

Neptune in sign the Gemini, which rules the lungs, and in the sixth house, which rules health. Nearly everybody is too careless with a cold, thinking of it as something that will right itself without trouble upon their part. And it does in most cases; but where there is a weak spot, it behooves us to be particularly careful not to cultivate conditions that may aggravate the matter. The square of Saturn to Mercury in Aries also gives him a tendency to very severe headaches and congestion of blood in the head. If he is taught some easily appropriate exercises which will keep the muscles of the neck in proper shape, this will be greatly ameliorated; but the temper, spoken of in the opening paragraph, will be greater factors in bringing on this disability than anything else. Therefore, if he is taught to hold himself in check and obtain self-control, he will also lighten, if not entirely do away with, this tendency.

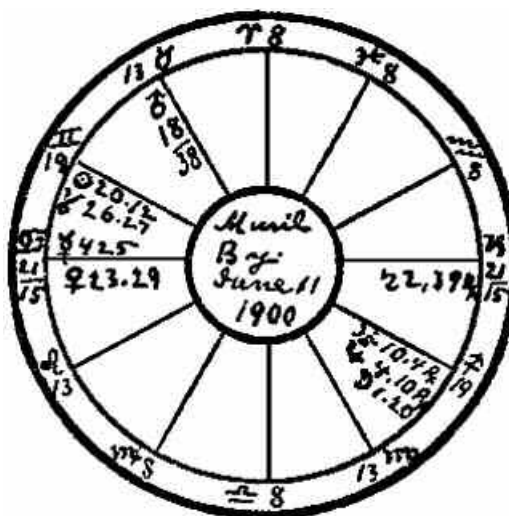
Murillo By

Los Angeles

Born June 11, 1911

At the time of Murillo's birth, Cancer was rising with Venus and Mercury on the Ascendant; this gives him a dreamy, artistic temperament which is apt to make it difficult for him to get through life. Saturn was just going down in the West and is, therefore, in opposition to Mercury. This makes him timid and gives him a very poor memory. This aspect also gives him a tendency to disregard the truth; in fact, if this configuration of Saturn to Mercury were alone and not offset by something

else, he would be very untruthful; but the Moon in conjunction and parallel to Uranus and Jupiter makes him intuitional and gives him more honorable characteristics, so that there is good reason to hope that he may outgrow the evil tendency, specially if you are quite strict with him in respect of always telling the truth. For then, by the help of the last named configuration, he will be able to overcome the



evil effect of Saturn opposition Mercury.

Mars is the most elevated planet in the horoscope; that is to say, it was near the zenith at the time of his birth. This planet in Taurus, the sign of the voice, makes him very quarrelsome, and the sextile to Venus from the house of friends gives him the tendency to always rule his friends, particularly his young girl friends, with a rod of iron; and, strange to say, they will submit and seem to like it and will be loyal to him in spite of anything he may say or do. Thus his best and closest friends will always be girls, for the boys will never submit to him in that respect.

The Sun and Neptune are in conjunction

in Gemini, the sign of the hands, shoulders and arms, showing that the artistic ability of Venus on the Ascendant will particularly express itself along the line of music on stringed instruments. It will not be necessary for him to study music. The moment, almost, that he takes up an instrument he will be able to play upon it and his ability is very superior and inspirational, but unfortunately these significators are situated in the twelfth house, the house of sorrow, trouble, and self-undoing. The indolence engendered by the opposition of Saturn to Mercury, which latter planet also is in the twelfth house, will prevent him from pushing to the front and obtaining recognition before the public, if the tendency is allowed to run unchecked.

Saturn, the ruler of the seventh house, is also in the sixth, curtailing his chances of obtaining employment of the faculty which he has so well in hand; and the sun, which rules the second house, the department of life that deals with finance and the emolument we receive for our services, is in the twelfth house, imprisoned, as it were; therefore the indications are that Murillo will have a very difficult time getting the proper public recognition of the faculty which he undoubtedly possesses; and when he does get a hearing it will be difficult for him to obtain the financial remuneration his talents deserve. Moreover, there is the tendency indicated by Mars sextile to Venus that he will spend his money too freely on lady friends.

All these things the parents should consider and guide their educational efforts in such manner as to offset them from the

earliest childhood. Encourage him always to seek the society of boys, try to get him to understand, as soon as possible, the value of a dollar, that it should not be squandered foolishly; above everything, try to push him to the front. No one can make a position for himself, or succeed in life, unless he has the faculty of meeting others and being pleasant to them; he has much to help him, also, in respect of overcoming these undesirable traits; for Jupiter, the planet of joviality, who greets everyone with a "Hail Fellow Well Met", is essentially dignified in his own sign, Sagittarius; he is in the fifth house, which governs pleasure and public entertainments; he is in conjunction with Uranus and the Moon, so that there is much to give aid against the evil configurations.

With respect to health, Saturn in Capricorn shows a tendency toward stiff knees on account of lack of the synovial fluid; the sextile of Mars to Venus in Cancer, the sign of the stomach, shows that he will always be fond of the pleasures of the table and will have the tendency to overeat. This should be very strictly guarded against because Saturn in opposition to Mercury in Cancer shows that unless his appetite is curbed he will be subject to one of the most miserable diseases, namely, nervous indigestion. People who suffer from this malady are a burden to themselves and to everyone else in their environment. Therefore, it cannot be told Murillo too often to eat sparingly and with discrimination. In starting young to cultivate this habit of frugality he may escape many years of great suffering.

Studies in The Rosicrucian Cosmo Conception

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THE VITAL BODY

By Harry Wilson

The Vital Body is composed of the substance of the Etheric Region. The diagram on page 54 of the *Cosmo* shows this region to be composed of certain ethers which are as clearly defined as are the four elements of physical science: Fire, Earth, Air and Water. The four ethers are called:

1. The Chemical Ether—the lowest and densest
2. The Life Ether
3. The Light Ether
4. The Reflecting Ether—the highest and most attenuated

On page 34 of the *Cosmo* we are told that ether is as tangible to the trained seer as are the solids, liquids and gases of the Chemical Region to ordinary beings. He sees the vital forces which give life to the mineral forms of plant, animal and man flow into these forms by means of the four states of ether.

These ethers are both positive and negative in their manifestation, and their specific functions are as follows:

(1) Chemical Ether—The forces which cause assimilation and excretion work through it. The forces working along the positive pole attract the needed elements, building them into forms; the forces working along the negative pole expel from the body the materials in the food which are unfit for use.

(2) Life Ether—This is the avenue of the forces that have for their object the maintenance of the species—the forces of propagation.

(3) Light Ether—This ether is the medium of sense perception. Along the positive pole operate the forces which generate blood heat in the higher species of animal and man, making them individual sources of heat. Along the negative pole are the forces which operate through the senses, manifesting as the passive functions of sight, hearing, feeling, tasting and smelling. They also build and nourish the eye. Color in all kingdoms of life is due to the forces working along the negative pole of the light ether.

(4) Reflecting Ether—This ether is the so-called “Memory of Nature”, and in it may be found a picture of everything that has ever happened. The term “reflecting”

is used because of the fact that these “pictures” or records are but reflections from a much higher realm, where the permanent records are found. This Reflecting Ether is also the medium through which thought makes an impression upon the human brain.

As the vital body is composed of these ethers, its functions are the same, and so we are told, upon page 57 of the *Cosmo*, that we must have a vital body before we can express life, grow or externalize the qualities peculiar to the Etheric Region.

The student desiring a history of the vital body, as it appears in the *Rosicrucian Cosmo-Conception*, must first turn to the alphabetical list of words, indexed on page 540, and in the list of those beginning with the letter “V” he will find that “Vital Body” refers him to page 570, where a “topical index will be found. Under the general heading of “Man’s Invisible Vehicles” we find that the first considered is the lowest and densest, viz.; The Vital Body.

We are here referred to page 210, where we learn that in the *Sun Period* the formation of the vital body was commenced. On page 211 we learn, that in the first or Saturn Revolution of the Sun Period the germinal dense body was reconstructed. (Keep in mind that each Period is composed of seven revolutions.) In the second revolution of the Sun Period the Lords of Wisdom radiated from their own bodies the germ of the vital body, making it capable of interpenetrating the dense body and giving to the germ the capability of furthering growth and propagation, and of

entering the sense centers of the dense body. In short, they gave, germinally, to the vital body all the faculties which it is now unfolding, to become a perfect and pliable instrument for the use of the spirit.

The index on page 570 then refers us to page 215, where we learn that in the second or Sun revolution of the Moon period, the vital body was modified to render it capable of being interpenetrated by a Desire body; also of accommodating itself to the nervous system, muscles, skeleton, etc. The Lords of Wisdom, who were the originators of the vital body, helped the Lords of Individuality in this work, the latter having charge of material evolution in the Moon Period.

We then find on page 240 that during the second or Sun revolution of the Earth Period the vital body was reconstructed to accommodate the germinal mind. The Lords of Form, who have charge of material evolution in the Earth Period, were assisted in this work of reconstruction by the Angels, who were the humanity of the Moon Period.

From the foregoing it is evident that in every instance the building of the vital body has been anticipated by that of the dense body, and so are we taught that in the building of vehicles through which spirit may manifest, it is necessary that a dense, physical body be first constructed, and if that spirit would manifest as “Life” through that dense body, an etheric or vital body must be built. This vital body must conform in every respect to the dense body, as we are told on page 60 of

the *Cosmo*, where it is said that, with one exception, it is the same, molecule for molecule, as the dense body. The exception is this, that the vital body of a man is “female” or negative, while the vital body of woman is “male”, or positive, their dense bodies being of opposite polarity.

On page 59 we learn that the vital body of plant, animal and man extends beyond the periphery of the dense body as the Etheric Region, which is the vital body of the planet, extends beyond its dense part. This is true whether it be “the lily of the field” or “the stars in their courses”, and shows the truth of the Hermetic axiom: “As above, so below.”

The distance of this extension of the vital body of man is about an inch and a half. The part which is outside the dense body is very luminous and about the color of a new-blown peach blossom. It is often seen by persons having a very slight involuntary spirit sight.

On page 135 we learn that the Recording Angels, the *Lords of Destiny*, direct the construction of the vital body at the present time so that man may reap what he sows. They impress the reflecting ether of the vital body in such a way that the pictures of the coming life are reflected in it. Although assisted in the construction of this vital body, the Ego seeking rebirth incorporates therein the quintessence of its former vital bodies, and in addition to this also does a little original work. This is done that in the coming life there may be some room for original and individual expression, not predetermined by the past action.

In the building of bodies, except in the case of a very highly developed being, the work of the Ego is almost negligible at the present stage of man’s evolution. The greatest scope is given in the building of the desire body; very little in that of the vital body and almost none in the dense body—yet even this little is sufficient to make each individual an expression of his own spirit and different from the parents (p. 138).

The dense body is built into the matrix of this vital body during ante-natal life. As the lines of force in freezing water are the avenues of formation for ice crystals, so the lines of force in the vital body determine the shape of the dense body (p. 60).

The vital body, having been molded by the Lords of Destiny, will give form to the dense body, organ for organ. This matrix, or mold, is then placed in the womb of the future mother (p. 137). In that period immediately following birth the different vehicles interpenetrate each other, but though they are all present as in adult life, they are merely present. None of their positive faculties are active. The vital body cannot use the forces which operate along the positive pole of the ethers. Assimilation, which works along the positive pole of the chemical ether, is very dainty during childhood, and what there is of it is due to the macrocosmic vital body, the ethers of which act as a womb for the child’s vital body until the seventh year, gradually ripening it during that period. The propagative faculty, which works along the positive pole of the life ether, is latent. The heating, of the body, which is

carried along the positive pole of the light ether, and the circulation of the blood, are due to the macrocosmic vital body, these ethers acting on the child and slowly developing it to the point where it can control these functions itself (p. 140).

The forces working along the negative pole of the ethers are much more active in the child. The excretion of solids, carried along the negative pole of the chemical ether—corresponding to the solid substance of the Chemical Region—is too unrestrained, as is also the excretion of fluid, which is carried along the negative pole of the life ether—corresponding to the second or fluid division of the Chemical Region. The passive sense perception, which is due to the negative forces of the light ether, is also exceedingly prominent, making the child very impressionable, and “all eyes and ears” (p. 140).

It is not until the seventh year that the vital body comes from under the protecting influence of the macrocosmic vital body, which has guarded it from the dangers which threaten when the unwise individual vital body takes unchecked charge. Then the period of excessive and dangerous growth begins and continues for the next seven years. Were the vital body to have continual and unrestrained sway in the human kingdom, as it has in the plant, man would grow to an enormous size. There was a time in the far distant past when man was constituted like a plant, having only a dense and a vital body. The traditions of mythology and folklore all over the world concerning “giants” in the olden times are absolutely true, because

then men grew as tall as trees, and for the same reason (p. 142). The vital body of the plant builds leaf after leaf, carrying the stem higher and higher. Were it not for the macrocosmic desire body, the plant would keep on in that way indefinitely, but the macrocosmic desire body steps in at a certain point and checks further growth. The force not needed for further growth is then available to build the flower and seed. In like manner the human vital body, when the dense body comes under its sway after the seventh year, makes the latter grow very rapidly; but about the fourteenth year the individual desire body is born from the womb of the macrocosmic desire body. This checks the excessive growth, and the force, therefore, used for that purpose becomes available for propagation, that the human plant may flower and bring forth.

The vital force of the Sun, which surrounds us as a colorless fluid, is absorbed by the vital body through the etheric counterpart of the spleen, wherein it undergoes a curious transformation of color. It becomes pale rose-hued and spreads along the nerves all over the dense body. It is to the nervous system what the force of electricity is to a telegraph system. Whenever there is an interruption to this flow of vital force we have paralysis. The vital body has become diseased and the vital force can no longer flow. During health the vital body specializes a superabundance of vital force, which, after passing through a dense body, radiates in straight lines in every direction from the periphery thereof, as

the radii of a circle do from the center. But during ill health, when the vital body becomes attenuated, it is not able to draw to itself the same amount of force, and in addition, the dense body is feeding upon it. Then the lines of the vital fluid which pass out from the body are crumpled and bent, showing the lack of force behind them. In health the force of these radiations carries with it germs and microbes which are inimical to health; but in sickness, when the vital force is weak, these emanations do not so readily eliminate disease germs. Therefore the danger of contracting disease is much greater when the vital forces are low, than when one is in robust health (pp. 63-64).

The activities of the desire body and mind during waking hours are constantly breaking down tissue. The vital body faithfully endeavors to restore harmony and build up, but is not able to withstand the onslaughts of the higher bodies and gradually loses ground, and at last collapses. The vital fluid ceases to flow along the nerves in sufficient quantity; the body becomes drowsy; and the Thinker is thus hampered and forced to withdraw, taking the desire body with him. The withdrawal of the higher vehicles leaves the dense body interpenetrated by the vital in a senseless state we call sleep.

On page 91 of the *Cosmo* we learn that the involuntary memory or subconscious mind comes into being in the following manner: As the ether carries to the sensitive film of the camera an accurate impression of the surrounding landscape, taking in the minutest detail, so the ether

contained in the air we inspire carries with it an accurate, detailed picture of all our surroundings. Not only of material things, but also the conditions existing each moment within our aura. The slightest thought, feeling or emotion is transmitted to the lungs, where it is injected into the blood. The blood is one of the highest products of the vital body, as it is the carrier of nourishment to every part of the body, and the direct vehicle of the Ego. The pictures it contains are impressed upon the negative atoms of the vital body to serve as arbiters of man's destiny in the post-mortem state.

(To be continued.)

The Los Angeles Study Center had a picnic to celebrate the independence of Mount Ecclesia as well as our national holiday: the Fourth of July. About sixty people were present, and according to the enthusiastic reports received at Headquarters, they must have had a good time.

This is an effort in the right direction. "All work and no play makes Jack a dull boy." Association at an occasional outing will draw the members more closely to the work of the Study Center.

You can help to spread knowledge by introducing this Magazine among your friends and acquaintances.

If the teachings appeal to you, speak a good word for them.

Send us the names of your friends who might be interested.

Nutrition and Health

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THE EFFECTS OF MEAT EATING

By Herman O. Haugland

The following statements are a summary of Gourand on the reaction of meat on the human system. He says: "The reaction of a meat diet on the process of nutrition in general can be described in three words. It excites, it acidifies, and it intoxicates."

The excitation of meat comes chiefly from the extractives. Being protein, the meat is digested in the stomach, which accounts for the fact that heavy meat eaters at first experience a sense of comfort, but soon begin to feel uneasy and sluggish, with a craving for more; i.e., renewed stimulation. *Meat has no staying power and leads to gluttony.*

Meat acidifies because the phosphoric acid contained in it outweighs the basic substance and also because its combustion is never complete, thus giving rise to acids, the most important of which is uric acid. In the carnivorous animals these acids are neutralized by an equal production of ammonia. But in man the formation of ammonia is very limited, and with an increased consumption of flesh food the ratio of urinary acidity rises in proportion.

Meat intoxicates by reason of its basic

purines and by ptomaines, which easily become most noxious poisons to the heart, the blood vessels, and the whole organism, though they are of indifferent value when present in a small volume. Moreover, the bacterial ferments due to meat are of a toxic nature. Metchnikoff points out that to them chiefly is due senility. Meat also encourages the formation of micro-organisms in the alimentary canal and further putrefaction.

Combe was the first to show the amount of sulpho-ether in the urine, and the evidence of this putrefaction is increased or diminished in proportion to the amount of meat consumed.

The excessive use of meat, it is claimed, greatly affects the intestinal flora by intensifying its virulence, changing its composition and breeding enterocolitis and appendicitis. It is now generally recognized that nitrogen forms a splendid breeding ground for intestinal bacteria, and that constipation helps to develop them.

We have already stated, in our previous article on "Vegetarianism vs. Meat Diet", that meat leaves no residue. That is the reason why flesh diet often is the cause of constipation and stasis, particularly in the intestines.

A MENU FROM MOUNT ECCLESIA

Breakfast 7:30 A. M.

Sliced Peaches

Rolled Oat Mush and Cream

Whole-Wheat Gems, Butter and Honey

Coffee or Milk

Dinner 12 M.

Creamed Celeriac Fried Parsnips

Potatoes on the Half Skin

Whole Wheat Bread, Butter and Honey

Milk

Supper 5:30 P.M.

Walnut and Celery Salad

Hot Corn Bread, Butter and Honey

Tea or Milk

RECIPES**CREAMED CELERIAC**

Wash and peel the celery roots, cook until tender in as little water as possible. When nearly done, add a little salt. Make a sauce of two tablespoons of butter and one of flour. First heat the butter in a skillet and add the flour gradually; fry this until it is a rich cream color. Mix the water in which the celery root was cooked with milk; add this slowly to the butter and flour till it becomes a thin gravy. Then add the celery root, allowing the whole to come to a boil. Flavor with salt.

FRIED PARSNIPS

Wash, peel and slice lengthwise young Parsnips that have first been made crisp in cold water. Cook in salt water until tender, drain and then fry in oil until brown. Serve hot.

POTATOES ON THE HALF SKIN

Scrub with vegetable brush, medium sized potatoes, bake in hot oven; when done, cut in half lengthwise, scoop out inside, taking care not to break skin. Then mash what has been taken out of the potato, add butter and milk, whip till it becomes light and flaky, season with salt. Put this filling back into the skins, sprinkle with grated cheese, brown in oven and serve.

WALNUT AND CELERY SALAD

Two cupfuls fresh, crisp celery, cut fine. 1^{1/2} cupfuls shelled walnuts, ground in vegetable grinder. Just before serving prepare two plates garnished with tender celery and parsley leaves, put on the cut celery and sprinkle the nuts on top. Then put a tablespoonful of mayonnaise dressing in center and serve.

Would you like a Bigger Magazine? We have now 625 subscribers. To pay the actual cost of material and mailing we must have 1000 subscribers. When we get 1500 subscribers we will add 16 pages.

LET US ALL GET BUSY!

Nutrition and Health

* * * * *

HOW WE HEAL THE SICK

Inquiries about our method of healing are frequent, and much misunderstanding exists. We endeavored to elucidate the matter in an article in the *Echoes* of September 1914, which has done so much good, and has been circulated so widely that we feel Justified in reprinting it (in part) to comply with many requests.

We also print, for the first time, "*A Story from the Invisible World*", told by one of our Doctor Probationers of how he, in the soul body as an Invisible Helper, saved a patient from an operation by our healing method.

Our method of healing is not altogether a spiritual matter. We use physical means wherever it is possible. There are times even when we send our patients to a doctor in order that they may get quick relief from him by a certain treatment which we cannot give as promptly by other methods. Also the diet of patients receives careful attention, for naturally, as the body is built up of physical substances, we are giving medicines by using the right food. But in addition, healing is carried on by the Elder Brothers through a band of Invisible Helpers which they are instructing.

Who, then, are the Invisible Helpers?

would be the next question; and to this we may answer that they are Probationers who during the day time live a worthy life of helpfulness and thereby fit themselves, or *earn* for themselves, the privilege of being helpful through the instrumentality of the Elder Brothers at night. These Probationers are gathered together in bands according to their temperaments and their ability. They are under instruction of other Probationers who are doctors, and all of them work under the guidance of the Elder Brothers, who naturally are the moving spirits in the whole work.

Certain concessions on the part of the patient are needed before this band of Invisible Helpers can work with him or her. In the first place, they must have part of the effluvia from his vital body. That is obtained by having the *patient write every week* a letter consisting of a few words or a few lines *with pen and ink*: this is important as a pen charged with fluid is a greater conductor of magnetism and electricity than a dry pencil. The ether which thus impregnates the paper upon which the patient writes week by week gives an indication of the condition at that specified time, and furnishes an entrance key to the patient's system. *It is something which he has given voluntarily and for the express purpose of furnishing access for the Invisible Helpers.* Unless the

patient does his part in that respect, the Invisible Helpers are unable to do anything with him or her; so it may be seen that it is of the utmost importance to keep up the weekly letters to Headquarters.

The Invisible Helpers are also required to do something similar and for the same reason. At the time when they take Probationership, they vow in that mystic marriage of the higher and lower selves that they will dedicate their lives, in so far as consistent with their duties in the world, to help humanity, and by that vow they come under the protection of the Elder Brothers, who stand in the same position toward this bridal couple, the higher and the lower selves, in their work, as the State stands to the man and woman who enters a union before one of its representatives. Both the State and the Elder Brothers agree to preserve the integrity of the union so long as the conditions thereof are kept. One of the obligations which the Probationers take upon themselves is to send in each month to Headquarters a report of the exercises which they have performed, and this report, *if written with pen and ink*, absorbs the effluvia from their hands daily when they come in contact with the paper. This furnishes to the Elder Brothers the key whereby they are enabled to direct the Probationers during sleep.

We are just the same after we go to sleep as we are during our waking hours. If, during the day time, we shirk our duties, if we try to get everything for ourselves, if we yield to the lower nature on every occasion, etc., we are not transformed into Invisible Helpers and Angels of Mercy by merely going to sleep. But if during the

day time we strive earnestly and with the whole heart and soul to grasp every opportunity that comes our way or, rather, *if we look for opportunities to help and to serve others*; if, instead of asking: "What can I get out of it?" we try to see in every phase of life an opportunity for helpfulness; if, instead of saying: "Why should I do this, that or the other thing?" we learn to say: "If a thing has to be done, why should I not do it?"; if we learn to regard all things as honorable in the line of labor and work and never look down upon anything as menial but are just as ready to go and do the lowest as well as the highest class of work wherever we see it is necessary, then also at night shall we earn the opportunity to come in touch with and work under the guidance of the Elder Brothers in this glorious work of healing.

AN INVISIBLE HELPER'S STORY

It is not usually permitted, nor is it always expedient, that the Invisible Helpers should tell of their exploits, as it gives an undesirable odor of phenomenon-mongering; but there are times when modesty must be set aside to a certain extent for the good of the cause and the following story by *Dr. Stuart Leech, M.D.*, one of our Probationers, illustrates the method used and results gained in one case. We could cite hundreds of similar cases where other organs have been restored to health; even spines have been straightened and paralyzed limbs made responsive to the will.

In the case reported by Dr. Leech, he does not mention whether the patient felt

the manipulations. This is quite frequently the case, for the unseen hands are powerful when materialized inside the patient's body. It also frequently happens that the patient sees the Invisible Helpers at the moment of waking.

The report was originally written for publication in a Medical Magazine. Dr. Leech does give his orthodox medical *confreres* some, to them, "hard nuts" from time to time: but what if they scoff today? Yesterday they sneered at ideas which are "strictly scientific" today; and tomorrow they will learn that, to paraphrase Shakespeare,

There are more things 'twixt heaven and earth than dreamt of in their pathology.

Clinical Report of a Case

It was during the early days of January 1914 that I had been attending a case of abdominal trouble in a fourteen year old, much emaciated boy. He was dark haired, had brown eyes, large bones and slender physique with a good amount of intelligence. Four years prior to this present attack he had suffered from a severe attack of appendicitis, from which he had apparently recovered. Of late he had been more or less indiscreet in the choice and the amount of his food and on the day before the present attack he had in lifting hay suffered some violence by a slip of the foot.

After a day or two of suffering I was sent for and found all the classical symptoms of a pus forming appendix present. Food was discontinued for eight or ten days, the proverbial ice-bag was used judiciously and an occasional enema was

employed. Temperature ran along from 99 to 102.5 degrees and about the seventh or eighth day of his sickness the symptoms became so alarming that I induced the family to permit me to have Dr. North as a consultant next morning.

Dr. Unus of the same town had attended the case four years previously and had at that time insisted on an operation. Personally I had performed quite a few abdominal operations, but it was generally done as a last resort, and now it looked as though there would be another case where I would have to resort to the same procedure. This *modus operandi*, especially in the midst of an attack, was not to my liking. Being in the neophyte class of the *Western Wisdom School*, I endeavored to use unusual means in conjunction with the physical means to bring about the recovery of this case, as I do in others. The unusual is the application of natural laws of one or more of the higher worlds.

As a word of explanation, I will say that the Natural Science School of the Rosicrucians informs us of a number of concentric worlds as real, if not more real, than the physical, all interpenetrating each other, occupying the same space, as it were, forming no less than seven dimensions of space, each under a vibratory condition consistent with its harmonious surroundings. Physical Science begrudgingly recognizes and hints at the higher vibrations of the invisible ether. Medical Science does its best to ignore these higher Worlds, yet she persistently and empirically uses daily the powerful alkaloids. There are a number of wavelengths between the vibration that causes sound

and that which causes light, although unknown to us, but producing things no less powerful; it is so on into the trillion and quintillion of vibrations. Most of these vibrations ignore our dense, physical bodies, vibrating right through them as though they never existed. These vibrations are harmonized into divisions, and nearest to our chemical physical world is the Etheric Region, and we might conceive of it as an extension of the physical plane; being more refined, it is naturally subject to higher and more refined laws.

However, in order to be able to function in this Region, or in the Desire World, an organization of like substance is required. Every man has the framework for this substance concealed in his physical make-up, and there is a certain Word or formula which, if wisely used, will develop this organization. Anatomically speaking, it causes a physiological link or connection to be made between the pituitary and pineal bodies which respectively govern and harmonize the desire with the physical body. When this chasm is bridged, the higher vibratory soul-body can at will withdraw from the physical body and travel any distance in the Desire World. If you wish to follow no further, you, the reader, can consider the phenomenon a going off into dreamland; but remember, a fact is a stupendous thing and remains whether we like it or not.

The evening before the physical consultation was to take place with Dr. North, Dr. Unus, Dr. North and myself went off into the Desire World (Dreamland), and met at the bedside of the sick boy without

his knowledge or that of his parents, who were eagerly watching him. Naturally, we were invisible to their physical perceptions.

During this consultation in the Desire World, Dr. Unus stepped forward and almost violently seized a portion of the afflicted organ and threw it away. His etheric hand passed right through the boy's physical body. I then stepped up to the bedside, using both hands, lifted the elbow end of the colon and gently stroked the undesirable, irritating substance away. Dr. North acted as a spectator, and apparently gave his consent. Let it be known that physical substance is no bar to the etheric hand, but it is not unusual for a patient to waken from his slumber as the invisible hand is being withdrawn.

The morning after this consultation in the Unseen World, I called, as I had promised, at Dr. North's office and had him ride with me for the physical consultation, which had been agreed upon with the family the previous day. To the great astonishment of the family and to my own gratification, the boy was free from pain, tenderness, fever and muscular rigidity and from the parents' report his rapid recovery commenced during the night. It is now six months since the occurrence took place and the boy is enjoying the best of health.

It is not to be inferred from the foregoing that instantaneous cures are effected in every instance. Such cases are frequent among the large clientele which benefit from our aid, but the great majority require patient perseverance to bring

about a cure.

If patients are faithful in writing their weekly letters to Headquarters and obey our instructions regarding diet they are bound to benefit.

THE ROSY CROSS HEALING CIRCLE

Meets in the Pro-Ecclesia on the following dates:

September 3, 10, 16, 23, 30

October 7, 14, 20, 28

November 4, 10, 16, 24

We may not all be privileged to be there in the body, but all can join us in Spirit. No matter where on earth you live, go into the silence when *your* clock is half past seven in the evening. Fix your thoughts upon the White Rose which forms the center of a circle of seven Red Roses, hung upon a cross of pure white. That is the symbol of the immaculate purity of the Invisible Helper, your ideal, your inspiration. This Cross has a radiant, five-pointed Star of Gold, symbolic of the golden aura acquired by *Service*; and the background of Blue represents the God-present field in which we have to work.

Register each time your aspiration to become a self-conscious channel for the beneficent works of our Elder Brothers in the Service of humanity.

And last, but not least, resolve each time to live the life of a *Visible Helper*, for that is the most efficient means of attaining to the higher and greater sphere of usefulness.

We append some letters from people who have been helped:

(This lady was healed of gallstones and insomnia.)

Firenze, Italy

Dear Signore:

Let me thank you with my poor English, but with all my heart, for your valuable help and for your kind, useful letter. I am ever so much better! For many, many years I had not slept one night long, and no medicine, nothing, could make me sleep or even rest in my bed. I was happy when I could spend one night long to my bed, even without sleep.

As I am an useful person, a painter and teacher, am poor, have to work for my family and to educate, provide for and bring up an orphan I adopted several years ago, you can imagine I have tried every doctor and medicine. In the last year I had given up every doctor and medicine, but felt no better: I felt so tired, so tired. Imagine, now I am sleeping: sleeping as I did when I was child, and feel my strength coming again, and can work. Also the attacks are not so frequent and less painful and without any fever.

I wish I could write in elegant English to be able to thank you as I feel, but want to express myself, do not want to be corrected, do not want to use a dictionary.

God bless you, and may you be able to help every one as you have helped me.

For ever, ever yours most gratefully,

M F.

Firence, Italy

Dear Friends:

I must send you a few words to tell you of my gratitude for what you have done and are doing for my friend S. F. I saw her this morning and she told me about your kind letter. Your diagnosis of her case has so fitted in with what the doctors said and even more so that she said to me, "But they must be clever; they are doctors". She is delighted that it is not a "faith cure", but a real, practical thing. Her brother-in-law is suffering badly from the same malady, only the stones are in the bladder. I tried to get him to write to you. I tried to interest him in the work and gave him your "Christian Mysteries" [the book after the *Cosmo*], for the public library of which he has charge. Now they are reading and discussing this. Oh, who knows

but it may lead to helping someone else. I offered the book as an offering to the teacher and I prayed for a blessing on it, as it left my hands. I hope the man will be persuaded to ask for help. At present he is like Naaman.

In a faint way I can understand what the Christ felt when He wept over Jerusalem. He knew what He had to give and what He could do for man, but they would not. Having learned and benefited, I long for others to do the same.

I cannot express my full gratitude in words, but if you extract the ether from this, surely it will show how full my heart is. To me Headquarters is Home and I love it, I wish I could go there. My truest good wishes.

Yours in Fellowship,
J. M.

Echoes from Mt. Ecclesia

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ROSICRUCIAN FELLOWSHIP BOOTH AT SAN FRANCISCO FAIR

The Booth entertained the Palace of Education Club one morning in June and the writer had the privilege of talking for twenty minutes to a group of fifty who listened with such close attention that at the close of the time allotted many remained to question further concerning a movement of which they had never heard. The chairman of the committee, who has charge of these tours of visiting, and who

is at the head of the Race Betterment booth, was especially interested. They are trying to make men more physically perfect, that they may have a better chance in life; and when I told him that the Western Mystery Teaching trained them to use their perfect physical bodies as vehicles to become spiritually perfect or spiritually evolved, he accepted it as at the least a reasonable statement worth an investigation.

The location of the booth mitigates against the observation of the general visitor, but we have made it as attractive as

we can with flowers and a beautiful hanging basket, and we feel sure the booth will serve its purpose.

The Club had a party not long since and the writer dragged very unwilling feet to it, but ran into a manager of an educational booth who was attracted by the badge, and the next day visited the booth, spending over two hours listening and questioning and went away with the *Cosmo*, so we hope another student is added to the movement.

The Booth has had visitors from Australia, Canada, Spain, and England, and of course from the Eastern States, and also two very interesting people from Paris, who claim to get teaching from a Lay Brother of the Rosicrucian Order who lives in Paris and has pupils studying under him. In the interchange of ideas many similarities were shown and their visit was most interesting.

Possibly next month we shall have something more thrilling to relate, and in the meantime we are trying to make the Booth a welcome place for all who are interested in the philosophy.

In Fellowship,
Annett C. Rich

THE *COSMO* FREE!

Have you seen our offer to give a *Cosmo* to anyone who gets five new subscribers. Better get busy! Even if you have the *Cosmo*, it will be an easy way to get another copy to give to a friend. And think how many people that will benefit! First, there are the five yearly (or ten half-yearly) new subscribers; next, the friend

to whom you give the *Cosmo*; then the Fellowship; and last, though not least (although that is not your motive), you will benefit by the effort to promote the Cause you have _____ closely at heart

That brings another point. We have just had a letter from our enthusiastic Chicago friend Geo. Wiggs. He also is anxious to help increase the circulation of the *Rays* and asks that his good letter be published to help inspire all to action. We are naturally glad to comply, though space is small.

Oh, if we only had a big subscription list so that we could afford to enlarge the magazine. Bro. Wiggs makes an awful mistake when he says that we have received 1700 Mss. We have not received 17, but we have so much stuff nevertheless, that we are picking and choosing what to keep out and what to let go in. If we had the wherewithal to meet the extra typesetting and paper bills and the writer could afford a private secretary, competent to do the revision, which now takes the most of his time, we could soon have a much better publication.

But that cannot be had till we have a larger subscription list; so we must be patient and continue to work with the means at hand, till we grow into the larger facilities. We feel, however, that the magazine is a worthy effort as it is and do not hesitate to join Friend Wiggs in asking all to do their best to push it. Don't forget to ask your newsdealer to take it. Some have succeeded already, as you see from the list of dealers printed on the inside cover.

Chicago, Ill., July 1, 1915

Friend Heindel:

Charles Lamb was accustomed to divide humanity into two classes, which he termed the borrowers and the lenders. In the new or Rosicrucian terminology we would call them positive and negative; or the efficient and the inefficient; or the idlers and the workers.

If Lamb were living and a member of the Fellowship, he would doubtless have to revise his classification, since there seems to be but one class in the Fellowship, as evidenced by the fact that you state 1700 manuscripts have been received since the inception of our new magazine "Lux Mystica", now only in its third issue.

I have had considerable experience in the magazine field but I certainly have never known of anything to equal this. Why, it would seem that "Lux Mystica" has awakened the thrush in the throat of all its readers, and what is still better, has caused the hearts of all members of the Fellowship to beat in unison to accomplish this astonishing fact; and this augurs that the true Ecclesia is already being constructed from the heartbeats that shall soon bring into manifestation the much needed outer building or the Ecclesia in form, that was so happily started with the laying of the Corner Stone on Thanksgiving day of 1914.

Now that the life side (or 1700 manuscripts) is in evidence, it is only meet that we should develop the form side (or subscription list), in order to equilibrate the work and thus bring a smile to the face of

Friend Heindel that will be like a benediction and a sweetness into his voice that will be equal to a caress, as he talks to the dictaphone when producing the glorious articles he has been giving us and through which we are all being illumined.

That our writers to begin with have outnumbered our readers to a healthful sign and show the great interest that the magazine has awakened and I feel certain now that the magazine is an established fact, that every member of the Fellowship will esteem it a privilege, as well as a pleasure, to not only support the magazine but to set about securing subscriptions from his friends.

The magazine has been a joy to us all and surely we all recognize that the way to double our joy is to divide it, and that a thought is never so truly our own as when we have shared it with another.

The members of the Fellowship have never failed to arise to all heights that the spirit of the times has called out, as is shown by the handsome buildings which already bedeck Mount Ecclesia and that Friend Heindel is to build a bonfire on the glorious Fourth of July, and give over to the salamanders the mortgage papers and the notes which have so long been a lien on the property. Truly, that will be a real Independence Day of celebration and over this glad news we shall celebrate this event with him.

In the latter part of last year I mentioned what the *National Geographic Magazine* had accomplished and stated that it was a Fellowship similar to ours and that the members had built up a circulation of upwards of 300,000 and I think I stated at

the time that I was confident that with the right kind of a medium we could not only equal but surpass that magazine's circulation, inasmuch as the Spirit transcends geography and that our efforts would be along the lines of becoming or Being rather than Seeing, since our teachings show how real illumination or spiritual sight may be obtained.

If each member of the Fellowship will instantly send in his or her subscription to "Lux Mystica", say from now to February 1916, which would only require 50 cents each, we would soon have upwards of 5000 subscribers, and with five readers, which is the usual estimate per copy of every magazine worth while, we shall have an audience of upwards of 25,000 people.

If in addition to subscribing to the magazine every member will set to work to get new subscribers, it will not be long before we shall be on the road to approximate the circulation of the largest and best magazines before the public. It is only a question of individual effort on our part and success is assured.

Let us commence with six months' subscriptions, so as to instantly swell our circulation and we shall soon through this effort give the work a momentum that will positively assure the future of our sparkling little magazine.

To this end I am sending you a check to pay for ten six-months' subscriptions, five of which shall be new subscribers, whose names I am forwarding to you, and the other five I ask you to select from among those whose circumstances are not at the

present such as to permit them to conveniently subscribe.

As I note, the present subscription list lacks about \$80.00 a month of meeting the actual money expenditure, to say nothing of the time and labor. I am going to ask 72 of our generous fellow-members to join me in promptly remitting an alike amount, so that we shall complete the 360 degrees of the Zodiac and soon be on our way into the Sun center, and thus enable Friend Heindel to give us a regular diamond sunburst that will set the whole Fellowship asparkle with not only the seven colors of the rainbow, but the pure white light itself.

I am also going to further ask every member to pull off his coat, roll up his sleeves, and to put his heart and soul into this subscription work, so that when our next Thanksgiving day comes we shall be able to celebrate over a subscription list that will demonstrate that we workers have not only equalled but surpassed the enthusiasm of the loyal writers who furnished 1700 manuscripts within three months, and I now propose that our circulation shall reach 7000 between this date and Christmas.

It is only the love that we put in our work that counts, and we can love this work into life if we go about it in earnest. It is always more pleasant to give than to receive, but the little magazine is so high class that even from a pecuniary point of view those who think they are giving are really receiving.

A subscription means more than the insignificant sum of money involved—it

means light and wisdom to the subscriber; it means joy and encouragement to the workers at headquarters and it, so to speak, means an accentuation to what we might term an added tint to the aura of the Fellowship itself.

Let us all remember this when speaking to our friends and it will put courage into our souls to speak with an accent in our voice that shall carry conviction to those who listen.

The Fellowship has been so loyal and so ready to respond when help was needed that I can already see, in my mind's eye, the full assurance of our highest hopes being realized. I am so sure of the gener-

ous support of all the members in subscribing for the magazine and of their united efforts to swell its growth that I am going to ask each member to join me in the toast which I here propose to the health of Friend Heindel and to the success of "Lux Mystica". Let us all arise and drink from the bowl of the Spirit itself to the following:

*O it is nectar to my soul
Those golden drops that tinge my bowl;
For I remember when I quaffed
How rainbow tinted bubbles laughed
From out my goblet's flowing brim.*

George W. Wiggs

IF THIS MAGAZINE PLEASES YOU

Pass it on to a Friend!

IF HE LIKES IT

Send Us His Name

YOU WILL BE DOING HIM AND US A FAVOR

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, like heredity and ether. 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 believe what the intellect has sanctioned, and the solace of religion may speak peace to the troubled mind.

MOUNT ECCLESIA

In order to make our philosophy of life and health of practical value in the world, we have bought 40 acres of land in the little town of Oceanside, 88 miles south of Los Angeles. It is one of the sightliest spots in sunny Southern California, situated upon the promontory of a high tableland. From Mount Ecclesia, as we have named our headquarters, there is an unobstructed view of the beautiful blue Pacific Ocean. Directly west lies the island of San Clemente, 75 miles out, and