

FEBRUARY, 1918

# Rays from the Rose Cross



A Magazine of Mystic Light

EDITED BY MAX HEINDEL

BIRTH CONTROL FROM THE SPIRITUAL  
VIEWPOINT

THE VITAL BODY

THE MOST NUTRITIOUS FOOD

THE EGO AND THE HIGHER SELF

FEAR AS A FACTOR IN HEALTH

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# RAYS FROM THE ROSE CROSS



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MAX HEINDEL



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# The Mystic Light

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FEBRUARY 1918

## The Spiritual Aspect of Birth Control

By Maude Durand Edgren

With Comments by the Editor

**A** FEW WORDS, first, about the morality of birth control; for ignorantly and unfortunately, the idea of birth control has been associated with immorality.

Theodore Roosevelt emphasized the important duty to one's country of keeping up the number of its population, and this duty he puts on the shoulders of those able to produce and care for sound, healthy offspring. Obviously it is the duty of the race to humanity to keep the population regulated in a normal healthy and progressive manner. When the wealthy, educated and ecclesiastical members of society neglect to reproduce the adequate number of offspring for the good of the society of which they form a part, they are immoral. They are neglecting a spiritual duty. They are putting selfish indulgence ahead of community welfare. Such people, in my opinion, are immoral and are practicing immoral birth control, no matter how religiously they are living up to all the conventions of society and the church.

On the other hand, the poor families who are breeding diseased offspring or more children than they can support in a healthy, normal, sanitary manner are immoral. Theirs is the immorality of ignorance—ignorance of the laws of birth control. Any institution encouraging such overproduction of offspring is immoral.

The State itself is not free from blame regarding these things. A State that allows its citizens already born to suffer privations and become exposed to unhealthful and criminal environments is immoral. A State that does not protect the rights of the helpless baby citizens is immoral, even to

brutality. Would it not increase and improve the population enormously if the State snatched every infant out of diseased and sordid environments and supplied it with everything a normal, healthy, growing baby citizen needed: nursing, education, comforts, recreation up to the time he or she could be self-supporting?

Thus, the State itself, the wealthy, the educated, the unmarried ecclesiastics, are all, generally speaking, shrinking from their duty to humanity in respect to producing and rearing healthy, desirable citizens. They are all immoral and most of them are indulging in the immoral use of birth control.

Roosevelt calls the poorer and more unfortunate members of our population the "Submerged Tenth," perhaps because they are unable to rise above the depressing clouds of fear, ignorance, and poverty settled about them. Workers for the welfare of humanity should ever be on the alert to send rays of light through these heavy clouds. Even Roosevelt admits that to this class, perhaps, birth control would be a benefit. Indeed, teaching these people the knowledge of the laws of birth control is not only advisable and moral, but necessary to the welfare of the race. A new-born babe has rights which defective parents would be unable to give him. And if we knew a little more about the laws of Causation and Rebirth, we could plainly see that children born into unfortunate environments often had better far never have been born at all.

This brings us to the deeper spiritual aspect of the matter. It is a mistake to think that when parents give birth to a child, in so doing they create a

new soul. The soul, or spirit, of the new-born babe is a divine spark, divinely created. It is blasphemy to suppose that mere human beings could do anything so wonderful. All parents can possibly do is to produce the child's body, its physical abode during this particular earth life. Even this physical body the parents would be unable to furnish if it were not for the seed atom supplied by the incoming soul itself. Actually the parents supply the soil in which, or out of which, the seed atom grows into a human, physical form. This seed atom is the property of the coming child. It is entirely independent of the parents. But before the child can begin an earth life, its seed atom must take root and grow in the body of a mother. The mother, therefore, is the gate through which an individual enters a new life on earth. When a mother refuses to help build a body for an individual deserving to enter an earth life through her body, she is depriving that individual of her assistance in the matter. She is by no means killing that individual, who may gain a body through the help of some other mother. If a mother refuses admittance to an undesirable being she is right in so doing and benefits humanity thereby. There are all classes of individuals clamoring to get through these woman bodies. It is for the mother to stand on guard lest the unworthy enter.

A mother can determine what sort of child she will give birth to. A woman whose thoughts are pure and noble and whose life is devoted to the uplift of humanity would, by the law of attraction, draw to her a child with similar inclinations. The attitude of a mother's mind just prior to the reception of the seed atom is all important in determining what sort of child she will bring into the world. A fit of temper or violent passion at this sacred moment leaves the gateway unguarded and invites the wrong sort of entity to enter. Women are shouldering a tremendous responsibility, and the sooner they learn all there is to know about it, the better it is going to be for the coming generation.

Before a human being is reborn into an earth life, he or she is permitted to choose certain parents. No one can choose an environment which is not deserved, or previously earned in another life.

We are told that there are many high-class people being kept out of life on earth because no worthy parents will supply bodies for them. On the other hand, low-class individuals are forcing their way through bodies of ignorant women into lives of crime, disease, imprisonment or insanity. It is wrong to give birth to such children.

How can the afflicted woman in poverty and darkness guard against this? That she should be on guard is beyond question, She should be instructed regarding the laws of birth control. She should learn that she has absolute control over her own body irrespective of adverse conditions. She must know that no child can come through her portals of life without her consent. The laws of birth control prevent involuntary motherhood which, to the sensitive, is always immoral.

If guarding the gateway of life against undesirable intruders is a duty and a privilege of woman, how much greater is it her duty and privilege to open the doorway to the child who will be a worthy and helpful member of society. The prospective mother, realizing her sacred duty, will guard her every thought, word, and deed prior to receiving the sacred seed atom which will eventually develop into the body of her child. By prayer she will strive to make her gift to humanity a blessed one. Willingly, joyously, and with protecting mother love, she will help the baby form to grow. This is the way motherhood fulfills the highest ideals of morality.

Until all women are in a position to realize the above ideal, it is well, for the good of humanity and themselves, that they learn to bar their gateways of life. Human progress is accelerated as man learns to control the forces of nature. They thus become his servants instead of his being at their mercy. It is the same with birth control. The proper use of this knowledge will always bless and benefit. It is always the abuse not the proper use, of power that is immoral.

The foregoing article on birth control has prompted us to add a few facts to Mrs. Edgren's illuminating remarks, so that our readers may understand this subject from the Cosmic viewpoint. In the first place we should remember that

there are about sixty billions of spirits in our life wave, going through the cycle of life and death, living part of the time in the visible and part in the invisible worlds. At the present time there are only fifteen hundred millions of people in physical existence. This is about the lowest ebb and that usually happens at the end of an Age. During the million years or more since we came out of Atlantis the average has been fifty to sixty millions of people. It may also be stated that the Western people are 'the cream of this evolution and therefore it has fallen to our lot to grapple with the great problems which are always incidental to a transition stage. Woman has been the arbiter of the world's destinies in past civilizations, while man has had his sway in others, as is now the case, and we are upon the eve of a transition to a new Age where woman will again wield the scepter of power and man will have to submit to her dictates, but before that comes to pass an era of equality will come. This is called the Aquarian Age by Occultists, and we are beginning to feel its effects since the middle of the last century when the Sun by precession came within orb of the cusp of Aquarius. It is however, at the present time, still in ten degrees of Pisces. So at the slow rate of travel of the Equinox the Sun will not reach the last degree of Aquarius until about six hundred years have passed. But during that time there will of course be so many wonderful changes in our physical, moral, and mental status that we are unable at the present time to conceive what we shall be like then. We who are now in the body will be followed by groups of spirits still more evolved than we, who will bring about great reforms, and by the time the people on earth at the present time are reborn about four hundred years of the Aquarian Age will be past, so that the world will be well started on the line of development peculiar to that time, and the backward spirits who are born into that atmosphere of great intellectual attainment will thereby gain an immense uplift on the same principle that an electric conductor which is brought into close proximity to a highly charged wire will automatically receive a charge of a lower voltage. Thus each class or group which rises

helps also to raise those who are below it in the scale of evolution. The matter of population, then, is not entirely governed by individuals or by man-made laws, but the Divine Hierarchs who guide our evolution arrange the matter as required for the highest good for all concerned and the number of the population is in their hands rather than in our own. This does not mean that we cannot or should not exercise birth control in some degree as suggested by those who are responsible for that movement. It is also true that one must help people where they are and not where they ought to be. The Rosicrucian teachings have always emphasized the fact, quoted by Mrs. Edgren, that like attracts like, and therefore it is a duty upon the part of those who are well developed physically, morally, and mentally to provide an environment for as many incoming spirits as their physical and financial circumstances will permit. This duty is still more binding upon those who are also spiritually developed, for a high spiritual entity cannot enter into physical existence through a vile parentage. But when a couple has reached the point where it is deemed either dangerous to the health of the mother to bear more children, or where the financial burden would be above their means, *then they should live a life of continence*, not indulging the passional nature, seeking by artificial means to bar the way for incoming Egos to take advantage of the opportunity for rebirth offered them by the sexual indulgence of such a couple. This naturally requires considerable spiritual advancement and self-control. There are few who are capable of living such a life, and one might as well preach continence to a stone wall as to the average specimen of humanity. He cannot understand that it is necessary; he even believes that it would interfere with his health, for false statements about the necessity of exercising this natural function has led to many deplorable results. Even if he could be persuaded that he ought to deny himself for the good of his mate and the children he has already brought into the world, he would probably be utterly unable to restrain himself, particularly because people in such moderate circumstances can usually not afford to have separate sleeping

quarters. Therefore it may be necessary to teach these people birth control by scientific means, but we submit that though they are unable to understand the reason why continence should be practiced, and unable to practice it because of lack of self-control, *the spiritual teachings should be given* repeatedly so that as the steady drop wears the stone, in time the coming generations will learn to depend upon their own will-power to accomplish the object of keeping their lower nature in check. Without this educational feature looking towards a spiritual emancipation, information concerning physical methods of limiting the birth rate in families that are overburdened is dangerous in the extreme.

There is another phase of the matter which deserves elucidation. Mrs. Edgren says truly, "the attitude of the mother's mind just prior to the reception of the seed-atom is all-important in determining what sort of child she will bring into the world. A fit of temper or violent passion at this sacred moment leaves the gateway unguarded and invites the wrong sort of entity to enter." Besides the people in the world we see, the whole atmosphere about us teems with different other entities who are attracted to beings of a like nature, just as musicians congregate in music halls, sportsmen in yacht clubs and on race tracks, etc., so do these entities gather around people of a similar nature to their own. As drunkards and gangsters gather around our physical saloons, as immoral men and women meet in so-called red-light districts, so also *immoral spirits gather around a home where the passions of the lower nature are indulged perhaps many times during the day or night.* There is a certain class of beings, male and female demons living in the ether, who were called by the ancient alchemists *incubi* and *succubi*, which feed upon the passions of others. What chance has a prospective mother in such an environment of attracting a desirable spirit to take rebirth through her? And although conception is almost never synchronous with the union of the parents but may take place at any moment within two weeks or more of that event, a mother surrounded by such influences in the home is never free from them. Some of the

religions of some of the people we call savages require to this day that the generative act be performed in the temple, and that is what it ought to be. There is no more important act in life, and instead of being condemned as a shame it ought to be exalted to the dignity of a sacrament and performed under the holiest 'and most inspiring circumstances possible. Were this done today as in the so-called Golden Age, we should find an upliftment and an improvement in the conditions of the world as we would not deem possible to accomplish in centuries.

For light on how the expectant mothers attract egos of varying nature by their thought, we would urge those of our readers who have not read "A Prelude to Mothers," by Corinne Dunklee in the January, 1918, number, to do so. It is illuminating in the highest degree.—Editor

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FREEMASONRY AND CATHOLICISM

Part VIII

*The Path of Initiation*

In our November issue we noted that the transition of the Adept from the dominion of death to the realm of immortality was foreshadowed in the daring leap of Hiram Abiff, the Grand Master-Workman of Solomon's Temple, into the seething sea of molten metal, and his passage through the nine arch-like strata of the earth which form the path of Initiation. We also remember that at the end of that journey Hiram Abiff, the son of Cain, received from his ancestor *a new hammer and a new word* for use in the New Age. According to the Gospels, we also find that Jesus, the son of Seth, immediately after his descent from Golgotha, entered the subterranean strata where he remained for some time in communion with the spirits who dwell there. Thus the various strata of the earth from the circumference to center form the path of Initiation, both for the sons of Seth and the sons of Cain, and that is the reason why little or nothing is said of the inner construction of the earth in the multitudinous books dealing with subjects of occultism. Those who are simply psychics do not know and those who do know are not saying much. There is a chapter on the subject in the

*Rosicrucian Cosmo-Conception* which gives about all that one dares to tell, and to that the reader is referred for further information than is here given.

The path of Initiation is guarded in various ways. While we walk the earth in our physical bodies, we are drawn towards the center of the earth by the force of gravitation, but our bodies being solid, that is to say, of the same density as the material whereof our globe is composed, we are prevented from sinking through the earth by displacement as we would sink in water or by interpenetration as we would pass through ether. When death comes and we shed this so-called mortal coil, we find ourselves in vehicles that are finer than the elements of the earth, and a person clothed in these finer vehicles could easily penetrate through the various strata of our globe to the center, if there were no other obstacles. Having shed the dense body he is no longer subject to gravitation, but to levitation, and on that account he usually finds it sufficiently difficult to stay upon the surface of the earth. Only during the first part of his post-mortem experience, when he is still loaded down with the coarsest ether and desire stuff, is this possible for him. The more he has gathered of that denser substance by indulgence of his lower nature and cultivation of the habit of drunkenness, covetousness, hatred, malice immoral emotions, and disreputable vices, the easier it is for him to stay around low saloons, gambling houses, red-light districts, and kindred places. But the man of high ideals and lofty aspirations, who would be the one likely to seek the path of Initiation, feels the impelling force of levitation drawing him outward into the purer strata of the air where the First Heaven is located, and is thus effectually prevented from trespassing upon the path of Initiation. Stories are told of Initiates having overcome the law of gravitation to *rise in the air* at certain times for a definite purpose while still in their dense body. Initiates are also taught how to suspend the law of levitation when they are in their soul bodies, and pass through the nine strata of the earth. It is said that Jesus was the son of a carpenter, but the Greek word is *tekton* and means builder; *arche* is the Greek name of the pri-

mordial matter. It is also said that Jesus was a carpenter himself. It is true, he was a *tekton*, builder or Mason, a Son of God, the Grand *Archetekton*, and at the age of *thirty-three*, when he had taken the three-times-three (9) degrees of Mystic Masonry, he descended to the center of the earth. So does every other *tekton*, Mason, or *phree messen* (child of light), as the Egyptians called them, descend through the *nine* arch-like strata of the earth, and we shall find at the time of the first advent of Christ both Hiram Abiff, the son of Cain, and Solomon, the son of Seth, reborn to take from him the next great Initiation into the Christian Mysteries.

Last month we saw while considering "The Philosophers' Stone" that the spinal cord is the principal laboratory of the alchemist, and that the *spinal spirit fire*, generated by turning the creative force upwards through the spinal canal passing it between the pituitary body and the pineal gland in the brain, gives to man a third eye, as it were, wherewith to see in the spiritual worlds. When this serpentine spirit fire has been sufficiently evolved, he may read by its light the wisdom of the ages. Therefore Christ exhorted his Disciples to be wise as serpents, and the Egyptian word *Naja*, which means serpent, is used at least once in the Hebrew Bible in the 58th Psalm. In ancient Egypt the Pharaohs were Kings and Priests, holding a double office, and they therefore wore a double crown with a *Uraeus*, or serpent, head so placed that when wearing this crown the *Uraeus* seemed to protrude from the Emperors forehead between the eyebrows. The serpentine *Uraeus* was therefore an apt symbol of the wisdom of the wearer.

It will be remembered that according to the Bible story the Lucifer spirit appeared to Eve as a serpent, a son of Wisdom. Cain was born from this union with Eve according to the Masonic legend. It is also stated that the Lucifer spirit then left Eve, who thus became a widow, and Cain was thus the son of the Lucifer spirit, the serpent of Wisdom, and of Eve, the widow. Every Initiate to this day has the serpent symbol on his brow and is known to his fellows by that token as a *son of the widow and the Lucifer spirit*. Therefore we shall trace

Temple and learn how to make the Philosophers' Stone.

As mankind advances in evolution, the vital body becomes more permanently positively polarized, giving to both sexes a greater desire for spirituality, and though we change from the masculine to feminine in alternate embodiment, positive polarity of the vital body is becoming more pronounced regardless of sex. This accounts for the growing tendency towards Altruism which is even being brought out by the suffering entailed by the great war we are now fighting, for all agree that they are seeking to obtain *a lasting peace*, where the swords may be made into plowshares, and the spears into pruning hooks. In the past, humanity has been claiming universal brotherhood as a great ideal, but we must come closer than that to be in full accord with the Christ. He said to his Disciples "*ye are my friends.*" Among brothers and sisters hate and enmity may exist, but friendship is the expression of love and cannot exist apart from that. This is therefore the magic word which will eventually level all distinctions, bring peace upon earth and goodwill among men. This is the great Ideal proclaimed by the Rosicrucian Fellowship, an Ideal which points the shortest way to the New Heaven and the New Earth, where the sons of Cain and the sons of Seth will eventually be united.

(To be concluded)

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### THE VITAL BODY

*J. Casey*

Man is a composite being, possessing seven vehicles in varying stages of development. The Western Mystery Teaching designates them as follows: *Dense Body, Vital Body, Desire Body, Mind, Human Spirit, Life Spirit, and Divine Spirit*. A three fold body and a three fold Spirit with the mind as a connecting link. Each vehicle serves as a stepping stone to the next higher.

The Dense Body is man's most perfectly organized vehicle and the only one in which the majority of humanity can function consciously. In fact the majority believe it is the only one they possess for it is the only one they can see. But as

we have always had pioneers in the path of progress so we have today those pioneers who have stepped out ahead and developed consciousness in their Vital Body.

The development of each of man's vehicles goes forward simultaneously, but there are periods when special stress is laid upon the perfection of a certain one. During past ages, last under the regime of Jehovah, the Law Giver, the dense body has been brought to its present state of high organization. For that purpose law was necessary. With the advent of Christ, a New Age was ushered in whose keynote is Altruism, and it is the practice of Altruism which will develop consciousness in the Vital Body and bring it to a high degree of perfection.

The Western Mystery Teaching places special emphasis upon the development of the Vital Body. Its Teachings are formulated with that end in view, for it realizes that all occult development will be commensurate with the organization and perfection of that vehicle. The Dense Body is composed of solids, liquids, and gases of the physical world. The Vital Body is composed of ether, which is a more subtle physical substance. Material science admits the presence of ether as a medium for the transmission of light and electricity. Occult Science knows there are four separate and distinct ethers which are used in the formation of the Vital Body. They are given the following names by the Western Mystery School: Chemical, Life, Light and Reflecting Ethers.

The forces working through the Chemical Ether of the Vital Body are active in the Dense Body as agents of assimilation and excretion. Those working through the Life Ether are manifest in propagation. The function of these two ethers, called the two lower ethers, are purely physical, sustaining the body and maintaining the species. The forces working through the Light Ether make sense perception possible, seeing hearing, etc., and those working through the Reflecting Ether give us memory. The Light and Reflecting Ethers are the two higher ethers. As they make sense-perception and memory possible in the Dense Body, it will be seen that when we perfect and organize the Vital

(Continued on page 160)



*A THOUGHT ABOUT THOUGHTS*

In the last verse of Mr. Heindel's beautiful poem, "Creed or Christ," we read of human sympathy and love as the keys which are to unlock the gates of heaven and insure eternal life. The one requisite for spiritual progress is Love. We read:

*There is but one thing the world has need to know;  
There is but one balm for all our human woe;  
There is but one way that leads to heaven above;  
That way is human sympathy and love.*

It is not enough to know of unbroken consciousness, to possess a thorough understanding of higher law; neither does a comprehensive grasp of the journey of the soul after death constitute the requirements for entry into the higher existence. Knowledge is an advantage, a pearl of great value, but first and last the bond of human sympathy must awaken in the hearts of all a realization that "Our Brother's Keeper" is a fact and a command.

Without human sympathy, how can vast knowledge find a medium of expression? Denied a medium of expression, a medium for the outpouring of accumulated riches in knowledge, how can it benefit? Is it not taught that possessing talent, or understanding, the stewardship must be accounted for and only in equal measure is the award according to the deed. He that received five talents in the parable succeeded by thrift and good use of ability in accumulating five more and was awarded the stewardship over many things, "being faithful over a few." He that received two talents also succeeded in doubling the amount, thus meriting just praise. The steward who received one talent was afraid and hid it away for safe keeping, but even the care taken to retain that which he received was condemned, for sloth merits no approbation and only growth and the development of that which is given receives the "Well done, good and faithful servant."

Having all knowledge incurs a great responsibility, even a little knowledge requires right and just usage. To use our talents for the furthering of the welfare of our fellows regardless of self-interests is the surest means of acquiring that sympathy and love, the key to spiritual unfoldment. A

love for the spiritual ideals is not enough, for as the highest finds reflection in the lowest, so divine love grows and shines through the human and in the deed of kindness, the act of mercy, the mission of helpful administration, God's love is reflected. As we lift others, we lift ourselves and it is through human love and sympathy we grow toward the higher manifestation.

Human sympathy and love are furthered through but one channel—Service. Service is preached from the pulpit, is shouted from the housetops, the air itself seems vibrant with the intoning of Service. Why? Because through service is acquired the love of doing unto others, for the doing, not because back of each act is the thought, "I grow spiritually by so doing." But all spiritual growth is forgotten, all exercises and methods are secondary once one has begun really to serve. In performing kind deeds for others we forget all but the need of the one we are helping, and in this lies the secret of soul growth.

To get the best results from our work, that the welfare of our employer may be advanced, and because we feel prompted to give our very best, and in a spirit of love to perform the duties attending our vocation, is Service. We forget ourselves and become intent upon the welfare of another, and in the forgetting of self is a great stride made in progress. It is required of all to give of themselves at all times, and the best way to do so is to forget self-interests and use our talents for the welfare of those with whom we come in contact. By forgetting self we begin to draw nearer our fellow beings, to feel more their endeavors and there comes a response to their struggles and we find opportunities to lift a burden here, to cheer a bit there, and thus is the bond of human sympathy established. Sympathy is akin to love; in fact, sympathy is the highest expression of love, is in love, is love.

It is the forgetting of self in the care of the young babe in her arms that so awakens inner emotions that every hurt, every cry or need of the child is felt by the mother. Her interest is centered upon the welfare of the child regardless of self-interests, and such is her awakened sympathy and