

Studies
in
The Rosicrucian
Cosmo Conception

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“The Fall”

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THE “FALL of Man,” about which so much has been written and so little understood, is very clearly and rationally explained in the *Cosmo*. Here we learn that the “Fall” is but a temporary state where we see through a glass darkly, but in a little while we shall again behold face to face, the God within and without who can only be perceived by the pure in heart.

The pair cabalistically described as having experienced the “Fall” of course represent the humanity of that Period. The “Fall” occurred during the latter part of the Lemurian Epoch. The conditions existing at that time are best described on page 283 of the *Cosmo*, which reads: “Previous to the “Fall” the consciousness was not focused in the physical world. Man was unconscious of propagation, birth, and death. The Angels who have charge of the work in the vital body (the medium of propagation) regulated the propagative function and brought the sexes together at certain seasons of the year, using the solar and the lunar forces when they produced conditions most propitious for fecundation, the union being achieved unconsciously to the participants at first, but later it produced a momentary cognition. Then the period of gestation caused no inconvenience and parturition was painless, the parent being plunged into deep sleep. Birth and death involved no break in the consciousness and were therefore non-existent to the Lemurians.

“Their consciousness was directed inward. They

perceived physical things in a spiritual way, as we perceive them in a dream—at which time all that we see is within ourselves.

“When ‘their eyes were opened’ and their consciousness was directed outward toward the facts of the physical world, conditions were altered. Propagation was directed, not by the Angels, but by man, who was ignorant of the operation of the Sun and Moon forces. He also abused the sex-function, using it for sense-gratification, with the result that pain attended the process of child-bearing. Then his consciousness became focused in the physical world, although all things did not appear to his vision with clearly-defined outlines until the latter part of the Atlantean Epoch. Still, he came by degrees to know death because of the break in his consciousness when it was shifted to the higher worlds at death and back to the physical world at re-birth.

“The ‘opening of the eyes was brought about in the following manner: When the sexes separated, the male became an expression for Will, which is one part of the two-fold soul-force; the female expressing the other part, Imagination. If woman were not imaginative, she could not build the new body in the womb and were not the spermatozoon an embodiment of the concentrated human will, it could not accomplish impregnation and so commence the germination, which results in the continued segmentation of the ovum.”

On page 284 of the *Cosmo* we learn why it became necessary to divert the use of one-half of

the creative force: "So long as man sent out the full dual sex-force for generation, he could accomplish nothing in the direction of soul-growth for himself. But since then the part not used through the sex-organ has been appropriated by the indwelling spirit to build the brain and the larynx for its expression."

But Will and Imagination both being necessary for the propagation of bodies, and because of the fact that since the separation of the sexes one of these forces only remains with the individual, the necessity arises that the one-sexed being expressing only one kind of soul-force must unite with another who expresses the complementary soul-force in order to propagate. But this advantage has been gained. That part of the soul-force not used for propagation becomes available for *inner* growth.

All through the latter part of the Lemurian Epoch and the first two thirds of the Atlantean Epoch, man continued to work on the brain and larynx by means of the diverted half of his sex-force until he became a fully-conscious, thinking, reasoning, being.

The brain is the link between the spirit and the outside world and it is only through the medium of the brain that man can gain knowledge concerning the planet on which he lives. The Angels, who belong to a different life-wave, and who have never been imprisoned in a dense, cumbersome body like our own, learned to obtain knowledge without the use of a physical brain. Wisdom came to them as a gift, but with man it was different. Page 285 of the *Cosmo* tells us: "Man had to 'fall into generation,' and work for his knowledge. The spirit, by means of one part of the sex-force directed inward, built the brain to gather knowledge from the physical world, and the same force is feeding and building the brain today. It is subverted from its proper course inasmuch as it should have gone outward for procreation, but man retains it for selfish purposes. Not so the Angels. They had experienced no division of their soul-powers, therefore they could send out the dual soul-force *without selfish reservation*."

"The force that goes outward for the purpose of creating another being is Love. The Angels sent

out their *whole love, without selfishness or desire* and in return, Cosmic Wisdom flowed into them.

"Man sends out only part of his love; the residue he selfishly keeps and uses to build his inner organs of expression to improve *himself*; thus does his love become selfish and sensual. With one part of his creative soul-power he selfishly loves another being because he desires co-operation in propagation. With the other part of his creative soul-power he thinks (also for selfish reasons) because he desires knowledge.

"The Angels love without desire, but man had to go through selfishness. He must desire and work for wisdom selfishly, that he may reach selflessness at a higher stage.

"The Angels helped him to propagate even after the subversion of part of the soul-force. They helped him to build the physical brain, but they had no knowledge that could be transmitted by means of it because they did not know how to use such an instrument and could not speak directly to a brain-being. All they could do was to control the physical expression of the love of man and guide it through the emotions in a loving, innocent way, thus saving man the pain and trouble incident to the exercise of the sex-function without wisdom.

"Had the *regime* lasted, man would have remained simply a God-guided automaton and would never have become a personality—an individual. That he has become so is due to a much-maligned class of entities called the Lucifer Spirits."

The Lucifer Spirits

Who the Lucifer Spirits are and just what part they have been and are playing in the evolutionary scheme of the human life-wave is best learned from a consultation with the *Cosmo*, page 286. Here we read the following: "These spirits were a class of stragglers in the life-wave of the Angels. In the Moon Period they worked themselves far ahead of the great mass of those who are now the most advanced of our humanity. They have not progressed as far as the Angels who were the pioneer humanity of the Moon however, but they were so much in advance of our present humanity that it was impossible for them to take a dense

Nutrition and Health

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How One May Feast and Starve

Editors Note. We have received an article on “*Vitamines*” from Dr. F. Nickenick Lash who shows how this recent scientific discovery bears out the Rosicrucian teachings concerning the influence of the ethers contained in food and their effect on vitality. *The Literary Digest* has discussed “*Vitamines*” some time ago under the caption “How One May Feast And Starve.” We herewith print the article so that our readers may get the general view of the matter before reading Dr. Lash’s article which follows. It is a very important subject and well worth attention. It may not be possible or even expedient for all to live entirely on uncooked food, but all ought to have some such foods or fruit every day, the ethers or “*vitamines*” contained in them are indispensable to a full measure of vital power. True, a strong constitution may endure that lack as well as other abuses and maintain health for many years, thus seeming to refute our assertion of the vital import of the ether in food to health, but some day that body may break down and who shall say that ingestion of foods having their full complement of ether might not have averted the catastrophe? To attain or maintain health, use whole wheat bread and at least some uncooked food daily.

IT HAS long been recognized that we are nourished not by what we eat, but by what we assimilate, and that it is possible to die of starvation while feasting, simply because the processes of assimilation have somehow failed. Hence there is a group of so-called deficiency-diseases or diseases of malnutrition, whose causes have for years been very imperfectly understood. It is now asserted that they are all due to lack, in the food, of a newly isolated group of nitrogenous compounds to which the name ‘*vitamines*’ has been given. Such obscure diseases as beriberi and scurvy, and probably also pellagra, rickets, and other similar maladies, are caused, we are told, by lack of *vitamines*, and may be termed ‘*avitaminoses*.’ We quote from a recent article in the *Bibliothèque Universelle* (Lausanne, September) by Dr. Edward Combe. From this we learn that Dr. Casimir Funk, who made this discovery, was led to it by a prolonged study of beriberi, the serious malady which has been especially fatal in Japan. Dr. Eykmann, now professor of hygiene at Utrecht, but then located in Java, made the discovery that beriberi was not found among populations using rice from which the outer covering had not been removed, but did exist where the covering was removed. Other cereals prepared by such decortication may produce similar maladies. We read:

“In Europe, where a varied diet is usual, beriberi has not been epidemic....but it has been

observed in exceptional circumstances, among others during the siege of Paris—and when a too uniform diet was adopted in institutions.’

“Where nursing mothers lack *vitamines* in their food their infants may be attacked by a severe and rapid form of beriberi, whose symptoms disappear when they are fed by a healthy mother. Eykmann produced experimental beriberi in pigeons and chickens by giving them a uniform diet of polished rice, white wheat flour, starch, or sugar. Little by little it became evident that beriberi could be explained only as due to prolonged and exclusive use of foods deprived of substances indispensable to the normal chemical changes of nutrition. Many scientists at once addressed themselves to the task of discovering this indispensable element in rice-bran. The result was the isolation of the *vitamines*. To quote further:

“Experiments on hundreds of pigeons suffering from experimental beriberi through an exclusive diet of polished rice, and apparently about to succumb, demonstrated without exception the remarkable activity of the crystallized *vitamines*. Four or five milligrams injected under the skin of a dying pigeon cured it in two or three hours with miraculous rapidity, proving at once the importance of the *vitamine* and the phenomenal avidity with which the body absorbs and utilizes it.’

“As for scurvy, another disease of malnutrition, it is cured, as has long been known, by fresh vegetables or their juices. These, however, Dr. Combe

tells us, often rapidly lose their activity. He writes:

“Moderate cooking diminishes it, and cooking at a temperature above 100 degrees C. destroys it when even moderately prolonged. On the other hand, a *puree* of potatoes or a bouillon of carrots retain their activity in spite of cooking....Foods differ in this respect. Dried dandelion is inactive, while dried cabbage is still active, though much less so than fresh cabbage. Lemon-juice retains complete activity even when cooked and sterilized. Hence the juice of lemons and oranges is best. Cooked milk loses a part of its activity, and sterilized milk nearly all.’

“The conclusion is that the vitamins which cure scurvy are much less stable than those that cure beriberi, although the former may be transformed into the latter by chemical action. Another conclusion, perhaps more interesting to Americans than either of those recorded above, is that which classes pellagra among these diseases of malnutrition. Dr. Combe declares it to be increasing in America, where the form it assumes is both more acute and more fatal than elsewhere. This, we are told, is due to the superior machinery here, which more effectually decorticates the grain. Students of the disease have ascribed it variously to mold or fungous growth in the grain, to infectious bacilli, and to the effect of light on the skin, but Funk unhesitatingly classes it as a deficiency-disease due to the lack of vitamins. We read:

“Numerous examinations of the food of its victims and of their blood have always shown a complete absence of microbes. What renders research extremely difficult is that as yet no animal is known to react to pellagra. Funk, however, does not hesitate to give as its cause the disappearance of the vitamins in corn either too much ‘polished,’ too much cooked, or too much dried.’

“Vitamins are found chiefly in vegetable foods, we are told, but the proportions vary chiefly in the pericarp or husks, barley, oats, wheat, and buckwheat being particularly rich in them; while fresh fruits, notably the juice of oranges and lemons, contain notable proportions of vitamins. Fresh vegetables, especially green peas, and above all potatoes, contain large proportions, and this is

why soups of vegetables are so useful. Raw milk contains a quantity beneficial to the young, but cooking or sterilization completely destroys the vitamins. Cow’s milk contains more in summer than in winter, and more when the animals are given fresh instead of dried fodder. In eggs the vitamins are found only in the yolk, and the effect of cooking is not known. In raw meat of all sorts, especially uncooked sweetbreads and liver, they are found plentifully, but are lacking in boiled meat, where they pass into the broth, but they are retained in roasts. In conclusion, Dr. Combe calls attention to the fact that the great epidemics of scurvy common in Europe in the Middle Ages vanished after the introduction of the potato, and he ascribes this to the fact that the potato is rich in vitamins which are not destroyed by cooking. He emphasizes the fact that children in their second year are frequently pale, weak, anemic, and without appetite because they are fed exclusively on such foods as flour soups, white rice, white bread puddings, zwieback, and sterilized milk. Such a diet should always be supplemented and corrected by free use of potatoes, fresh vegetables, cooked fruits, and raw ones if possible. He declares finally that a restricted diet is useful only to cure abnormal gastric conditions, and that as soon as is safe, even in fevers, the diet should be as varied as possible, since this is the surest way of securing the needed amount of vitamins.

—Translation made for *THE LITERARY DIGEST*

VITAMINES

Dr. F. Nickenig Lash

Years ago it was observed that occasionally the crew on board a ship became ill with *scurvy*, a disease which is characterized by very painful swellings of the bones, extravasations of blood beneath the skin, hemorrhages from mucous membranes, fetor of the breath and painful contractions of the muscles. It was believed that a *greater variety* of food than the sailors used to receive would remedy the serious condition. Experiment proved this to be erroneous. But it was noticed, that the men recovered rapidly if, upon landing, they partook of *fresh* food, no matter what kind, and so the

remedy was found, yet the actual cause remained hidden. As the crew had lived exclusively on canned or preserved food, the system evidently had been deprived of constituents found *only* in *fresh* food and which were necessary to keep the body in health.

In eastern countries where rice forms the sole article of diet similar symptoms appeared when *polished* rice was taken, while people partaking of *unpolished* rice escaped the malady. Symptoms disappeared when patients were fed with the *refuse* which had been removed from the rice in the process of polishing.

Some twenty-five years ago there was a great clamor for disinfected food. In consequence, numerous preparations appeared on the market to satisfy the demand. Mothers were afraid to nurse their own babies lest the child should become infected, so infants were fed on prepared foods and pasteurized milk. It was soon discovered, however, that these children developed similar symptoms to those found in *scurvy*, another proof that prepared foods were deprived of necessary constituents for the upbuilding of the body. It was also found that these infants recuperated in a few days if graham crackers, orange juice, or any other fresh fruit juices were given.

After extensive investigations, Funk discovered a substance which he called "*Vitamine*." It is not an *enzyme*, as a certain quantity is required to give a definite effect, which is not the case with *enzymes*, nor is it a protein substance. Its exact nature is not known, yet it has been proven beyond doubt to be present in all foods prepared by Nature, but is destroyed by heat and preservatives or all kinds, including even a weak salt solution. Funk did not condemn the use of canned articles, which are of course deprived of *Vitamine*, but he showed the necessity of eating *fresh uncooked* vegetables or fruits in addition to the prepared foods, as the small amount of *vitamine* contained in raw food is sufficient to supply the body with the required quantity.

In this connection it is of interest to recall the fact that cooking food (remember that heat also destroys *vitamine*) deprives the article of "ether"

and that it is essential to partake of uncooked food to keep the body, "the Temple of the Spirit," in health. Especially should those in poor health take all the raw fruits and vegetables they can possibly assimilate, as the chemical ether is required to rebuild the vital body and thereby the physical.

Certainly it is both interesting and gratifying to see material Science unconsciously following the footsteps of Occultism. We hail with joy every "discovery" because our teaching is a *scientific religion* and we lay stress on the adjective "scientific," as we ought to give "a reason for our faith" according to St. Paul. Yes, every discovery which proves the truth of occult science spreads its light and more eager hearts will accept this wonderful teaching as promulgated by the Western Mystery School.

Perchance this *Vitamine* (which is an exceedingly light substance and indeed a "mine of life") is the chemical ether crystallized in some form. You remember that the chemical ether is the lowest of the four which constitute the etheric region and also our vital body. It belongs to the physical world, therefore has weight and though lighter than gas is the heaviest of the four and is the preserver of the physical body. That chemical ether is ingested with the food, particularly with the uncooked food.

With a few exceptions, which require a slightly higher temperature to accomplish the result, heating to 100 degrees drives out the necessary chemical ether. Consequently preserved foods are without this life-giving ether. The practical point is this, that we should partake each day of the foods as God gave them to us. This holds good also of flour. Polishing of rice deprived it of *vitamine*. All grains, including those which furnish us with bread, lose their *vitamine* in the refining process; therefore we should use the whole grain. Another boost for whole wheat, the staff of life.

Let us return to the natural diet, uncooked vegetables, fruits, the mine of life. We shall gain in health by so doing and also save valuable time which is now spent in the kitchen in order to *spoil* good food or tickle our palates. We ought not to live to eat, but should always remember that it is our duty to furnish our bodies with simple whole-