

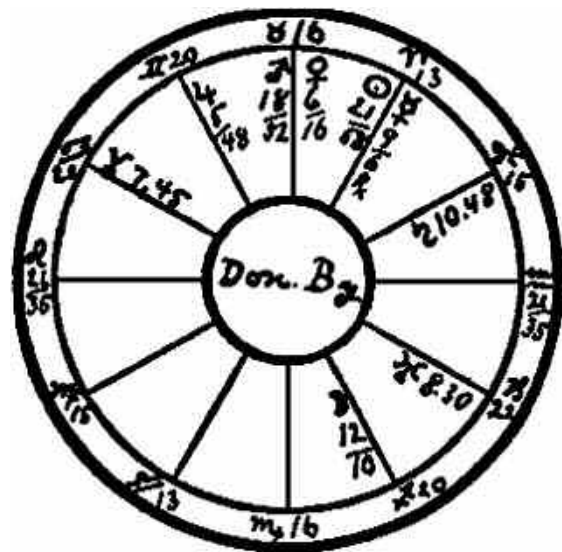
With regard to health, we note that Saturn is in the sign Gemini, which rules the lungs. We see also that he is square to Mars from the watery sign Pisces. This will give a tendency to coughs and colds and if these are neglected the lungs may become affected. There is, however, no cause for apprehension, because the Sun and Mars are in parallel and this will give her such wonderful recuperative powers that, although she may be down to the verge of death, she will pick up just as quickly.

But Astrology does not only tell us that she will be subject to coughs and colds, but it gives the causes of the trouble. We find here that the Moon is square to Venus and that Jupiter is conjunction to Mars, Venus Mars and Jupiter being in the watery sign Pisces. This gives a marked tendency toward indulgence of the appetites, and it is a well known fact that coughs and colds are mostly due to overeating. She must, therefore, be taught from the very earliest childhood not to gratify this appetite, because the system cannot throw off an excess of nutriment—no matter how much she may plead, and she will be an adept at that; because of the conjunction of Mercury and Jupiter, the parents must let reason rule. In later years the side of her nature expressed by Mars conjunction Mercury will come out and sharpen the tongue, but there also they must stand firm, so that neither on account of pleading nor of scolding should they give in to this desire for an excess of food, for that will cause most of her physical troubles. The foregoing is aggravated by Neptune in Cancer.

Don By

Born April 12, 1906

Here we have a little fellow who was born just about the time of the San Francisco earthquake. The planets were then in a very afflicted condition; but fortunately he had Leo rising and all the planets, with the exception of two, above the earth. The Sun is exalted in Aries, and Mars is close to the M. C. This will give him strength so that, although there are many afflictions, he will be able to survive them all and hold his own.



Besides, when we speak of an afflicted horoscope, it is really something over which we should rejoice, from the soul's standpoint. For squares bring soul growth and a child with a horoscope like this is bound to rise in the world and make his mark in spite of the drawbacks. He is far better off than a child with a wishy-washy horoscope that has no afflictions which, by being overcome, will generate the spiritual muscle, as physical exercise generates bodily strength and vigor.

Mercury, the significator of mind, is square to Uranus and Neptune. This will make him slow to grasp things intellectually; but Mercury sextile Jupiter trine Moon will more than offset that. There is also Saturn trine Neptune sextile Uranus. Neptune is the octave of Mercury and governs the logical understanding of spiritual problems, while Uranus is the octave of Venus and governs the intuition. This will raise his understanding of things to a plane which is above the intellectual, yet not altogether dependent on intuition. He will know things without having a reason, but he will also know the reason for his conclusions. The Sun is exalted in Aries, and Venus is essentially dignified in Taurus; both are in the ninth house and thus they serve to enlighten the mind and give it kindness. This will also give him very high ideals and make him very sympathetic.

The presence of Mars in Taurus, which governs the larynx, has a tendency to make people cruel in speech, but as Mars is not aspected at all, this tendency probably will not come to the front. If it does it will only be on rare occasions, for Venus is also in that sign.

The trine of Mercury to the Moon imparts a sort of a dreamy nature to the mentality and the presence of the Sun and Venus in the ninth house also gives something of that same nature. Taken together, they indicate that Don will be able to express himself most beautifully in poetry. There is great probability that he will take up literature for a vocation and his writings will be of a strange nature, on account of this unusual mentality.

Venus being in Taurus, the sign of voice, and so close to the M. C., aspected by Neptune and Uranus, makes it very probable that he will also express himself orally, on the lecture platform, and the aspect to Neptune and Uranus makes it appear likely that his lectures will have to do with occult subjects.

This child has brought such noble ideals and characteristics with him from the past that it is really unnecessary to warn the parents to look after him in any respect. He will find himself unaided, and he will never go far wrong as far as the moral and the mental life is concerned; but with respect to the physical, there is considerable to be guarded against in order to make life as pleasant as possible for him, for there are a number of afflictions.

Jupiter governs the arterial circulation and it is in Gemini, the sign of the lungs. It is square the planet Saturn, which is the obstructor in life; and in a very weak opposition to the Moon, which from that place governs the tidal flow of the air in the lungs. Thus it is seen that Don should be taught to breathe well and deeply, because otherwise there may be obstruction in the lungs and the blood will not be well oxygenated. This would, naturally, impair the system. Neptune and Uranus are in opposition from the signs Cancer and Capricorn, and squared by Mercury, which rules the nerves. Cancer is the sign of the stomach, and therefore we see that there is a tendency to nervous indigestion. From this fact we also reason that the impaired digestion gives rise to the colds and coughs previously mentioned as liable to obstruct the lungs. Don should

be very careful of his food and endeavor to strengthen his body by breathing exercises. If these exercises are given him from childhood, there is no doubt he will outgrow the tendency because the Sun is elevated and exalted in Aries. This will overcome almost anything that is detrimental to health.

**EVOLUTION AS SHOWN IN THE
ZODIAC**
(Concluded)

SERPENTS or SCORPIONS

Jesus taught the multitudes in parables, but explained the mysteries of the Kingdom to His disciples. Paul gave meat to the strong, but the milk of doctrine to the multitude, for there has always been an exoteric and an esoteric side in every religion. If we take Taurus, the sign of the bull, to symbolize the worship of that animal as practiced in Egypt, Persia, and other countries at that time, then we shall find that the opposite sign, Scorpio, symbolizes the esoteric doctrine of the priesthood, which were the guardians of these Ancient Atlantean Mysteries.

In this connection we will note first that the sign Scorpio is represented in the pictorial Zodiac by a Scorpion or Serpent, and we wish to impress particularly on the student's mind that the Scorpion has its sting in the tail, while the Serpent has the venom *in its teeth*. This is very significant, as we shall see presently.

On looking up the word "serpent" in the Bible, we shall find that there are about

seven words that have thus been translated; but one of them, which was borrowed from Egypt, is *Naja*. This word is found on the old tablets in the ancient temples of Egypt where Osiris, the Sun God, is hailed when arising from the primordial deep. He was then crowned with glory and has the Uraeus Naja, *an emblem of cosmic wisdom*. The Uraeus was a part of a serpent's body, with its head protruding from a point in the forehead just above the nose, where the human spirit has its seat; and Christ therefore referred to the ancient Serpent-Initiates, when he said: "Be ye wise as serpents."

In ancient Egypt the King wore a crown adorned by *a double serpent, Uraeus or Naja*, which seem to protrude from his forehead when the crown was placed upon his head. This was to symbolize the fact that he held the double office of King and Priest by virtue of his sublime wisdom. In India, also, the guardians of the Mystery Teachings were called Nagas or Serpents. In the Icelandic "Eddas", the Northern Vedas, Siegfried, the truth seeker, slays the serpent, tastes of its blood and then becomes wise. Nor, to elaborate on the statement made above, is it necessary to go outside our own religion for proof that the serpent is the symbol of wisdom, for the Christ Himself said: "Be ye wise as serpents." The serpent is certainly not sufficiently sagacious to warrant a literal meaning of this saying; but when we understand that when the creative fire is drawn upwards through the serpentine spinal cord it vibrates the pituitary body, and the pineal gland, connecting the

Ego with the invisible worlds by opening up a hidden sense, the allusion is perfectly clear.

There is, however, a lower phase of spiritual development, symbolized in ancient times by placing the Uraeus or serpent at the navel, to show that the mediumistic faculties in the solar plexus had been developed. Mediumship is a negative phase of spiritual sight or hearing possessed by a person controlled by an outside intelligence who then prophesies. This undesirable phase of seership was represented in the Zodiac by the symbol of Scorpion, which has the sting in its tail. In the Serpent Initiate the Creative Cosmic Fire was drawn upward through the head to serve a spiritual end; in the Medium the creative energy is expressed for selfish, sensual ends through the procreative organ ruled by the Scorpion.

The point between the eyebrows, whence the serpent of wisdom protrudes, is *the seat of life*, whereas all that opens the womb is subject to *the sting of death*, contained in the Scorpion's tail.

If we now turn with this information to our Bible, we shall find that a great many things, previously obscure, will become clear. As said, the Egyptian word for this Uraeus or serpent is Naja and it was borrowed by the Israelites who expressed the negative faculty of mediumship by affixing the feminine ending "oth": *Naioth*, while those who are able to function consciously in the spiritual worlds were given the positive, male plural ending, "im", and were called *Naim*. If we read the nineteenth chapter of first Samuel with this understanding,

we shall readily see that the incident there narrated was of a mediumistic nature. David had become afraid of Saul and he went with Samuel to "Naioth". This is supposed by Bible translators to be a place, and maybe a village was so named. But if that was the case, it was because the people who lived in that place were Naioth, or mediums. They were called prophets in the chapter before us, and it is significant that as soon as anyone came within their camp, he commenced to prophesy or speak under control. Even Saul, who came there, anxious to get David away that he might slay him, was seized by the spirits and prophesied, to the amazement of all present.

In the New Testament we are told that the Christ went to the city of Nain and there raised *The Son of a Widow*. In the Latin Testament, this city was not called Nain, but *Naim*. And it is very significant that all three, Naim, Naioth and Endor, where the sorceress that assisted Saul is supposed to have lived, are in the same locality by Mount Tabor.

Every Free Mason knows that the brethren of that Order are called "Sons of the Widow." And it is stated in the Bible that Hiram Abiff, the Master Builder of Solomon's Temple, was the Son of a Widow, a cunning craftsman. We cannot in the present article repeat the Masonic Legend which tells the reason why. This we have given in the books of "Freemasonry and Catholicism" and also in our book on the Rosicrucian Philosophy. But suffice it to say that in the Bible story to which refer-

ences to the fishes are numerous. We also find the celestial virgin (♍) prominent and the wheat ear of Virgo is the Bread of Life, resultant from the immaculate purity. Thus Christ fed the multitude on fish (Pisces), and loaves (Virgo).

Before the time of Christ, the new religion of the Lamb (Aries), could get no foothold. Moses, the erstwhile leader, could not bring the chosen people to the "promised land." That was reserved for Joshua, the son of Nun. Joshua is the Hebraic for "Jesus" and the Hebrew word "Nun" means "fish" (Pisces). It was thus foretold that the religion of the Lamb (♈) would attain prominence during the precessional passage of the Sun through the sign Pisces, the fishes.

This prophecy has been fulfilled, for during the two thousand years which have elapsed since the birth of Jesus, the Western religion has been taught by a celibate priesthood, worshiping an immaculate virgin, symbolized by the celestial sign Virgo, which is the opposite of Pisces. This same priesthood has also enjoined the eating of fish and forbidden the use of flesh (♈♉) on certain days. When the children of Israel left the flesh pots of Egypt, where the Bull (♉) was slain, they left it by the blood of the Lamb (♈). But in the Piscean dispensation no shedding of blood is enjoined and flesh eating is condemned as a sin at certain times, for man is now taught to forsake the lusts of the flesh and also lusting after the flesh.

This ideal was tried under the Aryan dispensation, when the chosen people were yet

in the Wilderness, so called, but without success; they would not have the heavenly manna. Now, however, man is being weaned from the cannibalistic practice, and in the seven hundred years which remain before the Aquarian age is definitely ushered in, we will, in all probability, have made great strides, both in overcoming the lust of the flesh and the lust after the flesh. For Virgo, the immaculate celestial virgin, and the ears of wheat contained in the sign, show both of these ideals as profitable to soul growth at the present time. Jupiter, the planet of benevolence and philanthropy, which rules Pisces, has been a prominent factor in promoting altruism during the past two millennia.

Aquarius—Leo (♒—♌)

It is often said, and rightly so, that the boy is the father of the man. And on the same principle we may say that the Son of Man is the Super-Man; therefore, when the Sun by precession enters the celestial sign Aquarius, the water-bearer, we shall have a new phase of the religion of the Lamb, exoterically; and the ideal to be striven for is shown in the opposite sign, Leo.

The Moon, which is the habitat of the autocratic Race Ruler and Lawgiver, Jehovah, is exalted in Taurus, the sign of the Bull, and all Race religions, even the Mosaic phase of the Aryan religion of the Lamb, demanded a sacrificial victim for every transgression of that law. But the Sun is exalted in Aries, and when the great Sun spirit, Christ, came as High Priest of the Aryan religion, He abrogated sacrifice of

others by offering up *Himself as a perpetual sacrifice* for sin.

By looking to the mother ideal of Virgo during the Piscean age, and following the Christ's example of sacrificial service, the immaculate conception becomes an actual experience to each of us and Christ, the Son of Man, Aquarius, is born within us. Thus, gradually, the third phase of the Arian religion will be ushered in and a new ideal will be found in the Lion of Judah, Leo. Courage of conviction, strength of character, and kindred virtues, which make man truly the King of Creation, worthy of the trust and the confidence of the lower orders of life as

well as of the love of the Divine Hierarchs above.

This, the mystic message of Man's evolution, is marked in flaming characters upon the field of heaven, where he who runs may read. And when we study the revealed purpose of God, we shall in turn learn to conform intelligently to that design, thereby hastening the day of emancipation from our present cramped environment to the perfect liberty of free Spirits, risen superior to the law of sin and Death, through Christ, the Lord of Love and Life.

It is for us to decipher this message, and solve the Riddle of the Universe.

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What did you do today that you shouldn't have done?
 What was it you should have done and failed to do?
 Self or Soul, which has the victory won?
 Answer, my heart, tonight, as I question you!

* * * * *

What would you do if you hadn't a dream
 Shining beyond like a star?
 What would you do were it not for the gleam,
 The brightness, the sweetness, the joy of that dream,
 Which beckons and guides from afar?

Studies in The Rosicrucian Cosmo Conception

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THE VITAL BODY

By Harry Wilson

(Continued)

Because of the numerous and varied functions of the vital body, it was not possible, in the space allotted to this department, to cover in the former article all its important features.

It will be recalled by those who read the article on the vital body in the September number, that the closing paragraph had reference to certain "pictures" impressed upon the negative atoms of the vital body, and that these pictures served as "arbiters of man's destiny" in the post-mortem state. Because of the great importance attributed to these pictures, the reader is requested to follow closely the process by which man etches them into his Desire Body, and at the same time learn just what should be done by relatives and friends when "the grim reaper," Death, stalks into the household.

On page 91 of the *Rosicrucian Cosmo Conception* we learn that the memory (or so-called mind), both conscious and sub-

conscious, relates wholly to the experiences of this life, and that it consists of impressions of events upon the vital body.

The memory, or mind, is something entirely separate and distinct from the physical brain, both the dense and etheric.

We have first memory, that enables us to recall the events in our lives that have made an impression sufficiently strong that a slight effort will bring the picture before us, regardless of the lapse of time. This memory, we are told on page 91, is made up from imperfect and illusive sense perceptions, and is known as the voluntary or conscious mind.

The involuntary memory, or sub-conscious mind, is the record of impressions upon the negative atoms of the vital body, and is not under our control at the present time. As stated before in this article, this record is brought about by the ether contained in the air we inspire. This ether not only carries with it a faithful and accurate picture of our surroundings, but every thought, feeling, and emotion is alike transmitted to the lungs, where it is injected into

the blood. The blood is one of the highest products of the vital body and these pictures and conditions are impressed therefrom upon the negative atoms of the vital body. It is this that forms the "panoramic scroll" that is viewed at the time of passing out, or so-called death.

There is also a super-conscious memory. That is the store-house of all faculties acquired and knowledge gained in previous lives, though perhaps latent in this life. This record is indelibly engraven on the Life Spirit. It manifests ordinarily, though not to the full extent, as conscience and character, which ensouls all thought-forms; sometimes as counselor, sometimes compelling action with resistless force, even contrary to reason and desire (p. 92).

In many women, in whom the vital body is positive, and in advanced people of either sex, when the vital body has been sensitized by a pure and holy life, by prayer and concentration, this super-conscious memory, inherent in the Life Spirit, is occasionally, to some extent, above the necessity of clothing itself in mind stuff and desire matter in order to compel action. It does not always need to incur the danger of being subject to, and perhaps over-ruled by, a process of reasoning. Sometimes, in the form of intuition or teaching from within, it impresses itself directly upon the reflecting ether of the vital body. The more readily we learn to recognize it and follow its dictates, the more often it will speak, to our eternal welfare (p. 92).

From the foregoing it is evident that the sub-conscious memory, though independent

and automatic as regards its growth, may to a certain extent be brought under the control of man, and thus become a valuable instrument in furthering and hastening his development. This, of course, can be accomplished only by a proper regulation of our thoughts, desires, aspirations, ideals, environment, etc.

We have said that the pictures, above mentioned, in the sub-conscious memory, serve as arbiters of man's destiny in the post-mortem state. When the man is freed at death from the dense body, which was the heaviest clog upon his spiritual power, this power comes back in some measure, and he is able to read the pictures in the negative pole of the Reflecting Ether of his vital body, which is the seat of the sub-conscious memory (p. 101). The whole of his past life passes his sight like a panorama, the events being presented in reverse order. The incidents of the days immediately preceding death come first, and so on back through manhood and womanhood to youth, childhood, and infancy. Everything is remembered. The man stands as a spectator before this panorama of his past life. He sees the pictures as they pass, and they impress themselves upon his higher vehicles.

This panorama lasts from a few hours to several days, depending upon the length of time the man could keep awake if necessary. Some people can keep awake only twelve hours or less; others can do so upon occasion for a number of days; but as long as the man can remain awake this panorama lasts.

This picture or feature of life after death is

similar to that which takes place when one is drowning or falling from a height. In such cases the vital body also leaves the dense body, and the man sees his life in a flash, because he loses consciousness at once.

It was explained in the last installment how the vital body collapses each night, bringing on the condition called sleep; and we find a similar collapse in the post-mortem state. The unrolling of this “scroll of life”, or the sub-conscious mind, takes place in the Etheric Region, which is a part of the physical world—and it is not till the post-mortem collapse of the vital body that the “panorama” terminates and the man is ready to go on to the inner or higher worlds.

Therefore, the time of “passing out” from the dense body, or so-called death, and the time occupied in reading this panorama of life, is a most important period. With the average, undeveloped individual, it is perhaps the most important in all his journey from the higher worlds, down into matter, and back again. This journey is made that we may gather experience for the purpose of transmuting our Dense, Vital, and Desire Bodies into Soul. If the conditions at the time of death are favorable, the record contained in the vital body will be reviewed without interruption, and thus a clear and distinct etching of this record is made upon the Desire Body. In this manner our experiences, whether good or evil, are brought into the Desire World. This is a post-mortem necessity, because it is while in our Desire Bodies that we go through the experience of purging ourselves of all that is undesirable,

and later transmute into Soul Life, Light and Power all that is good.

On page 101 we are told that it can not be too seriously impressed upon the relatives of a dying person that it is a great crime against the departing soul to give expression to loud grief and lamentations; for it is just then engaged in a matter of supreme importance, and a great deal of value of the past life depends upon how much attention the soul can give to this matter. It is also a crime against the dying to administer stimulants, which have the effect of forcing the higher vehicles back into the dense body with a jerk, thus imparting a great shock to the man. It is no torture to pass out, but it is torture to be dragged back to endure further suffering. Some who have passed out have told investigators that they have in that way been kept dying for hours, and have prayed that their relatives would cease their mistaken kindness and let them die.

And not only should they let them die peacefully and naturally, but every care should be taken that the body be undisturbed for a period of not less than three days thereafter. The man is in a measure aware of any disturbance, and this, of course, interferes with the panoramic process. Embalming, post-mortem examinations, etc., must not be permitted during this time.

At the expiration of the panorama, however, there is a separation, and the body is then indeed dead (p. 97). The body may then be disposed of in any manner desired without injury to the soul. The vital body (which is composed of etheric substance

and belongs to the physical world), returns to the dense body after the breaking of the "silver cord", but it no longer interpenetrates it but simply hovers over it and remains floating over the grave, decaying synchronously with the dense body. Hence, to the trained clairvoyant, a graveyard is a nauseating sight, and if only more people would see it as he does, little argument would be necessary to induce them to change from the present unsanitary method of disposing of the dead to the more rational method of cremation, which restores the elements to their primordial condition without the objectionable features incident to the process of slow decay (*Cosmo*, p. 103).

On page 99 of the *Cosmo* we learn, that a series of experiments made in 1906 by Dr. McDougall, proved beyond a doubt that "something" left the body at the moment of death, and that this "something" was of sufficient weight to cause a sudden drop of some weights that had been arranged to exactly balance the body of a dying person. Thereupon the newspapers all over the country announced in glaring headlines that "Dr. McDougall had weighed the soul".

But this invisible "something" was not the soul. The soul belongs to higher realms and can never be weighed on physical scales, even though they registered variations of the one-millionth part of a grain, instead of one-tenth of an ounce, which was the variation used in the above mentioned experiment. It was the Vital Body, which the scientists weighed. It is formed of the four ethers, and they belong to the physical world (p. 100).

Dr. McDougall also tried his scales on dying animals. No diminution was found here, though one of the animals was a St. Bernard dog. That was taken to indicate that animals have no souls. Later, however, Prof. La V. Twinning, head of the Science Department of the Los Angeles Polytechnic School, experimented with mice and kittens enclosed in hermetically sealed glass flasks, weighed with very sensitive scales which were enclosed in a moisture-proof glass case. It was found that all the animals weighed lost weight at death. A good sized mouse lost 3.1 milligrams at death; a kitten lost 100 milligrams, while dying and at his last gasp lost an additional 60 milligrams. Thus the teaching of occult science in regard to the possession of vital bodies by animals was vindicated when sufficiently fine scales were used. Also, it was shown that the vital bodies of animals are proportionately lighter than that of man. These facts have been known and witnessed by trained clairvoyants for ages, and stated in lectures and literature many years previous to these "discoveries".

The *Cosmo* states on page 99, that occultism hails with joy the discoveries of modern science, as they invariably corroborate what occult science has long taught.

(To be continued)

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Nutrition and Health

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THE TRUE CAUSE OF CONTAGION

There are many people of a supercilious nature who are always ready to crack a joke at the expense of Christian Science and kindred methods of divine healing which teaches its followers to cultivate a fearless attitude of mind under all conditions. But as a matter of actual fact, an enormous percentage of our sickness is actually due and traceable to feelings of fear upon the part of the patient.

Travelers who have visited uninhabited Islands report that birds and beasts found there were unafraid of them at first, but they soon learned the predatory nature of man, and fled before him in fear of their lives. Thus the ruthless nature of man has in ages past, spread fear all over the earth. We have conquered, tamed and exploited both bird and beast, and what we could not conquer we have slain, until every breathing thing hides in fear of us. That is to say, among the larger animals, none is so large that it does not fear and flee from him. But when we turn in the direction of the little things, then the case is different, and man who thinks he reigns supreme on earth because he has put all the larger creation in a state of fear, trembles in turn before the minute things in the world, and the smaller they are, the more he fears them. The microscope has told us that

such a small creature as the house fly carries about on the fur of its legs, thousands of parasites which we fancy are inimical to our health, and therefore fear prompts us to spend millions of dollars on fly paper, fly screens, fly traps and other devices to rid ourselves of this pest, but our efforts are largely in vain. Though such vast sums are expended yearly to exterminate the fly, it is so prolific that it breeds quicker than we can slay.

But we fear its cousin, the mosquito even more. The microscope has told us that this little insect is one of the chief messengers of the Angel of Death, therefore we fight it in fear of our lives, but it thrives in spite of the vast sums yearly expended upon its extermination. Then there is the milk we drink. Under ordinary conditions it is said that there are one hundred thousand germs to the cubic centimeter, but under the best and most sanitary conditions this army of destroyers can be brought down to ten thousand. So, in fear and trembling, we pasteurize this fluid before we dare to give it to the children of tender age. Every drop of water we drink swarms with germ-life, says the microscope, and even the coin and currency wherewith we purchase the necessities of life are vehicles of death, for they are infected with germs to an almost unbelievable extent. Once we started to launder them, but

it was found that the bankers could not so easily detect counterfeits after they had been washed, so we abandoned the process. We either fear the counterfeiters more than the germs, or we love money more than health.

Is not this whole attitude ridiculous and unworthy of our high and noble estate, as human beings, as children of God? It is well known to science that an attitude of fear breaks down the power of resistance of the body, and thereby lays it liable to diseases which would not otherwise be able to get a foothold. From the Occult point of view it is perfectly plain why this is so. The dense body which we see with our eyes is interpenetrated by a vehicle made of ether and the energy from the Sun, which pervades all space, is constantly pouring into our body through the spleen, which is a specialized organ for the attraction and assimilation of this universal ether. In the solar plexus it is converted into a rose colored fluid which permeates the nervous system. This may be compared to electricity in the wires of an electric or telegraphic system. By means of this vital fluid the muscles are moved and the organs perform their vital functions so that the body may express itself in perfect health. The better the health, the larger the quantity of this solar fluid which we are able to absorb; but we can only utilize a certain part of it and the surplus is radiated from the body in straight lines. You have seen the paper ribbons which are fastened to the front of electric fans in candy stores and fruit stands. When the fan is set going these streamers float outward from the fan. The

streamers which flow from the whole periphery of the human body also radiate in straight lines, when we are in perfect health. This condition is therefore aptly described as radiant health. We speak of such a person as radiating life and vigor. Under such conditions no disease germs can ever get a foothold in his body. They can not enter from without because of these invisible streamers of force, any more than a fly can enter an opening in a building covered by an exhaust fan. And those micro-organisms which enter the body with the food are also quickly expelled, for the vital processes in the body are selective, as shown by the kidneys, for instance, which excrete the waste matter while retaining vital substances necessary for the economy of the body.

But the moment we allow thoughts of fear, worry, and anger, the body endeavors, as it were, to close the gates against an outside foe, fancied or real. Then also the spleen closes up, and ceases to specialize the vital fluid in sufficient quantities for the necessities of the body, and we shall then see a phenomenon which is analogous to the effect of lowering the voltage or putting in more resistance in the electric fan. In that case the paper streamers will begin to hang down, they will no longer wave over the candy or fruit to protect it and keep the flies away. Similarly in the human body, when the thought of fear forces the partial closure of the spleen, the solar fluid does not go through the body with the same speed as before. It does not then radiate from the periphery in straight lines, but these lines

become crumpled and thus they allow easy access to the little deleterious organisms which may then feed unobstructed upon our tissues and cause disease.

Whether the consistent Christian Scientists, Mental Scientists, or others who believe in Divine healing, know this law or not, they act according to its dictates when they affirm that they are Children of God, that they have no reason to fear, for God is their Father and will protect them so long as they do not deliberately disregard the ordinary laws of life. Medical science knows that the so-called disease germs are not dangerous, unless there is soil predisposed to their culture, and it is noteworthy that the New York board of health has now abolished fumigation for all diseases except small-pox. Thus typhoid, pneumonia, diphtheria, and other diseases which were formerly thought to be of so contagious a nature that they must be guarded against by fumigation, are now regarded as either less dangerous or else it has been discovered that the process of fumigation is not efficient.

The actual fact and the truth in the matter is that contagion comes from within. So long as we live a common sense life, feeding our bodies upon pure foods which come from the vegetable kingdom, taking a sufficient amount of exercise, and keeping mentally active, we may rest secure in the promise that the Lord is our refuge. There shall no evil befall us so long as we thus show our faith by our works. On the other hand, if we belie our faith in God by disregard of His laws our expectations of health are vain.

Last year a Doctor who was imbued with fear of contagion in an abnormal degree visited Mount Ecclesia. On the night of his arrival a mosquito lighted upon his nose, he brushed it away in great horror and asked anxiously: "Are they malarious?" He was always looking for pathological conditions and soon went away dissatisfied with our ideas, especially the idea that fear attracts and trust in God repels pathological germs. This was to him ridiculous in the extreme. We had with us at that time one of our student friends, who was suffering from tuberculosis, but by means of a rational diet and the pure air of Mount Ecclesia, he was gaining fast, had, in fact, gained ten pounds when this doctor took it upon himself to tell our poor friend that it was an outrage that he would stay on Mount Ecclesia, or come into the dining room, that he was a menace to everyone at headquarters, etc. The poor young man became so disturbed that in spite of all we could say to him he had no rest and he left shortly afterwards. There is no doubt in our mind that had we been allowed to keep him we would have eventually cured the disease by the help of the Elder Brothers and our physical methods. As it is he died shortly after, and we feel he was killed by the inconsiderate fear of this doctor. And he is only one of thousands who are killed by others, or who commit suicide by taking a dose of fear, for fear will kill just as surely as any mineral poison; it is perhaps even more deadly.

Shortly afterwards Mrs. Heindel and the writer moved into the cottage where the

young man had lived with his mother, despite the protests of all concerned on Mount Ecclesia. We have lived here almost a year, and have as yet developed no symptoms of disease, for we trust in God and live accordingly, and so long as we maintain that attitude nothing can harm us.

A MENU FROM MOUNT ECCLESIA

Breakfast 7:30 A. M.

Puffed Whole Wheat Baked Egg
Whole-Wheat Bread, Butter and Honey
Coffee or Milk

Dinner 12 M.

Baked Stuffed Tomatoes
Boiled Beets Carrot Loaf
Whole Wheat Bread, Butter and Honey
Milk

Supper 5: 30 P. M.

Nut Salad Peach Cobbler
Dish Cream Cheese
Hot Corn Bread, Butter and Honey
Tea or Milk

RECIPES

BAKED EGGS

Take ordinary custard cups, set on stove to heat, drop piece of butter into cup the size of a small marble, allow to melt, break the Egg into hot cup, sprinkle lightly with bread crumbs and bake in hot oven until white is turned. Serve at once

BAKED STUFFED TOMATOES

Choose firm, medium-sized ripe tomatoes, remove seeds and pulp, cutting out from stem side; boil one ear of corn for each tomato; when cold, remove from cob, season with salt and fill the tomatoes; grate cheese on top, add one tablespoonful of water, sprinkle a little salt over tomatoes, place in shallow pan which first rub with a clove of Garlic, with one cupful of hot water and tablespoonful of butter. Bake for one-half hour.

CARROT LOAF

Two cups of whole wheat bread crumbs, two cups ground carrot, one cup ground English walnuts. The above should be run through a vegetable grinder twice. Prepare a large frying pan by frying a large, sliced onion and one small clove of Garlic in oil until brown, then fry the above in this onion for a few minutes, adding, salt, pepper, and nutmeg for seasoning. Just before taking from stove add an egg. Form into a loaf and bake for 30 minutes; serve with brown gravy. This loaf, if left over, can be sliced cold next day; or turn slices in egg and fry in hot oil.

NUT SALAD

One cup of well flavored apples, cut in small cubes; one cup of celery, chopped fine; one cup of walnuts, chopped fine. Serve on lettuce leaf with Cream Salad Dressing (see recipe below).

CREAM SALAD DRESSING

Two eggs, one cup of cream, two tablespoonfuls of sugar, one tablespoonful of butter, juice of one lemon. Beat the egg thoroughly then beat in the cream. Boil in double boiler. While stirring constantly, add the lemon juice. Take off as soon as it becomes creamy. Season with salt and pepper. This is good on any salad.

PEACH COBBLER

Make a soft biscuit dough, butter a shallow baking pan, spread this dough one inch thick all over bottom. Peel and quarter medium sized peaches; press these quarters into the dough, covering the entire top; place in oven for twenty minutes; take out, spread liberally with sugar and put back into oven just long enough to become light yellow. Serve with cream.

Nutrition and Health

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THE CAUSE OF SORROW AND SUFFERING

A Talk in the Pro-Ecclesia

We have met again tonight for the purpose of concentrating our thoughts on the second part of the Christ injunction: "Heal the sick," for we consider this part of the Divine command just as binding upon His followers as the first part, which exhorts us to "preach the Gospel." But if we understand this commandment aright, we shall not be content with merely endeavoring to assuage the present pain, sorrow, and suffering of anyone or any number of people. We shall attempt to get to the bottom of all human suffering so that by removing the main cause we may eradicate the effects. To do this, to arrive at a true conclusion concerning the origin of sorrow, and suffering, and the means for its permanent eradication, we

must go back into the far distant past, in fact to the beginning of physical existence.

The Bible has been given to the Western World by the Recording Angels, who give to every nation the religion that is best fitted to guide it upon the path of its spiritual and physical evolution; and if we seek for light from that source we shall certainly find. It must be borne in mind that the Christ taught the multitude in parables, but, gave to His disciples the meaning of those parables and the deeper things concerning the mysteries of the Kingdom of Heaven. Paul also taught a different, or rather a deeper truth to those who were strong in the faith, but gave the milk of the most elementary doctrines to babes. Similarly, we must understand that besides the meaning which the Word of God carries upon its face, there is a deeper and hidden side, which we shall do well to ponder upon tonight.

Let us first grasp the idea that the Earth was not always as it is today; that there has been an immense period of formation and that this planet must have gone through various stages of development before it reached the present condition. We see in the heaven nebulae which are now fiery. We can understand that moisture must be condensed by this fire from the cold expanse of space. We can also understand that this moisture is quickly evaporated when it comes in contact with such a fiery, whirling vortex; that the steam generated rises into space to be there condensed again by the cold, thus going through innumerable cycles of evaporation and condensation, until finally a crust is formed around the fiery core. This crust becomes harder when gradually the superfluous moisture is evaporated as a mist. The mist eventually gathers and condenses into a cloud, falling again upon the planet as a flood and leaving conditions of climate as we find them today upon the earth. These stages the Rosicrucian Teachings call the Hyperborean, Atlantean, and Aryan Epochs.

We shall not speak of the first mentioned of these Æons. But during the latter part of the Lemurian Epoch, when mankind still lived on fire-girt islands of the forming crust, they were very different from humanity today. They were, in fact, giants of a bodily shape which would be repulsive to our present notions of bodily symmetry and beauty; but it differed particularly in this fact, that the Ego had not yet learned to draw within its body properly and permanently. In fact, they did not know at that

time that they had bodies; they used them as unconsciously as we use our digestive apparatus. Their sight was focused altogether in the spiritual world and they saw God face to face, or rather those whom they thought were Gods, namely the Divine Messengers who guided them as children are guided by their parents; for at that time they had developed no will.

Being unconscious of their bodies, they knew neither birth nor death. The loss of a physical vehicle happened frequently on account of the volcanic eruptions that were the order of the day upon our forming earth; but it was like the falling of a dry leaf from the tree; it produced no difference at all in their consciousness. Neither was the birth of a new body a distracting event because all through birth and death their consciousness was focused in the invisible realm.

At certain times of the year the Angels, who have always been the harbingers of birth, herded these hosts of childmen into great temples where the propagative act was performed as an act of sacrifice, under the proper planetary rays. In those moments of intensely intimate contact, man's attention was temporarily drawn from the spiritual realms to the physical world, and "Adam knew his wife".

Thus the key-note of the body then conceived was in perfect tune with the harmony of the spheres at that moment and therefore parturition was painless. Health was perfect, and death had no terror for humanity of that age.

But the Angels were not all of the same

nature. There were two classes, one attuned to Water, the other to Fire. It is the latter class which was apostrophized by Isaiah in that wonderful passage where he says:

*O Lucifer, Son of the morning,
How art thou fallen!*

From the Water Spirits, or true Angels, man received the brain; but Lucifer, Spirit of Fire, is the "Light-giver." From the Fire Spirits came the light of reason.

The desire body of man was by them impregnated with a new faculty, namely, Impulse. And as it was necessary for them to use a physical instrument for their own further development. Though they were unable to create such a vehicle, they taught man that he had a dense body, and they also enlightened him concerning the method whereby he might generate a new vehicle at any time, when the old one died, regardless of planetary conditions. Man, yielding to the impulse of the Lucifer Spirits, incited by the passion they instilled, began to regard the generative act as a means of enjoyment and gratification instead of a sacrament. Hence, the bodies born under such conditions were out of tone with the Cosmic Harmony. Therefore parturition became painful, health became impaired, and death entered upon his reign as King of Terrors.

While Adam knew his wife only during the time when the Angels presided over the propagative act; his consciousness was focused all the rest of the time in the spiritual world. But things became radically different when man took the matter into his own hands. The more often he knew his

wife for self-gratification, the more often and more thoroughly his consciousness became focused in the physical world, and the more he lost sight of the higher realms, until finally they have been forgotten, or almost so. Therefore birth now seems the beginning of life. It commences in pain for mother and babe. Life itself is usually a path of sorrow and suffering, because in spirit we feel orphaned from our Father. And at the end stands death, the King of Terrors, to usher the spirit into what is to our physical consciousness a great unknown, and all because of the impulse and passion, wherewith the Martial Lucifer Spirits have impregnated our desire nature. And so long as the fire light of passion taints our desire nature, this regime must continue.

The Old Testament opens with the account of how man was led astray by *the false Light* of the Lucifer Spirits, giving birth to all the sorrow and suffering in the world; it closes with the promise that the Sun of Righteousness shall arise, with Healing in its wings. And in the New Testament we find the Sun of Righteousness, *the true Light*, come to save the world, and the first fact which is stated regarding Him is that He is of Immaculate Conception.

Now this point should be thoroughly understood, and should be clear from the foregoing, that it is the Luciferan taint of passion which has brought sorrow, sin, and suffering into the world. Prior to the impregnation of the desire body with this demonic principle, conception was immaculate and a sacrament. Man walked in the pres-

ence of the Angels then, pure and unashamed. The act of fertilization was as chaste as that of the flower. Therefore, when the mischief had been wrought, immediately the messenger, or Angel, girded them with leaves, to impress upon them the ideal which they must learn to live, namely, chastity like that of the plant. Whenever we are able to perform the act of generation in a pure, chaste, and passionless manner, as the plant does, an immaculate conception takes place and a Christ is born, capable of healing all the suffering of humanity, capable of conquering death and establishing immortality, a true light to lead humanity away from the will-o'-the-wisp of passion; through self-sacrifice to compassion.

This, then is the great ideal toward which we are striving: To cleanse ourselves from the taint of Egoism and self-seeking. And therefore we look upon the emblem of the Rose-Cross as an ideal. For the seven red roses typify the cleansed blood; the white rose shows the purity of life, and the golden, radiating star symbolizes that inestimable influence for health, helpfulness, and spiritual uplift which radiates from every *Servant* of humanity.

THE ROSY CROSS HEALING CIRCLE

Meets in the Pro-Ecclesia on the following dates:

- October 7, 14, 20, 28
- November 4, 10, 16, 24
- December 1, 7, 14, 21, 29

A few are privileged to be present in body to assist in The Great Work. But thousands all over the world join us in spirit, by concentrating their thoughts of Help and Healing upon the Rose Cross, which adorns the West wall of our place of worship, when the clock in their respective places of residence points to 7.30 p. m. The force thus accumulated is liberated by the Elder Brothers at the meeting at Headquarters and used to restore health and vigor to as many sufferers as can be served by the volume of power thus accumulated.

Will YOU help us in this work?

We append a few letters from sufferers who voice their thanks for benefits received. Lack of space does not permit us to publish a greater number of them.

Lewiston, Minn., March 6, '15
Rosicrucian Fellowship

Dear Friends:

I think that I am feeling about as well as I have ever felt. I have gained strength through the Elder Brothers and I have gained some in weight. At present I can only feel grateful for what you have done for me. I feel that I owe you more than I can ever repay.

R.G.

So. Portland, Me., July 3, 1915
Esoteric Secretary
Rosicrucian Fellowship

I have passed safely through childbirth and am recovering remarkably well and

quickly. I thank you a thousand times. You have helped me wonderfully.

Mrs. I.L.P.

Denver, Colo., Aug. 10, 1915

Rosicrucian Fellowship

Department of Healing

Dear Friends:

I do feel so well; am gaining in weight;

everybody speaks of how well I look. I woke up the other night as the Healers were working with me, the first time I have been aware of their presence.

I am so happy and long for the day when I shall be found worthy to become one of them.

Sincerely,

A.P.

Echoes from Mt. Ecclesia

* * * * *

In the next number will begin a serial article on **The Occult Side of the War!** by Mr. Heindel.

During the past month we have had a number of particularly nice visitors at Mt. Ecclesia and some of them have done very valuable work for the Fellowship. Mr. Chas. H. Swigart, our general secretary, and family motored down from North Yakima Washington, through San Francisco. There they visited the Fair before going on to our headquarters at Oceanside, where they are at this writing. Mr Swigart is making a plat of the headquarters grounds and has made an extensive survey lasting about ten days for that purpose. This will enable us to lay out the roads intelligently and locate sites for the various buildings. We can then plant our trees and shrubbery to conform to that plan. Sewers and water pipes can also then be laid intelligently and thus save the expense

expense incident to haphazard work in after years.

Mr. Lester Cramer of New York and Mrs. Cramer have also visited the headquarters for the purpose of helping in the development of Mt. Ecclesia. Mr. Cramer had offered to draw the plan for the Ecclesia for several years, but it was impossible for the writer to give him definite ideas by correspondence. To draw the right plan for the Ecclesia would require a certain inspiration that could not be infused in a letter. But when we discussed the matter here and Mr. Cramer got an idea of what was wanted with regard to seating capacity and the arrangement of the Auditorium with respect to position, light and color, his presence on Mt. Ecclesia quickly brought him in touch with the true idea of the Ecclesia and the very first sketch he made was an embodiment of everything that the writer wished to express,

but could not. We are sorry to say that Mr. Cramer could only stay four days as business required his presence in the East, but he is going to finish the sketches and send them back to us so that we may have a photo-engraving made of them and also of Mr. Swigart's plat for the Headquarters grounds. When that is finished the two will be published in *Rays from the Rose Cross* so that you will all be able to see just what has been done on Mt. Ecclesia, how it looks and what we propose to do in the future.

Isn't it strange, the way all things seem to be ordered about our movement, just as the Elder Brothers said when they gave the message to the writer in the Temple of the Rose Cross, "Do not worry if things do not go as fast or as smoothly as you think they should; just keep on doing your work from day to day, and when you are really ready to use the various facilities—workers, buildings, machinery, etc.—they will be forthcoming."

That assurance has proved true. It has been amply justified by events. From that morning when the old tramp walked up the drive and told us how to take our first printing press apart so that it would go through the office door, to the present day; it is a remarkable fact that whenever a difficulty presented itself that I could not solve or handle, the right man has always been sent, one who had the special qualification for the work wanted.

So long as the city fathers of Oceanside remained perverse and held on to the useless streets, platted by land speculators a quarter

of a century ago, it was no use to think of surveying, and making a plat. The plan for the Ecclesia also required a survey, so everything seemed deadlocked by the procrastinating Town Trustees. But when the stars were right, and we had made up our minds to take the bull by the horns and force the Town Trustees to bring the matter into court, if no peaceable action could be had, the Elder Brothers sent Mr. Graves to Mount Ecclesia. He was one of the most suave, urbane men we have ever met; he won the goodwill of the town people almost overnight, and raised their regard for the Fellowship one hundred percent. But action from the town trustees could not be gotten by smiles and peaceful pleadings. They needed the persuasion of a mailed fist, and Mr. Graves had it. He is a professional detective, and, with the assistance of the banker, he soon made it so hot that one of the trustees was forced to resign, and others were scheduled to follow. Then they signed an agreement to abandon the streets through Headquarters and Mr Graves special mission was fulfilled, the way was cleared for the surveyor and the architect.

Had things gone along ordinary lines, Mr. Swigart would not have been able to leave his post as Supervising Engineer of the U. S. Reclamation work in the North West for a few years. He had planned to resign and move to Headquarters as soon as parental responsibilities would permit. But certain unforeseen circumstances forced him to sever his connection with the government, and before he knew, he was on the way to

Mount Ecclesia, where he met Mr. Cramer, who had also come unexpectedly, and thus, when the way was cleared, both surveyor and architect met without being sent for, or having previous appointment or acquaintance.

We have only about \$1700 towards the Ecclesia, and Mr. Cramer thinks it will cost \$50,000, but don't you feel sure it will be built before the time limit expires, even if we are prohibited from asking for subscriptions and must wait for heart-offerings? We do! We have made the Cornerstone, the survey is completed, the site located and the plan ready. Soon we will extend Ecclesia drive to this location, set the Cornerstone, and commence on the foundation. The Elder Brothers have worked so marvelously to bring Headquarters to the present point, that we know they will find the ways and means of accomplishing the work. All we have to do is keep on striving to be more useful channels for their beneficent activities in the service of humanity.

YOUR CHILD'S HOROSCOPE

Did you notice our offer to cast your child's horoscope? Read it in the front part of the magazine, and if you want to take advantage of it, send us his or her Name, Birth year, date, hour, and place. There are **five items**, do not forget any of them, or we cannot cast the horoscope and your request will be thrown out.

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