

The
**ROSICRUCIAN
MAGAZINE**

Rays from the Rose Cross

FEATURES



Architecture of the Universe

Fama Fraternitatis (Finis)

Gemini--The Twins

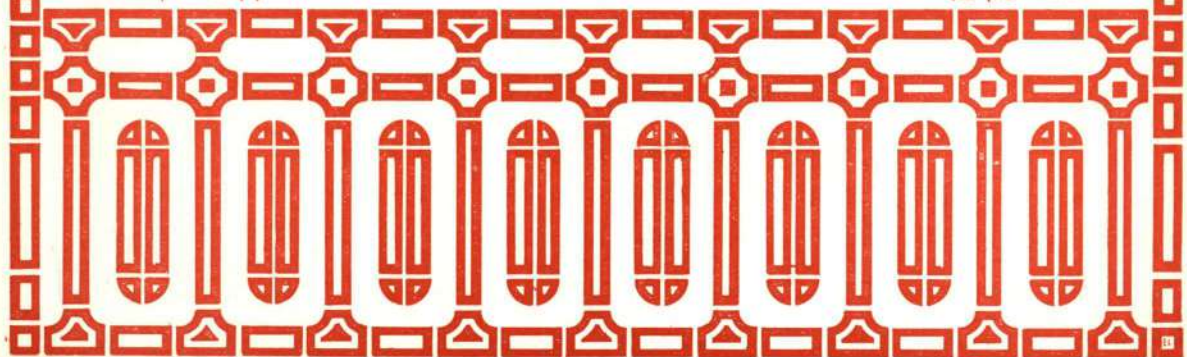


JUNE

1937

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Summer School at Mt. Ecclesia

July 6 to August 20, 1937



SCHEDULE OF CLASSES

	9:00-9:50	10:00-10:50	11:00-11:50
Monday	Sr. Astrology	Anatomy & Physiology	Correlation of Philosophy with Music, Art, Science
Tuesday	Sr. Astrology	Bible Course	
Wednesday	Jr. Astrology	Center Work	Astro-Diagnosis
Thursday	Jr. Philosophy	Anatomy & Physiology	Sr. Philosophy
Friday	Jr. Astrology	Jr. Philosophy	Sr. Philosophy

The Rosicrucian Philosophy: A comprehensive study of the "Cosmo-Conception," the textbook of the New Age teachings, given to humanity by the Brothers of the Rose Cross through Max Heindel; a thorough course in "The Web of Destiny," "Rosicrucian Mysteries," "Mysteries of the Great Operas," and other writings of Max Heindel; also an illuminating Bible Course from the Rosicrucian viewpoint.

Astrology: Setting up and reading charts, progressions, astro-diagnosis, and keywords.

Anatomy and Physiology: Their correlation to the Rosicrucian Philosophy.

Expression: Wednesday evenings, 7:30 to 8:30.

LECTURES

In addition to the above courses there will be various lectures by well qualified and experienced members and guest lecturers.

RECREATION

Friday evenings are reserved for social affairs. An opportunity to know each other better and appreciate each other more.

ACCOMMODATIONS

Rooms will be available at the following very reasonable rates:

Rose Cross Lodge	\$6.50 to \$8.25 per week, one person in room
" "	7.75 to 9.50 per week, two persons in room
Cottages	2.00 to 4.00 per week, one person in room
" "	3.00 to 5.00 per week, two persons in room

Vegetarian meals in our cafeteria are served at the following rates: Breakfast 30 cents, dinner 40 cents, supper 30 cents. Weekly rate of \$6.00 during continuance of the Summer School.

Working for board and room will not be possible. A deposit of \$5.00 is required in advance to secure accommodations. This will be applied on the first month's room rent.

FEEES

There are no fees, but the expense of conducting the courses will be met by voluntary contributions from the students.

PURPOSE OF THE SCHOOL

This school will give instruction in the above-mentioned subjects to all who are interested in the New Age teachings; it also aims to prepare teachers and lecturers for the field, and for Center instructors.

THE ROSICRUCIAN FELLOWSHIP

Oceanside, California, U.S.A.

The
ROSICRUCIAN
MAGAZINE

Rays from the Rose Cross

ESTABLISHED BY MAX HEINDEL
 JUNE, 1913
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June



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The Rosicrucian Fellowship

OCEANSIDE, CALIFORNIA, U.S.A.

The Rosicrucian Fellowship

ITS MESSAGE AND MISSION

Formerly religious truths were intuitively perceived or taken wholly on faith as dogmas of the church. Today a growing class demands that immortality and kindred matters be proved to the intellect, deductively or by observation, as are other facts of life, for instance, heredity. They desire religion as much as their fathers, but want the ancient truths in modern dress, congruous to their altered intellectual condition. To this class the Rosicrucian Fellowship addresses itself with a definite, logical, and sequential teaching concerning the origin, evolution, and future development of the world and man which is as strictly scientific as it is reverently religious; a teaching which makes no statements not supported by reason and logic, which satisfies the mind by clear explanations, which neither begs nor evades questions, but offers a reasonable solution to all mysteries so that the heart may be allowed to sanction what the intellect believes, and the solace of religion may give peace to the troubled mind.

People of various denominations enter educational institutions such as Harvard or Yale, and study Mythology, Psychology, and Comparative Religion there without prejudice to their religious affiliations. Students may enroll with the Rosicrucian Fellowship on the very same basis. Our teachings, which aim to emancipate from authority of others by pointing the way to firsthand knowledge, are given by correspondence graded to suit the different classes of applicants. Upon request the General Secretary will send an application blank for enrollment to anyone who is not a *Hypnotist*, or a *Professional Medium*, *Palmist*, or *Astrologer*.

These lessons are not sold; it is contrary to Rosicrucian principles to give spiritual aid for a material consideration. However, the work is supported largely by voluntary offerings, and students are given opportunity to help as the heart dictates and the means permit. In the measure only that they fulfill this moral obligation can they *really* benefit from our efforts in their behalf.

The International Headquarters of the Rosicrucian Fellowship is located on a fifty acre tract called "Mt. Ecclesia," a natural park of incomparable beauty with a view of mountains, valleys, ocean, and isles ranging in extent from 40 to 80 miles. It is an important center of spiritual healing scientifically applied to aid thousands all over the world. The salubrious climate of *Southern California* affords material help in recovery for those who visit the quiet little city of *Oceanside* which holds Mt. Ecclesia in its environs. Accommodations are available for those who may wish to spend some time at Headquarters. Rates are given on application. Healing services are held daily in the Ecclesia to help all who have applied for healing.

THE ROSICRUCIAN FELLOWSHIP

MT. ECCLESIA

Oceanside, California, U.S.A.

The Mystic Light

The Rosicrucian Fellowship

The Rosicrucian Fellowship is a movement for the dissemination of a definite, logical, and sequential teaching concerning the origin, evolution, and future development of the world and man, showing both the spiritual and scientific aspects. The Rosicrucian Philosophy gives a reasonable solution to all mysteries of life. It is entirely Christian, but presents the Christian teachings from a new viewpoint, giving new explanations of the truth which creeds may have obscured.

Our motto is: A SANE MIND, A SOFT HEART, A SOUND BODY.

The following article received FIRST PRIZE in our Manuscript Competition

The Architecture of the Universe

BY NORMAN STEVENS, PH.D.

NOTE: There exists a subject exceedingly rich in occult and metaphysical material which has been but little explored by occult students. This is the complex structure of the physical universe as revealed through the world's largest telescopes, and notably by the famous 100-inch of the Mount Wilson Observatory. Astronomers, while they know nothing of occultism, are equipped to explore distant physical spaces, and their astounding revelations of recent years stand in need of a metaphysical interpretation. The writer, an astronomer and long a student of the occult, tries to do just that. Some of the facts quoted here will appear incredible to readers unacquainted with recent developments in astronomy, but the writer stands prepared to defend and to present evidence for any of the physical facts mentioned, for he is in a position to present firsthand information concerning them. Concerning the occult interpretation of these facts, however, he admits readily that he, like most of us, "sees through a veil, darkly" and that more advanced occult students than he may be able to give a better interpretation. If this is the case, he would be very anxious to learn of it.



THE Mystery Schools of the Western World give out the teachings that our sun is the physical vehicle of the Supreme Intelligence of our Solar System and that this Being, known to us as God, manifests as well on the other six planes of the septenary division of the seventh Cosmic Plane. They teach that there are seven Cosmic Planes in all, each having a septenary division, and that each of these divisions in turn has a sevenfold division and so on. Each of the seven great Cosmic Planes, it is taught, are scenes of evolution far different from ours, being the fields of activity of great Hierarchies of Beings, with the exception of the seventh, or densest plane, which is the field of evolution of our solar system and of millions of others. It is this seventh plane which has as its divisions the

familiar regions, the Physical World, the Desire World, the World of Thought, the World of Life Spirit, the World of Divine Spirit, the World of Virgin Spirits, and finally, the highest division, the World of God.

But note this fact, a fact which has great importance from an astronomical standpoint, as we shall see shortly: the World of God is not only the world of our Solar God, whom we call the Father, but of millions of other Gods of millions of other solar systems. This is the teaching of the Mystery Schools, and is not sacrilegious, as it appears at first. We who have been taught the existence of but one God, find it difficult to accept millions. But the confusion arises merely from the fact that as powerful and glorious as is the Head of our Solar System, He too is an evolving Intelligence, along with the Heads of the millions of other

solar systems, and above Him are the great Intelligences of the six other Cosmic Planes, headed by the Seven Great Logoi whose world is the first Cosmic Plane, who, in turn, are expressions of the Supreme Being who manifests directly from the ABSOLUTE, or The One Existence, at the dawn of Manifestation. So it is quite true that there is but One Supreme Being, but He is not concerned only with the evolution of our little solar system, not even only with the millions of other solar systems, in fact, not only with the activities of the great galaxies, each composed of millions of solar systems, which mighty as they are, are but activities of the seventh Cosmic Plane. There are SIX MIGHTY COSMIC PLANES ABOVE THIS, and all the activities therein, as well as on our seventh plane, are manifestations of the activity of the Supreme Being!

Such is the Teaching of the Mystery Schools of the Western World. We now pass to the revelations of the science of Astronomy, using the above teachings as a key.

Whatever feeling of enmity exists between the physical scientists and the occultists would disappear completely if both concerned would consider for a moment that the fields of investigation of the two groups are quite different. The occultist has as his prime object the exploration and study of the worlds higher than the physical—the physical scientist, as his name implies, limits himself *solely to the physical world*, which, as we know, is but the densest division of the seven planes of the seventh Cosmic Plane, which in turn is the densest of the Seven Cosmic Planes. It might be well to insert the fact, for casual readers, that these Cosmic Planes and their many subdivisions are not separate in space, but interpenetrate. Thus the vast spaces which we shall talk about shortly are empty as far as the physical world is concerned, but to one who could observe the totality of superphysical phenomena, this "empty space" would be the scene of incredible activity.

The physical scientist is so blinded by his work in the physical world that he not only does not concern himself with superphysical things, but denies their existence. There are, however, a growing number of scientists who are slowly becoming sensitive to the existence of the higher worlds, and thereby incur the ridicule of their less advanced brothers. But, casting these differences aside, the occult student is, on the other hand, often very unfair to the physical scientist. It is obvious that the investigation of a given realm can best be accomplished by one who has the best equipment. Thus to observe happenings in the Desire World, one must have a well developed vehicle for that region, etc.

Now the physical scientists do have, above all other human beings, the precise and highly technical equipment for investigating the properties of the physical world: men spend long years of training for highly specialized jobs, perhaps the investigation of the atomic properties of matter or the photography of stellar spectra, and they are qualified above others to tell us about the physical universe. No matter how well developed along occult lines we are, if we wish to make a radio work, build a huge hydroelectric plant, or observe the chemical composition of the stars, we must employ physical means, and in this large (but nevertheless comparatively small) field the scientists are the ones who can do this best. Therefore, regardless of how narrow-minded we may think the body of physical scientists are, we must in all fairness accept their results as to the weights, measures, chemical properties, etc., of the earth, planets, and stars. And as astounding as the revelations of the huge telescopes of the world may seem, we must accept the objects they present to our view. We must ever guard ourselves against the attitude of the ecclesiast to whom Galileo attempted to show sunspots. The worthy churchman refused to look through the telescope, for he said in effect, we all know the sun is perfect, therefore how could it have

spots? Since it cannot have spots, no telescope could show them, so why bother looking through a telescope?

The findings of the astronomer are of great import to the student of the occult. Viewed metaphysically, the universe is even more breath taking and astounding than it appears to the non-occult astronomer. It becomes ever a subject for meditation and worship. It is a glorious example of the much quoted Hermetic axiom, "As Above, So Below."

It is because the sincere student of the occult, so intent on inner development, very often takes no time to look about him and examine his truly complex physical universe that this article is being written. In short, Astronomy has a great message, and to no one is that message more important than to the sincere students of That which lies behind the visible universe.

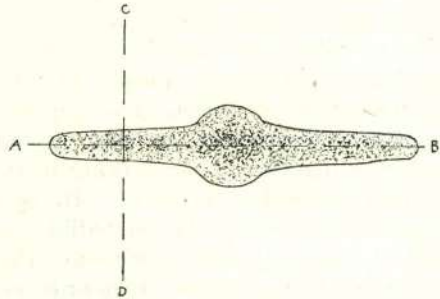
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On a clear moonless night of almost any season of the year, the Milky Way can easily be seen stretching across the broad expanse of the sky. If for a moment we could see through the dense earth beneath our feet, we should see that the Milky Way is really a circular band dividing the celestial sphere into two hemispheres. Each of the hemispheres is studded with stars—stars of different colors and brightness, which so dazzle the observer that he is apt to believe that they are uncountable. Yet if he were to painstakingly count the individual stars visible to the naked eye he would scarcely total 6,000 over the entire celestial sphere! Even if he had a telescope, and looked *at any place but the Milky Way*, he would find, even though seeing thousands of additional stars, that the number of stars is finite. Even when the most powerful telescopes in the world are used, the astronomer comes rather quickly (astronomically speaking) to the end of the region of individual stars. The most distant stars he could see in this direction would be some thirty thousand trillion miles away. Yet this is close at hand to the astronomer.

(A trillion is so large a figure that if one counted as fast as he could, say five numbers per second, without once stopping for rest, it would take him seven thousand years to count up to a trillion. Yet the nearest star of the many millions of stars in our system is some twenty-five trillion miles away!)

Should he look at the Milky Way he would discover that the fine haze which has lent so much inspiration to the poets, resolves itself into what appears to be innumerable stars. But laborious star counts in sample areas have shown clearly that the Milky Way, though containing some forty billion stars (suns like our own), nevertheless has an end.

By painstaking work of plotting the individual distances and directions of star after star, astronomers have found that our Milky Way, or Galaxy (let us hereafter call it the Galaxy, which really means the same thing, since the Greek root-word is *gala* meaning milk, for it is a more convenient term, as we shall soon see) is shaped much in the manner of the accompanying illustration. Could we



view our galaxy from distant space, we should see the forty billion stars it contains arranged in this discoidal shape whose dimensions are roughly 10,000 by 100,000 light years.

A light year is some six trillion miles. Light travels 186,000 miles per second—as fast as a radio wave, or seven and a half times around the earth at the equator in one second. Since there are sixty seconds in a minute, sixty minutes in an hour, twenty-four hours in a day, and 365 days in a year, it is easily seen

that there are 31,536,000 seconds in a year. Multiplying that by 186,000, we get the distance in miles traveled by light in a year, or 5,865,696,000,000 miles. It is much more convenient to speak of light years as a unit of astronomical distance. *Its value in no way depends on whether light travels faster or slower in space than it does on earth.* The distances the astronomer measures are obtained independently of the speed of light, and are expressed in light years; i.e., the distance light would travel in a year if it traveled at the speed measured on earth.

The cross in the illustration marks the relative position of the sun within the galaxy. Now it becomes apparent why the Milky Way appears as it does to us in the sky. An observer on the earth, which on the scale of this drawing is indistinguishable from the sun's position, looking in the direction *AB* will be looking through a greater thickness of stars than he would looking along the direction *CD*, at right angles to the first. This is why most of the sky is comparatively sparsely studded with stars and why the Milky Way is so packed with stars that to us it appears only as a haze.

The occultist can immediately see the significance of the huge number of forty billion suns like our own. The Supreme Intelligence of our Solar System, or God, is an evolving Being, for nothing in the entire universe is stationary. He is a member of a Life Wave incredibly beyond ours in evolution, a life wave that has reached the advanced stage of evolution where each member is a Supreme Creator. We are told that the destiny of our life wave, the human life wave (as of all others), is to become creative and omniscient. Our evolution is really a part of the evolution of God, for through us, God finds more expression and this adds to the evolution of both. There really is no actual separateness. We live and move and have our being in God, as sparks from the Divine fire, but as each spark is fanned into a creative flame, so the parent flame becomes brighter and proceeds in its own evolution. The forty

billion stars are then but the physical vehicles of the supremely advanced life wave. The true realm of these intelligences is, of course, not the physical world, but the rarest division of the seventh Cosmic Plane, the World of God, or we should really say, the World of Gods, for this plane is the scene of evolution of these Higher Intelligences, rulers of the forty billion solar systems.

Now no astronomer has ever seen another solar system than our own. Planets are incredibly small compared to the parent sun, and further, shine by reflected light rather than their own. So no telescope in existence today (and most likely no telescope ever to be constructed) can show us the planets we feel sure accompany even the closest star. And why do we feel sure that other systems of planets exist? Simply because the Western Wisdom teachings tell us that before a body can become a sun, it must cast out from itself all life waves which are not sufficiently evolved to stand the high rate of vibration encountered in bodies like the sun. Astronomers are not aware of this occult fact and therefore doubt the existence of other solar systems, often regarding ours as a sort of freak of nature. Further, there exists today no scientific explanation of the formation of the solar system. The old nebular hypothesis as advanced years ago by LaPlace is completely untenable from a scientific standpoint because of well known physical principles not clearly known in the time of LaPlace, notably the kinetic property of gases. However, it is decidedly probable that the solar system had some sort of a nebular origin, though the astronomers are puzzled as to the modus operandi. (The writer would be very glad to obtain some definite occult information on the matter from those capable of obtaining firsthand information.)

Thus we find forty billion stars isolated in space in a galactic system that has the shape shown in the illustration. One might think that collision of stars would be very frequent. But they are by no means closely packed. The nearest star to

the sun is some four and one-half light years away! So great are the separations that if the motions of the stars were at random, a given star would collide with another on the average of but once in 1,000,000,000,000,000 years. But the motions of stars are not strictly at random. Our whole galaxy rotates about its center, and our sun, although traveling at about 120 miles per second, takes 250 million years to go once about this central point. This is another fine example of the scale of our galaxy! Further, students of the occult know that the universe is not an accident but has a very great purpose, and no collisions would be permitted unless the stars involved had served their purpose.

So if we search the heavens with our telescopes we come to a dropping-off place in space, beyond which we find no isolated stars belonging to our galaxy. Is this then the end of our universe? If we could travel on a light beam, we should, after some 100,000 years of travel from our solar system, come to the outposts of our galaxy, or Milky Way. Then if we sped onward through what the material astronomers consider empty space (and from a physical standpoint it is essentially empty) we would have to travel some 800,000 more years (remember at 186,000 miles a second!) before we came to the outskirts of the nearest galaxy in space (excluding the Magellanic Clouds which can be considered as satellites of our own galaxy). It takes profound meditation and concentration to glimpse this immensity of space. This neighboring galaxy at which we would arrive is the famous Andromeda nebula, and it *turns out to be a galaxy very much like our own*—again a collection of billions of suns isolated as a system in space.

And we must now prepare ourselves for a shock. There are not one or two or three of the other galaxies (extra-galactic nebulae)—THERE ARE KNOWN TODAY MANY MILLIONS OF THESE, and remember, each *contains within itself billions* of stars or suns, about which we can feel certain (though we cannot actu-

ally see them) circle innumerable planets—the homes of life waves probably very much like our own though not related and quite separate from ours.

Now, unlike individual stars which because they belong to our galaxy decrease in number as the fringes of our system are approached with the telescope, for the other galaxies, as far as any telescope today can reach, NO DECREASE IN NUMBER HAS YET BEEN SIGHTED. That is why astronomers are so anxious for the great 200-inch telescope to be built, for it will see into space twice as far as has yet been possible. What lies beyond? The astronomer must wait for telescopes. The occult student has knowledge of the purpose of things which allows him to tell very much what to expect. Further, he can apply the law, "As Above, So Below." And, just as the great Being we call God expresses Himself not only through the sun, His physical vehicle, but through the intelligences inhabiting the planets and even the life waves evolving thereon, the life wave of Gods ruling the millions of solar systems is but an expression of a Higher Intelligence that expresses through, and rules the galaxy. Applying the law still further, the millions of galaxies form a vast group, perhaps a still more advanced Life Wave evolved to the high stage where they can create not only one solar system but an aggregate of millions of solar systems, and finally, the Supreme Being who emanated from the Absolute, obtains physical expression and experience from all the millions of galaxies.

Why do we not say that these galaxies are but part of a system of millions of galaxies, and that there are millions of these millions of systems of galaxies, thus going up and up the scale? This may be, of course, but the astronomers have found something which seems to indicate strongly that the galaxy is the largest unit of physical expression in our present scheme of manifestation. The untechnical reader may find this somewhat difficult but as it is an extremely essential point, it cannot be omitted.

When the light of the galaxies is analyzed spectroscopically, the wave lengths of light are found systematically shifted to the red end of the spectrum (the famous "red-shifts" of which much has been made in the newspapers). Now the only known physical interpretation of this is that the galaxies are receding from us (the Doppler Effect) and hence that the universe is expanding. Unless some totally unknown cause is operating the astronomer is forced to state that these incredibly large objects are receding from us; and, what is more, that the farther away the galaxies are, the faster they are going away from us, some of them with one-seventh the speed of light.

This incredibly fascinating story of the Expanding Universe strangely enough was anticipated by theoretical astronomers some time before the effect was actually observed. These men, who rarely look through a telescope but are adept at handling a pencil and paper, figured out quite independently, from the theory of relativity, that this universe of ours must be expanding! In spite of certain very recent conclusions drawn by Mount Wilson astronomers to the effect that the distribution of galaxies in space is at variance with the expansion theory, the theoretical astronomers purport to have found these conclusions in error, and so the latest verdict is still that the universe is expanding.

Now before we go into the metaphysics behind this theory, a few of the more interesting consequences of this theory are in order. It would be difficult to explain "why" in this small space, but the idea that the universe expands leads directly to the notion that space is finite and curved, and is four dimensional. But these are just the things occultists have been saying for years!

While the astronomer stands considerably perplexed over the vast complexity of the universe his telescopes have revealed, trying to figure out why the universe is expanding, what it is expanding into, and what lies beyond the end of space, let us examine the outlines of this

vast universe revealed by the telescope in the light of occult truths. In the first place, occultists have long known that space is not the same thing as emptiness, but that matter is truly crystallized space. Scientists are now coming to this same conclusion. Further, the occultist knows that in the beginning was the Word, the creative Fiat which formed the seven Cosmic Planes. Concerning these planes, he knows that the densest, the one containing as part of itself the entire physical universe, being the densest, is also the smallest. Now when the astronomer comes along with the discovery that our universe is expanding he corroborates the occultist who states that our physical world, being the densest, was formed last, and is diffusing into the "space" occupied by the other cosmic planes. Thus we have our expanding universe.

Further, when the astronomer reverses his picture, and figures backward, runs his moving picture backwards, so to speak, he finds that some 1800 million years ago (although he is very very uncertain about the figure) the galaxies must have been much more closely packed together. This is merely saying, from the occult standpoint, that "in the beginning was the Word" and that this word started the phenomenon of creation going, and that the Word is still diffusing through the space occupied by the rarer Cosmic Planes and is still creating and expressing in the material of the denser Cosmic Planes. The Word will continue to create until the very close of Manifestation, expressing, however, through the evolving creativeness of the vast number of life waves on the various steps of Jacob's Ladder of Attainment. Our human life wave will someday evolve to omniscience and creativeness, as the life waves that now ensoul the galaxies once did, and thus the effects of the Word are still becoming manifest, and will continue becoming manifest through all of the many evolving life waves. Thus the universe viewed through the telescope is a visible promise of the glory that is to be!

Fama Fraternitatis
 Or, The Confession of the Laudable Fraternity
 of the Most Honorable Order of the Rosie Cross
 Written to the Learned of Europe

(This is the concluding article of this series representing a digest of the first edition of the English translation of the *Fame and Confession*. Little if anything of even minor importance has been omitted. The spelling, language, and phraseology have been modernized. We are indebted to the generosity of Mr. Manly P. Hall of Los Angeles for the loan of an original copy to use.—EDITOR.)

(Concluded)

WE could relate here all that has happened from the year of our Lord 1378 when our Christian Father was born until now, recalling the alterations he saw in the world during the 106 years of his life [the record of] which he left after his decease to our Brethren and us to peruse. But brevity will not permit it until a more fit time. It is enough now for those who do not despise our declaration after having briefly touched it, to prepare the way for their acquaintance and friendship with us.

To whom it is permitted to see and use for his instruction those letters and characters which the Lord God has written and imprinted in heaven's and earth's edifice, through the alteration of Government from time to time, the same is already one of us although as yet unknown to himself. As we know he will not despise our invitation, so none shall fear deceit. We promise and say openly that no man's uprightness and hopes will deceive him who makes himself known to us under the seal of secrecy and the desire for our fraternity.

But to hypocrites and those who seek other things than wisdom, we say and witness that we cannot be made known or betrayed to them. They are unable to hurt us without the will of God. But they will certainly be partakers of all the punishment spoken of in our *Fama*. Their wicked counsels will light upon themselves, and our treasures will remain unstirred and untouched until the Lion will come and ask them for His use, and employ them for the confirmation and establishment of His Kingdom.

We observe that God has most assuredly concluded to send and grant to the world before her end, such truth, light, life, and glory as the first man Adam had, but lost in paradise, after which loss his successors were driven with him to misery. Then all servitude, lies, and darkness which little by little have crept into all arts, works, and governments of men will cease. From them innumerable false opinions and heresies proceed so that the wisest of all scarcely is able to know whose doctrine and opinion he should follow and embrace. It can not well nor easily be discerned. Seeing on the one hand they were detained, hindered and brought into error through the respect of the philosophers and learned men, and on the other through true experience. When all of this once shall be abolished and right and true rule instituted then there will remain thanks to them who have taken part therein—but the work itself will be attributed to the blessedness of our age.

As many important men will greatly further the coming reformation by their writings, we willingly confess that the honor of this work does not depend on us alone. The stones shall rise and offer their service before there shall be any want of executors and accomplishers of God's counsel. Indeed, the Lord God has already sent certain messengers which should testify His will, namely, some new stars in *Serpentario* and *Cygnus*, that signify great and weighty matters. The secret writings and characters are needed for all things found out by men; although the great *Book of Nature* stands open to all, yet there are but few who can read and understand it.

As there were given to man two instruments to hear, two to see, and two to smell, but only one to speak, and it were vain to expect speech from the ears or hearing from the eyes; so there have been ages or times which have seen, and ages that have heard, smelled or tasted. Now there remains yet that age which in a short time shall give honor to the tongue. That which other times have seen, heard, and smelled finally shall be spoken; in other words, when the Word shall wake out of her heavy and drowsy sleep, and with an open heart, bare head and bare feet shall merrily and joyfully meet the now rising sun.

The characters and letters that God has here and there incorporated in the holy Scripture, the *Bible*, He has imprinted most apparently into the wonderful creation of heaven and earth—and even in all beasts. So that as the mathematician and astronomer can long before see and know the eclipses which are to come, so we may foreknow and foresee the darkness of obscurations of the church, and how long they will last. From these characters or letters we have borrowed our magic writings, and have found out and made a new language for ourselves, in which is expressed and declared the nature of all things. It is no wonder that we are not so eloquent in other languages which we know disagree with the languages of our

forefathers, Adam and Enoch, and were wholly hidden through the Babylonian confusion.

But we must also let you understand that there are yet some *eagle feathers* in our way which hinder our purpose. Wherefore we admonish everyone to read diligently and continually the holy *Bible*. He that takes all his pleasures therein shall know that he has prepared for himself an excellent way to come to our Fraternity. The whole sum and content of our rule is that every letter or character which is in the world ought to be learned and regarded well. So those who make the holy *Bible* a rule of their life and an aim and end of all their studies are like and closely allied to us. Let it be a compendium and content of the whole world, and not only to have it continually in the mouth, but to know how to apply and direct the true understanding of it to all times and ages of the world.

Also, it is not our custom to prostitute and make common the holy Scriptures. There are innumerable expounders of it, some alleging and wresting it to serve their opinions. Some outrage it and most wickedly liken it to a nose of wax which alike should serve the divines, philosophers, physicians, and mathematicians. Against this we openly witness and acknowledge that from the beginning of the world there has not been given to man a more worthy, a more excellent, admirable and wholesome book than the holy *Bible*. Blessed is he who reads it diligently, but most blessed of all is he that truly understands it, for he is most like God and comes most near to Him.

But whatsoever has been said in the *Fama* concerning the deceivers against the transmutation of metals, and the highest medicine in the world, the same is thus to be understood: that this great gift of God we do not set at naught, nor despise in any manner. But because the transmutation of metals does not bring always the knowledge of nature which produces not only medicine, but also makes manifest and opens to us innumerable secrets and wonders, it is requisite

that we be earnest to attain the understanding and knowledge of philosophy. Excellent wits ought not to be drawn to the tincture of metals before they be exercised well in the knowledge of nature. He must needs be an insatiable creature who is come so far that neither poverty nor sickness can hurt him, who is exalted above all other men and has control over that which anguishes, troubles and pains others, yet will give himself again to such idle things as to build houses, make wars, and use all manner of pride because he has gold and silver in infinite store.

God is far otherwise pleased, for He exalts the lowly, and pulls down the proud. To those who are of few words He sends His holy angel to speak. But He drives the unclean babblers into the wilderness and solitary places. This is the right reward of seducers who have vomited forth their blasphemies against Christ and as yet do not abstain from their lies in this clear shining light. In places their abominations and detestable tricks have been disclosed that thereby He may fulfill the measure of sin and draw near to the end of His punishment. Therefore, one day the mouth of those vipers will be stopped and the three double horns will be brought to nothing. This shall be discussed more plainly at large at our meeting.

In concluding our *Confession* we must earnestly admonish you to put away, if not all, yet most books written by false alchemists who think it but a jest or pastime when they misuse the holy Trinity by applying it to vain things, or deceive the people with most strange figures, and dark sentences and speeches, and extract money from the simple. There are too many such books nowadays which the enemy of man's welfare daily wills to mingle among the good seed, thereby making truth more difficult to be believed, which is in itself simple, easy, and naked. But contrarily falsehood is proud, haughty, and colored with a kind of luster of seeming godly and humane wisdom.

You who are wise avoid such books and

turn to us who seek not your money, but offer to you most willingly our great treasures. We do not hunt after your goods with invented, lying tinctures, but desire to make you partakers of our goods. We speak to you in parables, but would willingly bring you to the right, simple, easy, and ingenuous exposition, understanding, declaration, and knowledge of all secrets. We do not desire to be received of you, but invite you into our more than kingly houses and palaces, and that not by our own proper motion, but that you likewise may know as impelled by the Spirit of God, by His admonition, and by the occasion of the present time.

What think you, loving people, and how seem you affected, seeing that you now understand and know that we acknowledge ourselves truly and sincerely to profess Christ, addict ourselves to the true philosophy, lead a Christian life, and daily call, entreat and invite many more into our Fraternity, unto whom the same light of God likewise appears?

Consider at length how you might begin with us, not only by pondering the gifts which are in you and the experience which you have in the Word of God, but by the careful consideration of the imperfection of all arts and many other unfitting things to seek an amendment for them, to appease God, and to accommodate you to the time in which you live. Certainly if you will perform all this, profit will follow. All those goods which Nature has wonderfully dispersed in all parts of the world shall be given to you all together at one time, and you will be disburdened easily of all that which obscures the understanding of man and hinders his works, like the vain *epicides*, and the eccentric *astronomical circles*.

But those pragmatic and busy-headed men who either are blinded with the glittering of gold, or who are now honest but by thinking that such great riches should never fail might easily be corrupted and brought to idleness and riotous living—those we desire would not

trouble us with their idle and vain crying. Let them think that although there be a medicine to be had which might fully cure all diseases, nevertheless those whom God has destined to plague with disease and keep under the rod of correction, such shall never obtain any such medicine.

Although we might enrich the whole world, and endue man with learning and

release him from innumerable miseries, yet shall we never be manifested and made known to any man without the special pleasure of God. He shall sooner lose his life in seeking for us who thinks to get benefit and be a partaker of our riches and knowledge without and against the will of God, than to find us and attain to the wished for happiness of the *Fraternity of the Rosie Cross*.

Matilija Poppies

BY RUTH ELIZABETH ANDREWS

*Withered and sere, Spring's petals fall apart,
 June's drowsing languor broods above low hills
 So lately green, now tawny, dry and locked
 In Summer's heat-enshrouded silences.
 Along vague trails I tread a weary mile,
 Where lazy lizards keep me company. . . .
 A-rustle in the parched and shriveled sedge,
 Catching stray flies, and blinking in the sun.*

*Here lemon-colored cactus menaces
 With threat of spine and rattler; boulders rise
 Bleakly from dry, scarred creek-beds, baked and gray.
 Now round a hidden bend, bursting in view,
 Like a mirage of magic beauty, flung
 With spendthrift hand by Nature, prodigal,
 White drifts of silken poppies, snowy, rare,
 Reach their frail censers high for Summer's fire!*

*Matilija poppies, lighting barren wastes
 Like angel faces, tall and proud and fair,
 Symbols of sacred loveliness, of peace,
 Of sweet fruition, perfect purity.
 Thus from the desert-places, Beauty wakes.
 Out of the Springtime's dust, comes Summer's best.
 Ever from Death, springs Life, the wonderful,
 Triumphant proof of Immortality!*

Mystic Journey

BY BERNARD C. MITCHELL

PROLOGUE

The first heaven is a place of joy. Here all ennobling pursuits to which the man aspired are realized in fullest measure. Beautiful houses, flowers, etc., are the portion of those who aspired to them; they build them themselves by thought from the subtle desire stuff. Nevertheless 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.—*The Rosicrucian Cosmo-Conception*, pages 116, 117.



SEPTEMBER nightfall. The sky was veiled with dark shadows and a stillness seemed to prevail everywhere. It was almost dark within doors and huge trees in Harley Street loomed black against the windowpane casting long shadows across the quiet of Dr. Grace's study.

Bookshelves at both sides of the fireplace filled to overflowing reached from floor to ceiling and a number of engravings hung upon the walls. A cabinet filled with little ornaments stood in one corner and in the window a round mahogany table on which were displayed a few pieces of old silver and a number of photographs. There were two easy chairs, a writing table and reading lamp. A good fire burned in the grate and a heap of logs in the hearth suggested the surgeon's habit of late hours.

Just then a door opened and Dr. Grace himself entered. He stood for a moment on the threshold as if contemplating the dark shadows of the trees through the open window. Then he quietly closed the door and moved slowly towards one of the easy chairs beside the hearth. His hand hesitated at the reading lamp. No! he would not turn it on. For once he would spend an hour in resting.

Observing him closely, one soon discovered that he was a noble and manly figure. He was not a young man, neither was he old, though time had tinged his hair with streaks of gray and had written lines of care on his forehead.

He appeared to be gazing unseeingly

into the red embers. Tongues of flame leaped in the grate and trembled on the walls and ceiling.

Thoughts sometimes happy, sometimes sad, passed over his mind. Time and place seemed to vanish. He seemed to see in that dim light, the years that had rolled by. He felt himself carried away, back through the years . . . far, far away. He saw the house where he was born, the park and beautifully wooded grounds known as Temple Meads.

The only real happiness he had known had been yonder where his ancestors had lived ever since the end of the eleventh century. Twenty years ago it had burnt to the ground and nothing remained where that stately mansion once stood.

Temple Meads was then a typical Yorkshire village of not more than a handful of cottages, scattered round a green, whereon stood a church, and, to the right an inn, above which used to swing a brilliantly coloured signboard.

A stream ran close by, overhung by trees and crossed only by a narrow footbridge. In those days motor cars and fast traffic were almost unknown.

Within a stone's throw of the village, lying at the foot of the Cleveland hills, were the ruins of an old priory, behind which magnificent sun-kissed woods rose, tier upon tier, to a great height. Like a memorial it still stands, peacefully reposing in a sea of green, its lofty gray tower and crumbling walls still triumphant over time.

Often he would wander there with Mary, especially in the evening when the day's work was done. They would take their books into its quiet solitude,

which they had grown to love so well, and read the remaining hours away, until the sun dropped behind the hills and darkness filled the earth.

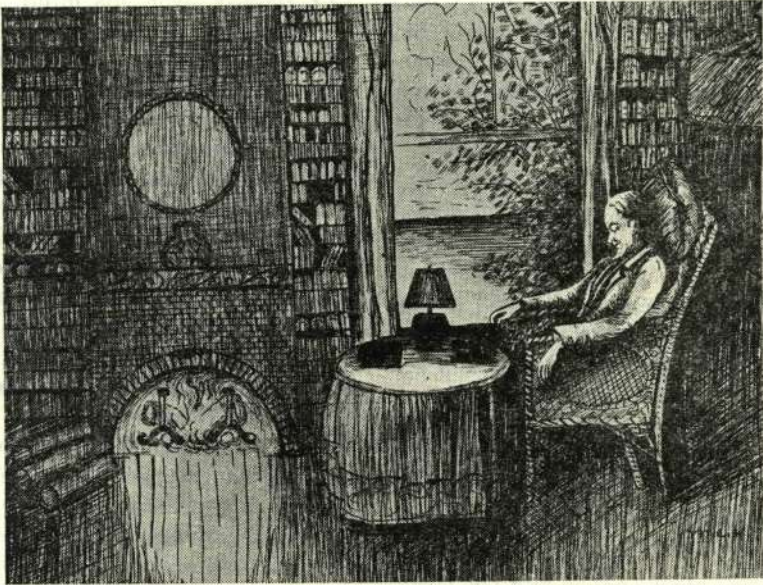
How happy had been those days. That time was too well remembered ever to pass away.

It was many years ago since Mary in pain and suffering had left this world. It would have been so different had she lived to be his wife. For this reason he had never married. He was wealthy and his single state had been a source of speculation to everyone but himself.

From the depth of his chair by the

He stirred uncomfortably in his chair. The diseased—the defective! As a medical man he was forced to admit the theory of Rebirth. That seemed to be the only thing which solved the riddle of life and death. Such an idea was satisfying to him. He felt certain of these things. That and only that could explain the inequalities of Life. Every death and every struggle brought to birth a greater life than the last.

He looked around. The trees outside could no longer be traced in the shroud of darkness, he perceived only a meaningless pool of blackness.



fire under those September shadows he found himself reviewing her fateful death and it seemed intolerable to him that Mary should have passed from his life thus.

He loved to think that she might still be near him, though unseen. Still, there were times when his heart sank within him; when he longed to hear her voice, and meet her old sweet smile. It was so long—so long ago.

He leaned forward and flung another log on the fire.

As a doctor and surgeon pain had been his occupation through life and day-dreams his only release.

What was that! There seemed to be sounds of faint singing and sweet music.

It did not do to listen too keenly to any sound as one was drowsing off like this . . . but was that music he heard just now . . . singing . . . strange to think that every silvery note of hers might be imprisoned in the ether here. Her voice reached him yet.

(His head fell forward.)

How long he slept there he knew not but when he woke a brilliant flood of sunlight was pouring into the room. He stared around in amazement. Had he

slept the clock round? No, that was not possible. A breeze had arisen and was blowing the French windows to and fro. He rose to shut them. Strange—it was as though he floated on air rather than walked.

The whole thing is a dream he thought; he must keep things in mind otherwise the dream might become blurred and fade in sleep. He must remember. He was thinking of Temple Meads, the manor, the priory, above all of Mary, not himself. He realized at this moment that time no longer was—he felt a spaciousness also which he had never known before. Curious—he saw through and beyond the walls.

(Sound asleep in his chair he breathed slowly.)

He stepped in front of a mirror, strange that there was no reflection.

Outside in the street two dream persons wandered listlessly by. He would pursue the dream and follow where it led. He would go to Temple Meads.

(He breathed slowly his head sunken on his chest.)

At first he saw everything through a sort of hot, misty shimmer. Gradually it became clearer and the sun shone out in brilliant splendor. Never was the sky so gloriously blue or the earth so full of beauty.

It lighted up the hills and there in the distance was Temple Meads, the manor, the woods, the priory, the meadows and the rippling stream.

A cool breeze deliciously pure and soft floated down upon him and he felt the imposing calm. It all seemed part of himself. Silence and the voice of the silence; the most beautiful voice in the world.

Next moment he was within those ancient Gothic walls.

It had been a Carthusian monastery, once the pride of monkish devotion. Eight hundred years had rolled by since the first pilgrims had laid its stones. For eight centuries, loving ones had hovered

round those sacred walls. It was sweetly romantic. Those massive walls seemed to sequester it from the rest of the world. It was an enchanting, caressing place, full of harebells and heather. Here and there huge fragments of the edifice lay scattered amid the nodding grasses and high growth. How precious seemed that leafy seclusion in which flowers and plants grew and flourished as they would not do elsewhere.

As he stood thus in contemplation there appeared someone coming towards him.

He looked in astonishment.

Could it be possible it was she? Mary! It was! It was she! He must not awaken. He must not speak to her—not even touch her pale hands with his lips lest he should blur the dream.

Next moment he was by her side.

It had ceased to be a dream—it was reality. It seemed to be a life within a life. She was the same, and yet not the same; so beautiful, so bright, so joyous. He almost feared to touch her, lest that touch might chill her.

"I knew that some day you would come." She spoke softly.

"How near I have been to you," he said at length. "Twice we almost met in dreams. You are the same—and yet you are not the same."

"Do not be afraid," she replied. "This body which you see now was mine on earth, but covered over with an outer husk, the earthly body, subject to pain, sickness, and death; that cast off, never lives again. I have long been an inmate of the Heaven world and have grown and increased in spiritual knowledge, in proportion to the time that has passed away since I was freed."

"That is true then that is written in the Great Book of Life that there is a natural body and a spiritual body?" he ventured to add.

"Every word is true," she replied, "but the earthbound do not yet understand the Book of Wisdom. A veil hides the sacred teachings."

"But why are these things hidden from us?" he questioned.

"They are not hidden from those who seek. Read again the Great Book of Wisdom."

"I will," he said. "And tell me—why are we not able to visit those who have cast off the earthly body?"

"Some do and can. There are many ways. In sleep the spirit escapes from its earth body and roams about the world in the spirit body. Invisible as far as the dense world is concerned but clearly visible to those friends who happen to be using their spiritual bodies at the same time. Free to a certain extent to wander hither and thither at will, the spirit is still bound by a silvery cord which brings it back to regain the earthly body the moment it wakes. The sleeper remembers well at the moment of waking but quickly it fades and the remembrance soon becomes dim and obscured."

"Sleep then is a kind of temporary death. Would it not be possible for the dream spirit to return to its earth body no more?"

"No. Not without the special permission of the Higher Ones."

"Do they ever give their permission?"

"Only in exceptional cases, then they allow the silver cord to be severed and people say he has passed away in his sleep."

"Do those who have passed into the Heaven world ever return to those in the body?"

"Only when our help is needed. There is no division between the worlds. The two worlds are one and interpenetrate each other, and the work we are doing here is not centered entirely in our part of the world, it is linked up with yours."

"We are able to help those who are ready to take up our ideas and ideals. The great men of the past for purposes of inspiration use channels that are willing to be used."

"And what of reincarnation," he asked. "When is the person drawn to rebirth?"

"Only after many many years spent in the Heaven world," she replied smiling sweetly.

"What do they do in that world?" he questioned.

"Because we have slipped off one body and entered another it does not alter us. We in this world are very much more alive than ever we were. All are continuing their work. Poets still write verse, architects still design buildings, authors still write, and musicians still play. Religion is just the same too, Catholics still go to their particular church, Protestants to theirs, and Jews to their synagogues."

"Many are continuing their work for generations to come and some are beginning to realize how they are linked up with the great ones of the past. It is a joy to us to think that our work on earth for better conditions was not wasted."

"And what of the people whom they have loved? Do they never see them again?" he asked.

"People who have loved one another in the past cannot be kept apart. They are drawn together life after life, and each time the relationship becomes more beautiful," she replied. "Only remember that without suffering there is no completion of soul and without love there is no peace."

Then they fell to talking quite naturally about old times.

"Years ago anyone would have laughed if I had spoken of returning after death and talking to you today," she said.

This was where they had first met; the first time in her last earth life. They spoke in feverish haste lest the dream should fade.

Moving through a richly ornamented doorway, they entered what had once been the chapel of the priory, where in times past many a voice had been raised in prayer and knee bent in reverent devotion. Now it had become the abode of ivy and plants and the residence of birds.

Wandering from the chapel, they came into what appeared to have been the prior's house, but only a few stumps of columns remained as proud witnesses of its former greatness.

Returning to the chapel through an-

other doorway, they stood beneath the tower over the North transept.

"Do you remember," she said, "we used to call this the Singing Tower because when you stood beneath it on a windy day, you could hear a strange singing sound caused by the peculiar arrangement of the windows?"

"Listen!" she exclaimed, almost in a whisper. "You can hear it now, but ever so faintly. Listen hard, very hard, and you'll hear it."

He listened. All kinds of echoes came, then a sound like voices, very faint and low at first. It seemed to float down from the very top of the tower, like the singing of thousands of monks, but very distant and far away.

A strange blur was coming over everything, consciousness was fleeing from him, everything was becoming hazy.

She grasped his hand. "Dream on," she said. "Dream on, you must not wake . . ."

All a dream, a beautiful dream and . . . he woke. "Yes," he said to himself, "in our dreams we are still ourselves. She was just the same as in earth life."

The clock on the mantel shelf struck one o'clock. Its chime rent the silence.

A silver moon had risen and its pale light filled the room.

He turned on the table lamp at his elbow. It had just been a fleeting glimpse, he mused, but it would be with him always.

If he were to tell his colleagues what he had seen they would probably call him mad and persuade him that it was but fancy.

He moved towards the open window. Faintly he heard the mellow chime of a bell. He looked in the direction of the trees. He remembered all that she had said and thought he heard her still—"Without suffering there is no completion of soul and without love there is no peace."

Child Culture

BY ESTHER D. LEON

HE'S two years and nine months old in the accompanying photograph — all that he looks, healthy, good natured, and a joy to all who contact him.

"Oh, you can't raise him without milk?" startled mothers proclaimed, although I made it a point to discuss his diet very little during his babyhood. I wanted absolute proof first. "Seeing is believing" with most people while nothing will convince them of something new that they cannot see and especially so if the family doctor wouldn't approve. I tried to obtain a book on how to raise a child from infancy without the aid of milk or eggs but I couldn't find one. A leading dietitian advertised such a book but upon ordering it I found he didn't live up to his claims so I returned the book.

In the first place everybody knows, or will realize with a little thought, that a child's physical condition starts with the physical condition *and habits* of his parents. If there are those who think they can smoke, drink, eat meat, and overstuff their bodies with low vibrating foods, and still attract to themselves a highly evolved, healthy, and sensitive ego, they simply don't know their cosmic arithmetic, because wise Mother Nature doesn't work her problems out that way.

And so I say first of all, if you want a child who will be an everlasting joy to you, start on yourself long before you marry, if possible, and make up your mind as to what kind of a home, not whether it is to be humble or luxurious, but whether it is to be pure or impure, into which you wish to invite an ego.



Viking

When you've decided on purity, don't let an old time friend smoke into the air which your child must breathe, whether that be in your home or in your car. Remember your obligation to your child should be greater than your fear of offending an ill-mannered friend. The ego which has been invited into purity may not be able to stand impurity. Highly evolved egos are very sensitive and must be protected like fine pieces of machinery.

The wise pioneer parent stressed the development of muscle; the ability to withstand outward conflict. The wise parent today knows that it is not so much brawn, or even brain, that needs attention, but nerves. The brain development will be quite well taken care of by our educational system but nerves are oftentimes built, or ruined, before the child reaches the school age. We are already a sensitive high strung nation, already our nerves are strained to the limit. What about the coming generation? Can we hope it will fare better? Do we think life will slow down?

There are certainly no visible signs of any let-up in speed. Rather than to hope for anything like that do you not think it wiser to meet this inevitable condition with a properly equipped vehicle?

With all the above in mind I have held as of paramount importance my son's nerves. From earliest babyhood I have recognized the fact that he was not only sensitive to what he ate, felt, and heard but also sensitive to the "invisible environment" around about him. You may wonder what I mean by "invisible environment." I mean thoughts and sensations with which grown-ups set the atmosphere vibrating. Parents must not think that because the baby is asleep they can quarrel or do that which they would not do in his sight without affecting the child. I know that it cannot be done, and a very little observation on the part of any parent will be sufficient to convince one of the truth of this statement. It is from this that a child must be protected if he is to be a joy to his world and to grow up with strong nerves.

When he was between four and five months old I started to feed him strained spinach, peas, carrots, etc. He had been getting orange juice from the time he was three weeks old. Both my husband and I had been vegetarians long before we met. Also, about this time he was fed a gruel made from very finely ground wheat well cooked in water. He cut his teeth on celery and raw carrots, sometimes to the consternation of friends who felt sure he would sooner or later choke on such things. Nonsense, children would have very few, if any, mishaps if their elders kept their atmosphere free from FEAR—the giant enemy of child culture. And so squelching fear thoughts and remarks becomes another duty that the wise mother must perform.

When he was eleven months old I weaned him. I would get up in the morning at his regular feeding time and prepare half a glass of orange juice,

half a glass of hot water and a bit of honey. This would make a drink with a temperature of mother's milk and sweet enough to appeal to his taste. An hour later he had his gruel, without sugar or milk. I also made for him at this time a cracker from cracked wheat, whole wheat flour, and a little olive oil and water. Also, there was always plenty of fruit for him to eat between meals and at mealtime he sat at the table and ate everything we did, brown rice, onions, garlic, etc., and of course, lots of salad.

I remember as he grew a little older he would occasionally express a bit of temperament when it came to eating his salad which was always fed to him at the beginning of each meal. However, I never argued with him about his food. Instead I would commence talking to him about snow men and soon we would, with the aid of a few raisins, have the salad fixed into a most tempting snow man and then before I knew it, he would be asking for another snow man to devour. I remember once he *thought* he didn't like stuffed cucumbers but when it was pointed out to him that they were put-put boats, he soon asked for a second helping. Vegetables floating in the soup became fairy boats, and apples, with the aid of bits of dates or raisins, easily became laughing jack-o'-lanterns.

I have never coaxed him to eat. There are days, now and then, that he eats very little, and sometimes of his own volition he remains on fruit juices for a day. I talk to him about food as though he were grown up, giving him the reason for my choice and as a consequence he is not easily tempted. On his second birthday he tasted his first frosted cake, but not knowing what it was, he played train with it on his plate. His first piece of candy was given to him about this time but he immediately handed it to me, not knowing what to do with it and now he is quite convinced that anything made from white sugar or white flour is not for him and he

quickly says "No, thank you" when offered anything containing these ingredients.

This has meant that I too have purified my diet for I *never* ask him to do that which I am not willing to do myself, knowing that, as Max Heindel has said in his book, *The Rosicrucian Principles of Child Training*, which was my source of inspiration, children are but imitators until they reach the age of seven. How true this is. If we want our children to be courteous we must be the example. It does not come about by chance. Viking has been much admired when overheard to say, "No, thank you, Mother dear." But do you think that this sort of a remark is self-inspired—nay, rather it is the result of months and months of my speaking to him those very words.

In conclusion, I would say that regardless of the high value of spinach, celery, etc., as nerve builders, there is no tonic to equal a parent's soothing voice, gentle manner, and patient understanding. What we say and how we say it means so much to these little sensitive high-strung recording bodies about us. Why not say, "Johnnie, I know you'll not fall for you will be cautious and use good judgment," instead of screaming in nervous excitement, "Get down from there, you rascal, or you'll fall and break your neck." The decrees we make for our children are all too often fulfilled. Our mental atmosphere is absorbed by the children about us. If we are calm, poised, not given to emotional outbursts, this is immediately reflected in the sensitive child. In times of stress and even in play, they will duplicate our actions, our tone of voice, and even our kindness of heart. We must cultivate in *ourselves* the *right feeling* and in that way cultivate it in our child, for if his feelings are right, you need not worry about his thoughts, speech, or actions.

We feel with our nerves. *Strong nerves are built by right feelings.*

Occultism and Modern Life

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Emotional Tides

BY VICTORIA M. COREY

HAVE you plotted your emotional graph? I mean those recurring ups and downs of spirits which seem so inexplicable. One morning we awake, and though the world outside may be dripping sheets of gloom, the world within is bright and gay. We greet the tasks of the day a-tiptoe with anticipation, some lovely surprise is just around the next minute awaiting us! Another day, even though the sun be shining and a choir of birds raising hosannahs outside, we meet it wrapped in a sodden pall of inertia, and an active dislike for everything human.

We've all gone through years of those ebb and flow tides of emotion, accepting them without question as unpredictable and unavoidable.

The psychologists, with that insatiable curiosity which refuses to take anything for granted, have fallen upon these "moods" and dissected them, and attribute them to some glandular activity of rhythmic alternation. They have, moreover, succeeded in demonstrating them on a specimen sheet of graph paper; and the result is a fairly consistent series of rising and falling curves.

Try it for yourself. After a certain number of high and low points and the dates of their occurrence have been obtained you may go on into the future and predict their appearance with a very good degree of reliability.

But there is a certain "joker" in the game. After you have watched these reasonless moods of yours for a period you become imbued with a want of re-

spect, even contempt for them; and your chart becomes valueless. These moods are no more lasting nor fundamental than the penciled lines that represent them. Then why persist in that childish seesaw? And indeed, we would all refuse to react to blind instincts if we realized there was no basis of intelligent fact or reason behind them. But for the most part our minds and emotions are spoiled undisciplined children, delighting in tantrums, alternately wailing and chortling in joy and misery, love and hatred.

One means of discipline is given to the student for these unruly members—an exercise of concentration for an emotional setting-up. Its subject may be chosen at the will of the participant; but it must be one of a high order which will lift the spirit and raise the aspirations as well. It makes a zesty tonic for a reluctant awakening to the sometimes not-so-cordial world. And as a welcome to a gaily festive morning it impels the energies to almost superhuman achievements. The celebrant is not great enough to hold all the outpouring of Life. Triumphantly he casts aside his limiting personality, his fears, his superstitions, his unnatural conventions that he may be as great and as free as Life itself. Eagerly, he arises to do that in the day which will bring a greater union with that Life, its Love and Understanding. He tries to carry that into all his daily relationships. Is he happy?

Plot your emotions; intensify your morning concentrations on the down-curve; and your setting-up exercise will throw the balance in favor of serenity.


The Astral Ray

Astrology is a phase of Mystic Religion, as sublime as the stars with which it deals, and not to be confused with fortunetelling. The educational value of astrology lies in its capacity to reveal the hidden causes at work in our lives. It counsels the adults in regard to vocation, the parents in the guidance of children, the teachers in management of pupils, the judges in executing sentence, the physicians in diagnosing disease, and in similar manner lends aid to each and all in whatever station or enterprise they may find themselves.

The laws of Rebirth and Consequence work in harmony with the stars, so that a child is born *at the time when the positions of the bodies in the solar system will give the conditions necessary* for its experience and advancement in the school of life.

Gemini--The Twins

BY JOHN JOSLING

HE third sign of the Zodiac is symbolized by The Twins, male and female, to indicate the double-faced forces that express through it. Thus the element of dualism is expressed and experienced by those who have Gemini prominent in their nativities. This sign is also indicated by two upright columns, one black and the other white.

Gemini is the third sign, common in quality and airy by nature. It is a mental sign of voice and has to do with consciousness in its objective and subjective expressions. Thus concrete and abstract thought are brought to resolution here through the experiences in sensation (concrete forces) and as a result of such experiences the forces of the abstract mind are lighted, energized, and enhanced in really effective development.

Earnest students of this Divine Science will look less upon the so-called dualism of the Gemini soul and seek to gain the core and kernel of spiritual purpose behind the fact of extreme alternation that inheres in this mental-airy sign. For there is a divine and spiritual meaning as the background of the polarity here manifested. Only those highly evolved can express and truly know all the signs of the zodiac. But the purpose of life on earth, living many lives in each sign is to become fully rounded so that we

manifest the power and purpose of the perfect man in the sign of the Son of Man, Aquarius.

At the outset let us realize through our meditative thought processes this truth: That in the Moon Period of this earth's incarnation the great creative Hierarchy, the Seraphim, which is correlated to the sign Gemini, aroused in man-in-the-making the germ of the human spirit, the Ego. Let this be known to you, that through the suffering of Love in every phase, from lowest animal to divinest Angelic or Christ Man; in the whole gamut of love expression through Feeling, from brutal grossness to highest, most exquisite ethereal refinement, it is through this diapason in the soul's development in Feeling that at long last Thought is born, and the one sign where a soul *feels* with the Mind is this of Gemini. Thus, Gemini people reason from their sensations and feelings, and as a result make great headway in their evolution, especially so if these souls are at last Christ-awakened—born to Spirit! It is the Christ-Ideal to know every sign of the zodiac for thus you *know* all men—their woe and weal—and therefore *feel* and *know* your *unity* with the whole of earth and mankind.

To all Gemini people, no matter whether their horoscopes are good or ill by configuration of aspect and position,

this lesson and development through dualism must occur. For Gemini stands for the concrete and the abstract, the objective and the subjective, the form and the life, the black and the white, the man and the woman, Adam and Eve, the Divine Hermaphrodite. Do you not see the divine purpose lying back of this mighty symbol of wisdom? for wisdom and the spiritual divine power of Love lie back of Gemini. This polarity of power expresses in its inner spiritual kernel, in its *archetypal force*, the exquisite power and purpose of Divine Love.

Gemini is truly expressed in the esoteric force of the phrase of that highly occulted prayer which Christ Jesus gave us, to wit: "Thy will be done on earth as it is in heaven." We have to bring down into the theatre of the earth, which is the school for egos, those life forces or archetypal kernels which are to be found in the highest Heaven, the Third Heaven which Paul speaks of and which is so named in the Rosicrucian Teachings. The divine ideas for all expressed life on our planet are to be found in this highest Heaven. Now these ideas become concreted on the earth plane through the power of the great Arrester of Divine Motion, Saturn. No forms of any kind could ever be without the agency of the maligned Saturn. Out of the highest Heaven through the Divine Directing Idea which is the Godhead, there flows into earthly manifestation all the life expressed here—the abstract and spiritual become the concrete and material. In the most mystical manner you may trace this divine dualism of world building to this most mystical third sign of the zodiac. I would have you realize in this lesson the Keynote that the zodiac is the expression of God and that we can only approach the zodiac with utter awe and reverence—filled with wonder and love. For here in this sign do we come to *know* the Wisdom of the Gods.

Heaven must be brought down into the earth sphere; man and earth must become Christed in truth, completely and uniformly *spiritualized* in truth. Thus,

"Thy will be done on earth as it is in Heaven," is a literal formula which each of us carries whether we work consciously or unconsciously for Christ's sake. Through the thought generating power of Gemini working through a personality, there is at last conditioned a stage of thought-power secured, which lifts itself up into the sublime realms of the transcendental. So it is that the expression of Gemini is manifested through the genius of many a poet, writer, and musician; through many a mystic and occultist; through many a sage, and through those who express the transcendental in some wise.

Gemini the first Common or Mutable sign is as evanescent and mobile as the element it represents, the Air; it is a sign of volatility and change; thus, there appears that quality of superficiality of thought of those who manifest but a floating-flitting-skimming interest in art, things, people, etc. Yet no sign more than this one gives a greater desire for all-round expression in the sphere of thought, as well as manifesting through the dexterity of the hands and fingers often. The natives of this sign will deliberately employ and embrace ideas and theories which are opposite. The duality of this sign as it affects thought allows them to seize upon these ideas which are polarized, and in the advanced soul the false is soon sifted from the true and used by that soul. But difficulties through superficial power of thought-perception occur in the less evolved, although even in this respect no one can disentangle himself quicker than the native of Gemini. The duality of Gemini manifests itself in the nervous system also, and we find these souls often riding the highest reach of Heaven in ineffable divine love and joy, and as often they are flung down into the depths of dark despair and despondency. This alternation from grave to gay is like the air it symbolizes in that it is easily rarified and as easily condensed.

Gemini is the positive sign of Mercury who is the Messenger of the Gods, so

necessarily he is interested in all messages from all the Gods. Thus a Gemini will ever learn from his environment for it is his desire to learn. You will often meet a Gemini person who has had but little education, yet he will give the impression of being well-informed. Even though his thought appears superficial, still there is seen a mental activity which leads to the formation of a Whole Image, and this is Synthesis, which is just the reverse of the negative, feminine, mercurial sign Virgo, which is analytical and sectional in image-making power. *This should be noted by the acute student of Mind and Man.* It is vitally important to secure whole views, complete ideas of things, men, the world, and truth. So Synthesis is the essence which is to be extracted from this sign, and its product is wisdom, and as this wisdom can never be separated from love, you will have no slightest difficulty in connecting this sign with the cross and crown of this earth's long pilgrimage for us, to wit: Divine Love—for here is the sign of the divine forces which are as the Elohim in Whose Image we are made.

The most serious fault in Gemini people not yet balanced in their sign is that of mental scattering. Their interest goes out from one point in the center to every circumferential idea and fact in the gamut. Thus they have a fine and finished versatility; they fit in and fill every emergency in truth. You would find many of our radio announcers with Gemini prominent in their figures if you looked them up, for these souls must be nimble, most versatile with thought force, speech. Gemini souls always like to work with something outside their routine line; they like that which is different. It is this mental dispersion, this lack of concentration, which is the vice of this sign: and the genius which is in this sign will not flower till in some degree the power to focalize thought at will has come.

Paul himself, that great Christ Knower and Teacher, who experienced the gamut of sufferings and insult and hate says in II Corinthians 12: 7, 8, 9; "And lest I

should be exalted above measure through the abundance of the revelations, there was given to me a thorn in the flesh, the messenger of Satan to buffet me, lest I should be exalted above measure. For this thing I besought the Lord thrice, that it might depart from me. And he said unto me, My grace is sufficient for thee: for my strength is made perfect in weakness. Most gladly therefore will I rather glory in my infirmities, that the power of Christ may rest upon me."

What I would stress is that which is so stifled now; that is, the idea and truth of the forces of polarization in all worlds, things, men, gods, and in God Himself—the negative and the positive; and more, that one cannot become a Son and a Christ until through the sufferings in the flesh, blossom the Roses of Spirit, then we are or shall become God-men or true supermen. If you take these hints and sleep on them you will see that the negative is also a part of the great economy of God and you will more and more cease to be mystified at the seeming disorder in the world. You will realize why hate and ignorance could not help occurring, and you will at last see that this hate and ignorance is in large degree to become erased through the forces of the new Aquarian Age.

In this dual sign Gemini a force is at work that literally tears the native of this sign in two, the fact of the two is always there, and until one attains to a measure of wisdom large suffering is sounded out through the soul. Those who are mystically aware and have their occult forces functioning will easily realize this sign to be that of the Divine Marriage and thus the bringer of Divine Love. Gemini shreds and shears the soul in a most thoroughgoing turmoil of disintegration till the sheer agony at last tears off the blinders and one sees through the eyes of Love-Wisdom, the Christing light and love, and makes it his own.

Great activity marks this sign so the moods of these souls are rapid and evanescent. They continually desire new impressions and seek them. But it is

here that they lack and lose, for in their far-reaching survey for the all they do not master the single points. But once these souls are evolved, then they have complete views and manifest whole expression, showing the power of exquisite balance and niceness in artistic touch in the Arts and Music.

The lesson that the Gemini soul must learn is that of selecting *thought* at will, to seize upon an idea or question, and to stay with that idea or question, till the very heat of his focalized consciousness solves that question, so that the idea is his in its positive sense. This brings about the mastery of this sign so that knowledge comes, and through this, wisdom, the aim and end of the sign. Gemini people must make their minds one-pointed as is the candle flame, and as still, then the forces of genius flower. The superficial quality of this sign in its negative phase cannot be surmounted and transmuted until this work is done. A mind at once deft to deal with mental forces, with ideas, and with Truth, comes out of Gemini, and we may say in passing that Plato, the initiate and prophet, had his Moon in this sign of wisdom.

What is Love if it is not Wisdom? These two cannot be separated in truth. The real blossoming beauty of divine love in Heaven's highest expression of pure spirit comes only to and through the soul and son of man, the Christed or perfect man, the real Aquarian who is called by Christ Jesus, the Son of Man.

Those who experience the Heaven's height of divine love are rare on this earth, yet it is this Love that shall be more and more manifested, to wit: Christ Love, the Love which expresses through the union or near union of the two transcendental planets which anoint the man to make him more than man, which are Uranus and Neptune. This twain have governance over heart and head respectively, and the pair united produce the power to send out and receive in purity the Life, Light, and Love of the Divine.

Thought must become informed by

Feeling and vice versa if we would perfect ourselves and become God-men and women, and that is the order of the Aquarian Age. If you would take on a true peace which is poise, then you must know and feel the Christ-man in you. And through the facts and forces of Gemini and its relations of third and ninth house, through *feeling* of the heart informing the *thought* of the head, there obtains from this duality the working of a God-wondrous *will*, and this three, is the Holy Trinity of the Godhead.

Realize this, that Divine Thought and Divine Love can never be separated because the twain are *one* in fact and truth. Now remember that the office of Gemini in the zodiacal forces is to flower at last that most beautiful blossom which is the Christ in you, and the Christ in you cannot be born until as Christ Jesus says, we are "born of water and of the Spirit."

This means that the Moon forces and the Sun's must become merged in true marriage, and this is the making of the Molten Sea which each living soul is doing whether he or she knows it or not. These are the forces of the two elements water and fire, and seemingly unfusible, yet we are to merge and fuse these forces in us before we become Christed and usable to God.

You are to become more than man, the God-man. Through the office of the air signs, the forces of the zodiac are brought up to a synthesis, and Gemini is one of those vital points where thought becomes informed by feeling so that true wisdom, the philosophy of wisdom, becomes real and potent in the life.

The Christ approaches man and knocks at the door which is opened wider and wider as the dual forces of Gemini are lifted from the lower to the higher mind, from the conscious to the superconscious mind.

Development through differentiation is ever the mode and mood of God through all He creates, and the dualism we see occurring in Gemini individuals has a

(Continued on page 285)

Astrological Readings for Subscribers' Children

We delineate each month in this department the horoscopes of two of our subscribers' children. The first reading is for a child up to fifteen years old and is our usual general reading. The second reading is the vocational reading for a child between fourteen and twenty-one years old. In the cases of children aged fourteen and fifteen, *be sure* to specify which reading is desired. The names are drawn by lot. Each FULL year's subscription, either a new one or a renewal, entitles the subscriber to an application for a reading. The application should be made when the subscription is sent in. The applications not drawn by lot lose their opportunity for a reading. *Readings are NOT given with EACH subscription, but only to the TWO CHILDREN whose names are drawn each month.*

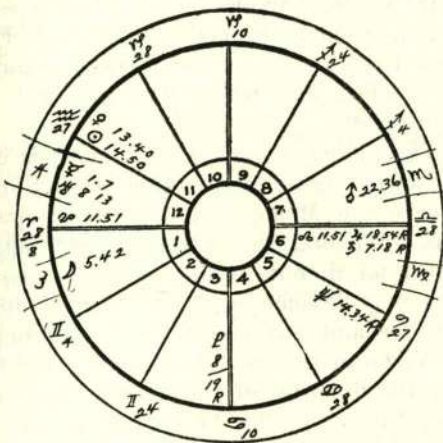
In applying be sure to give name, sex, birthplace, and year, month, and day of birth; also hour and minute of birth as nearly as possible. If the time of birth is *Daylight Saving Time*, be sure to state this, otherwise the delineation will be in error.

We neither set up nor read horoscopes for money, and we give astrological readings only in this magazine.

MONA W.

Born February 4, 1922, at 10:00 A.M.

Latitude 54 N. Longitude 3 W.



The young girl whose horoscope has been chosen for a reading this month is one who will never take a back seat. She will not permit her friends to cause her to become a wall flower, because she will attract attention even unconsciously, for we find that the life ruler Mars is in its own sign Scorpio in the seventh house square to both the Sun and Neptune. Sun and Venus are conjoined in the eleventh house of friends, and Sun is opposition Neptune and trine Jupiter and Saturn. This girl will have numerous experiences through her friends; women friends will be faithful but men friends should be watched very carefully, for Mars in Scorpio square the Sun and Neptune will attract men of a nature who would

lead the girl astray if the opportunity were given. Hence we would advise that this girl be very cautious in choosing friends from the opposite sex.

With the fiery and martial sign Aries on the Ascendant and a prominent Mars in its home sign Scorpio and in an angle, the native has considerable of a Mars nature, which is impulsive and quick in temper. However, we find the slow moving, phlegmatic Taurus intercepted in the first house and the Moon in this sign of its exaltation, which will bring a strong Moon influence into the life of this girl—the Moon in Taurus is artistic and musical. After the second year Taurus will be on the Ascendant which will overrule the martial nature to some extent, although Mars will remain in the seventh-house angle until almost middle life, which, however, describes the husband. We are in this reading concerned entirely with the nature and the present conditions of the life of this girl.

The Moon in Taurus near the Ascendant, square Venus which is the ruler of Taurus, will have the tendency to make the girl very fond of fine clothes. This configuration of the Moon also gives the desire to spend much money on pretty clothes, and things wherewith to beautify the home, for the Moon is also ruler over the fourth house (the home). Mercury which is the ruler of the second house—finances—is conjoined with Uranus, the planet of impulse; this too would indicate that the parents should

by all means teach the girl the value of the dollar while she is young.

Mercury, the planet ruling the mentality, is sextile the Moon and trine Pluto which will give a bright mind inclined towards artistic pursuits, but somewhat apt to be dreamy for two of these planets, namely, Mercury and Pluto, are in watery signs which foster idealism and the easy path. With the Sun and Venus trine the opulent and generous Jupiter in the home sign of Venus (Libra), Mona will always find that women friends will be ready to help her and do the boosting for her.

We feel it necessary to caution this young girl about the method of eating. With Pluto in Cancer which is the sign ruling the stomach, she is prone to cater to an unusual desire for foods that may be detrimental to health. Pluto is square Saturn in the sixth house, the house which governs the health of the native, and Saturn is in Libra the sign of its exaltation, where it exerts its greatest influence. As Libra has rule over the kidneys, we would advise most careful choice of foods which have a cleansing and building influence. She should eat very lightly of sweets and rich desserts.

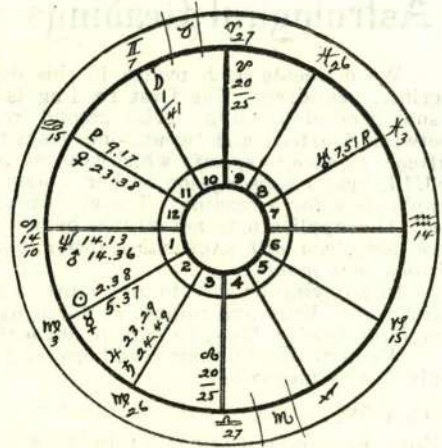
Vocational Guidance

EILEEN B. H.

Born August 26, 1921, at 4:00 A.M.

Latitude 51 N. Longitude 114 W.

The horoscope which we are using for our vocational reading is that of a young woman with the fiery and fixed sign Leo on the Ascendant and with fixed and cardinal signs on the angles. The ruler of the horoscope, the Sun, is in the first house in Virgo. In the fixed and positive sign Leo and in the same degree as the Ascendant, we also find two planets in conjunction which are of very opposite natures—Mars, the fiery planet of dynamic energy, and Neptune, the watery, mystical and spiritual planet. This indicates a nature which is ever at war with itself, swerving from



impulse and temper to opposite poles, and again, dreamy and listless—a young woman who through her very own nature will cause herself many heartaches, and who will stand in her own light.

The planet of reason (Mercury) is in its own sign, conjunction the Sun, square the Moon, and opposition Uranus. We find this a very bright and quick mind, but, if opportunities arise this may become a great danger, for Jupiter and Saturn are in conjunction in Virgo in the second house, representing the finances of the native. Saturn and Jupiter in this house are prone to centralize the mind upon acquiring wealth, and money is apt to play a too prominent part in the life of this girl. Here lies the danger of the afflicted Mercury, which is also in the house of finances. But see how Mercury is afflicted—a square to the Moon and an opposition to Uranus. When the mind is so greatly interested in the accumulation of wealth, and with this Mercurial affliction, one must be most careful never to use methods which may hurt someone else or stoop to attract wealth in a manner not considered right. It might be well for this girl to ask herself each time that she enters into a financial deal, What would Christ do? Then she will never make a mistake which later might bring her mental anguish.

(Continued on page 270)

Worth-While News



Mental Telepathy More Powerful Than Tom Toms

African tribesman beats a strange tattoo in the dark of jungle nights and messages go over this ebon shadowed part of the world faster than by American telegraph!

It is one of the mysteries of this universe—but there is a greater mystery still! Black men whose bodies have a sinuous glamour have solved for themselves the method of communication, but they (and the rest of us) have unused powers of communication that we are ignoring!

This is mental telepathy!

Mental telepathy is no longer an unproven possibility, but a fact. In 1935 at the Rockefeller Institute, Dr. Alexis Carrel conducted a series of experiments under severe test conditions, supervised by scientists who were intensely interested in discovering the little known laws governing thought transference. Vibrations, they knew, governed just about everything in the laboratory—but if thoughts were also vibrations, could they not only pass from one person to another, but be understood by the receiver?

The answer was a definite, "Yes!"

Ten men and women were placed in a sealed room, divided from an adjoining room by a thick concrete wall. In the next room, ten other men and women waited for messages. The first ten acted as a "sending set," the other group as a "receiving set."

The idea was concentration of the "sending set"—and equal concentration of the "receiving set." The wall was sound proof, as were the two rooms. Both rooms were sealed.

A dozen subjects, or messages, were given to the first group to "send" to the second. Of these messages, ten "got through"; two failed. The "receiving group" knew the thoughts of the "sending group."

Mental telepathy was definitely established.

You may not realize it—may not even want to admit it—but you are a constant broadcasting station! Make no mistake about it, you are sending out messages every moment of your life and thousands of people are getting them!

This is why sages from the Himalayas in India tell you that you attract what you think about!—*Santa Monica Evening Outlook*, Dec. 5, 1936.

The mind of man is at present in its mineral stage; it was only acquired in the Atlantean Epoch, and the mental body is yet but a cloudlike thing. Nevertheless the mind is the link between the spirit and the body, hence we may see that all of the spiritual growth, all of the higher ideals which lift man above the animal stage must come through the mind, the development of which has given him much knowledge of the wisdom of God. Through it he has learned to create things which have been of inestimable value to him on the path of evolution, but he has now reached a stage where he is to become more familiar with it and be able to use it to a much greater extent. He is to make it into a more useful instrument than in the past, but it will also become a much more dangerous one. When he learns how to direct and to use the mind through concentration, if he is selfish and desires power then he can become a great menace.

At the present day we find numbers of so-called initiates and self-styled teachers who are teaching the power of thought and showing the pupil how to use thought selfishly in order to gain control over others. This is what is termed black magic. May God have mercy on the man or woman who uses his or her thought force wrongfully, for there is a dreadful debt of destiny incurred by one who uses God-given powers to get control over the minds of others.

It is possible to transfer thought by purposeful action so that others who are at a distance may receive it. Thought transference has been practiced for a long time; in fact, it has ever been used unconsciously by even the savages through their tom toms. When they are

played in the manner described they send out into the ethers a wave of vibrations which those who vibrate to the particular tribe, contact and respond to. Thoughts are taken up by the ether waves and picked up by minds of men who vibrate to these thoughts.

The most dangerous thoughts are sometimes generated by newspapers which elaborate on some particular crime or murder. These news stories spread until they control the thoughts of the masses. We would advise the readers to watch the wave of that particular crime which follows shortly after. The mass mind is a most powerful force and when the time comes that man fully understands this power of thought, efforts will be made to direct thought into constructive channels. Instead of predicting wars and crime the people will be encouraged to think peace and constructive things. Then the new heaven and earth predicted by St. John will become actual realities.

Violin Note Cracks Car's Windscreen

"MELBOURNE.—The windscreen of a car in a garage at Jeparit was cracked from side to side today when a radio set, 20 yards away in the same building, was tuned into an orchestral broadcast.

"The crack followed vibrations from a violin playing a high note. The engine of the car was not running.

"An authority said tonight that the windscreen probably became resonant with a musical note. To cause a crack the note must have been sustained for some time."

The occultist teaches that sound is the basis of all form, that it is the basic foundation upon which nations, families, and individuals are built; that each nation, each race, and each individual has its keynote, its sound. The human archetype emits a sound all its own which is the keynote of the individual, and all harmony between people is due to this archetypal sound. Sound emanates from plants, rock, and all things within the universe as well as without; all are con-

tributing to that great creative life which permeates the entire universe. Each planet has its own sound which also influences the individual who is ruled by this planet; hence, we may see how each and everything in God's great universe is a result of the musical sound which holds the world in space. The highly evolved mystic, the initiate who has passed through certain grades of initiation, is taught to read in the memory of nature through the sound language. Some pseudo-occultists have from time to time claimed to teach this language but the result is ever a failure.

Max Heindel tells us on page 314 of *Questions and Answers* that the signs of the zodiac are the sounding board of the cosmic harp. The time will come when all true astrologers will be able to tune into this cosmic sounding board.

We may read of the power of sound in Joshua 6:20, "So the people shouted when the priests blew with the trumpets: and it came to pass, when the people heard the sound of the trumpet, and the people shouted with a great shout, that the wall fell down flat." Joshua was a leader of great inner knowledge and he was instructed how to use sound in order to take the city of Jericho.

Sound creates waves in the great sea of ether, and it is the length of the wave which gives it power over the mineral kingdom; and it was the wave length of the tone which emanated from the violin that set up a vibration within the glass of the windshield of the car, which no doubt also set up a terrific vibration within the space surrounding the car. The walls of the garage were probably responsible for the reverberation of the sound of the violin.

The wonderful progress made in research and invention by man at this time is a proof of the power of sound. Examples are the work of the telephone, the radio, and the uncanny improvements which the moving picture sound technicians are now inventing.

Question Department



The Sad Side of Life

Question:

Why do the Rosierucian Teachings dwell so much on the sad side of life, so frequently calling to the reader's mind the necessity of pain and suffering? Is there any benefit gained by this? Why not tell more of the flowery side of life, why not let the readers hear of the pleasures gained through the study of the Rosierucian Teachings?

Answer:

Christ's Sermon on the Mount is the corner stone upon which the Christian Religion rests; this sermon does not paint a rosy path for the Christians:

"Blessed are the poor in spirit: for theirs is the kingdom of heaven."

"Blessed are they that mourn: for they shall be comforted."

"Blessed are they which are persecuted for righteousness' sake: for theirs is the kingdom of heaven."

Now while Christ's sermon tells his hearers of the sorrow and the disappointments which they must expect, and that the spiritual path is not a path of pleasure but one of *Service*, he also assures his people that the kingdom of heaven is theirs if they will live the life, and he tells them to rejoice for great is their reward in heaven. He is ever holding out to those who strive to live the life that there is a reward waiting for them. Not in riches, not in silver or gold, not in a bed of roses, but ever holding before them the reward in the life to come.

The orthodox teachings have not taught that life is continuous, but that the heaven world was the goal of all of man's strivings, and that he would forever sit at the right hand of God or be

eternally damned. The occultist, however, teaches that the life on earth is but the school of learning for the human spirit and that the lessons learned are the steppingstones which build for future lives; that in the heaven world is the real life of the spirit where it finds its opportunities for the assimilation of the lessons learned in the physical body. The struggle caused by vicissitudes and losses is to the human spirit what the lapidary work is to the diamond. The spirit grows and is polished through the trials and suffering; the pleasures are only the resting places on the way.

It is a mistake, however, to say that the spiritual path is a path of pain and vicissitudes only; far from it, the development and awakening of the spirit bring with it a most wonderful inner peace, an inner calm which is far more satisfying than the earthly pleasures, besides being lasting while the pleasures of earth are fleeting.

AFTER DEATH CONSCIOUSNESS

Question:

How do you know the Ego is conscious after death?

Answer:

This knowledge is obtained through the extension of sight. When one has accomplished this he discovers through the aid of his extended powers that consciousness of the Ego does not begin with birth nor end with death. In reality the waking consciousness in the physical world which we think so paramount and important during life is really very limited when compared with spiritual consciousness. We are far more conscious before birth and after

death because we are more closely in touch with the spiritual source of our being in whom is All-consciousness.

These facts are known to all as soon as they develop clairvoyant powers through the awakening into activity of the pituitary body and the pineal gland located in the center of the cranium. They cannot, however, be proved to the person who has not developed spiritual sight, any more than a blind person can be acquainted with the phenomena which produce color on the physical plane.

SLEEP ACTIVITIES

Question:

During sleep does one actually come in contact with relatives and friends who have been out of the body, say for twenty years or more?

Answer:

The usual time or duration of one's stay in the Desire World after leaving the body at death is one-third the life lived in the body, but this measure is only a general guide. There are many cases in which the stay is shortened or lengthened. For instance, a person who has followed the Rosicrucian Fellowship exercises, particularly the retrospection in the evening, may in this scientific manner, provided he has been earnest and sincere in the performance thereof, entirely obviate the necessity of purgatorial experiences; and there are instances in which the first heaven life is lived before passing out of the physical body. Such an Ego will go directly to the second heaven and take up his work there at once. During sleep one does not ordinarily contact the individuals in the second heaven world as the sleeper spends the greater part of his time in the Desire World region; but Egos who have followed along the regular method of evolution are to be found there in great numbers. These individuals are easily contacted during one's sleep and many times the results of interviews are brought back into the waking consciousness in the form of vivid dreams.

VOCATIONAL GUIDANCE

(Continued from page 266)

It is usual to take the planets in, or the rulers of, the sixth and the tenth houses in choosing a vocation. So we turn to Saturn the ruler of the sixth and Mars the ruler of the tenth house, also to Venus as ruler of the intercepted sign Taurus in the tenth. Now these three planets, namely, Saturn, Mars, and Venus do not work very harmoniously together, and so we seek another set of planets which might indicate harmony and produce some good results. Thus, we are led to the conjunction of Saturn and Jupiter; Jupiter is the ruler of the fifth house which indicates schools, theatres, and places of entertainment, and we have Leo the natural fifth house sign on the Ascendant. Leo people are usually fond of children, and children love them, so we would suggest that this young woman take up the vocation of teaching children, in schools, playgrounds, or wherever the best opportunities materialize. With Mars and Neptune conjoined in Leo her method of teaching would be along newer lines and very constructive. She would inject originality into her methods, and the children would love her and be ready to obey at all times.

Wanted: A Spanish Secretary

A Secretary is needed for the Spanish department at Headquarters. Letters and lessons are translated into the Spanish language and necessary correspondence carried on. A good understanding of the Rosicrucian Philosophy is essential, also some knowledge of Astrology. Shorthand is not required but this Secretary should be a good typist.

Attention is called to the fact that the law does not permit us to consider applications from foreign countries.

Please write at once, giving full details, including age. Address—

ROSICRUCIAN FELLOWSHIP
EMPLOYMENT DEPARTMENT
OCEANSIDE, CALIFORNIA

Nutrition and Health

Rosicrucian Ideals

The Rosicrucian Teachings advocate a *simple, pure, and harmless life*. We hold that a plain vegetarian diet is most conducive to health and purity; also that alcoholic drinks, tobacco, and stimulants are injurious to health and spirituality. As CHRISTIANS we believe it to be our duty to avoid sacrificing the lives of animals and birds for food, also, as far as possible, to refrain from using their skins and feathers for clothing. We hold vivisection to be diabolical and inhuman.

We believe in the healing power of prayer and concentration, but we also believe in the use of material means to supplement the higher forces.

Our motto is: A SANE MIND, A SOFT HEART, A SOUND BODY.

Vitamin B Stimulates Appetite

BY EDYTHE F. ASHMORE, D.O.



LAST month I spoke of the many diseases in which a famous British surgeon stationed in India found there had been a deficiency in the amount of vitamin B in the diet eaten. All the patients complained that they had no appetite for the foods he had inquired about. It then became necessary to give them the commercially manufactured vitamin B.

Too little attention is paid to the symptom of loss of appetite. The cause is laid at the door of many extraneous things. Sometimes the patient says the food is unattractive in appearance, unpalatable in taste, but most of all he claims it does not digest well. It is seldom realized that liking food is a habit of association with it and the moment one has something to eat he dislikes, that moment bears its own excuse for his claim that it makes him ill. I have known several persons who probably disliked the flavor of cabbage and when by chance they were forced to eat a small portion, they worried themselves into an attack of indigestion. No wise doctor will prescribe that food for it would be better to bring the patient back to normal by the administration of the vitamin in some other way.

There are times when the appetite fails because the individual, not having

had an amount of water sufficient for his daily need, drinks it to excess just before beginning a meal. Later he may be hungry and then it is that children and some adults eat a good deal of candy, which is a food that should be taken directly following a meal or with a glass of water at hand to be drunk with the eating of the sweet. Candy is a concentrated food and should always be thoroughly dissolved in the upper part of the stomach. Such reasons as the above for a lack of appetite are temporary.

The real loss of appetite is usually a matter of vitamin B deficiency. In infants it leads to very serious conditions, chiefly malnutrition, which may be traced to it except in cases of actual want. Before 1914 ninety-five out of every one hundred babies in the Philippines died of malnutrition or beriberi. Many young American physicians volunteered for service in the hospitals of Manila and the outlying districts, filled with the desire to save the lives of these infants. In 1918 the treatment was to give them solutions of rice-polishings. Thereafter, doctors went to see the incredibly good results reported in medical literature. Among those was a physician from Detroit who wrote back to his confreres that as he studied the mild and incipient cases in the wards of the Manila Hospital, he

knew that he had seen their counterparts among the babies and children he had treated in his home city. A year later he returned with a wealth of experience and enthusiasm for his work of curing ailing little ones in the hospital of whose staff he was a member. He gave them not rice polishings but daily one-half teaspoonful of the extract of brewer's yeast. It is a joy to read his words describing how a baby who was thin, pale, emaciated, with stiffness in the arms, legs, and neck, restless, whining, refusing a part of its food at each feeding, and some times refusing all food, was changed in two weeks to a happy, rosy-cheeked, smiling baby, whose appetite never seemed to be completely satisfied and whose gain in weight was remarkable.

Vitamin B, like vitamin C, cannot be stored in the body as can the fat-soluble vitamins, A, D, and E. One must arrange the day's menus to include the necessary amount of the vitamin B containing foods. I think it was Dr. McCarrison of India who made the observation that vitamin B deficiency is less marked with a well-balanced protein and carbohydrate diet. Dr. E. V. McCollum had pointed out that it is common in those who partake of a low protein and excessive carbohydrate diet. In fact, Dr. Plimmer has found that in raising his laboratory chicks, it was necessary to keep the ratio constant between the amount of food and the amount of vitamin B else they developed the beriberi symptoms.

When one eats a hearty meal, according to what has just been said, one must be quite sure that among the foods are those which are known to contain vitamin B in high percentage, else one should take a proportionate amount of the commercially prepared vitamin B. Instead of doing this, largely through ignorance, people take soda, the very worst medicine they could use. The gastric juice is acid and it should remain so; in fact, if there is a neutralization of the acidity, the cells near the pylorus and in the first part of the duodenum, will not secrete their hormone, secretin, which stimulates the flow

of the gastric juice, of the pancreatic juice, and of the bile. The stomach is an organ where an alkaline agent is absolutely contra-indicated, all the advertisers, cranks, faddists, and ignoramuses notwithstanding.

There seems to be some physiological connection between the appetite and the normal motility of the digestive tract, at least those persons who do not often experience a healthy appetite for food are the ones who complain of inactivity of the intestinal tract. In vitamin B deficiency the circular and longitudinal muscles in the intestinal walls suffer impairment, the contents may stand still and putrefaction ensue, giving toxic end-products which are absorbed into the system. Congestion in the mucous membrane gives favorable entrance to bacteria and microorganisms of all kinds to all tissues by way of the blood stream. One writer goes on to say his clinical observations have proved that lack of vitamin B has been a first cause of such diseases as high fevers, acute gastritis, pneumonia, and general peritonitis. Vitamin A preserves the integrity of the mucous membrane, so to overcome digestive maladies, liberal amounts of the food containing vitamin A should also be eaten. We should arrange our menus to give optimal amounts of foods containing each vitamin.

It is definitely known that vitamin B has a great deal to do with the metabolism (chemical changes) of carbohydrates and there is an interesting field at present being explored in its influence upon the carbohydrate metabolism of the brain cells. I spoke in the article in January of the necessity of giving attention to the percentages of certain vitamins in promoting longevity and preventing senility. There is no greater necessity than in providing these vitamins against the tendency to alcohol drinking in this country. All statistics show that drunkenness is on the increase and it behooves every one of us who knows something of vitamin B to spread the knowledge. It is not generally known that the Calories are excessive in amount in alcoholic drinks and

that it is in the brain that the first chemical change takes place. The tipsy condition is a sign of uncompensated carbohydrate intake. Therefore, it is imperative that alcoholism be prevented and habits of intoxication be cured by providing large amounts of vitamin B. Can any parent shirk such a responsibility? I hope not. It is my personal belief that adequate amounts of vitamin B will give all the stimulation to the nervous system that is required to meet any strain and that persons with normally healthy nervous systems will have no temptation to seek the added stimulant of liquor, coffee, or other caffeine saturated drinks.

Perhaps it does not mean much to the layman when he takes a teaspoonful of the extract of brewer's yeast or Vegex, but there are factors therein which will affect him favorably in many ways and, best of all, there are none to harm him. In fact, we might say that no good food is harmful except when it is eaten in excess.

One might have an idea that I favor the use of the commercially prepared vitamins because I speak of them but that is not true. No food equals the natural one and if those who prepare the food have it in mind to conserve as far as possible the essential factors, we should enjoy eating as a pastime much more than taking a dosage of a concentrate as though it were a drug. So much depends upon the cooking of vegetables that it is almost impossible to calculate the amounts of the different vitamins they contain. The one that comes to mind first as being almost foolproof is the tomato. Fortunately we eat the fresh ripe tomatoes with enjoyment, while the canned tomatoes, if they are not heated above the boiling point, retain quite a percentage of the vitamins A, B, and C. It may be said of any vegetables that the longer they are cooked, the greater will be the vitamin loss. Fruits are low in vitamin B content except perhaps the citrus fruits. While drying the vegetable or fruit does not alter much its quantity of vitamin B, refining it may cause an almost total loss; for that reason we

urge those seeking the benefits of vitamin B in the diet to use the flour containing the whole wheat germ or as much of it as is possible to purchase. Middlings and shorts are highly recommended by the laboratories. Experimenting with them will soon prove to the housewife that they are both palatable and health-giving.

The vitamin that has the most to do with preserving the integrity of the endocrine glands is vitamin B. In goitre, metabolism is very much heightened and such patients need a maximum allowance of the vitamin. It is also needed after prolonged fevers, by those who are anemic, by expectant and nursing mothers, and by children, whose growth quite depends upon it. The insurance statisticians tell us that cancer and diabetes are on the increase all over the world and as the consumption of refined cereals, flour, and sugar has at the same time increased, it is not without reason that we may say vitamin B is decidedly protective.

I have been asked if the extract of brewer's yeast is a concentrated form of vitamin B, why there may not be an extract of baker's yeast available to all. I have known of only one such extract and that was prepared in the laboratory of R. A. Peters, called by him "Eluate," but at present it could not be prepared for commercial distribution by reason of expense and then to combat the deficiency of vitamin G not of B. To use either yeast as it is commonly sold is one of the most dangerous procedures for until a yeast has been by excessive heat deprived of its spores, it is only to be expected that those spores will grow in the alimentary tract where they find a temperature that is suitable for developing them, to say nothing of finding the carbohydrate upon which they feed. If hospital records were open to the public, they would present a sorry story of the women who have listened to the lure of attractive advertisements and have eaten yeast cakes until their intestines could hold no more of anything eaten, whereupon they called in a physician and learned what the

(Continued on page 280)

Patients' Letters

California, February 14, 1937.

The Rosicrucian Fellowship,
Oceanside, California.

Dear Friends:

How wonderful to ask for help and get it! I wrote you again for help and immediately felt relaxed and more at ease. By Saturday midnight the severe knife-like pain inside was gone.

It is remarkably wonderful that one is healed—but I believe it means far more to me to know that there is enough of the Christ spirit somewhere on earth to heal than the release from pain.

So—my gratitude though great for physical healing is greater for the Rosicrucian Fellowship and the band of Invisible Helpers.

—E. H.

Wisconsin, February 21, 1937.

Rosicrucian Fellowship,
Healing Department,
Oceanside, California.

Dear Friends:

I am happy to report a very nice week. I had la grippe for a day and was at work for the next day, which surprised every one. People could not understand such quick recovery. They could not understand when I said it was an Invisible Healing done by Invisible Helpers. I am so happy and well that it is a very grateful person that is thanking you for everything.

You are right when you say that living the life will bring its own reward.

I am very grateful to the Invisible Helpers and to you for all you are doing for me. God bless you all.

Your friend,
—Mrs. K. J.

Minnesota, January 14, 1937.

The Rosicrucian Fellowship,
Oceanside, California.

Dear Friends:

I am writing you my weekly letter, and am happy to be able to tell you there has been a marked improvement this last week. I have followed the instructions faithfully, that is, the Retrospection exercises you sent me, to be used upon retiring, and I find them a great help. There are nights that I don't even know when I went to sleep, when I awake in the morning I feel so rested, I imagine I must have been away on a journey and had a change of climate. That is the only way I can explain it to you, it is all so comforting.

I thank you all, especially the Divine Helpers, and with God's blessings I wish you all the greatest success.

I am, yours sincerely,
—Mrs. N. A.

Healing Dates

May 7—13—20—28

June 4—10—16—24

July 1— 7—14—21—28

Healing meetings are held at Mt. Ecclesia on the above dates at 6:30 P.M. If you would like to join in this work, begin when the clock in your place of residence points to 6:30 P.M., or as near that as possible; meditate on health, and pray to the Great Physician, our Father in Heaven, for the healing of all who suffer, particularly those who have applied to the Invisible Helpers.

People Who Are Seeking Health

May be helped by our Healing Department. The healing is done largely by the Invisible Helpers, who operate on the invisible plane, principally during the sleep of the patient. The connection with the Helpers is made by a weekly letter to Headquarters. Helpful individual advice on diet, exercise, environment, and similar matters is given to each patient. This department is supported by freewill offerings. For further information, address, The Rosicrucian Fellowship, Oceanside, California.

The west-winds blow, and, singing low,
I hear the glad streams run;
The windows of my soul I throw
Wide open to the sun.

No longer forward nor behind
I look in hope or fear;
But, grateful, take the good I find,
The best of now and here.

I plough no more a desert land,
To harvest weed and tare;
The manna dropping from God's hand
Rebukes my painful care.

And so the shadows fall apart,
And so the west-winds play;
And all the windows of my heart
I open to the day.

—Whittier, "My Psalm."

VEGETARIAN MENUS

BREAKFAST

Before Breakfast
Unsweetened Concord
Grape Juice
Bowl of Fresh Strawberries
Dipped in Honey
Handful of Almonds

DINNER

Thinly Sliced Cucumber
and Tomato Salad
Eggplant with Mushrooms
Fresh Green Peas
Parslied New Potatoes in
Cream
Rhubarb Pudding

SUPPER

Pep Cocktail
Avocado Pear on Half
Shell, Russian Dressing
Creamed Minced Spinach
on Toast
Prune Dainty

RECIPES

Eggplant with Mushrooms.

Ingredients: 1 medium sized eggplant, 1 eight-ounce tin mushrooms or 1 lb. fresh mushrooms, 1 large chopped onion, 4 tablespoons butter, seasoning, $\frac{1}{3}$ cup toasted whole wheat bread crumbs.

Steam sliced eggplant until tender; brown chopped onions and mushrooms in butter; put alternate layers of eggplant and mushroom and onion mixture in baking dish, repeating until dish is filled. Season each layer with celery salt and a bit of grated garlic. Dot with butter, and cover the top layer with whole wheat bread crumbs. Bake in moderate oven until seasonings are well blended.

Pep Cocktail.

Beat yolk of one egg, add to this 8 ounces of orange juice. Beat again slightly until well mixed.

Avocado Pear on Half Shell with Russian Dressing.

Ingredients: 1 cup mayonnaise dressing, 2 tablespoons catsup or chili sauce, 1 tablespoon onion juice.

Mix together thoroughly. Fill avocado pear center half full and garnish with chopped parsley.

Prune Dainty.

Ingredients: 1 lb. prunes, 1 cup chopped nuts, 1 cup whipped cream, lemon juice.

Soak prunes in water over night. Steam lightly until tender. Remove pits. Mash. Season with a little lemon juice to suit taste. When cool, fold in the whipped cream. Add the nuts. Serve in sherbet glasses and garnish with a fresh strawberry or a whole nut meat.

Rhubarb Cobbler.

Ingredients: 2 cups diced rhubarb, 2 cups diced apples, about $\frac{1}{3}$ cup of honey, $\frac{1}{2}$ cup chopped pecans, dots of butter.

Place in baking pan mixed rhubarb and apples which have been mixed with honey and nuts. Season with cinnamon and dots of butter. Cover with thin, well rolled-out pie crust, brush with thin cream and bake in moderate oven.

Creamed Minced Spinach on Toast.

After spinach has been washed well, pour over it hot water and allow to come to a boil. After boiling one minute, drain. Place in wooden chopping bowl and chop until very fine. Reheat. Add white sauce and serve on whole wheat buttered toast.

White Sauce.

Ingredients: 4 teaspoons butter, 4 tablespoons whole wheat flour, 2 cups milk.

Melt butter; add flour. Pour in milk slowly, stirring constantly until smooth.

Children's Department



How the Elves Saved Hopetown

BY IRENE MACCOLL

ONCE upon a time there was a village called Hopetown, which lay in the beautiful Valley of Morning. A silvery-golden little river slipped down through the flowery meadows and under an old stone bridge that arched it like a rainbow, and joined the two parts of Hopetown into one big settlement. On either side of the valley rose green slopes that stretched far way until it seemed as if they met the sky in the distance.

Now there was one thing about Hopetown that was very strange—so strange that even the Fairies over in the Land of Sunshine-in-the-Heart had come to know of it—all the near-by world had known of it for years and years. And this is the truth of the matter—the poor people of Hopetown had, by some terrible mischance, lost the gift of laughter and kindly speech! Never did even the faintest of smiles light up the eyes or touch the lips of the children, nor a tender word fall from their lips, to say nothing of the grave older folk. And that was indeed a dreadful calamity! For to be always solemn has a fearfully bad effect upon even the sweetest of natures, for smiles and laughter and tender words are as needful to mortals as sunshine is to the flowers. How it had happened that the people of Hopetown had lost the precious gift of laughter and gentle speech, nobody knew—only that they had lost it, long, long ago.

“Dear, dear,” said Joyous-Heart, Chief of the merry band of Elves who lived in the Land of Sunshine-in-the-Heart. “It’s altogether too bad about those poor souls over there in Hopetown!

Not a smile ever to be seen on a single face! Not a gentle word ever to be heard! What a gloomy, heartbreaking place to live in! And of all names, think of such a place being called *Hopetown!* We’ll have to see what we can do about this!”

So straightway Chief Joyous-Heart called into council his tried and trusty helpers, whose sole business in life was to fly about the world putting the spirit of cheer into all the sad and lonely hearts they could find.

“Something must be done right away!” said Elf Delight, decidedly.

“Not a minute to be lost. Think of all the time they’ve lost already, those poor people of Hopetown! Let’s get to work at once!” said Gladness-of-Soul, as he slipped off his toadstool seat and turned a couple of handsprings among the daisies. By the way, I hadn’t told you that the council chamber of the Elves of the Land of Sunshine-in-the-Heart was under the widespreading branches of a great cherry tree which grew on the top of a Mount called “Peace-and-Goodwill.” This cherry tree was different from any other cherry tree in the world, for it was always in blossom and always loaded with glowing ruby-red fruit the year round. And even though rain fell heavily sometimes when the councillors were in conclave beneath its branches, the foliage was so thick that never a drop fell on one of the hundreds of laughter-loving Elves who were gathered there. For, though this was the land called “Sunshine-in-the-Heart,” rain fell there just as it did elsewhere in the world.

You see, this wonderful country was curious in more ways than one, for wherever its citizens went, they so changed their surroundings that though no mortal knew how it was done—it was beyond question that almost overnight these merry Elves added new territory to their dearly-loved Land of Sunshine-in-the-Heart. People who hadn't smiled for years, did smile again—queer, crooked, stiffish smiles they were sometimes; still, once they had begun, they kept right on until they found it really impossible not to smile very, very often. And from smiles to laughter is such a short way that these same good folk often laughed, too, really hearty peals of laughter, and sometimes, deep little chuckles of mirth. And it did them worlds of good, too.

Well, as I was telling you, the Elves in council on Mount Peace-and-Goodwill decided that something must be done for Hopetown folk at once.



"I'll tell you what we'd better do," said Chief Joyous-Heart, after various ways of going at this urgent business of helping Hopetown had been thoroughly discussed, "I'll appoint you all ambassadors-at-large, and as each and every one of you finds or can make opportunity, do you all do your best to change that

downhearted gloomy place into a new dominion of our splendid Republic of Sunshine-in-the-Heart! Tackle this job as if you hadn't a moment to lose! Don't let the fiercest frown turn you aside, nor the sharpest words. Remember! Victory depends on you! So work, all of you, as though not another Elf in the Land of Sunshine-in-the-Heart were so much as giving the matter a thought! This is a big issue, for not only is the happiness of Hopetown at stake, but, as the spirit of each and every citizen of that joyless place has a direct effect upon the peace and happiness of the whole world, we must go into battle armed to the teeth, and determined to be content with nothing less than victory!"

"Hear! Hear!" cried all the Elves, forming themselves into a big circle around Chief Joyous-Heart, and joining hands.

"Are you ready for our pledge to this cause?" called the Chief, and a herald called, "Are you ready for our pledge to this cause?" as he lifted a little silver bugle tied with gay ribbons which fluttered in the breeze.

"We are ready! We are ready!" answered all the Elves as with one voice. So the herald who stood before Chief Joyous-Heart raised his silver bugle to his lips and sounded such a wild, sweet blast that the little breezes caught it at once and blew it swiftly away across the green hills and smiling valleys, and sent flying echoes resounding sweetly from every cliff and hillside in the world.

"Repeat our pledge, then! All together!" commanded Chief Joyous-Heart, and once more the herald blew a thrilling blast, and as with one voice, the Elves repeated, "Hands all round! Hands all round! Where we are, may joy be found!"

"Arm and away, all of you!" commanded Chief Joyous-Heart. Then he mounted his snow-white horse, which had been brought from its pasture on the mountain side, along with all the steeds which the Elf army were to ride, and

before you could have counted twenty, the whole band were galloping away over hill and hollow, armed to the teeth with the weapons of Love and Kindness, and Peace and Charity and Tender Words and Gentleness and Understanding. For, as everybody knows—everybody, that is, who is a Citizen of the Land of Sunshine-in-the-Heart, these are the only weapons that are of any service whatever in a war of the kind these dauntless henchmen of Chief Joyous-Heart were that day carrying into the gloomy village of Hopetown.

At the head of the cavalcade rode heralds, and then came Chief Joyous-Heart on his snow-white charger, and rank upon rank of happy-eyed Elves, clad in beautiful costumes of every imaginable color and cut, and oh, but didn't they make a brave sight, riding along the highway with their fluttering banners and nodding plumes! Every Elf carried a little sack full of a mysterious powder called "Joy-Restorer" which would presently be used in the battle to be fought that day.

And every Elf carried a magic lance, the lightest touch from the tip of this weapon was enough to change for the better the disposition of those so touched. And such tremendous quantities of Kindness and Peace and Love and Charity and Gentleness and Understanding as they all carried, in great silver-wrapped rolls and jewelled sacks which were tied to the pommel of each saddle; and besides, great transport wagons of extra supplies of all these things were wending their way along in the rear of the cavalcade. For, you see, the Elves of the Land of Sunshine-in-the-Heart expected a hard battle. Habits, bad habits that is, like an irritable temper, or a fault-finding one, and such-like, are not to be easily conquered—unless you happen to have magic weapons of the kind carried by Chief Joyous-Heart and his trusty band.

Well, on rode the cavalcade, sometimes silent, sometimes laughing, now and then singing. And such songs! Wild and gay

and sweet—songs that went straight to the heart; songs that were meant only for laughing at; and others that were meant only to bring comfort to sorrowing hearts, lightening by their tenderness the hurts of sorrow and pain-sympathizing, so that healing at last might come to the despairing, the lonely, the sick in body or mind. Oh, such songs!

And at last Chief Joyous-Heart and his merry band of Elves came to the western settlement of Hopetown. Here they stopped, and the Chief gave his instructions to his generals and lieutenants, and battalion after battalion heard them in due course. And their beautiful steeds were left in care of Elf-grooms in a lovely little meadow where Forget-Me-Nots and Pansies and Roses and Lilies and many a fairy flower that mortals never have heard of at all, at all, grew.

"It is now high noon. We shall gather at the Guild Hall at sunset to celebrate our Victory!" said the Chief of the Elves. You see, he knew that though the battle would be a long and hard one, victory was sure to be on the side of his army, because the weapons they carried were magic weapons, and no earthly power could withstand an onslaught of Loving-Kindness, and Sympathy, and Understanding, and Goodwill.

"Ready! Charge!" At the word of command, away went the battalions of Elves. Each was ready instantly to attack the first person he came upon, and use his weapons until his opponent had yielded.

The first encounter came to Gladness-of-Heart, right on the main street, where he met no less a personage than the Mayor, who was walking with solemn countenance and slow and sedate steps toward the Guild Hall, ready to quarrel on sight with any or all of his Councilors. Up to him dances Gladness-of-Heart, raised his magic lance, touched its point against the Mayor's breast, then withdrew it. Instantly, a happy light came into the Mayor's eyes, and a smile

curved his lips, a smile that suddenly changed to a ringing laugh! Gladness-of-Heart laughed too, though, of course, the Mayor didn't hear him do it—and away went the merry Elf after his fellows, who were besieging every house and hall in both settlements.

Elf Fun-For-Me dropped into the village smithy and poked his lance into the Smith's ribs. That worthy straightened up and was suddenly rocked with a hearty peal of laughter! Elf Sigh-No-More slipped into a cottage where a woman was scolding shrilly over a pot of soup that had boiled over on the fire, and he lightly threw some of the mysterious powder called "Joy-Restorer" over the frowning mother of the home, and instantly her face lighted with a smile, and she said, in the merriest of voices, "Oh well, accidents will happen. It might have been worse!" Elf Sigh-No-More chuckled to himself, and skipped over to the solemn-eyed baby in its cradle by the window. He touched the lips of the baby ever so gently with his own, and you never heard a sweeter sound than the little lovely laugh that came from that precious baby throat! The mother heard it and with face alight, came over quickly to the cradle, stooped and kissed the little one, and murmured tender words which, for all he had never before heard the like, the baby understood perfectly!

Elf Frolicsome-Fly-Away ran up to a group of children who were talking very quietly and solemnly in the centre of the main street, and before you could have said "Kingdom Come!" had thrown Joy-Restorer powder over all of them and pricked each one ever so lightly with his lance. And straightway those solemn children began to laugh just as though they had always known how to do so!

"What are we laughing at?" gasped a ruddy-cheeked boy, when for a moment a pause had come in the rollicking chorus. "I'm laughing because—well, just because!"

"Let's play a game of Leap-Frog!" said another boy, eagerly.

"No. Let's play Oranges and Lemons!" said a half dozen girls' voices, just as eagerly.

So they all agreed to disagree, and separated into merry little groups, some playing one game and some another; but they all did play some game: and that was the greatest thing that had ever yet happened to the children of Hoptown, who never before in all their lives had laughed or played a game! And yet here they were, all laughing and playing together for all the world as if they had always known how.

You never heard such a joyous commotion in all your life as began presently to echo and re-echo through Hoptown! Its gloomy silence changed swiftly into a joyous chorus of song and laughter. Harsh words ceased, and gentle ones were spoken instead; into eyes that had been dark with sorrow came the light of comfort and hope. You never in all your life saw such a transformation wrought in so short a time! For, long before sundown, Hoptown had been captured by Chief Joyous-Heart and his tried and trusty band of Elves, and a new dominion added to the Land of Sunshine-in-the-Heart. But just to make sure that there would



be nobody overlooked, and that nobody would go back to the old gloomy ways, the Elves kept hard at work until nearly sunset. Then they all gathered as Chief Joyous-Heart had commanded, at the Guild Hall.

"Victory! Victory! Victory!" chanted the Elves joyously, as they arrived by ones and twos and threes in the great Square before the Guild Hall. "Victory!" laughed Chief Joyous-Heart, "Victory! Hopetown has been won forever from gloom and despair! Won forever to Love and Charity, Kindness and Tender Words and Laughter and Song and Story!"

And without their ever dreaming of such a thing, by a magic spell, all the good people of Hopetown found themselves gathered at sunset in the great Square before the Guild Hall, singing and dancing and laughing and talking together, for all the world as if they had always known how to do these pleasant and joy-giving things.

Chief Joyous-Heart and his tried and trusty henchmen watched and listened and laughed, and danced in and out among the throng until the sun was just about to slip behind the splendid purple mountains to the west, and then, suddenly, all the hundred heralds sounded three clear, sweet blasts upon their little silver bugles, and instantly, every Elf stood at attention wherever he or she happened to be among the Hopetown folk, who, of course, could neither see nor hear their merry visitors. Chief Joyous-Heart stood on the top step of the Guild Hall and raised his jewelled sceptre, and every Elf stood motionless.

"I here and now proclaim this territory won this day by our victorious army to be forever and ever a dominion of our dear Land of Sunshine-in-the-Heart!" said Chief Joyous-Heart.

And all his tried and trusty henchmen cried, "Long live Chief Joyous-Heart! Long live all his loyal subjects in this beautiful new Dominion of Hopetown! May Joy reign forever in this Land of Sunshine-in-the-Heart!"

VITAMIN B STIMULATES APPETITE

(Continued from page 273)

ill-advised eating of baker's yeast had brought them. It is well to note that the emphasis has been placed upon the extract more than upon the brewer's yeast, for the two, taken separately, are very different.

This article finishes the subject of those vitamin deficiencies we may expect to find among the greatest number of American people, rarely in the extreme but very often in the mild form. The vitamins E and G are deficient among the poor classes and I shall discuss them in the July number. Through all these articles I have emphasized the vegetarian diet, which reminds me of a story.

A wife was recounting to her husband the advantages of the vegetarian diet as they had been given her group that afternoon by a health lecturer. She added,

"He said the one sure road to beauty was through eating vegetables."

"Oh, did he?" said the husband. "He must have forgotten the hippopotamus!"

SUMMARY

With one-half of the human race eating rice as its staple article of food, beriberi (polyneuritis) was found to be due to a deficiency in the food from the removal of the germ and silverskin husk. Replacing these, the same peoples conquered the decimating disease.

When white processed flour replaced whole rye and whole wheat flours, the other half of the human race began to suffer from the same condition. It was overcome by supplying what had been removed by milling by adding to the dietary whole wheat germ, large amounts of green vegetables, beans, asparagus, the cabbage family, greens, rutabaga, and by the administration of the extract of brewer's yeast.

Vitamin B assists in the metabolism of carbohydrate in the brain, reduces the need for insulin in diabetes, and preserves the integrity of the endocrine glands.

Echoes from Mt. Ecclesia



"What Has the Rosicrucian Philosophy Done for Me?"

A notice was enclosed with the Student's Lesson for February in which a prize of ten dollars was offered for the best personal letter answering the question, "What has the Rosicrucian Philosophy done for me?" The five letters adjudged next best were to receive a year's subscription to this Magazine. This letter contest ended April 25.

The many letters which have been received have been a real inspiration. It is good for those at Headquarters as well as elsewhere to read the encouraging words written by our loyal students out in the world. These letters have drawn us closer to the students and have made us feel that we are helping and serving in a movement which is truly a spiritual anchor to the many.

Judging these splendid letters was most difficult for each one carried its stamp of joyous sincerity. Therefore the judges chose those which they felt might be most helpful when shared with others.

On this page we are publishing the letter by Bessie Boyle Campbell which received the prize of \$10.00. A year's subscription was awarded to each of the following students:

- Dora D. Arnold, Pasadena, Calif.
- E. N. I. Edet, Calabar, West Africa.
- Harold Horsley, Wyke, England.
- Wm. Kelly, Cleveland Heights, Ohio.
- Marguerite Wing, Eagle Rock, Calif.

It is not practicable to publish an honorable mention list because that would include all who wrote. We wish we might have awarded subscriptions to all. These letters will be kept on file and printed in the Magazine from time to time. May their messages of cheer and devotion to principle be carried to seeking hearts everywhere.

FIRST PRIZE LETTER

Los Angeles, California.

Dear Friends:

The Rosicrucian teachings have given me a clear insight into the justice working in all natural law and manifestation. Before I studied these teachings given out in Max Heindel's books I was depressed and almost overwhelmed by the suffering I saw everywhere my eyes turned. Little babies in agonies who had done no wrong, according to the orthodox interpretation of life's philosophy, and good elderly people bedridden and in great pain for years at a stretch.

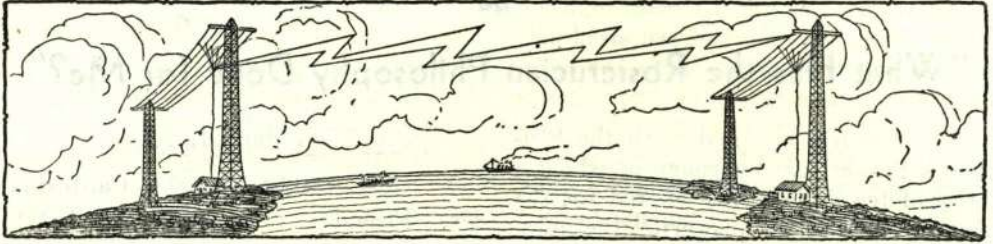
Now I understand God's love is working everywhere, in every condition and towards a sublime manifestation of perfection for all of us.

The Philosophy has helped me to become more patient and persistent in well-going. It has taught me to be thankful for a chance to serve everyone, any time, anywhere. It has encouraged me to do thorough happy work at all times, and it is gradually taking from my mind the fear of pain, giving me the assurance that only my share will come to me, and that only in proportion to the pain I have inflicted upon people and animals in my past lives upon earth. (I have not been cruel in this lifetime, thank goodness, to any great extent.) I can also look forward to a time, according to these teachings, when there will be no more suffering for human beings, no more tears, and I realize that my individual salvation depends upon my own efforts. Life is gloriously worth while to me since I have studied the Rosicrucian teachings.

Sincerely,

Bessie Boyle Campbell.

Rosicrucian News Bureau



In the literature by Max Heindel we are frequently told that aspirants on the Western Wisdom Path should strive particularly to cultivate the quality of devotion, and there is a definite reason for this. Most of those attracted to the Western Ray are primarily of the intellectual type, "pride of intellect, intolerance, and impatience of restraint," being pointed out as the besetting sins of our day.

We know that the purpose of the "Cosmo-Conception" is to satisfy the mind by intellectually explaining the world mystery, so that the devotional side of the student's nature may be allowed to develop along lines which the intellect has approved. By keeping this in mind, those who are assisting in the direction of Center activities will be better able to conduct classes so that the heart side of the nature will be given an opportunity to develop.

Beginning a class with a reverent attitude—asking for divine guidance and wisdom—attracts a spiritual downpouring which is essential to a harmonious, inspiring period of instruction and discussion, such as our classes should be. A short musical selection, followed by a few moments of silent prayer, is an ideal beginning for a class, be it in philosophy, astrology, or any other subject included in our curriculum. Closing the class with a prayer of gratitude for knowledge received aids the aspirant in maintaining

the proper attitude of gratefulness toward our Creator for all our blessings.

MANILA, P. I.

Reports from this group indicate a gratifying interest and enthusiasm on the part of the members attending. Questions asked in the Philosophy Class bespeak a healthy inquiring attitude on the part of the students, and the answers point toward an intelligent handling of the subject matter discussed. Part of the class period is devoted to practice in public speaking.

Besides the "Cosmo" Class, the Sunday Devotional Service, the weekly Healing Service and the Moon Meetings are held regularly.

GRASS VALLEY, CALIFORNIA.

One of our members in this little city enthusiastically writes us, "Over one hundred attended Lux Monte Easter Sunrise Service, and although the weather conditions prevented our meeting on the Hill Top, we held the Service in the Sanatorium and watched the sunrise. Those attending were so interested that we started a Rosicrucian Sunday School in Grass Valley on April 11. Thirty were present. Now they want a Study Group, and every two weeks on Friday we will meet. So the Work is going forward."

We are happy indeed to welcome this new Group, and to note the enthusiasm with which the Teachings are being received in that section.

PERTH, W. AUSTRALIA.

Optimism and a forward, progressive attitude characterize the latest report from this little Group. The Secretary informs us that "even if we are small in number we do really feel that we are doing our bit in spreading the Rosicrucian Message. Our little band is really a very spiritual one. On arriving here we endeavor to shut the world outside for the time being, while we strive to learn how to walk correctly on the right hand Path. We are longing for the time when we can feel justified in branching out into something larger, and to that end we make a small collection between ourselves every week so that when we *are* ready we shall not be hampered by lack of means."

PORTLAND, MAINE.

From this northeasternmost State comes the welcome news that "we are holding Rosicrucian Meetings regularly every second and fourth Wednesday evening and feel that we are growing spiritually constantly. We have an attendance of from six to eight regularly."

The continued interest and persistence manifested by the Portland members point toward the establishing of a substantial foundation upon which a real Center will be erected, and we wish them much spiritual growth and an ever widening horizon for their humanitarian endeavors.

SEKONDI, GOLD COAST, WEST AFRICA.

We are informed by this Group that the Probationers' Class is held fortnightly, anatomy and astro-diagnosis being combined with the study of the Probationers' Letters. The Secretary further states, "Since the inauguration of the Probationers' Class, it has been observed that the activities of this Center have greatly increased. The attendance during the month has been very encouraging."

This report should encourage more of our Centers to stress the Probationers' Meetings. These "inner groups" can be very potent in strengthening the spiritual atmosphere and general efficiency of the Group.

World Headquarters

OF THE

Rosicrucian Fellowship

MT. ECCLESIA

OCEANSIDE, CALIFORNIA

Centers and Study Groups

Services and classes are held in the following cities. The public is cordially invited.

Addresses of unchartered Centers and Study Groups may be had on request.

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AND CANADA

Burlington, Vt.—91 No. Union St.

Calgary, Alta., Can.—108 14th Ave. W.

Calgary, Alta., Canada.—Young People's Group, 1318 15th Ave. W.

Chicago, Ill.—Rm. 802, 155 N. Clark St.

Chicago, Ill.—Room 802, Auditorium Bldg., 431 S. Wabash Ave.

Cleveland, Ohio.—Carnegie Hall, 1220 Huron Road, Room 708.

Columbus, Ohio.—253 N. Hague Ave.

Dayton, Ohio.—Y. W. League, East Room, 2nd floor.

Denver, Colo.—1088 Broadway.

Indianapolis, Ind.—319 N. Pennsylvania St.—3rd Floor.

Kansas City, Mo.—2734 Prospect.

Long Beach, Calif.—361 E. First St.

Los Angeles, Calif.—2523 W. 7th St.

Los Angeles, Calif.—4830 Floral Drive.

Milwaukee, Wis.—Fine Arts Bldg., 125 East Wells St.

Minneapolis, Minn.—1008 Nicollet Ave.

New Orleans, La.—429 Carondelet St., Room 201.

Portland, Ore.—Room 316 Dekum Bldg.

San Diego, Calif.—Rm. 9, 1039 7th St.

Shreveport, La.—1802 Fairfield.

St. Paul, Minn.—318 Midland Trust Bldg.

St. Petersburg, Fla.—532 Ninth St., South.

Toronto, Canada.—c/o Mary Tamblin, 611 Delaware Ave.

Vancouver, B. C.—Room 12, Williams Bldg. Cor. Granville and Hastings Sts.

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BRAZIL

Sao Paulo.—Caixa do Correio, 3551.

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Liverpool, Eng.—71 Upper Huskisson St.
Telephone, Heswall, 304.

London, Eng.—21 Gloucester Gardens, Bayswater.

GOLD COAST, WEST AFRICA

Abokobi.—c/o J. M. Boi-Adzete.

Kumasi.—Mr. Ben T. Vormawah.

Sekondi.—P. O. Box 224.

Takoradi.—c/o E. Oben Torkonoo.

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Lisbon.—Rua Renato Baptista 43 - 2°.

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Amsterdam.—Cornelis Springstr. 21.

Apeldoorn.—de Ruyterstraat 44.

Arnhem.—Mesdaglaan 18.

Breda.—Speelhuislaan 34.

Den Haag.—Secretariaat: Roelofsstraat 88;
Vergaderplaats: de Ruyterstraat 67.

Rotterdam.—Claes de Vrieselaan 51.

Rotterdam.—Berweg 308.

Zaandam.—Oostzijde 386.

PORTLAND, OREGON.

Recent reports from the Secretary of this fine Group show a continued splendid attendance at classes. We are particularly glad to see that the best attendance is at the Philosophy Class.

The always cooperative attitude of this Center is cordially appreciated. Aid in connection with our endeavors to secure installation of electrical refrigeration by morticians merits our especial gratitude.

MONTEVIDEO, URUGUAY.

Although hampered somewhat by a general attitude against all esoteric groups, our members in this South American City are meeting in a private home to study the Rosicrucian Philosophy and Astrology, and are doing all they can to interest others in the New Age Teachings. Leaflets are distributed and contact with other South American Centers is being made. We cordially welcome this addition to our family of Centers and wish them much success.

VANCOUVER, B. C.

A recent report from this active Group mentions, in addition to the regular Center activities, the repainting and re-decoration of the Center rooms, the visiting of ill members, etc. A spirit of cooperation and joy in the Work permeates the letter accompanying the regular report sheet, indicating a Center operating upon true Rosicrucian principles.

SANTIAGO, CHILE.

The "Hermandad Occidental Rosacruz" of Santiago is reorganizing under the name of "Centro de Estudios Rosacruz." This Group has had more than a year of sad experience in following after an impostor. It is now entering upon a new period of earnest cooperation with Headquarters, and has sent in an order for fifty dollars' worth of books in preparation for further dissemination of the Teachings among the intelligent and progressive people of their country. We cordially welcome this Group back into the Fellowship.

THE HAGUE, THE NETHERLANDS.

A former president of our Center in the Dutch Court Capital sends us some interesting newspaper clippings describing his recent endeavors to spread the Teachings in the Netherlands. A well-attended public lecture on "Faust" was given and very enthusiastically received. Press comments were most favorable. A series of five lectures on the same subject has been arranged for presentation at the Center, and the two which have already been given have proved very helpful in attracting new people.

Reports from the secretary of this Center show a good attendance at all classes and services. Occult anatomy and the Bible are two especially popular subjects.

GEMINI—THE TWINS

(Continued from page 264)

purpose as definite as it is divine, for it is one with God. Man is a God in the making, and the potency of his powers shall now the more become manifest because we are moving into the light and love of a day wherein spiritual intelligence and friendship shall flower.

Only as the thought and intellectual light of man become clothed in the garment of God which is love, can thought produce with power, positive and constructive action on this earth. Gemini in its deepest and most occulted forces tends to make the mind one-pointed through this very marriage of thought and feeling, intuition and intellect. Here is the secret of Gemini. And realize this also, that God has no secrets from His true votaries. Learn this and become at last an astrologer, for as one derives the mystical meanings from the zodiac he or she at last learns to consciously consort with these Great Ones who inhabit and empower the various signs, and it is their forces which we feel pouring through our souls each minute to color our days. The more spiritually sensitive you become, the more you will know and feel their mighty presence. Think of this divine privilege now accorded you if you will live and learn in truth.

Save Money!

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The Rosicrucian Fellowship

OCEANSIDE, CALIFORNIA, U.S.A.

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The following is a list of the articles submitted in our Competition ending April 15, 1937, for which prizes and subscriptions to this Magazine are given:

FIRST PRIZE

The Architecture of the Universe
By Norman Stevens, Ph.D.,
Los Angeles, California.

SECOND PRIZE

The Saving Power of the Spirit of Man
By Clarence Klug,
Los Angeles, California.

THIRD PRIZE

Tales of a Tart-Boy
By Ien Wulf,
Beverly Hills, California.

FOURTH PRIZE

Temples of God
By John Josling,
Brooklyn, New York.

FIFTH PRIZE

The Magic Trail to the Lighthouse
By W. S. Johnson,
Winnetka, Illinois.

ARTICLES FOR EACH OF WHICH A YEAR'S SUBSCRIPTION TO THE ROSICRUCIAN MAGAZINE IS GIVEN:

- | | |
|---|---|
| Mystic Journey
By Bernard Crosland Mitchell,
Bexhill-on-Sea, Sussex, England. | What Is God?
By Myron T. Glover, Rochester, N. Y. |
| The Intellectual Zodiac
By Inez H. Van Assche,
Santa Barbara, Calif. | The Magnitude of Man
By John Josling, Brooklyn, N. Y. |
| Meditation Upon the Rose Cross Emblem
By A. D. Sollinger, Tucson, Ariz. | Faith Versus Fear
By Sophronia A. Hawley,
Seattle, Wash. |
| The Blessing of Saturn
By A. B., Lethbridge, Canada. | Common Sense and the Sermon on the
Mount
By Ruth D. Golman,
North Vancouver, Canada. |
| How the Elves Saved Hopetown
By Irene MacColl, Vancouver, Canada. | Youth and the Aquarian Age
By Robert H. Pansius, Monrovia, Calif. |
| Dog Lost
By M. Loraine S. Hulin, Portland, Ore. | Stray Thoughts on Occultism
By E. Humboldt, Burbank, Calif. |
| Emotional Broadcasting
By Raquel Marshall, Hollywood, Calif. | Dancing as an Agent to Health
By John H. Manas, Ph.D.,
New York City, N. Y. |
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By Wesley D. Jamieson,
Los Angeles, Calif. | "When Ye Pray"
By Dorothy Brooker, Calgary, Canada. |
| The Island of Peace-Upon-Earth
By Irene MacColl, Vancouver, Canada. | Immortal Flame
By Pearl M. Holmes, Pueblo, Colo. |
| Shifting Horizons
By Alexander Horne,
San Francisco, Calif. | "I Shall Not Remain"
By R. C. Shaw, Milwaukee, Wis. |

- The Self
By Audrey Haynes Glover,
Rochester, N. Y.
- The Stranger
By Olive Elizabeth Beale,
Boston, Mass.
- A Glimpse into the Astral World
By Beulah Cameron, Ft. Collins, Colo.
- The Forgetery
By Raquel Marshall, Hollywood, Calif.
- Thou Shalt Not Kill
By Adelaide L. Walker,
Pasadena, Calif.
- The Dream of a Far Country
By R. C. Shaw, Milwaukee, Wis.
- The Awakening
By Margaret Howell, Eugene, Ore.
- The Sign of the Son of Man, Aquarius—
and Saturn and Uranus
By John Josling, Brooklyn, N. Y.
- If a Man Die Shall He Live Again?
By Georgia Moore Eberling,
Pueblo, Colo.
- The Recapitulation of Evolution
By Grace Evelyn Brown,
Brookline, Mass.
- Cosmic Evolution and Freedom
By Joseph C. McKeown,
Belfast, Ireland.
- The Nursery as the Cradle of War
By Dr. Estelle Cole, London, England.
- Universal Storehouse
By Aurora Amerel Ray,
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- Self-Responsibility of Healing
By L. N. F. Harbison, Oceano, Calif.
- Love—The Redeemer
By Ruth D. Golman,
North Vancouver, Canada.
- Light Shone in the Darkness
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- Mystic Memories of Childhood
By Dorothy Carswell, Toronto, Can.
- A Garden of Thoughts
By Mrs. H. C. Lewis, Council Bluffs, Ia.
- The Secret of All Power
By Mary A. Lieb, St. Petersburg, Fla.
- Passing and Beyond
By Grace Evelyn Brown,
Brookline, Mass.
- Days in the Life of a Pilgrim of the Way
By Pansy E. Black, Austin, Texas.
- Vision of Light
By Lenore Terry, Denver, Colo.
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By Jane Templeton, Cincinnati, Ohio.
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By Adah Wilkes, Seattle, Wash.
- The Other Place
By Roupert M. Campbell,
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By Mrs. A. Cash, Rochester, N. Y.
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By Edna G. Thompson,
Harrisburg, Pa.
- The Conversion of Geoffrey Strong
By Grace Evelyn Brown,
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- The Pilgrim of Time
By Pansy E. Black, Austin, Texas.
- Prayer
By Luci L. Grow, Oceanside, Calif.
- Spiritual Lessons from Nature
By Harriet B. Mercer, Salisbury, Md.
- The Ethiopian Woman, or Naya's Vow
By Mrs. Grace Fretz, Uniontown, Kan.
- Boomerang
By G. Ralton Barnard, London, Eng.
- Lessons from the Bhagavad Gita
By I. W., Long Beach, Calif.
- A Synthesis of the Supplementary Philos-
ophy Course
By Mrs. H. O. Swan, Indianapolis, Ind.
- Practical Astrology Is Spiritual
Astrology
By John Josling, Brooklyn, N. Y.
- Mine the Choice
By Florence Tobin, Denver, Colo.
- The Great Plan
By Ethel Allen Shanafelt,
Cleveland, Ohio.

We wish to thank all those who submitted articles, and we hope that many of them will become regular contributors to this magazine. Articles of merit from our students and friends are always gladly received, and will be published as space permits.—EDITOR.

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