanking the M.C! Venus, ruler of the I.C. of *ends*, is afflicted by Pluto, ruler of the M.C. of *means*! The end does not justify the means! The late Mao-Tse-Tung liked to say, If you want to make an omelet, you have to break eggs! In essence, this is what Machiavelli taught in *The Prince* (1513); that may well be Communism's way; but it is not the Christian way! The Bible teaches that this—expediency even for the avowed purpose of doing good, saving lives—helped perpetrate one of history's great crimes, the crucifixion of the Christ.

There's another lesson in all this. That perceptive French observer of the early American scene, De Tocqueville, described the young nation as "the country in the world where philosophy is least studied." Then as now, the same might apparently also be said of history! A dozen years after clandestine connivings crushed an administration, we behold an encore of sorts. Truly the great lesson of all history is that men don't learn from history. May this never be said of spiritual aspirants! □

—A Probationer

¹ Jones, *The Sabian Symbols*, p. 169.

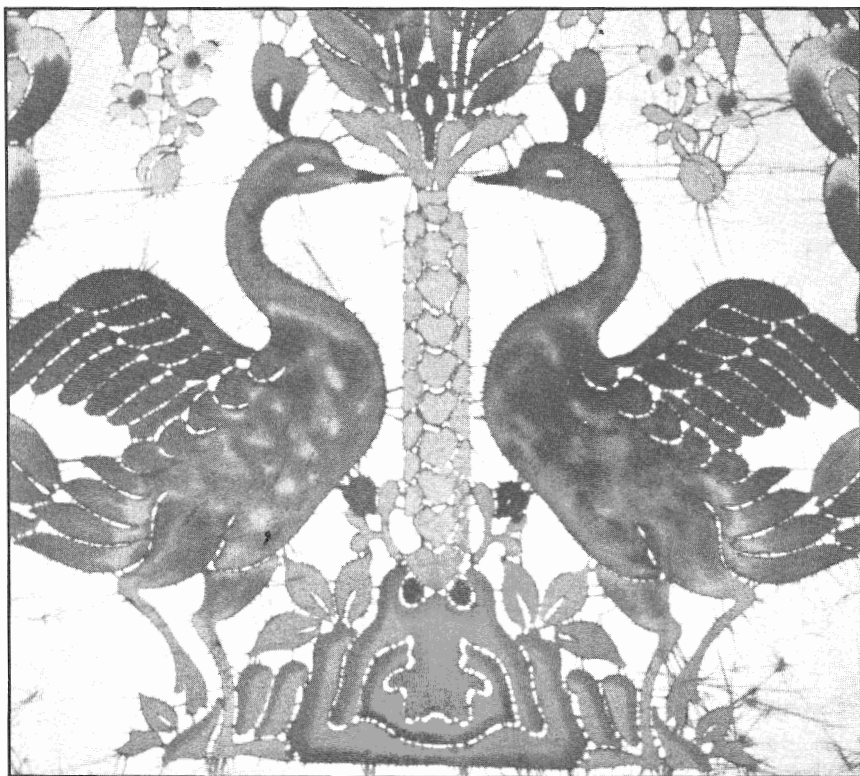
² Jones, *op. cit.*, p. 233.

³ Jones, *op. cit.*, p. 231.

⁴ Jones, *op. cit.*, p. 294.

⁵ *Metaphysical Bible Dictionary* (Unity), p. 543.

Astrology



The Wedding Chart

PART II

From Cancer to Libra in the mandala is the time-element between the meeting of the two persons and their love-recognition of each other. When that takes place (the “maturing of the polarity-awareness of adolescence”), the subjectivity of gender, which coincided with the objectivity of sex in the actual prenatal period, is mutually ignited by the action of sympathetic vibration; each sees the other as the qualities—or “complementation” on all planes. They do not “fall” (awful word!) in love; they lift each other in consciousness by the mutual fusion of the best of their qualities. This “mutual fusion of vibration” is the archetype of that which is chemically expressed in the action we call sexual intercourse. Both of these “fusions” are releasements of tremendous resources and they are attended by “more-in-tense-than-ever-before” realizations of ideal, emotional, mental, and spiritual beingness. The vibratory fusion organizes the conscious recognition, by each of “need for each other.” In mutuality, this eventually leads—according to personal inclination—to the decision to marry; also, according to personal inclination, this is followed by announcement of the intention. The decision and the announcement are symbolized in the mandala by Capricorn at the uppermost point of the wheel—the symbol of concreteness, organization, and condensation—polarity of Cancer.

The emotional state objectified by the announcement establishes the identity of “betrothed” and it should be added that, in this “prenatal” explanation, the sign Leo and the fifth house—following Cancer—would symbolize the individualized love of each of the persons for the other. Leo is love-radiation—an individualized matter; it is not love-exchange and all the “identity-points” of the cardinal mandala are such because they refer to “relationships-by-complementation”; a “mother” is such in relationship to “child” and a “brother” is such in relationship to another brother or to a sister; the Capricorn of this symbol is the objectified identity of individual and mutual, Leo-Libra, “loving and being loved”-ness. In our tradition a ring is given by the man to the woman as a “dramatization” of his uplifted awareness of ideality, the power of which is symbolized by the brilliant beauty of the jewel—usually a diamond, which is the jewel-symbol of the Sun. This ring and the one—sometimes two—used in the wedding ceremony is never, as some have thought, a symbol of woman’s bondage to, or enslavement by, man; it is always, because it is a circle, the symbol of the perfect-fulfillment of perfect exchange in perfect union. Mutual decision, presentation, and acceptance of the ring, the formal announcement and the first plan for time and place of the wedding ceremony are summed up in the Capricorn-point. The Aquarius of this fourth quadrant from Aries would symbolize the radiation of invitations to persons who love, and are loved and appreciated by, the be-

trothed couple; the love extension to family-members and friends; the parents may feel that they are “losing their children” but actually they are, by the fraternity of Aquarius, gaining a “younger brother and sister.” The young couple, at marriage, become members of the fraternity of husbands and wives, and, subsequently, that of fathers and mothers—of which their own parents are “senior members.”

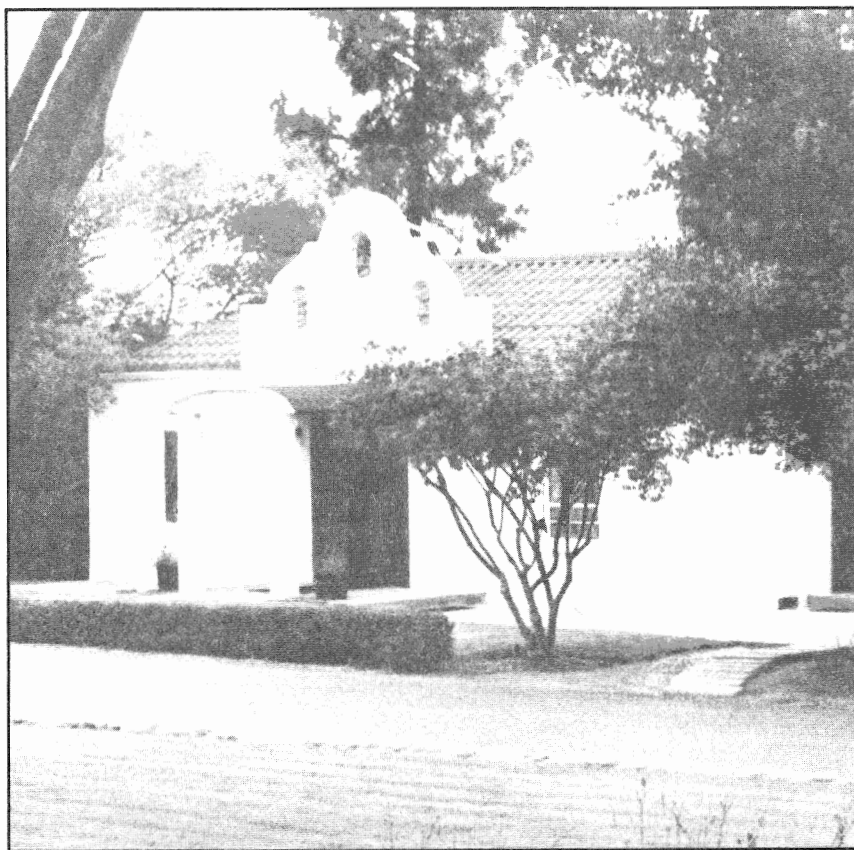
The last phase of this “pre-natal” period of the marriage would be the sign Pisces in its regenerate meaning—symbol of faith and ideality. To marry is to signify an affirmation of one’s realization of life’s good and beauty and also to signify a willingness to contribute to Life of one’s resources of Good and Beauty. The Pisces of the mandala symbolizes the wedding-ceremony as a dramatized symbol of the deepest and most heartfelt realizations of human joy, inspiration, and loveliness. The artistry of gowns and formal dress, flowers, and music symbolize Humanity’s urge to reach and express realizations of eternal beauty—perfected manifestation. In our tradition, the ceremony progresses, as we “travel through” Pisces, in points of prayer, meditation, music, and recitation of spiritual thoughts concerning the inner meaning of marriage. The officiant symbolizes in his person the intermediary between the personality and the reality of each of the two people. When he says “I now pronounce you husband and wife,” the movement through Pisces—as the symbolic ceremony—is terminated at Aries and the

emergence into Aries symbolizes the new identity of the couple as “husband and wife” in relationship to each other and in relationship, as individuals, to their individual life-pattern. Great bursts of music—and this music should be radiant and ecstatic in quality—and the couple walk together for the first time in their new identity. And—God bless them all—always.

Something is often done in wedding ceremonies that is really not in keeping with the symbolism of the ceremony; that is for the officiant to pronounce the couple—at the conclusion of the service—“man and wife.” A “man” is an adult, male human being; as such, before he can even consider marriage he must, of necessity, function for a few days, weeks, months, or years as “an adult male human being.” The identity that is newly established is “husband,” and

with the assumption of that identity the man “incarnates” into a new octave of his “I Am” awareness as a symbol of his capacity and willingness to unfold and to express new levels of consciousness, resources, and powers.

With the saying of the word “wife” in the above pronouncement, the statement of new identity is complete and integrated; the “pre-natal period” is finished and the material relationship is incarnated. It is the sincere and long-thought-of conviction of the author that the time of the officiants saying “wife” is the time that should be used for the wedding-chart. Regardless of plans, schedules, and announcements, the marriage is not “fully-born” until that pronouncement is complete. The child’s birth-cry and the pronouncement of the wedding-officiant are both expressions of



the power of the word—the living vibratory stamp of a new identity; from then on, the newborn child and the new-born husband-wife team are individualized “things-in-themselves”; they are, as it were, “on their own.”

If you have the charts of the bride and groom, identify their planetary rulers with the wedding chart to determine which factor in the chart is “personalized” by each. A wedding-chart is not a “composite of two people”; it is the astrological pattern of a specialized experience. Follow this out by correlating, as much as possible, each planetary pattern of the individuals with the wedding chart for study of vibratory groupings. Then apply to each person’s chart the planetary ruler and positions of the wedding-chart; this is to study the essential meanings—to each individual—of the experience as a most important factor in the sequence of life-experiences. Having either or both of the individual charts complete would, of course, impose the requirement of studying the progressed aspects—particularly those of the Moon—to study the individualized chart-action. If you do not have the birth time you will not have the complete charts but you can still group the planetary positions by crosses (cardinal, fixed, mutable) and generic (Fire, Earth, Air, Water) trines and compare them with the planet-groupings of the wedding chart. In either case, since any event occurs between two lunations, apply the previous solar eclipse to the individual’s charts (not to the wedding chart because the wedding was not yet “born” when the eclipse fell)

and list the aspects that it, and its resultant Full Moon made. If the wedding occurred after an eclipse-month then note also the effects of the lunation preceding the wedding on the individual’s charts. Note the effects—on all three charts—of the solar eclipse which first falls after the wedding; pay particular attention to

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the “point” if there is such, that this eclipse stimulates in all three charts and note the extent of time between it and the next eclipse. This eclipse-pattern stimulating all three charts opens up the first major testing of the people by marriage and of the marriage itself from a certain composite of weaknesses of the two people, as individuals and as a couple. Also, for basic reading, list all “points-in-common” in the three charts; all such planets in the person’s charts that are squared or opposed tell you that—because of synchronization with a planet in the wedding chart—the martial

experience brings to the persons an “apex opportunity” to perceive congestions in consciousness; conversely, all such planets that are sextiled will urge the exercise of self-directed transmutation; all that are trined will represent the “marriage’s ability” to “bless the people” and through which they will experience hyper-realizations of their ideality. In other words, all of those patterns are experiences that are especially focalized in the marriage. The “uniqueness” of the wedding chart focalizes the individual and mutual uniqueness of the persons.

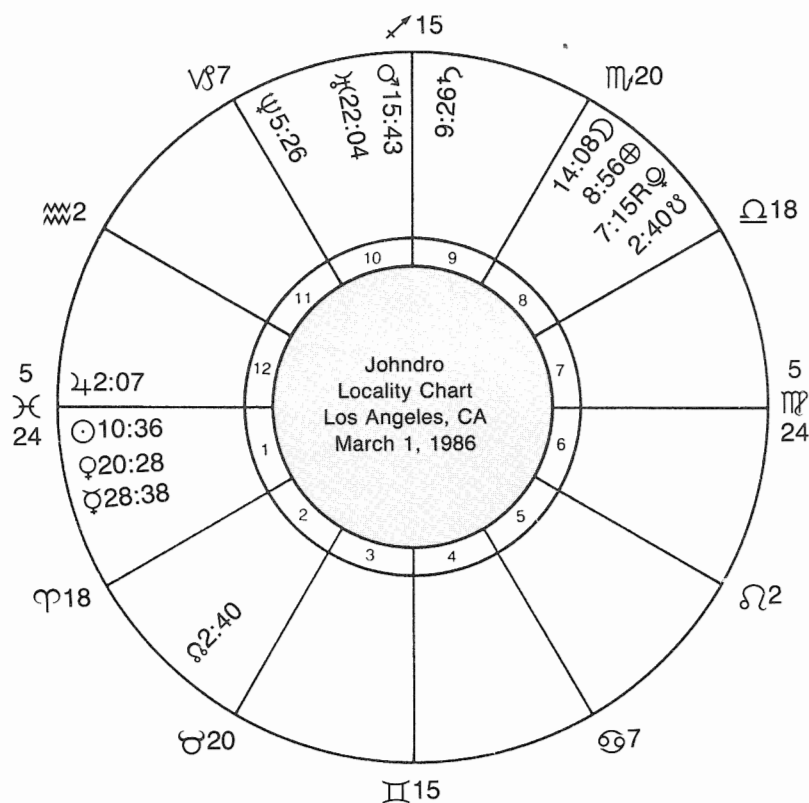
When you study a wedding chart, pay much more attention to diameters than to separate house-cusps. Marriage is objectified human polarity and the diameters picture the foundations of the “two-in-one-ness” of all human experiences; in other words, the polarity foundations. Finance-stewardship is second-house-eighth house; children are fifth-house-eleventh-house, etc. The seventh house of a wedding chart, in its squares and oppositions, sums up the vibratory power that challenges the integrity of the union.

All this is an excellent exercise of your synthesizing ability as an interpreter, an important phase of your service and a delightful stimulus to everything in your nature that makes you love astrology.

One more suggestion; try reading your own natal horoscope as a “Marriage chart”; philosophically speaking—you figure this out—that’s exactly what it is! □

**—Elman Bacher
Studies in Astrology
Volume 8**

Astrology



They Marched for Peace

A long 3700 miles, for 260 days, until finally, on November 15, 1986, some four hundred "survivors" of the enterprise begun in Los Angeles wearily wandered into Washington D.C. There is no reason to doubt the idealistic intentions of these pilgrims for peace; four planets and the Ascendant in Pisces are ample testimony; Pisces is also the quintessential sign of peace and love!¹ But one cannot help wonder, was it all worthwhile?

We note the complete absence of planets in air; Mercury, planet of mental focus, is in its fall, detriment, unaspected, and its solstice point quincunx the nodes: all of this reminds us that zeal is not always a sign of knowledge! The only planet in earth is Neptune, the planet of Divinity, here in its fall, which does not manifest favorably in mundane matters. For all practical purposes, we're left with six planets in water and three in fire. At best, water can put out fire and the waters of the Spirit can quench the flames of war! This combination can also merely produce a great deal of steam! And steam, to be any good, must be harnessed, channelled! With this in mind, we look at the M.C. It is besieged by

three malefics and Lilith, all disposed by Jupiter in Pisces, who are square the Pisces stellium around the Ascendant: the steam generated in this instance ended up as a kind of Piscean fog!

A salesman once told another "I created a lot of good will for our company today." "I didn't sell anything either," admitted his more candid friend. No doubt these peace marchers created "a lot of good will" for their cause; but was there ever really any "ill will" toward peace among the American people?

What message would the stars convey to these serious souls? We know that the eighth house cusp degree deals with regeneration, improvement, and it calls for "obligation to face objective facts."² We also recall that the degree opposite the apex of a T-Square offers remedy, advice.³ And there is a T-Square in this chart, though not a planetary one: the important cusp of the twelfth house of motivations is square the nodes. And the degree opposite the apex is "An epidemic of mumps."⁴

What produces mumps? Not something from without, but from within! The same with peace; it is not the result of something imposed from without; the genuine article is from within; it is one of the gifts of the Spirit. And the "objective facts" are, these are not bestowed as a result of marching! □

—A Probationer

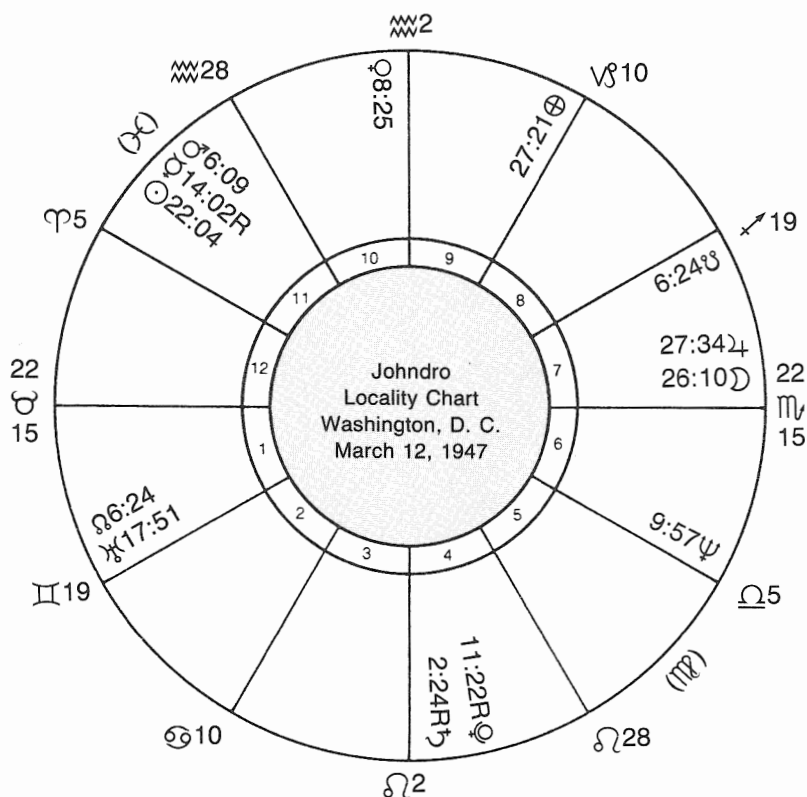
¹Oken's *Complete Astrology*, Oken, p. 156.

²*The Astrology of Personality*, Rudhyar, p. 362.

³Oken, *op. cit.*, p. 439.

⁴*The Sabian Symbols*, Jones, p. 270.

Astrology



America: Superpower?

It all happened very suddenly! On February 21, 1947, England notified the United States that after April 1 it would no longer be able to support the efforts of Greece and Turkey to stave off Communism. Greece was fighting Marxist guerrillas; Turkey was under direct Soviet pressure to grant territorial concessions. Washington got busy, and on March 12 the President asked Congress for \$400 million to enable the United States to take over from Britain. From this evolved an entirely new foreign policy. The "Monroe Doctrine" of 1823 had pledged to keep foreign powers out of the New World; the new "Truman Doctrine" embarked the United States on the task of defending freedom around the globe. America had become—or at least tried to be—a superpower!

The stars clearly confirm that this was an awesome alteration of foreign

policy; the very closest tie between the March 12, 1947 chart and that of the United States is the conjunction between the Part of Fortune of the former and the United States. Pluto in the ninth house of foreign affairs; the closest planetary major aspect is a sextile of the March 12, 1947 Jupiter to the United States Pluto. It is also significant that the solstice point of the March 12, 1947 Pluto is conjunct its Ascendant!

What about the actual nature of this event? Venus, ruler of this event chart and dominating it from the M.C. (preservation of peaceful Aquarian values obviously is the purpose of this undertaking) is conjunct the fateful Saturnian Dragon's Tail of the United States chart. The benefic Jupiterian Dragon's Head of the United States chart is "besieged" (hemmed in) by two malefics, both retrograde, one in detriment. Not one planet in the March 12, 1947 chart is in dignity or exaltation, but three (Moon, Mercury, Saturn) are in detriment or fall. Three very important bodies (Sun, Mercury, Mars) are intercepted, the Sun is conjunct the solstice point of illusive Neptune, and Mars is weakened by not only making no major planetary aspects, but being square the nodes.

The fact that these three intercepted planets are in the eleventh house of dreams, ambitions, disposed by Neptune, and the Sun and Mercury also square Uranus, ruler of this house—lessens the hope of realizing the goals of this policy. The fact that Saturn, co-ruler of this sector, is retrograde, detriment, devoid of good aspects, increases this tendency. With

only malefics in the chart's lower sphere, we know that the subjective/philosophical foundations of this approach are flawed.

In a chart of this sort, it is rewarding to examine what led up to the event, which we do by looking at the Moon's last transit and present aspect thereto. It was to Neptune, the United States evidently was unaware of the tremendous implications of its new departure. There is a semi-square between Luna and Neptune a minor aspect, to be sure, but valuable in confirming the negative side of this event.

That is not to say that defense of freedom is an unworthy undertaking. Venus receives a very close trine from Neptune; surely idealism played a significant part, albeit Venus' two (though wide) oppositions to Saturn and Pluto are weakening. Yet not the end, but the means of the

American strategy is seen as faulty: no planets in earth signs; something about this is impractical, unrealistic.

The Moon, symbol of function, is in intense Scorpio conjunct expansive Jupiter, whose solstice point is closely conjunct the M.C. The Dragon's Tail is in Jupiter's sign—long-ranging, far-reaching Sagittarius. The United States simply tried to do too much. This is confirmed by the Aquarian M.C.—also tending to overextend itself—all the more so since its ruler, Uranus, makes only two "hard" aspects, squares to Sun and Mercury. The unaspected Mars, referred to before, here is Pisces where he is most uncomfortable, also is not at all disciplined!

The nature of the remedy suggested by the stars confirms the diagnosis of the problem. Saturn in the fourth house demands, Thou shalt fulfill at

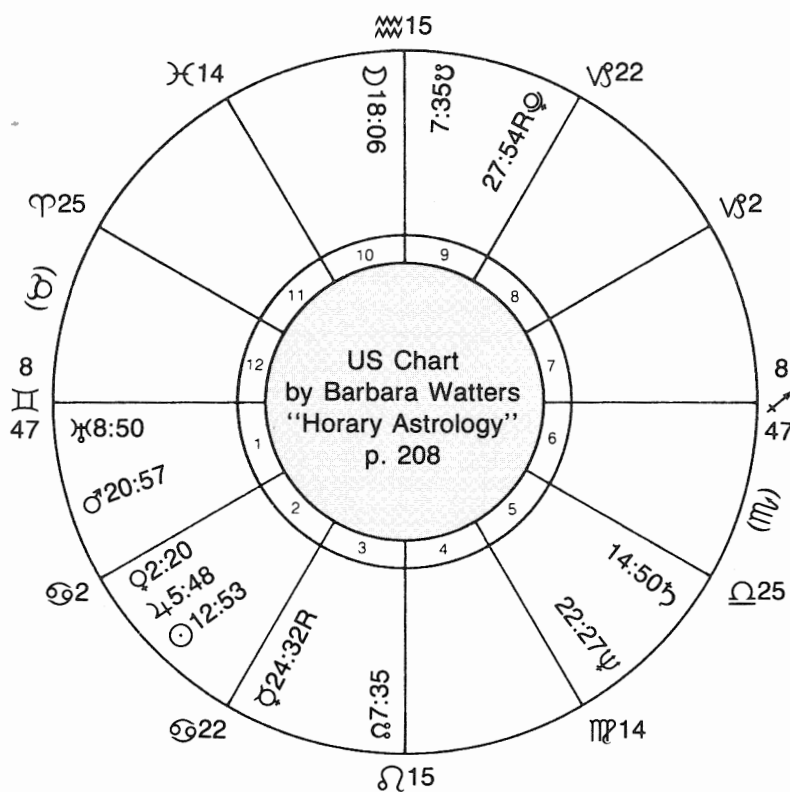
home! It rules the ninth house: domestic needs demand priority over those from abroad. Pluto (regeneration) also in the fourth house and ruling the seventh of other nations underscores this. The cusp of the eighth house also sheds light on what course should be followed to improve a situation: "*Recuperation by retreating within.*"

A look at the most afflicted planet provides further insight. It is Mercury, a weak orb to begin with, in detriment and fall, retrograde, intercepted, recipient of a weak conjunction from the Sun and a square from Uranus, ruler of the house it occupies. It is the lord of the second house of material resources and the fifth house of risky enterprises. The United States, with less than 5% of the world's population, simply does not have the wherewithal to be global policeman.

Besides, there is a better way to champion freedom. The Dragon's Head always indicates what positive traits should be cultivated: "*Inner assurance.*" America should concentrate on building such a society as to be a shining example to all—one which other nations will want to emulate! The Dragon's Head is in Gemini, sign of communication. The light should not be hid under a bushel, but transmitted far and near.

In some parts of the country there is a saying concerning young people: "How're you going to keep them on the farm once they've seen the bright lights of the city?" This might be paraphrased, "How're you going to keep multitudes enslaved once they've glimpsed the beauty of freedom's holy light?" □

—A Probationer





Flight From Freedom

On 1986's last Sunday, fifty Russian immigrants voluntarily returned from New York to Moscow after two smaller groups had done so earlier; more were expected to follow. According to journalists, not dog-biting-man but man-biting-dog makes news; similarly, not fleeing *to* but *from* freedom. Hence, National Public Radio thoroughly probed the matter, on "*All Things Considered*" (December 27-29, 1986.)

One explanation, by the U.S.S.R.'s embassy, hinted at a superior Russian quality of life; if that were so, why did these people leave in the first place? Besides, statistics contradict this claim. Another factor mentioned was strong family ties. Then why were these severed on emigration? There was some mention regarding recent policy of *glasnost* (openness) and the promise of less repression, but the Kremlin's promises have a tenuous track record.

Failure to adapt seemed to be the basic motive, especially since many children of these returnees chose to remain; youth adapts more readily than the old. Americans may marvel that anyone would esteem freedom so lightly, yet millions have the same aversion: they reject liberation from drugs, alcohol, nicotine, obesity, and also neglect that joyful freedom of a life fully yielded to God, for truly did Scotland's blind poet-preacher George Matheson sing, Make me a captive, Lord, and then I shall be free! Adaptability—indispensable toward any kind of progress—has been called life's great security; change being the enduring constant, this may

well be so. And the experience of these Russian repatriates holds a key why many cannot adapt. When life in the United States was deemed difficult, they looked back! Whenever the new appears thus, the old seems delightful. In adapting to the better, one dare not look back to the bad, or to the "good"! That was the undoing of the children of Israel on being freed from Egyptian bondage!

What to do? Focus on the future! Astrologically, Gemini is the sign of adaptability. When the Israelites looked back to Egypt, it was to Taurus, the previous sign; hence they built and worshipped the golden calf. Had they looked forward, they would have come to Cancer, sign of *tenacity* and *imagination*.

According to the German proverb, *Aller Anfang ist schwer* (all beginning is difficult); thus the need for tenacity. Our Lord said, "If thy right eye offend thee, pluck it out." He also applied this to other parts of the body. There are times this needs to be done to the past; there's a name for it: burning one's bridges! That helps one's tenacity. As one person put it, When you don't have any options, you've got to hang in there!

As for imagination, one needs to picture oneself as succeeding in the new; by "beholding" one is "changed." Those who help others lose weight, for instance, urge them to imagine themselves as slender. All this harmonizes with the Biblical description of Moses in facing the new: "By faith he forsook Egypt...he endured (tenacity), as seeing him who is invisible (imagination)."

Faith, tenacity, imagination, the winning combination!

Billions for Beauty

Americans are spending forty billion dollars a year on cosmetics and other aids to personal beauty, which is twice the amount for all religious purposes, according to a startling news item, broadcast on WPTF, Raleigh, N.C. on January 18, 1987.

The selfish prodigality of this outlay is certainly shocking; ironic is the fact that even vaster sums are being lavished on alcohol, drugs, nicotine, junk foods etc., whose effect is beauty-destroying. Most noteworthy, yet rarely mentioned, is the reality that there is a superior type of beauty available, far surpassing anything cosmetics can offer, and it costs no money!

It is written of Moses, after his mountaintop tryst with the Eternal, "the skin of his face shone." And when at the end of his lifelong walk with God he "was a hundred and twenty years old," "his eye was not dim." That implies there might even have been a sparkle in his eyes! Who has not been thrilled by the lively, alert eyes of a purposeful oldster, projecting a radiance beyond the reach of laboratories. What supplies more zest to living than dedication to the Divine?

A famous artist once roamed the streets in search for a model for Judas Iscariot. When he found his man, the latter sobbingly confessed that in his youth he had modeled for the Boy Jesus! Years of dissipation had made the difference; indulgence had replaced innocence; sin not only writes ugly headlines, also similar face lines!

By contrast, one reads of Daniel and his companions, who chose God's way over the other, that they were "more beautiful and better." The late Fulton J. Sheen claimed that nuns have the most beautiful complexion found anywhere. The Monsignor, perhaps America's leading 20th century spokesman for Catholicism, may have been biased; his view is not being mentioned here to endorse monasticism, but there undeniably is a tremendous difference between the looks of these dedicated women and those who sell their bodies on the streets!

It is common knowledge what fear, grief, hatred, etc., do to men's and women's faces. Shouldn't love, joy, peace effect an imprint too? Opposite causes have opposite results! "How beautiful are the feet of them that preach the gospel of peace, and bring glad tidings of good things?" (Romans 10:15) Since the God-centered life adds beauty to the feet, so to speak, why not also to other parts of the body? Besides, all Nature proclaims that the Creator revels in beauty; would not therefore those who truly live in Him be partakers of the same? And the genuine article, which transcends the contrived—endowed with a timeless quality no chemist or cosmetician can produce or prescribe!

Serving Up Salmonella For Dinner

In an article by that title, *U.S. News & World Report* (March 9, 1987) recently revealed that “almost four in ten chickens in supermarket coolers are contaminated with the bug” and that other meats are infected as well. Too, between 1945 and 1985, the annual rate of reported food poisoning caused by this microbe jumped from 649 to 56,657, yet “health officials think the real total was 10 to 100 times higher.” But then, surprisingly, the article tried to reassure readers: “Recent reports notwithstanding, it’s not as bad as it sounds.... Thorough cooking easily kills the bug.”

No scientific proof was offered for the last sentence. Quite understandably. For another news weekly, *The Economist* (March 14, 1987) at least equally authoritative, a few days later discussing the identical situation, stated: “Cooking meat is no certain safeguard.... Thousands of new drugs and feed supplements are to be found down on the farm. And nobody, not even the Department of Agriculture, according to a report from a subcommittee of the House of Representatives, can say which of them, once introduced into a human body, will be harmful.... Officials have looked the other way when drugs have been used on animals for which they were not intended. This can be dangerous.”

What are the meat producers doing about this? According to the same article, because “they would face ruin if they were compelled to go without their bulging drug cupboards,” they have organized the “Nutritional Effects Foundation,” which would “promote the production of lean meat from cattle reared with a minimum of drugs and chemicals.” A “minimum” was not defined; neither was evidence offered that this would be safe.

One health writer, Owen S. Parrett, M.D., at least has called attention to the simultaneous rise of the cancer rate in humans and the animals they consume, in his book *Diseases of Food Animals*. Wondering if there might be a connection, he very candidly concluded, “The possibility can at least

be suspected, and is equally as hard to disprove as it is to prove.” But that was before a University study of “statistical mortality rates from various diseases” which showed a much lower cancer rate among vegetarians than meat eaters, appeared in *Signs of the Times* in April 1987.

Our society annually spends hundreds of billions of dollars on national defense, police, environmental protection, health care, etc., to augment the quantity and quality of life. Yet at daily mealtime, it nonchalantly flirts with death. The logic of this completely escapes our comprehension!

Drugs, Deficits Debts of Destiny?

Drugs are preferred over grandchildren by 4 to 1, according to the advertising agency D’Archy Masius Benton & Bowles, which “sampled the opinions of 752 males and 798 females from all across the country,” and found their use a greater “source of pleasure or satisfaction to the average American” than grandchildren. (*The New Republic*, March 23, 1987, p. 14.) There is no reason to doubt the accuracy of these findings. Drugs are known to be mind-altering; naturally, they would influence one’s value system.

It is tempting to speculate as to the results of such a survey if children were compared to drugs. But would not the outcome be obvious? Children are more troublesome, time-consuming, expensive; in a poll comparing them with drugs, they just could fare even worse! After all, might not the recent rise in child abuse be drug-related? Or many of the 6,000 teen suicides a year? (*Christianity Today*, March 20, 1987, p. 19) Drugs surely are assaulting the home, and thereby all society. A current example is Colombia, which has been pushed by drugs to “the edge of anarchy,” according to National Public Radio’s “All Things Considered,” Broadcast on March 14, 1987.

China provides a lesson. Its ancient monarchy had for more than two millenniums rested on Confucianism, based on the primacy of the home. That was its source of strength. The Chinese are a Cancer (the home-loving sign) nation, but the present regime, set up in 1949, is of the nature of the Scales: note its chronic, Libra-like ambivalence between old ways and new, leaning toward the U.S.

or the U.S.S.R., greater freedom or continued repression. But at the dawn of the 19th century, drugs were forced upon it by the West; the Opium Wars ensued and by the end of that century, China was prostrate and powerless.

Not only China has a message for the West on drugs, so do the stars. When the West set out to coerce China into tolerating the drug traffic, Neptune—planet of drugs—was at the same location as during its next cycle when drugs became a major menace in the West. Neptune is also the planet of fate, destiny. It had come “full circle”; in Biblical language, iniquity’s cup had become full; destiny had ripened, reflecting the precision of the celestial clock. As much as we are pained over this plague, we cannot help recall the Psalmist’s words, “Surely the wrath of man shall praise thee.” (Psalm 76:10)

With all the focus on Latin American suppliers, let it not be forgotten that many Americans became addicts on drugs from China while fighting in Vietnam. Over the years, areas adjacent to China



(Pakistan, Burma, Thailand, Laos) have continued to smuggle drugs into the United States. Too, if China had not been weakened by opium, it may not have gone communist; in that case, there would have been no Korean or Vietnam conflict! Ironic? Perhaps, Karmic? Indeed!

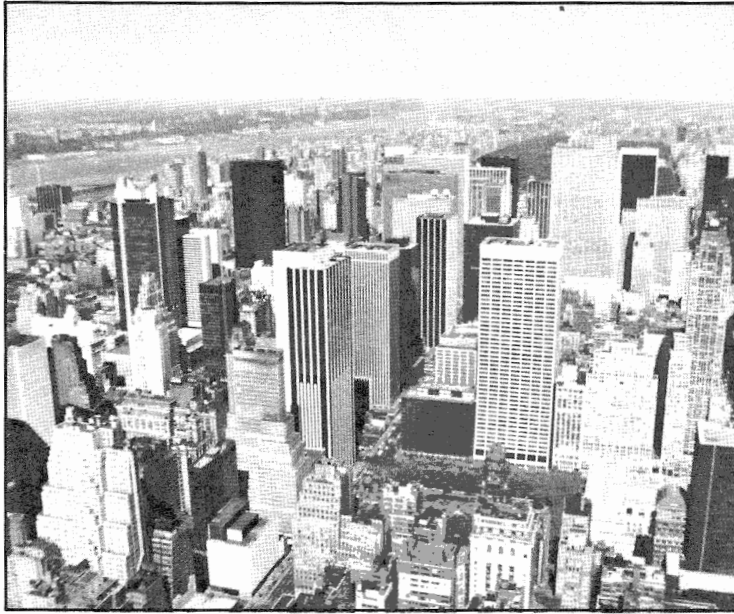
Along with “drug epidemic,” another expression frequently heard of late is “trade deficit.” As one watches the whirlwind of imports last year, they exceeded exports by 170 billion dollars and the United States became the nation with the world’s biggest foreign debt. According to *Time Magazine* (March 9, 1987, p. 58) even if the trade deficit rate were cut in half, yet “within five years we would owe over \$800 billion” to foreigners, according to an economics professor at Harvard and former chairman of Economic Advisers to the President. But such a sharp decline in the trade imbalance is not too likely; the January ’87 trade gap was \$14.8 billion compared to \$10.7 billion in December ’86.

After China became enfeebled by opium, the world powers embarked on her economic exploitation. The United States, “audacious, ambitious, aggressive,” announced the “Open Door Policy”—that all nations should have equal access to her lucrative markets. Result: China was divided into commercial spheres; other nations decided who might do what and in which of her provinces.

In a way, that’s what’s happened to America! Some “provinces,” or segments of the United States economy, have been targeted by other nations. The plight of the automotive industry is common knowledge: American factories are closing, while foreign firms have been working overtime and opening facilities here. Our shoe, clothing, bicycle, steel, and even “high tech” industries are reeling and bleeding under attacks from abroad.

When Secretary of State John Hay, on July 3, 1900, promulgated the Open Door Policy, the planet Uranus was at the same location it reached again when the United States trade imbalance reached such alarming proportions as to become an issue in the 1984 election. No, the stars did not punish us; to paraphrase Shakespeare, The fault wasn’t in the heavens that we’ve become economic underlings. The pernicious pride which had caused us to impose our will on China had made us complacent, less competitive; the negative behavior pattern that got under way when we responded negatively in 1900 to Uranian vibrations persisted, and at the appointed time produced a harvest. □

Book Review



Crowd Culture, Bernard Iddings Bell. Harper & Brothers, New York, 1952, 159 pages.

“The state of the Union is not good!” These shocking words, spoken by an American president in 1975, in the wake of Vietnam and Watergate, plus some very specific recommendations, can be said to be the theme of these lectures attempting “an examination of the American way of life.”

The author’s acerbic analysis is based on culture’s conventional indexes: literature, newspapers, radio, TV, theater, movies the obscene, violent, vulgar, scandalous, trite, etc. captures the attention. In sports and music, the vast majority don’t participate, but watch lazily. This “passivity” is diagnosed as dangerous: its victims are easily manipulated by others! According to Washington political analyst Martin Schram’s *The Great American Video Game*, the way to capture the White House nowadays is to excel over one’s rivals at *manipulating* TV! He relates how, when Nazi Germany invaded Stalin’s Russia in 1941, the molders of American public opinion set themselves the task of in three weeks convincing the nation that the Communists were no longer foes of freedom, but its most dedicated defenders; to their own immense surprise, they succeeded faster than expected!

Bell finds our culture resting on five pillars: an overestimation of the value of possessions; too much emphasis on physical appetites (those who reject these two are considered “in danger of the madhouse”); morality is judged by whether one can “get away with it”; a “wisecrack” is considered sign of being wise; it is clever to get something for nothing.

He is dismayed by the incessant mobility of the populace; from records outside this book we learn that one in five change their address annually. He maintains that a genuinely civilized man, in the true

meaning of the word, lives in a city, which basically is a community, a set group of people having similar values. Because of the size of many of our metropolitan areas, and their transient residents, there is no sense of “community”; they are inhabited not by neighbors but by strangers, who care nothing for each other or the locality, and act accordingly—destructively. That, he concludes, ties in with why others don’t love us, but fear and ridicule us, and are interested only in our technology and other “goodies.”

The lack of community is also said to blame for the deplorable state of our schools. The local community doesn’t care to tax itself to maintain them, so the federal government must step in. Since the one who pays the piper calls the tune, it lays down the rules, produced by distant bureaucrats amenable to no one. Result: not enough attention to the basics of communication; no teaching of good manners; promotion without achievement; holding back a brilliant minority due to preoccupation with the dull majority (he quotes Lord Acton on an equality killing democracy); and by ignoring spiritual truths, the typical graduate is not a real human being, but “a canny and frustrated beast.” According to Fyodor Mikhailov, a *Communist* principal in Moscow, “An educated man with no spiritual life is a dangerous man.” (*People*, April 6, 1987.)

Bell admits that there is no way of instilling religious values in a manner satisfactory to the broad spectrum of belief or lack thereof in America. A diluted version, a lowest common denominator, he dismisses as

vapid and valueless. To be effective, religion cannot be taught as just another subject, but must permeate the entire process! Accordingly, he urges that each sectarian group operate its own schools at public expense!

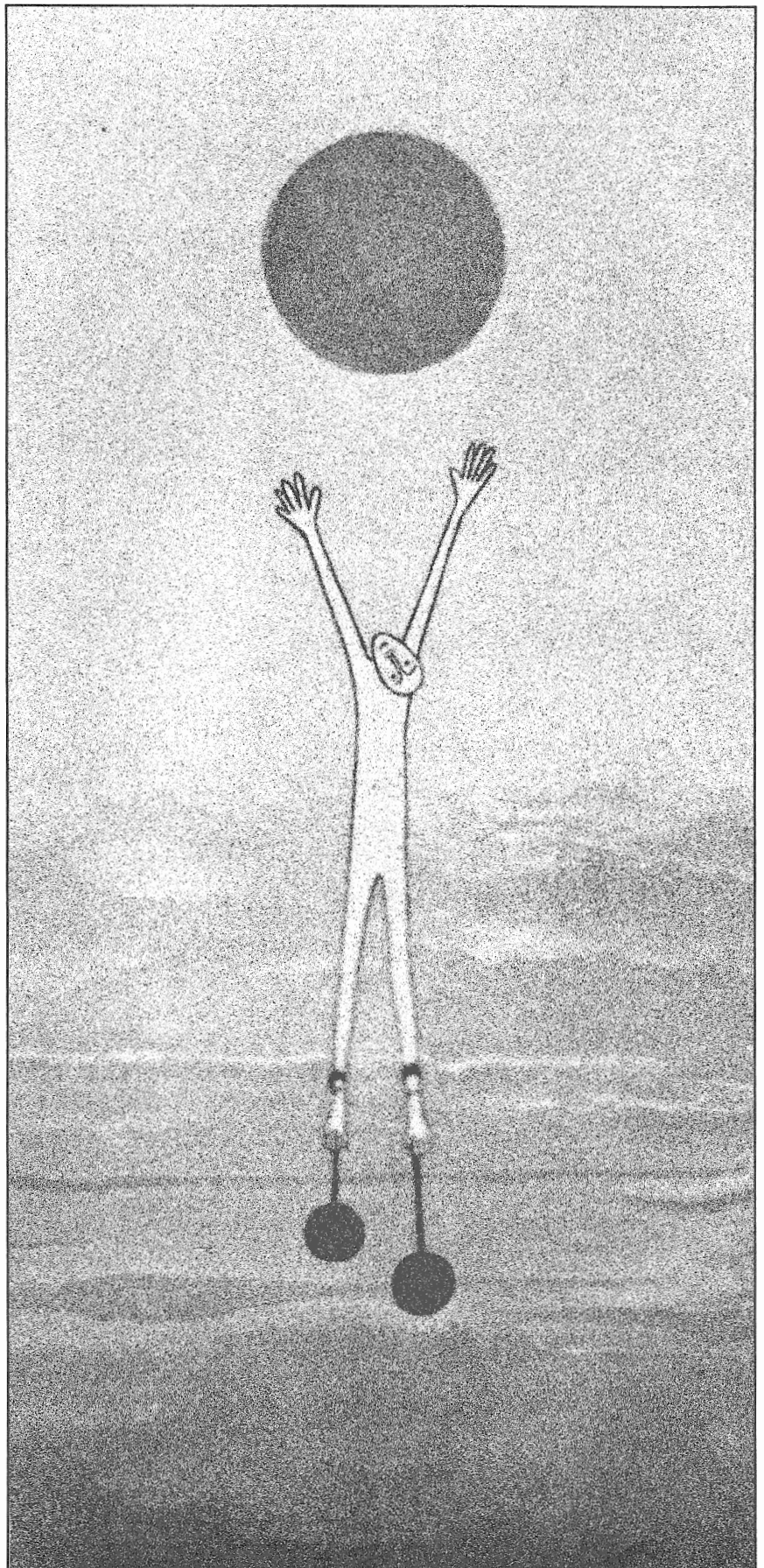
He deplores that schools have not only shut out light from above, but also from the past, with their emphasis on science. The humanities alone can acquaint us with our rich spiritual heritage. No less upset is he by the isolation from other nation's wisdom. The system, he commiserates, instead of saving America from crowd culture, has become a means of preserving it!

Convinced as he is that the balm for society's sores is spiritual, he is pessimistic concerning much of the Church, which, he finds, needs to recover its own moral sanity before it can do this for the secular sector. It has become too organized and not enough spiritual; it has lost the sense of the reality of that which is most real; it has put God "in His place." "A Church with God at the periphery of worship and life seems a superfluous institution."

What is needed is for believers to "love God utterly." He defines "love" as placing "another at the center of one's life," making no demands, expecting nothing in return!

This sounds familiar! It is *agape*, the sublime love at the very heart of esoteric Christianity! There is also a New Age ring to his final call—for "rebels"—men and women filled with that love, willing to pay the cost of sharing that Pearl of Great Price. This is a call for pioneers, a call to each of us! □

—A Probationer



Readers' Questions

PURPOSE OF THE ROSICRUCIAN FELLOWSHIP

Question: Is the teaching of the Elder Brothers of the Rose Cross available for everyone? If so, how is it made available?

Answer: In order to promulgate this teaching The Rosicrucian Fellowship has been formed, and anyone who is not a hypnotist, professional medium, clairvoyant, palmist, or astrologer, may enroll as a Preliminary Course Student by writing to the General Secretary. There is no fee for initiation, or dues. Money cannot buy our teaching. Advancement depends upon merit.

After completing the Preliminary Course one is put on the Regular Student list for a period of two years, after which if he has become so imbued with the verity of the Rosicrucian teachings that he is prepared to sever his connection with all other occult or religious orders—the Christian Churches and Fraternal Orders are excepted—he may assume the Obligation which admits him to the degree of Probationer.

We do not mean to insinuate by the foregoing that all other schools of occultism are of no account—far from it. Many roads lead to Rome, but we shall attain with much less effort if we follow one of them than if we zigzag from path to path. Our time and energy are limited in the first place, and are still further curtailed by family and social duties not to be neglected for self-development.

The world is an aggregate of opportunities, but to take advantage of any one of them we must possess efficiency in a certain line of endeavor. Development of our spiritual powers will enable us to help or harm our weaker brother. It is only justifiable when efficiency in service of humanity is the object.

The Rosicrucian method of attainment differs from other systems in one particular aspect. It aims, even at the very start, to emancipate the pupil from dependence upon others, to make him or her self-reliant to the very highest degree, so that he or she may be able to stand alone under all circumstances and cope with all conditions. Only one who is thus strongly poised can help the weak.

FREQUENCY OF REBIRTH

Question: Do those now passing over come to rebirth again before the Aquarian Age? If they still have lessons to learn to fit them to live in that age, can they come back and learn them?

Answer: That all depends. The usual time between two births is a thousand years, so as to give people a chance of being embodied once as a man and once as a woman while the Sun is passing through each sign of the zodiac by precession, which takes about 2,100 years. This is done because the lessons during that period are so many and so different that they cannot all be effectively learned in the same sexual type of body. Experiences are very different from the standpoint of a man and that of a woman. But this law is like all other laws of nature, it is not blind. It is under the dominion of four great Beings called the Recording Angels, and they have to do with all the details of human evolution. They see that everyone gets a chance to obtain as much experience as he or she can stand. If it is necessary for a person to remain the whole one thousand years in the invisible worlds, he remains. If not, he comes back sooner. Some people come back within a few hundred years because they have evolved to the point where they learn quickly. People who “live the life” as Probationers, who have assimilated their life experience before they leave here and are already doing a good deal of work in the invisible worlds, will not need to spend such a long time on the other side. They have put themselves definitely on the side of the laws of God, and are therefore given greater opportunities by service.

WHAT ARE EARTH-BOUND SPIRITS?

Question: Why do you say that some persons after they have passed into the other life are earth-bound? Is there anything we can do here by which such a condition can be avoided hereafter?

Answer: Yes, indeed! People who are earth-bound have their treasures on Earth instead of in heaven. They have all left something behind. It may not always be money; they may have other ties on Earth, somebody that they think they own—their wife, their husband, their children.

Their idea is that because I love you, you must do just as I want you to do. They don't regard the person they love as having any rights at all. Later when they pass out, that relation continues, and they endeavor to impress their loved ones, to keep close to them and be in their company as much as they can. People who have houses and lands and such things and are very much attached to them are the worst off. We see such a person sometimes watching a safe where he has a lot of stocks and bonds. Then the heirs will come and take the bonds out and laugh at the old fool for hoarding his money.

Or it may be people who have lived for society. They have jewels, dresses, and other things. They still love them and feel they cannot part with them, therefore they are bound to Earth as long as they have that feeling.

The best way is to give everything away. Of course we have to watch that we do not put ourselves in a position where people that we give such things to would put us out in the street and cause us to be entirely destitute in old age. But if we use judgment, when we see that we have lived our life to the end of usefulness, we may say: here are things that I have no more use for, and I know I am getting towards the end; where can I do most good with them, who will enjoy them most, or whom can I help to establish in business so he can do something for himself? Or we may find other similar ways of disposing of things. Also with regard to the affections: we should hold ourselves in check so that we do not love anybody with an inordinate love—such love as that which makes idols of others and puts them before everything else. If we thus get ourselves free from all earthly ties so we are ready to go, then we are like the ripe kernel falling out of the ear of grain. If we are free from all earthly ties whether financial, personal, or whatever they may be, we cannot be kept earth-bound. If however, people have committed crimes, they are sometimes unavoidably earth-bound by association with the places where they were committed and by trying to undo the wrong that was done.

A SHORT CUT TO HEAVEN

Question: Some writers seem to teach that it is possible to go straight from the physical world to the higher Spiritual World without having to pass through the lower regions of the Desire World, thus escaping all the noisome sights which are peculiar to that region. You, on the other hand, always speak as if it were necessary to pass through every realm of Nature in succession. Why this discrepancy?

Answer: We are well aware that some people make statements as above relative to the transition from the physical to the higher spiritual realms by way of what they learnedly call the "atomic sub-planes." For guidance as to who is right, we refer you to the Law of Analogy, "As above so below," which is the master key to all mysteries, spiritual or physical, for this law is one in whatever realm of Nature we investigate. You know it is impossible for a diver to get to the bottom of the sea without starting at the surface and descending through the intervening water. It is also evident that it is impossible for an airplane to ascend above the clouds without first passing through the intervening space of air between the Earth and the clouds. Similarly the Ego after death gradually descends through the Region of Concrete Thought, the Desire World, and the Ether to the physical plane. These are facts known to many who have investigated, and are beyond dispute or argument to the material scientist that the Earth moves on its axis; anyone who contends otherwise is simply mistaken.

Nor does the writer say this solely upon the basis of his own experience, for he is acquainted with hundreds of others who possess the ability to function outside the body in the various spiritual realms. He has never expressly discussed this phase of super-physical experience with any of them, but their repeated references to things which happened to different ones when passing through the lower realms of the Desire World and the Ether make him feel certain that none of his acquaintances have ever mounted to the higher parts of the Desire World or the Region of Concrete Thought without first passing through the Ether and the lower Desire World strata, namely the Purgatorial Region.

Furthermore, even if there were such a short cut as that mentioned from the physical world to the highest spiritual realms, do you think that one of God's helpers would ever make use of it for the

sake of escaping the noisome sights and the suffering to be found in Purgatory? Most assuredly not! The Christ never turned in disgust from a leper or anyone else in sorrow and affliction. He always sought them out in order that He might heal and help them. What work do you think an Invisible Helper could do in the First Heaven and the Region of Concrete Thought, where there is no sorrow, suffering, or misery, but where all is happiness and joy? There he is not needed by any means. His work lies in the very regions which these writers profess to be able to skip, and if there were such a short cut as mentioned, no true Invisible Helper would ever want to make use of it; but as a matter of fact there is no such byway to heaven.

OUR RESPONSIBILITY TO THE DEAD

Question: Will you please tell me just how we may best help those who have passed on?

Answer: We have often expressed our appreciation of the science of birth with its efficient methods of helping both the mother and the child when the latter is entering our earth-life, but we have also heartily deplored the lack of a science of death which would teach people how to help intelligently the Ego that is passing from earth-life into the unseen realms of nature. At such times we usually stand helplessly by, and often do in our ignorance the very things which are detrimental to the comfort of the Spirit then in transition. If people could only know how their moans and hysterical outbursts affect their dear departing ones, unselfish consideration would probably change their attitude and quiet their manner.

So far as the body is concerned it is not really dead until about three and one-half days after the Spirit has passed out of it, for the silver cord still connects it with the higher vehicles. During this time anything in the nature of the post-mortem examination, embalming, or cremation is felt by the Spirit almost as keenly as if still within the body. These are facts well known to all students of the Rosicrucian Philosophy, but they have perhaps not received the emphasis they deserve. We should remember that our attitude after that time continues to affect the Spirit, for our friends do not usually leave their accustomed places right away. Many stay in or near the home for a number of months after they have left the body and can feel conditions there even more keenly than when in earth-life. If we sigh, mourn, and moan for them we

transfer to them the gloom we ourselves carry about with us or else we bind them to the home because of their efforts to cheer us.

In either case we are a hindrance and a stumbling block in the way of their spiritual progress, and while this may be forgiven in those who are ignorant of the facts concerning life and death, people who have studied the Rosicrucian Philosophy or kindred teachings are incurring a very grave responsibility when they indulge in such practices. We are well aware that custom used to demand the wearing of mourning and that people were not considered respectable if they did not put on a sable garb as a token of their sorrow. But fortunately times are changing and a more enlightened view is being taken of the matter. The transition to the other world is quite serious enough in itself, involving as it does a process of adjustment to strange conditions all around, and the passing Spirit is further hampered by the sorrow and anguish of the dear ones whom it continues to see about itself. When it finds them surrounded by a cloud of black gloom, clothed in garments of the same color and nursing their sorrow for months or years, the effect cannot be anything but depressing.

How much better then the attitude of those who have learned the Rosicrucian Teachings and have taken them to heart. Their attitude when a dear one makes the transition is cheerful, hopeful, and encouraging. The selfish grief at the loss is controlled in order that the passing Spirit may receive all the encouragement possible. Usually the survivors in the family dress in white at the funeral and a cheerful, genial spirit prevails throughout. The thought of the survivors is not, "What shall I do now that I have lost him (or her)? All the world seems empty for me." But the thought is, "I hope he (or she) will not grieve at the thought of leaving us behind." Thus by the good-will, intelligence, unselfishness, and love of the remaining friends the passing Spirit is enabled to enter the new conditions under much more favorable circumstances, and students of the Rosicrucian Philosophy cannot do better than to spread this teaching as widely as possible. According to the Bible the redeemed of the Lord will finally vanquish the last enemy, *death*, and they will then exclaim, "O Death where is thy sting? O Grave, where is thy victory?" For those who have evolved spiritual sight there is of course no death, but even those who have studied the Rosicrucian Teachings may in a measure be said to have attained this great victory. □

The Science of Nutrition

REASONS FOR A VEGETARIAN DIET

Most people feel that a meal without meat is incomplete, for from time immemorial it has been regarded as an axiom that meat is the most strengthening food we have. All other foodstuffs have been looked upon as mere accessories to the one or more kinds of flesh on the menu. Nothing could be more erroneous; science has proved by experiments that invariably the nourishment obtained from vegetables has a greater sustaining power, and the reason is easy to see when we look into the matter from the occult side.

The law of assimilation is that "no particle of food may be built into the body by forces whose task that is until it has been overcome by the indwelling spirit," because he must be absolute and undisputed ruler in the body, governing the cell lives as an autocrat, or they would each go their own way as they do in decay when the Ego has fled.

It is evident that the dimmer the consciousness of a cell is, the easier it is to overpower it, and the longer it will remain in subjection. The different kingdoms have different vehicles and consequently a different consciousness. The mineral has only its dense body and a consciousness like the deepest trance. It would therefore be easiest to subject foods taken directly from the mineral kingdom. Mineral food would remain with us the longest, obviating the necessity of eating so often; but unfortunately we find that the human organism vibrates so rapidly that it is incapable of assimilating the inert mineral directly. Salt and like substances are passed out of the system at once without having been assimilated at all; the air is full of nitrogen which we need to repair waste, we breathe it into our system, yet cannot assimilate it or any other mineral till it has first been transmuted in nature's laboratory and built into the plants.

The plants have a dense and a vital body, which enables them to do this work; their consciousness is as a deep, dreamless sleep. Thus it is easy for the Ego to overpower the vegetable cells and keep them in subjection for a long time, hence the great sustaining power of the vegetable.

In animal food the cells have already become more individualized, and as the animal has a desire body giving it a passionate nature, it is easily understood that when we eat meat it is harder to overcome these cells which have animal consciousness resembling the dream state, and also that such particles will not stay long in subjection, hence a meat diet requires larger quantities and more frequent meals than the vegetable or fruit diet. If we should go one step farther and eat the flesh of carnivorous animals, we should find ourselves hungry all the

time, for there the cells have become exceedingly individualized and will therefore seek their freedom and gain it so much the quicker. That this is so, is well illustrated in the case of the wolf, the vulture, and the cannibal, which have become proverbs for hunger, and as the human liver is too small to take care of even the ordinary meat diet, it is evident that if the cannibal lived solely upon human flesh instead of using it as an occasional "tidbit," he would soon succumb, for while too much of the carbohydrates, sugars, starches, and fats do little if any harm to the system, being exhaled through the lungs as carbonic acid gas or passing as water by way of the kidneys and the skin, an excess of meat is also burned up, but leaves poisonous uric acid and it is being more and more recognized that the less meat we eat the better for our well-being.

It is natural that we should desire the very best of food, but every animal body has in it the poisons of decay. The venous blood is filled with carbon dioxide and other noxious products on their way to the kidneys or the pores of the skin to be expelled as urine or perspiration. These loathsome substances are in every part of the flesh and when we eat such food we are filling our own bodies with toxic poisons. Much sickness is due to our use of flesh foods.

There is plenty of proof that a carnivorous diet fosters ferocity. We may mention the well-known fierceness of beasts of prey, while on the other hand, the prodigious strength and the docile nature of the ox, the elephant, and the horse show the effects of the herb diet on

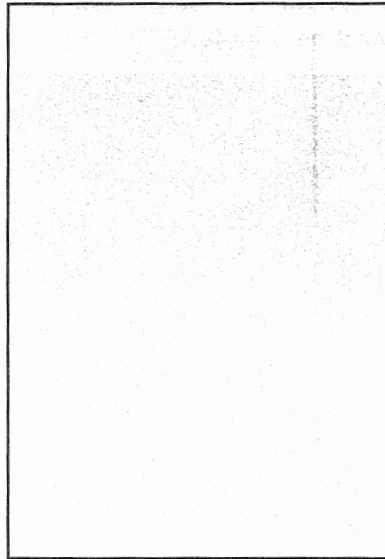
animals. The vegetarian and peaceable nations of the Orient are a proof of the correctness of the argument against a flesh diet which cannot successfully be denied.

As soon as we adopt the vegetarian diet, we escape one of the most serious menaces of health, namely, the putrefaction of particles of flesh imbedded between the teeth, and this is not one of the least arguments why a vegetarian diet should be adopted. Fruits, cereals, and vegetables are from their very natures slow to decay, each particle contains an enormous amount of ether which keeps it alive and sweet for a long time, whereas the ether which interpenetrated the flesh and composed the vital body of an animal, was taken away with the spirit thereof at the time of death. Thus the danger from infection through vegetable food is very small in the first place, but many of them so far from being poisonous, are actually antiseptic in a very high degree.

This applies particularly to the citrus fruits: oranges, lemons, grapefruit, etc., not to speak of the king of all antiseptics, the pineapple, which has been used very often with complete success as a cure for the dreaded diphtheria, which is only another name for a septic sore throat. Thus instead of poisoning the digestive tract with putrefactive elements as meats do, fruits cleanse and purify the system, and the pineapple is one of the finest aids to digestion ever known to man. It is far superior to pepsin, and no fiendish cruelty is used to obtain it.

There are twelve salts in the body; they are very vital and represent the twelve signs of the

zodiac. These salts are required for the building of the body. They are not mineral salts as generally supposed, but are vegetable. The mineral has no vital body, and it is only by way of the vital body that assimilation is accomplished; therefore, we have to obtain these salts through the vegetable kingdom.



Doctors claim to do this, but they are not aware that fire used in the process drives out and destroys the vital body of the plant just as cremation treats our body, and leaves only the mineral parts. Therefore if we desire to renew the supply of any salt in our body we must obtain it from the uncooked plant. To the sick this is the way it should be administered.

But we must not jump to the conclusion that everyone should quit eating meat and live on raw plant life. At our present stage of evolution there are very few who can do so. We must take care not to raise the vibrations of our bodies too rapidly, for we, to continue our labor among present conditions, must have a body fitted for the work, but let us keep the thought alive with us.

There is in the skull at the base of the brain a flame. It burns continually in the medulla oblongata at the head of the spinal cord, and like the fire on the altar of the tabernacle, is of divine origin. This fire emits a singing sound like the buzz of a bee, which is the keynote of the physical body, and is sounded by the Archetype. It builds in and cements together that mass of cells known as "our body."

The fire burns high or low, clear or dim, according to how we feel it. There is fire in everything in nature except the mineral kingdom. It has no vital body and therefore no avenue for the ingress of the life spirit, the fire. We replenish this sacred fire partly from the forces from the Sun entering the vital body through the etheric counterpart of the spleen and from there to the solar plexus where it is colored and then carried upward through the blood. We also feed the fire from the living fire we absorb from the uncooked food which we eat and thus assimilate.

Looking at the matter of flesh-eating from the ethical side also, it is against the higher conception to kill to eat. In olden times man went out to the chase as any beast of prey, rough and callous; now he does his hunting in the butcher shop, where none of the nauseating sights of the slaughter house will sicken him. If each had to go into one of those bloody places where horrors are enacted day after day to be able to satisfy an abnormal injurious habit which causes more sickness and suffering than even liquor craving; if each had to wield the bloody knife and plunge it into the quivering flesh of his victim, how

much meat would we eat? Very little.

The animals which we kill also cry aloud against this murder; there is a cloud of gloom and hatred over the great slaughter cities. The law protects cats and dogs against cruelty. We all rejoice to see the little squirrels in the city parks come and take food from our hands, but as soon as there is money in the flesh or fur of an animal, man ceases to have regard for its right to live, and becomes its most dangerous foe, feeding and breeding it for gain, imposing suffering and hardships upon a fellow being for the sake of gold. We have a heavy debt to pay to the lower creatures whose mentors we should be; whose murderers we are, and the good law which works ever to correct abuses will also in time relegate the habit of eating murdered animals to the scrapheap of obsolete practices as cannibalism is now.

It is the nature of a beast of prey to eat any animal that comes in its path, and its organs are such that it must have that kind of a diet to exist, but everything is in a stage of becoming; it is always changing to something higher. Man, in his earlier stages of unfoldment, was also like the beasts of prey in certain respects; however, he is to become God-like and thus he must cease to destroy at some time in order that he may commence to create. Flesh food has fostered human ingenuity of a low order in the past; it has served a purpose in our evolution; but we are now standing on the threshold of a new age when self-sacrifice and service will bring spiritual growth to humanity. The evolution of the

mind will bring a wisdom beyond our greatest conception, but before it will be safe to entrust us with that wisdom we must become harmless as doves, for otherwise we should be apt to turn it to such selfish and destructive purposes that it would be an inconceivable menace to our fellow men. To avoid this the vegetarian diet must be adopted.

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We have been taught that there is no life in the universe but the life of God; that "in Him we live and move and have our being"; that His life animates everything that is, and therefore we naturally understand that as soon as we take life we are destroying form built by God for His manifestation. The lower animals are evolving spirits and have sensibilities. It is their desire for experience that causes them to build their various forms, and when we take their forms away from them we deprive them of their opportunity for gaining experience. We hinder their evolution instead of helping them, and the day will come when we

shall feel a deep disgust at the thought of making our stomachs the burying ground for the carcasses of murdered animals. All true Christians will be abstainers from flesh foods out of pure compassion; they will realize that all life is God's life, and to cause suffering to any sentient being is wrong.

In a great many places where the Bible speaks of "meat," it is very plain that flesh food is not meant. The chapter in Genesis where man's food is first allotted to him says that he should eat of every tree and herb bearing seed, "and to you it shall be for meat." The most evolved people at all times have abstained from flesh foods. We see, for instance, Daniel, who was a holy man and a wise man, beg that he might not be forced to eat meat, but that he and his companions be given dulse. The children of Israel in the wilderness are spoken of as "lusting after flesh," and their God is angry with them in consequence.

There is an esoteric meaning to the feeding of the multitude where fish was used as food, but looking to the purely material aspect we may sum up the points in our answer by reiterating that we shall some time outgrow flesh and fish eating as we have risen above cannibalism. Whatever license may have been given in the barbaric past will disappear in the altruistic future, when more refined sensibilities shall have awakened us to a fuller sense of the horrors involved in the gratification of a carnivorous taste. □

**—Max Heindel
Occult Principles of Health
and Healing**

Nutrition and Health

The Most Wonderful Substance in the World

When the late globe-trotting preacher, missionary, and author of approximately two dozen books, E. Stanley Jones (1884-1973), was once asked what enabled him to stay so very active for so long, he replied, "Grass, (divine) grace and gumption!" His interlocutors understood the last two items; when they requested he explain the first, he stated that he had been advised, for long-term vigor and endurance, to fortify himself with tablets containing the essence of green plants, *chlorophyll*!

That counsel was not only correct according to nutritional research, but also in the light of occult truth. Corinne Heline, a student of Max Heindel and having access to the Higher Planes—and who, incidentally, refers to E. Stanley Jones in her writings—has stated: "Wheat and the 'blood of the vine' possess the highest vibratory rhythms of all Earth's food substances.... The life energy of the Sun is turned into the very substance of these plants which, when eaten by human beings, becomes the energy whereby they live."¹

According to Dr. Ann Wigmore—also a New Age author²—the kind of wheat that is by far the most nutritionally endowed is wheat grass, rich in chlorophyll, which can "give greater effect and power of generation of human tissues."³ It "has just the same chemical make-up as our hemoglobin, with but one exception: chlorophyll has magnesium where hemoglobin has iron."⁴ It has even been called "magical!"⁵

Does this sound like an exaggeration? Ere one draws this conclusion, one should turn to Daniel 4, where it tells how King Nebuchadnezzar had gone power-mad and was driven "from men." Twice the account mentions that while "with the beasts of the field," he did "eat grass as oxen." The result? His "reason returned." Surely a food that can restore reason to a madman and him to his throne (grass is rich in chlorophyll) may rightfully be called "magical!"

How to take extra chlorophyll? Health food stores offer it in liquid solutions, but they are quite expensive; so is fresh wheat grass-juice, said to be popular in Hollywood and other affluent areas. It is available at plebeian prices in tablets, capsules, as low-heat dried alfalfa and wheat grass powder. If one desires a real health boost, one might try taking dried wheat grass and/or chlorophyll powder with garlic that has been put through a press; by using the "green stuff" one can ingest effective amounts of the humble, inex-

pensive herb without losing one's friends! Garlic is also a superfood!

For still greater results, one should recall, as health writers like Carlson Wade have pointed out, that magnesium, sulphur, and potassium taken together—synergistically—are a tonic! Chlorophyll-rich foods contain magnesium; garlic is abundant in sulphur.

If one wishes to ingest even more "solar vitality," there's a very simple way: according to Geraldine Davis in her *Horary Astrology*, one might pour some water (we suggest the distilled kind⁶) into colored bottles and expose them to sunlight for several days. This "vitalic water" is absolutely free!

The renown health lecturer Martin Pretorius once told the proprietor of a Canadian health food store, "If I were limited to just one food supplement my choice would be—" and he mentioned one of the chlorophyll-rich items there.⁷ Dr. E. Stanley Jones, referred to above, called it "the most wonderful substance in the world."⁸ In view of the evidence, it is a statement worth pondering! □

—A Probationer

¹ *New Age Bible Interpretation, Old Testament*, Vol. III, P. 189

² See her *Why Suffer?* and *Be Your Own Doctor*.

³ *Healthful Living Digest*, Vol. 18, No. 3, p. 47.

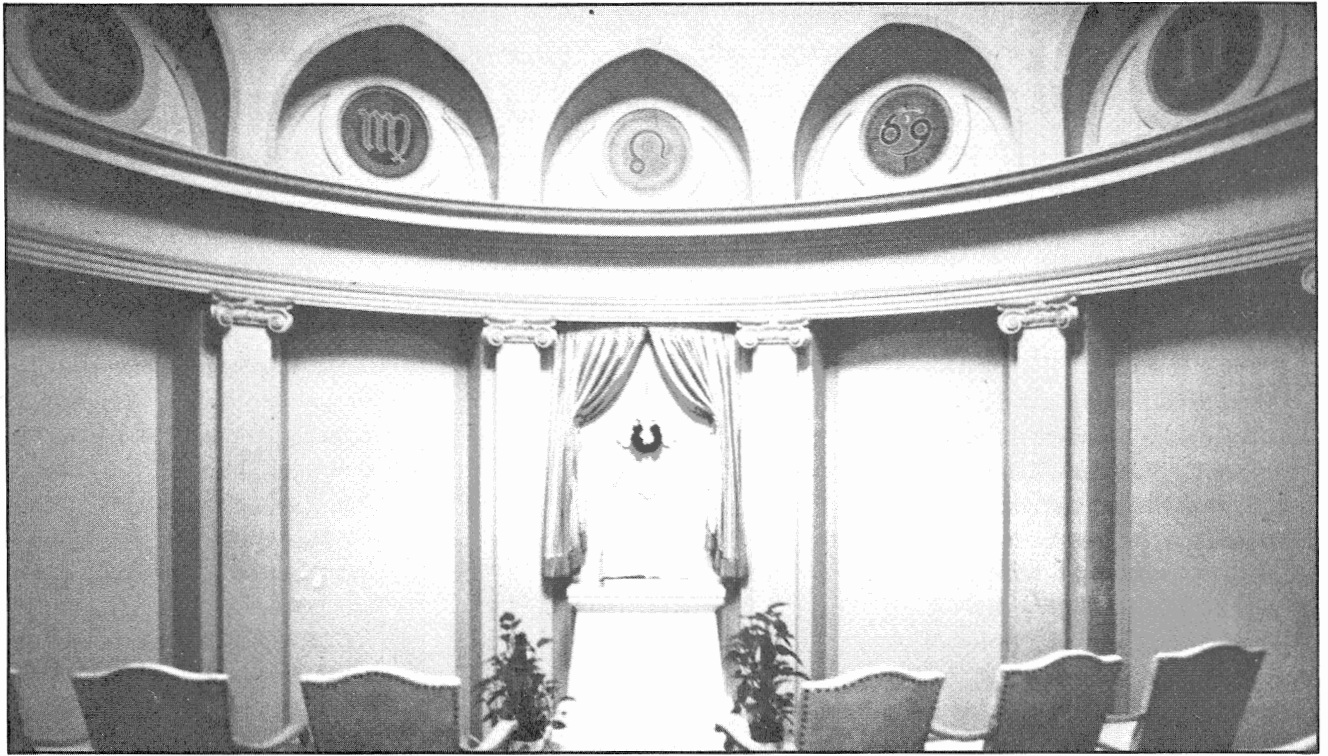
⁴ *Feel Like a Million!*, Catharyn Elwood, p. 91.

⁵ Catharyn Elwood, *op. cit.*, p. 82.

⁶ *The Rosicrucian Christianity Lectures*, Max Heindel, p. 139.

⁷ *Healthful Living Digest*, *op. cit.*, p. 46.

⁸ *Is the Kingdom of God Realism?* E. Stanley Jones, p. 242.



Music and Its Influence on Health and Healing

PART II

Arthur Johnson, in Stebbing's anthology, defines music therapy as "the controlled use of music in the treatment, rehabilitation, education and training of adults and children suffering from physical, mental, and emotional disorder." In using music therapy great care must be taken, for inappropriate music played for injured, recovering, and mentally ill persons could be quite detrimental. Insight to the individual's needs along with knowledge of basic principles underlying music and its use in healing are critical factors. Yet these must be combined with understanding of psychology, physiology, and anatomy—especially of the nervous and muscular systems.

So how can music help us? It can bring clarity to confused minds by externalizing, objectifying, and depersonalizing problems. It opens up avenues for solutions and insight to flow into us from the higher realms. Max Heindel, in *The Cosmo-Conception*, states that "on the wings of music, the soul which is attuned may fly to the very throne of God where the mere intellect cannot reach." He goes on to say that this spiritual development must be through, or at least accompanied by, an equally growing intellect in order to be permanent (pp. 305-6).

It can lift the moral character by connecting us with the laws of God within. Plato claimed that music imbues us with the desire for what is right and true. Corinne Heline tells us that: "The rhythms of certain high and noble music raise the pitch and accelerate the motion of every atom in the body; they also activate dynamically certain vital centers hitherto latent and work, moreover, upon the mind, tending to lift it from its confinement in the concrete to freedom in the abstract. (*Healing and Regeneration*

Through Color and Music,
by Corinne Heline, p. 9.)

Music develops our ears to hear better and teaches us how to listen. Music can help teach autistic children to speak, and it helps the lonely and the isolated by connecting them with the outside world. It increases coordination, social skills, and self-confidence. It can strengthen our will-power for overcoming temptations and bad habits. It can purge and heal old emotional wounds. It helps to overcome the fear of living by providing a safe mode of participation. Norbert Glass relates that there was the case of a man who suffered from early youth from a chest malformation. As a child he had rickets and the illness left its traces in the shape of the ribs. He became flat-chested and

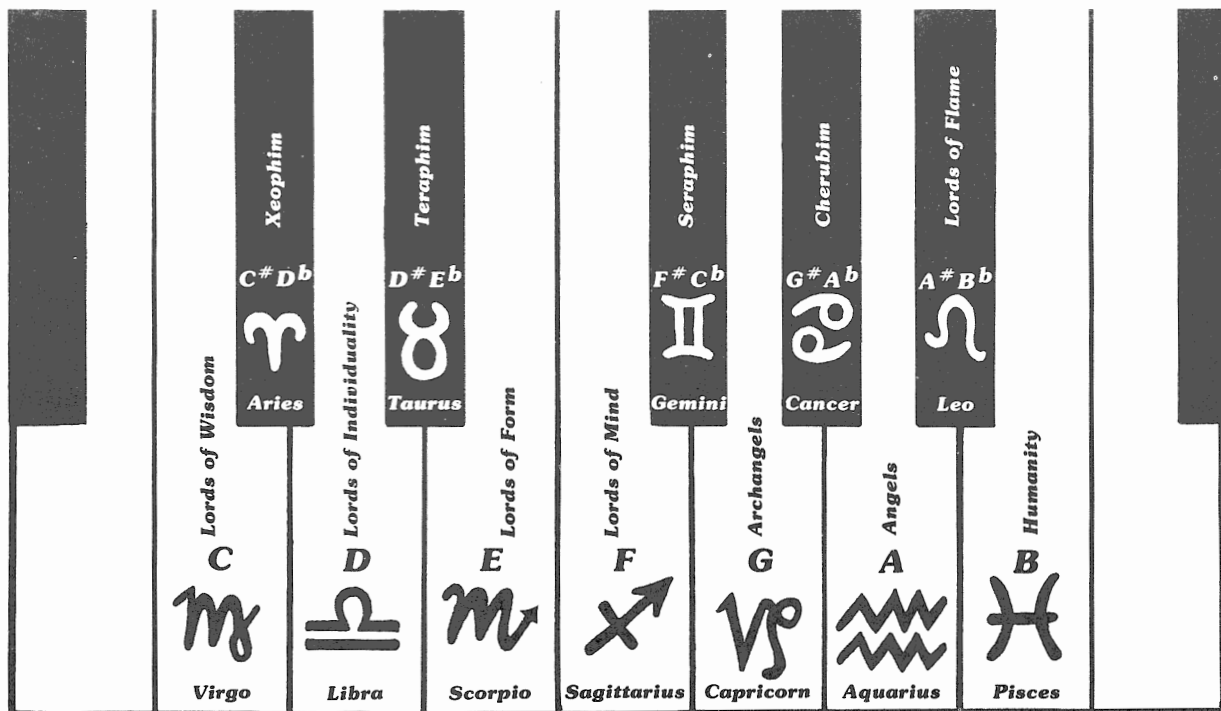
there was really too little space for the lungs and heart.

Both rhythms, breathing and pulsation, were greatly dependent on the feeling life in this case. He suffered considerably from worry. Left alone in the house, he dreaded that somebody would come and attack him. His heart would race and he became short of breath. In dreams he was persecuted by wild animals and murderers and often woke up screaming. This man had a great love of music and it helped him to overcome his fears. Why? The rhythms of the music helped him to regulate the unrhythmical beat of his heart.

Music can be used to conquer sleeplessness, to help the developing fetus, and the mother in labor. It can help to bring old people back from

senility. In music therapy, very rudimentary sounds may be indicated for specific groups. I visited our state hospital for the severely mentally retarded recently and accompanied one of their music therapists on two of her group sessions. The most outstanding characteristic that I observed to be in common between all the patients here was the great unawareness of a lack of interaction with the world outside of themselves.

In the first group, she had five adults who were both mentally retarded and emotionally disturbed. She began by having each one (assisted by other staff members) hit a small tambourine a few times while she sang a simple, repetitive song. Then they were each given small instruments such as tambourines, wooden blocks, or



Piano Keyboard with Keynotes, Astrological Rulerships, and Corresponding Hierarchies



bells which they were to play while the therapist strummed the guitar and sang. Frequently she would stop and have them pass their instrument on to the next person, getting a different instrument with each pass.

Next, all were given a chance to strum the guitar. At the end of the session there was a small task which they were to do while the therapist played rhythmic music on the piano.

These things sound easy to us. Yet these patients could hardly sit still in a circle for the 30 or 45 minutes that the session lasted. They needed much encouragement and guidance to perform the activities with even minimal competence.

This was the most advanced group of mentally handicapped adults at the center. They were being prepared to gradually enter sheltered workshops where they would be given simple jobs requiring the skills being developed here: the ability to listen to directions and to each other, the ability to follow directions, communication skills, sharing, sitting still, working to a rhythm, and coordination of movement...to name a few.

The other group I attended had five young children who were profoundly physically and mentally handicapped. Some of them were also deaf. This session met in a specially designed room, which had a raised

wooden floor designed to transmit vibration. The children were placed lying down on mats on this floor, and the therapist placed the bottom of her guitar on the floor while she strummed the strings. The children reacted to the vibrations which they felt with subtle signs—an involuntary twitching of their muscles, relaxing of their bodies, opening their eyes wider, or an occasional faint smile.

The therapist also went to each one and strummed the guitar while it rested on their abdomen, placing their hands on the guitar's body so that they could feel and hear (if not deaf) the vibrations.

No great classical music was played here, yet these simple sounds and exercises helped the children open up to something outside of themselves.

One application of music therapy that would be a positive addition to this and other institutions is the use of some good background music. When entering an institution for the sick or the insane, one is bombarded with the disharmonies of many broken notes coming from the discord within the individuals. This has a most detrimental effect upon sensitive patients and staff. It often stunts the recovery of the patients and wears thin the vitality of their caregivers.

By playing harmonious music in these environments, positive archetypes for healthy vehicles are superimposed over the discord. This gives the inner person strength and accurate goals for recovery.

Many studies have been done to identify the correct type of music for specific conditions. Margaret Anderton worked with wounded soldiers at the end of

the world war in 1918. Serving as both nurse and musician she found two general ways of helping her patients, although each case has its own individual variations.

For those suffering from war neurosis, which is primarily mental and emotional, she would provide music for them to listen to. For orthopedic patients or cases of paralysis, she would have the person produce music of his own. She went on to point out that the timbre (or tonal quality) of an instrument is the most crucial aspect of healing with music, preferring wind instruments because of their special quality.

Wood instruments were especially powerful in certain kinds of war neurosis because of their prolonged and penetrating tones. She found that wood instruments, because of their tonal quality, affected the nerve centers better than piano or voice. Even deaf persons can feel the vibrations of wood instruments in the spinal column.

In Anderton's opinion, instrumental music was preferred over vocal in most instances because undesirable personal elements may enter vocal music more than into instrumental. In contrast, vocal music seemed to be more effective than instrumental when treating insane patients at N.Y. State Hospital for the Insane on Ward's Island. Specifically, acute melancholy was best treated with soprano singing; softening of the brain was positively affected by a high, clear tenor voice; and paranoia by the rich and deep baritone voice.

One Russian pianist playing solos for mental patients concluded that jazz music was quite

harmful to the mentally imbalanced, while quiet, serene music would calm even the most violent patients.

As in most healing techniques, it is important that therapeutic efforts be focused on the patient's mental status: "The mind, being a creative instrument and the channel through which the powers of the spirit work upon the body, is capable of becoming the principle agent in any form of healing. Since this is so, musical treatment should in all cases be directed first of all to quieting the mind, establishing it in harmony, and then quickening its powers for the work it is called to do in the healing of any physical ailment.

**Many
people
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to
a
performance
of
Beethoven's
9th
Symphony.**

This can best be accomplished by playing chords in the scales of F and F-sharp." (Corinne Heline, p. 22) Music in other keys or by composers representing certain zodiacal energies can

also positively influence the mental status in specific ways.

To conclude, I'd like to look at the healing effect of the Chorale from Beethoven's Ninth Symphony, taken from Schiller's poem *Ode to Joy*, as told by Roland Everett: "Many people have experienced moral forces when listening to music. I became particularly aware of such forces when listening to a performance of Beethoven's 9th Symphony in Brussels on the very day the war was officially declared to be ended, on V.E. Day.

After the first movements of this unique symphony, in which the listener was being led through the darkness of human struggles to the heights of divine joy, the final chorus was sung in the original German, which was the language of the enemy at that time. It appeared to me as if the heavens had opened their gates to pour down blessing and balm onto the wounds of war-scarred humanity. The reaction of the audience showed that I had not been alone in my experience, yet there was no mass hysteria in the applause. Only an intense relief and gratitude were felt for having been freed from the fetters of hatred caused by the cruelties of war. We all had glimpsed the heights where every man is a true brother because our lower natures had been transformed by the harmonies of music." (*Music, Its Occult Basis and Healing Value*, Lionel Stebbing, pp. 5-6)

Hopefully, this introduction on the effects of music will kindle in the reader an interest in further study and spiritual application of the powers of music in every area of life. □

—Vivien Alsborg

Healing



How Do Humans Remain Healthy?

Hildegard of Bingen, a 12th century Benedictine abbess asks, “How do humans remain healthy?” Her answer is “We are to harmonize well with God, creation, others, and self. When we do this our joy will be like the sunrise. You will display to all other people a wondrously beautiful mode of life patterned after the way of the Son of God.” This pattern of justice and compassion cannot be contained, it will flow into all your creativity and all of your work because it comes from so deep a center and source in yourself.

I am often asked by friends and clients, “How can I be more healthy?” My answer has changed and evolved over the past ten years to: “By becoming more aware of your mental diet. Balance and harmony are the key ingredients, blended with humor and justice.” Quizzical faces peer back at me. Some have the courage and interest to ask me to explain, others find that perhaps they aren’t really that serious if they’re going to have to define those aspects of their lives.

One can see the value of harmonizing in all areas of life. Learning to properly combine foods creates harmony in the digestive tract, especially if there is harmony in the desire body. However,

if one has just had an argument or harbors feelings of anger, resentment, and/or fear while eating a meal, harmony cannot exist. The body will announce its displeasure in a number of uncomfortable ways.

When we begin to think about and observe harmony in our immediate daily surroundings it soon becomes clear why we feel more at peace in certain places. If we are feeling uptight and drive out into the country where we are surrounded by the color of green, we begin to relax and take deep breaths. The breathing combined with the green landscape, creates harmony. Many people are not even aware of WHY they want to “get to the country.”

Harmony may be observed in general or in the minutest detail. Have you ever felt uneasy and couldn’t explain why? Often it is because the room is full of inharmonious colors or vibrations. Mother Nature says “moderation in all things.” It is not moderate to overeat. It is not balanced to spend the majority of time working. It is not healthy to focus all of our energies exclusively in one area of endeavor over an extended period of time. We need to understand the interconnections of all parts of our lives in order to bring harmony to humanity and the cosmos.

Matthew Fox comments in the *Illumination of Hildegard of Bingen* that, “The way we build our lives, our culture, our physical and psychological world must be one with the universe.” Max Heindel emphasizes this many times in his writings. People today seem to be so busy rushing to work, to

leave work, to “work-out,” to “eat out,” to “go out,” that their lives lack real joy. There is only “drive” left, and this does not create good health. A person may appear to have a perfect body, firm and strong. They may be able to pass EKG’s, CBC’s, urinalysis, and SMAC tests, yet be in constant pain on an emotional level. Everything they are looking for, they already have within. They just haven’t slowed down long enough to recognize it. They reap the justice of a life too busy with external affairs and then have no more compassion for themselves than they do for some unfortunate stranger on the street.

The bottomline answer to “How can I be more healthy?” is to slow down long enough to “harmonize well with God, creation, others and self.” It is true that when we seek harmony and balance in our own life it has a ripple effect. As we recognize inner peace we can then become true “pilgrims for peace.” Health will flow from within. We will glow, our light will no longer be hidden under a bushel basket; it cannot, and will not be contained.

Health is each individual’s personal responsibility. If we love ourselves we will endeavor to be vitally healthy. We will not overeat, overwork, undersleep, or create disharmony in our lives. One of the most loving things we can do for ourselves is to “play and laugh.” Most of us seem to take life far too seriously. The Western Wisdom Philosophy tells us to strive for *equipoise*. Are you doing this? When was the last time you felt a quiet sense of total inner joy? □

—Patricia Gayle Foster

Healing

Astrology and Healing

As a means of diagnosing human ailments, the science of astrology stands supreme, for it indicates clearly to the competent astrologer both the nature of the illness and the imperfection of character which caused it. However, the use to which this information is put, or the attitude with which it is handled, demands the most careful discrimination.

No matter what the affliction revealed by the horoscope, the stars did not cause it. They simply bespeak a disobedience to God’s laws which has manifested as an imbalance in the physical or mental vehicles, and which can be permanently corrected only by a change of character. These imbalances should be recognized for what they are: assignments to master in God’s great school.

Intelligent people expect to pay the penalty for breaking a law of the land, even if ignorant of it. So it is on the spiritual and moral planes. If we indulge in criticism, hatred, greed, etc., we shall surely reap in physical debilitation. However, we are not *compelled* to direct our energies negatively, no matter what the aspects, and we are simply weak when we “blame the stars.”

We are living on the material plane in a physical body, but we should always remember that we are *essentially* spirit. By directing our mind toward things of the spirit we may so elevate our consciousness that we naturally work in harmony with cosmic law. Then we can say from the heart, “I am the master of my fate, I am the captain of my soul.”

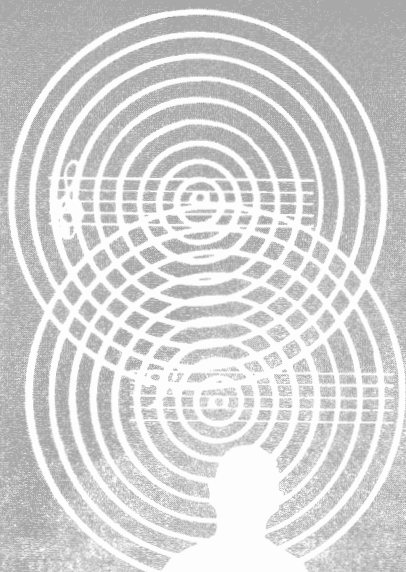
By use of the will and mind in love and service to others we may change our inner natures to such an extent that our outer selves will reflect the serene beauties of spirit triumphant. Then we shall be using astrology properly—as an aid in developing character.

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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 in the Pro-Ecclesia at 4:15 P.M. and every evening in the Temple at 6:30 P.M. when the Moon is in a cardinal sign on the following dates:

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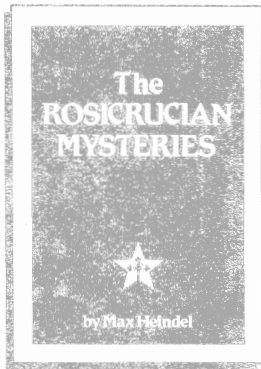
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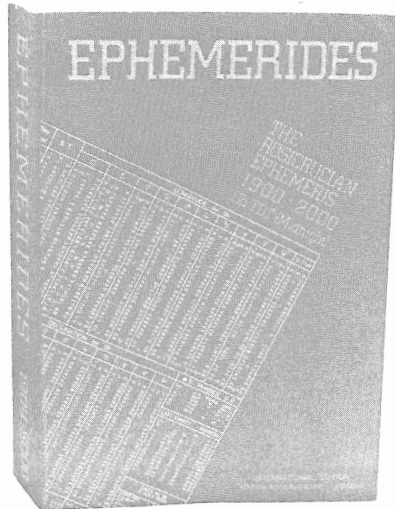
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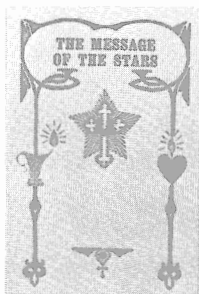
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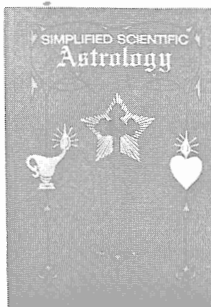
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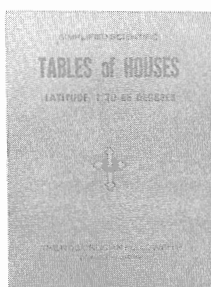
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