

Your Child's Horoscope

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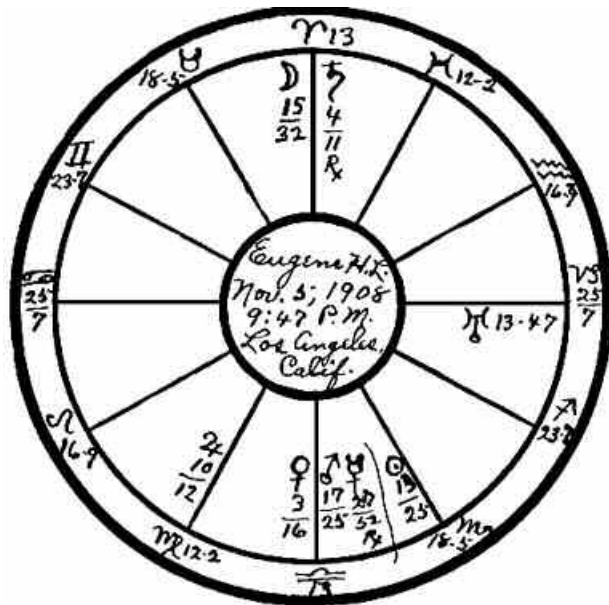
If the readings given in this department were to be paid for they would be very expensive. For besides typewriting, typesetting, plating of the figure, etc., the calculation and reading of each horoscope requires at least one half day of the editor's time. **Please note that we do not promise anyone a reading to get them to subscribe.** We give these readings to help parents in training their children, to help young people find their place in the world, and to help students of the stellar science with practical lessons. If your child's horoscope appears, be thankful for your luck. If it does not, you have no cause for anger at us.

We Do Not Cast Horoscopes.

Despite all we can say, many people write enclosing money for horoscopes, forcing us to spend valuable time writing letters of refusal and giving us the trouble of returning their money. Please do not thus annoy us: It will avail you nothing.

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Eugene Howard L., born Nov. 5, 1908, 9:47 P. M., Los Angeles, Calif.



At the time of Eugene's birth we find four Cardinal signs on the angles, showing that his is likely to be a very active life. The opulent Jupiter is sextile to the vital, dignified, and authoritative Sun, and trine to the advanced, original, independent, liberty-loving and inventive Uranus. These are among the finest aspects in the whole gamut for they bring health, wealth, and happiness. He will have a sunny, jovial, humane, and kindly disposition, thus he will make many friends and be loved and esteemed by everybody with whom he comes in contact. These configurations also give him a good clear business head and a splendid executive ability so that he is sure to rise in life and gain assistance from influential friends; thus he

will amass a comfortable competence. He will also be drawn to the occult arts and probably become a member of some institution of learning. The Sun trine the occult, prophetic, inspirational, and spiritual Neptune also tells somewhat of the same story with respect to occult connections. The magnetic and imaginative Moon is placed in Aries close to the Midheaven, elevated above all the other planets. This will make him very independent, ambitious, and aggressive, but apt to be reckless at times and plunge into things without proper thought. Saturn, the planet of obstruction, in Aries has somewhat of a quieting influence and the before-mentioned aspects between Jupiter and the Sun will help him as a rule, but even if he should fail, he has a dauntless courage and will immediately start to build up again what he may lose, so that in the end he is sure to succeed in life. These are all good testimonies but naturally where there is light, and strong light, there is also a strong shadow. This is shown by the hot tempered and passionate Mars placed in the Fourth House, which rules the home, and in opposition to the Moon. As the Moon is the marriage partner for a man it shows a tendency to be overbearing and tyrannical in the home, and if this is not overcome, it augurs unhappiness in the married life. Saturn, the planet of sorrow, in opposition to Venus, is also another indication that he may make life a burden for the marriage partner on account of a suspicious and jealous side to his nature. This is the one thing that will threaten success in life, and if there is any way that you can think of to educate him to place more faith and trust in the opposite sex, it will help him very materially. While he will be liberal in all other

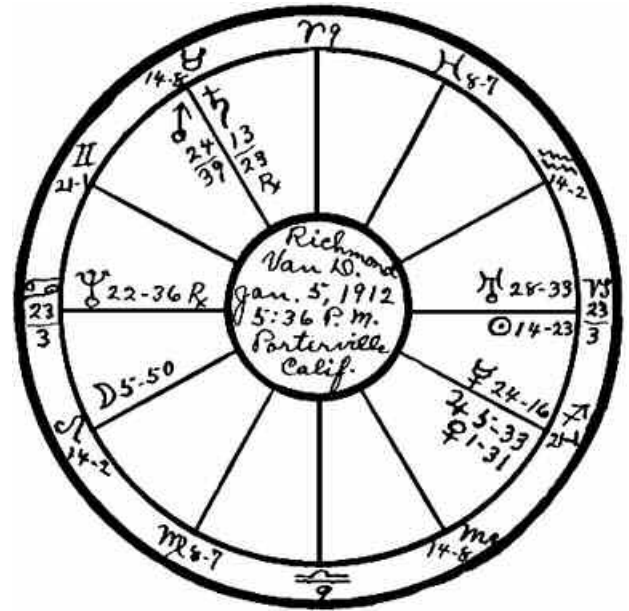
directions, this is the one point where he will show a stingy nature, so if you can encourage him to be free and generous with his girl friends, it may probably help matters and pave the way for a similar attitude later in life.

Jupiter trine to the original and inventive Uranus, placed in the Tenth House sign, Capricorn, is an indication of considerable inventive ability, which he should be encouraged to cultivate to the fullest extent, for it seems that will be his principal line of endeavor in life. With respect to health, we find that Saturn, the planet of obstruction, in Aries, the sign which rules the head, and in opposition to Venus, ruling the venous circulation, will cause a congestion in the head. The Moon also in Aries and in opposition to the inflammatory Mars, strengthens the testimony that he is liable to suffer from violent headaches, also because of reflex action in Libra, kidney trouble may result. But if he is taught to live as right as you know how, and if he is taught exercises such as moving the head upon the atlas, similar to the way a spinning top moves on its pivot or point, thus limbering up the muscles of the throat and neck, it is probable that he can overcome these tendencies, for, it is an old saying and a true one that "a stitch in time saves nine." If he begins with this in youth, before the muscles have become tense and set, he has a much better chance of success than if he starts at a later age when perhaps the headaches have become chronic.

Richmond Van D. Born Jan. 5, 1912, 5:36 P. M., Porterville, Calif.

Someone wrote on this horoscope "fierce temper," and it seems as if this was taken from the letter asking for a reading of his horoscope. This is emphatically not so, if his birth time has been correctly given. The psychic sign Cancer on the Ascendant with the occult, prophetic, inspirational, and devotional Neptune, makes him a little mystic, a queer child, difficult to understand. The Sun in the saturnine sign Capricorn and trine to Saturn, the planet of sorrow, gives him a serious, thoughtful nature and at times it may appear to you as if he is sulky; you may then arouse the martial fire by prodding him, when you should rather try

to cheer him up in such spells; he needs all your sympathy, if you give him love you will find that he has a very good side to his nature, indicated by



the magnetic Moon trine the benevolent and optimistic Jupiter and the harmonious lovable Venus. You can draw him closely to you in a bond of deep affection. As it is he may feel like a caged animal that is being prodded with a stick. If he is irritated when he is in a serious mood you cannot blame Saturn and Mars in Taurus if they are then aroused to a manifestation of anger. Leave them alone and they will sleep.

According to the horoscope he is a fine little youngster. There are four Cardinal signs on the angles, promising an active life, and the gallant, enterprising and energetic Mars is trine to the advanced, original, independent, and liberty-loving Uranus, showing that he has an inexhaustible fund of energy and enthusiasm wherewith to hew his way in life and achieve success. He is resourceful and full of ideas, so he is able to cope with whatever difficulties he may meet and thus bring his ideas and inventive ability to successful accomplishment. You will find that he is going to make his mark in the world. With respect to finances, we note that the magnetic Moon is placed on the Second House, which governs this matter, trine to Jupiter, the planet of opulence, who is strong in his own sign, Sagittarius. The Moon is also trine to Venus, the planet of attraction, and this

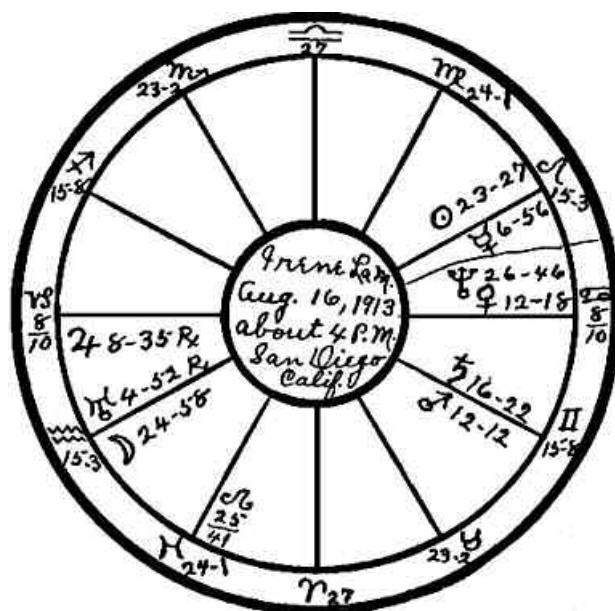
shows that he will have a very comfortable financial income. The harmonious, artistic, and suave Venus in conjunction with the law-abiding, charitable, conservative, reverent, and optimistic Jupiter, shows that he will have all the finer qualities that make life and social intercourse agreeable, as already said, it favors the accumulation of wealth and enjoyment of all the luxuries of life. It is a good indication, occurring as it does in the Fifth House, for a successful and happy courtship, which will terminate in a harmonious marriage. It gives social prestige and the respect of all with whom he is likely to come in contact, and it counteracts in a great measure the morose tendencies of the Sun trine Saturn; at times it will imbue him with an optimistic, generous, and large-hearted view of life. He will be very hospitable and active in philanthropic measures, fond of pleasure and traveling, and capable of enjoying life to the fullest extent. This aspect will also probably give him some musical talent and ability.

The only thing that really bothers us about this horoscope is that with the exception of the opposition of Neptune and Uranus, there are no afflictions; both Saturn and Mars are well aspected, they are of course placed in Taurus and at times when he is severely tried or aroused and cannot get away from annoyance they will cause him to show that temper which you are complaining of, but it will not come to the surface save under provocation.

With respect to health, we find that Saturn, the planet of obstruction, and Mars, the planet of heat and inflammation, are both placed in Taurus, the sign which rules the throat, and it also has government, by reflex action, over the sign Scorpio, which is connected with the organs of generation and elimination. Both Saturn and Mars are well aspected, nevertheless, their very presence shows there is a tendency to some trouble with the organs situated in the region named, and we would particularly advise you to be careful not to have operations performed for tonsils or adenoids. If trouble develops with these parts, it is possible to find means of tiding over the period of puberty when that is most likely to show itself. After that it will give him no trouble, and it will save him from difficulties experienced by all who have had these

operations. Neptune in the sign Cancer, which rules the stomach, shows that that is another weak point, perhaps the weakest in the chain, and it would therefore be well to educate him thoroughly to take care of the digestive organs, not to over eat or eat such things as do not agree with his system and will not mix. If you teach him right in these matters, without a doubt he will be able to enjoy fairly good health all through life.

Irene La M., born August 16, 1913, about 4:00 P. M., San Diego, California.



At the birth of Irene we find four Cardinal signs on the angles, promising an active life for this little girl, and Jupiter, the great benefic and benevolent planet, is rising in the saturnine sign Capricorn, blending the Jupiterian and Saturnine qualities. This will give her an ambitious nature, it will make her very self-reliant and aspiring to rise to the highest position in life possible to her. Unfortunately, Jupiter is in opposition to Venus, the planet of love, showing that she will be prone to put on airs and create enemies among her associates, so that there is likely to be considerable friction if this tendency is indulged. She will also be too luxurious in her tastes taste and too great love of pleasure are apt to frighten away her suitors. If you can possibly teach her to be simple, straightforward, and economical in her dress, in her desire for pleasures, and in other expenditures,

straight-forward, and outspoken disposition, which will secure for her the favor of people above her in the social scale who will help her to rise in life and obtain a position of trust in the government, municipal or federal, or lucrative employment in a large corporation.

This is the good side and we have not stated half the possibilities for one so capable and versatile as Alice, but there is also another side to her nature that is rather ugly. These traits are indicated by the malicious, destructive, and stubborn Saturn square the bombastic, indolent Jupiter, the dishonest, untruthful Mercury, and the lazy, ambitionless Sun. The hot-tempered, reckless, and egotistical Mars is also in opposition to the vacillating, emotional Moon. These configurations give her a bad temper with an unfortunate tendency to hold spite and aim to get even with anyone she fancies has done her an injury. There are spells of melancholy and stubbornness when she feels as if the whole world is against her, and again a rage and rebellion, anything but beautiful to behold. These tendencies must have shown themselves already and Alice is now old enough to be reasoned with. Show her this reading and tell her it is written in the stars that if she allows this ugly side of her nature to rule, it will rob her of friends and fortune, it will break down her health, and make her a wreck on the sea of life; everybody will want to get

away from her because of her ugly disposition; therefore she must strive, and you must help her, to cultivate the many good qualities latent in the configuration first mentioned in this reading. Also remember all the good planets were high up in the heavens at the time of her birth, so they are much more powerful for love and life and joy than Saturn, the planet of sorrow, who is the principal mischief-maker. So with your help and a real good will on the part of Alice she can overcome the evil and reap all the good there is in her horoscope.

With respect to health we find that the hot, inflammatory Mars is in the sign Gemini which rules the lungs; the life-giving Sun and Jupiter are also there but they are all square to Saturn, the planet of obstruction. This shows that the lungs are the weakest link in Alice's system, and it will be necessary for her to be careful of catching cold. When that does happen, be sure that you take all necessary steps to get her over it as quickly as possible; do not let it hang or think that it will get better of itself. You are living in a very strenuous and severe climate. If possible, Alice ought to be taken to a place such as Southern California, where she will not be subject to extreme cold. But there are no indications to be particularly afraid of, and if you use good ordinary care there is no doubt that Alice will come through all right and enjoy good health.

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Studies

in

The Rosicrucian Cosmo Conception

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The Rosicrucian Catechism

ALFRED ADAMS

(Fourth Installment)

THE DESIRE WORLD

(Pages 38 to 48 *Cosmo-Conception*)

Continued from October Number

- Q. What comparison can you make between the law of matter in the Chemical Region and matter in the Desire World?
- A. In the Chemical Region the law of matter is inertia, inactivity, while in the Desire World matter is in unceasing motion, fluidic and seen in a thousand ever-changing shades of color.
- Q. Then what is the Desire World?
- A. A world of ever-changing light and color, in which the forces of animal and man intermingle with the forces of innumerable spiritual beings which do not appear in our Physical World, and which are as active in the Desire World as we are here.
(Some of these will be dealt with later.)
- Q. What do the forces sent out by this vast and varied host of beings accomplish?
- A. They mold the ever-changing matter of the Desire World into forms of more or less durability, according to the kinetic energy of the impulse which gave them birth.
- Q. Is it easy for a neophyte to find his balance in the Desire World?
- A. It is not.
- Q. What can you say about the trained clairvoyant in the Desire World?
- A. The trained clairvoyant soon ceases to wonder at the impossible descriptions sometimes brought through by mediums.
- Q. When the inner organs of perception have been vivified, is it necessary to be trained in the use of the newly acquired faculty, and why?
- A. It is necessary. Just as all of us had to learn to see correctly and intelligently in our infancy, and as the blind man, who has gained his sight, will at first close his eyes to walk from one place to another, so the neophyte will at first try to apply his knowledge of the Physical World to the laws of the world into which he is entering. Before he can understand, he must become as a little child and imbibe knowledge, without reference to previous experience.
- Q. What else is necessary to arrive at a correct understanding of the Desire World?
- A. It is necessary to realize that it is the world of feelings, desires, and emotions.
- Q. What forces dominate feelings, desires, and emotions?
- A. Attraction and Repulsion.
- Q. Do these forces act in the same way in all the Regions of the Desire World?
- A. Their action in the three lower regions differs from that in the three upper regions.
- Q. What is the central region called?
- A. Neutral ground, or the region of feeling.

- Q. What is accomplished in this region?
 A. It sways the balance in favor of interest in or indifference to an object, thereby relegating the object or idea to the three higher or the three lower regions of the Desire World, or else they will expel it altogether.
- Q. Where does the force of Attraction alone hold sway?
 A. In the finest and rarest substance of the three higher regions of the Desire World.
- Q. Is it also present in any of the other regions of the Desire World?
 A. It is in some degree also present in the denser matter of the three lower regions.
- Q. What does it do in these three lower regions?
 A. It works against the force of Repulsion, which is dominant there.
- Q. What would be the result if this counterbalancing force were not present?
 A. The force of Repulsion would soon destroy and disintegrate every form coming into these three lower regions.
- Q. Where is the force of Repulsion strongest?
 A. In the densest or lower region, where it tears and shatters the forms in a way dreadful to see.
- Q. Is the force of Repulsion vandalistic?
 A. No. Nothing is vandalistic in nature. All that appears so is but working towards good.
- Q. What can you say of the forms in the lowest region of the Desire World? .
 A. The forms here are demoniac creations, built by the coarsest passions of man and beast.
- Q. What is the tendency of every form in the Desire World?
 A. To attract to itself all it can of a like nature and grow thereby.
- Q. If Attraction were to predominate in the lowest regions, what would result?
 A. Evil would grow like a weed. There would be anarchy instead of order in the cosmos.
- Q. How is this tendency prevented?
 A. By the preponderating power of the force of Repulsion.
- Q. When a coarse desire form is being attracted to another of the same nature, what is the result?
 A. There is a disharmony in their vibrations, whereby one has a disintegrating effect upon the other. They act with mutual destructiveness and in that way the evil of the world is kept within bounds.
- Q. What is said in relation to a lie in the Desire World?
 A. "A lie is both murder and suicide in the Desire World."
- Q. Where are all the happenings in the Physical World reflected?
 A. They are reflected in all the other realms of nature, and, as we have seen, each builds its own appropriate form in the Desire World.
- Q. When a true account of an occurrence is given, what happens?
 A. Another form is built exactly like the first. They are then drawn together and strengthen each other .
- Q. And when an untrue account is given, what happens?
 A. A form different from and antagonistic to the first, or true one, is created. They are drawn together, but as their vibrations are different, they act upon each other with mutual destructiveness.
- Q. What is the ultimate result of evil and malicious lies?
 A. They can kill anything that is good, if they are strong enough and are repeated often enough. But, conversely, seeking for the good in evil will, in time, transmute the evil into good.
- Q. If the form that is built to minimize the evil is weak, what will result?
 A. It will have no effect and will be destroyed by the evil form.
- Q. Why does the occult scientist practice the principle of looking for good in all things?
 A. Because he knows what a power it possesses in keeping down evil.
- Q. What saying of Christ to his disciples, as they passed the decaying carcass of a dog, illustrates the above point?
 A. He said, "Pearls are not whiter than its teeth." He knew the beneficial effect which would result in the Desire World from giving it expression.

Nutrition and Health

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To the slaughter I condemn;
No Flock that roam the valley free,
Taught by the power that pities me,
I learn to pity them.

Goldsmith

The Continuity of Life

SLEEP—A PHYSIOLOGICAL AND PSYCHOLOGICAL FACT

BY W. STUART LEECH. M.D.

SLEEP is a miniature cosmic night. It is the period between two days, whether it be measured by plant, animal, time, or by zodiacal periods. As all the dimensions of space are concentric, and as the superphysical planes of existence are in our immediate presence, "sleep" conveys to us the condition of the dense body after the soul has withdrawn from same but the connection is still unsevered.

Cicero says in chapters 49, 51 and 57 on divination: When the soul of man is disengaged from corporeal impediments, and set at freedom—in sleep—it beholds wonders which, when entangled beneath the veil of flesh it is unable to see."

Rogers says that sleep is the temporary withdrawal of the ego from the physical body, which then rests and recuperates. Its depleted energy is then restored for the morrow's activity.

Theosophical writers claim, as a result of numerous recent tests or experiments, that the ego leaves the body and hovers near during sleep, be it natural or that produced by anesthetic agents.

The Rosicrucian teaching, which is esoteric Christianity, is that the ego, clothed with the mind and desire body, draws outside the dense body and remains close while the vital body and dense (physical) body are resting upon the bed, all being connected by a silver-like thread; and that in disturbed sleep the ego is not wholly withdrawn. This

with them is not theory or speculation but is demonstrated to the initiate step by step as the mind and sympathetic ganglia of his organism is made to unfold under the practice of well-tried acts and formula.

Stoddart, of the Bethlehem Royal Hospital of London, says in one of his valuable editions that "Sleep is the condition of partial or complete unconsciousness which normally recurs once in twenty-four hours and occupies one-third of that time. Sleep abolishes fatigue; in other words, it helps to rid the organism of fatigue products."

We all sleep, and most of us dream and travel in the Desire World, whether it is remembered or not. Digestion can and does take place without your knowledge, and your failure to take cognizance of the event is no argument against it: Huntington, of the National Academy, is indebted to the Desire World for the arrangement of his famous picture, "Mercy's Dream." Giovanni Dupré, the French sculptor, confessed that the ideas of his beautiful *pieta* came to him in a dream. Dr. S. Weir Mitchell published two poems he composed while asleep. Prof. Hilprecht, of the University of Pennsylvania, deciphered certain characters by the aid of a prehistoric "helper" in the dream state. Daniel and Ezekiel knew life as it is, and Joseph, the great oneiroscopist of historical times, thoroughly understood the physiological act of sleep and the

relationship of the human ego to the Desire World, or the next plane above the dense, and thus saved Egypt. Dreams and dreamers have saved and ruled the world.

It has been demonstrated by the brass ball dropping experiments that sleep is deeper about one and a half hours after its onset and from that time it drops to its lightest point between the seventh and eighth hour. At that period the dense body has been repaired and the vibrations of its recuperated atoms are at their maximum point, thus often enabling the waiting ego to stamp the brain with the impressions of higher planes. The heavier the food the lower the vibration of the dense body's atoms, and the vibratory action of the food taken may be so low that it actually has a toxic effect, not only from the excessive excretion of urea and carbon dioxide, but may be toxic from the very torpid action of the elemental substance itself. High vibratory atoms brought suddenly in contact with a lower set have a centrifugal or explosive effect.

Going to sleep is normally a physiological process brought on by auto-suggestion. While a lack of oxygen, an excessive amount of carbon dioxide, and the absence of various other stimuli may predispose towards or invite sleep, the process of falling to sleep is not pathological. Hallucinations, absurdities, and distorted dreams, a condition known as the hypnagogic state, takes place in very slight sleep when the subject is not fully awake but the real ego is partly in the dense body and partly out. The dream under such conditions contains a mixture of Desire World, dense world, and mental substance.

I will here state as a positive fact, capable of personal demonstration, that in the process of going to sleep the ego with the desire body actually withdraws from the dense (physical body) and also that this is accomplished by three distinct movements, viz: first, a subtle but gradual withdrawal from the lower extremities; second, a slight hesitation with a continued withdrawal to the shoulders and head; and last, with the final leap from the shoulders and head into the realm of the next plane. I would venture to estimate that not more than two persons out of a million are normally able to perceive this natural everyday process, although any intelligent

person can be trained step by step until he is able to observe this natural phenomena. I knew one highly educated, common-sense person who was so startled when he first beheld the act that he cried out in substance, "Oh, Lord, my God, is there no help for the widow's son?"

For the readers rapid perusal, I will omit as much as possible psychological and Rosicrucian technical terms. Two words familiar to all readers of medicine and current literature are the subliminal and the supraliminal consciousness, one means the ego clothed with all its vehicles, and in the wide-awake consciousness; and the other, the ego denuded of its dense body. In the act of going to sleep, the ordinary person first hits a dark point or node, when he leaves consciousness for unconsciousness. Between a vivid dream and wakefulness the node or dark spot is so brief that it becomes a mere line or only a point. As the predisposing factors, such as muscular fatigue and dissimulatory changes force themselves to the attention of the presiding soul or ego, the ego then commences the anabolic or constructive process. To repair a residence thoroughly, the owner must temporarily move out; so it is with the human dense body—the ego proceeds to move out, with the higher vehicles first by an auto-suggestion to the harmonic whole that the body be placed in a comfortable position; eyes are then closed and a few thoughts of going to sleep takes place; then, as the process continues, the heart beat becomes slower, with a tendency to become periodic, the expirations are more audible and shorter, the excretions and the secretions of the mucous membrane diminished, the eyeballs roll upward and inward, the pupils contract, the knee-flex is lost, blood vessels dilate, the cerebrum is anemic, and there is complete cessation of brain activity as the ego makes its complete exit. It is well to be thoroughly acquainted with these natural changes when administering an anesthetic in parturition or for a capital operation. To drive the ego completely out during labor may cause death from postpartum hemorrhage, and not to drive him out during a major operation may produce a fatality from fright, or what we choose to call surgical shock. In sleep from drug anesthesia or from natural causes the

ego re-enters over the same path of exit, ordinarily with gentleness, as the vibrations of the desire body are an octave higher than that of the dense body. For the ego to re-enter with alarm, an electric shock, or with the force of a catapult, the very shock of the desire body's higher vibrations might wreck the anatomical mechanism of the dense body and thereby become the main etiological factor in producing functional and organic changes, such as chorea, catalepsy, epilepsy, and a long list of phobias, most of which are due to a disharmony of the various vehicles of the ego.

Some may object to the statement concerning the higher vibratory action of the ego and desire body and deny its harmony with the atomic theory. In the study of any of the processes of nature we are not limited to the atomic theory, which is attributed to Democritus four hundred years before Christ. It is at present well and good, however, I will refer you to the many recent articles on colloidal chemistry; also to Holland's 1908 Edition of Chemistry, in which he says: "Recent study of radioactivity of metal (p. 247 *Medical Chemistry*) has established certain facts of wide range that do not fit into the atomic theory unless the intellectual conception of the atom be elaborated. The new conception symbolizes the new fact by giving a mechanical inner structure to the atom;" making of it a miniature cosmos. He says further that "There is no escape from the conclusion that the cathode electric rays of a Crooks's tube are disembodied charges of negative electricity or electrons in which the subdivision is carried much further than in the ordinary molecules, or even the atom. The atoms of different chemical elements seem to be aggregations of the same primordial electrons." I claim and maintain that some of the rays, such as the alpha (ionic), the emanation (beta), and the ethereal (gamma), are not entirely subject to the laws of the physical, but partly to the natural laws of the next higher plane. This readily explains the ability of certain bodies levitating and not gravitat-

ing alone.

The ego and the desire body are subject to the laws of levitation, and often in sleep the dense body will by force of habit attempt to follow them after they have withdrawn to travel in foreign countries, giving rise to that state bordering on the pathological, called somnambulism or sleep-walking. Thus the dense body may incidentally be following the ego across a roof and suffer from an accident when the correlated relationship is interfered with by an outside influence. The accident takes place simultaneously with the node or dark spot of the ego as it enters the dense body.

It is a self-demonstrable truth that the dense body can be brought to such a high state of atomic vibration by a system of right living, coupled with proper diet, certain physical and beneficial mental exercises, that the ego can remain conscious even while the dense body sleeps; and furthermore, that the ego can impress the brain as it re-enters the dense body of all the happenings to it during the preceding eight hours of slumber. This may seem to those who have not given the subject thought mere twaddle and preposterous; but do you think an economical nature is going to permit the real ego to waste one hour of every three? Can you find anything in nature at a dead standstill? The higher the quality of a thing, the greater the radioactivity. To attain this state of self-consciousness is a state of normality within the reach of all healthy persons, and is directly in opposition to that dangerous counterfeit, hypnosis.

Sleep can no longer be considered a solution of continuity of consciousness, for real life is continuous. Here is the portal of sublimity, and how quickly the counterfeiters and the quacks in their "absent treatment" seize the idea; but there are physicians in every part of this land of intrepid courage who have silently entered the gateway of the Desire World and have added to their therapeutics a method of healing heretofore undreamed of by our forefathers.



Act only on that maxim whereby thou
canst at the same time will that it should
become a universal law.—*Kant*

Thanksgiving Menu

BREAKFAST

Baked Winter Nellie Pears
Puffed Rice
Poached Eggs on Toast

DINNER

Salsify Soup
Baked Stuffed Potatoes
Fried Cauliflower Breaded
Chestnut Pie and Cranberry Sauce
Whole Wheat Bread and Milk

SUPPER

Celery, Apple, and Nut Salad
Vegetable Mince Pie
Cottage Cheese and Pimento Sandwiches
Tea or Coffee

Recipes

Salsify Soup

Wash, scrape and cut very fine twelve stalks of salsify, fry in enough butter, or half oil and butter to brown, cover with water and allow to boil until tender, adding enough milk to make the amount of soup desired, season with salt, and serve with croutons or crackers.

Baked Stuffed Potatoes

Wash large, smooth potatoes of even size, cut in halves, rub with oil, and bake until almost done (they should feel hard when tried with a fork), remove insides with spoon. Grind dry toast or bread (that has been browned in the oven), peanut and walnut kernels, small clove garlic, one onion, cold boiled beans, fry this dressing until well browned, adding salt, pepper, parsley, etc., and yolk of two eggs. Put dressing back into the shells, and garnish with the inside of the potatoes and white of eggs that have been worked with a spoon until creamed. Return to oven and brown. Serve with brown gravy or mushroom sauce.

Fried cauliflower Breaded

Cut fresh crisp cauliflower into sprigs, if too large split lengthwise, boil for a few minutes in

hot salt water, drain, and roll in egg and bread crumbs. Fry in oil until a rich brown, serve while hot.

Chestnut Pie

One cup of cold boiled and blanched chestnut kernels, one cup of cold boiled lima beans, and three medium-sized, diced potatoes. Place in shallow, oiled baking dish. Cover with sauce made of vegetable stock, or brown gravy diluted with water, place a layer of pie crust on top and bake until done in a moderate oven.

Celery, Apple, and Nut Salad

Remove the centers of mellow ripe apples. Chop fine with crisp celery leaves and replace in shells, sprinkled with chopped almonds and mayonnaise dressing. Serve on plate garnished with lettuce leaf.

Vegetable Mince Pie-Filling

Peel and slice six apples, eight dried figs, one fourth dried citron, one half cup each of seeded raisins, and prunes, English walnuts, and almonds chopped fine, mix well together, adding two cups of grape and one of lemon juice, honey and spice to taste. Boil until the apples are well cooked, adding two tablespoons of butter.

Echoes from Mt. Ecclesia

* * * * *

The Fishing Party

LIZZIE GRAHAM

IN JOHN, 21st Chapter, there is an account of a fishing party and its sequel, which is at least interesting, even if we do not perceive any deeper meaning.

The little inland lake or sea is about eight miles long, and walking near it are a few lonely men; they have just been through a terrible trial, and have a feeling that they failed when the test came—they denied and forsook the Rabbi when He was in trouble.

It is evening in early springtime, the resurrection is everywhere in the air; the birds are singing their goodnight songs full of thankfulness for the experiences of the day now past; darkness is deepening, for the Moon has not yet arisen; you can feel that wonderful peace that often creeps over the land just after sundown; the little waves lap gently on the silver sands, and Mother Nature quietly puts her children to sleep one after another; soon there seems to creep up from the lake a lonely feeling, and there is a hush all around.

As already said, there are some men walking along the road, and in the stillness you can hear that they are quietly talking together. One of the oldest says, "I'll go a-fishing"; the others agree to accompany him. They leave the path and come to the sands where the fishing boats are lying. We can see that there are seven men of various ages, but they all seem to be depressed and lonely; they appear like sheep who have lost their shepherd and are uncertain what to do. So when the speaker suggested taking up an occupation with which they were all more or less familiar, they immediately assented, and felt stronger for the united effort.

They gathered together their nets and fishing tackle and pushed their boat out into the darkening shadows on the lake. After some time the Moon

arose and shed her soft light over the little craft and its crew. All was calm and beautiful, scarcely a sound was heard, yet they were unable to bring up any fish in their nets. Had they forgotten all their skill in the three short years that had passed since they gave up their work to follow the new leader? It was a sad night for them; they toiled and cast their net again and again during those dark hours; and at length the morning light crept over the hills, the moon grew pale, but as yet, there was nothing in their nets.

Three years ago, when they first left their calling to follow a wonderful man, a teacher, men had called them fools. But something had held them close to Him all the time, even until that dreadful night when the soldiers stepped in and took Him from among them; then terror seized them and most of them forsook Him while He was tried by the authorities, condemned, and finally crucified. Now He was gone from them and they knew not which way to turn. True, some claimed to have seen Him and touched Him, but they knew not where He was now. Conditions were unpropitious—even the fish seemed to shun their nets! Tired and discouraged, they turn their boat towards the shore. Just as the sun is rising over the hills of Galilee a voice rings out clear from the sands, "Children, have you any meat?" Not a single fish they had to show for their labors, so reluctantly they return the call, and answer "No." The strong voice rings out again with no uncertainty in its tones—"Cast your net on the right side of the ship and ye shall find." The tone was convincing and inspired their waning hopes. They did not hesitate but dropped the net on the right side of their craft, and immediately fish flocked to it. It became so full of fish that they could not draw it. Then they

recognized the man with the sweet, strong voice standing alone on the beach. He was the Lord, their Master, during whose absence they had been so disconsolately mourning. Now, joyfully, they busied themselves pulling this wonderful draught of fishes to the shore, and although the net was so full, it did not break, nor was one fish lost while drawing it to land.

The number of the fish when counted was 153.

The story is given by John at the end of his Gospel; he is also the writer of the Revelation, and we may look for a mystical meaning in all that he has written.

Looking back over the life of Christ we remember that there were twelve disciples, Christ himself being the thirteenth. In this story of the fishing party we find only seven, the other five were employed elsewhere, but the Christ is present with those who are fishing and makes Himself known to them when they bring to land all the fish: 1+5+3 equals 9. Nine is the number of humanity, as John gives it also in the Revelation that 144 shall be saved, which also equals 9. All the souls are drawn to the feet of the Christ by the net of truth, which has been spread for them many times through the dark night of materialism which was dimly illumined by the

forces from the Moon, under Jehovah, who has given to us many religions or paths by which we may find the truth.

But the seven fishers, we find them everywhere around us. It is the fishers who in great love surround us with that net of truth which draws us nearer to the waiting Christ. Who are they? They are seen in the seven creative Hierarchies who are now working with us and helping us with the greater initiations. Seven is a number with which we are closely connected; 7 roses on our cross; 7 openings in our head; 7 notes in the natural scale; 7 days in the week, etc. We are surrounded by groups of sevens, that are all necessary for our progress, or as a means of bringing us back to our Father.

Some object to the *net*, saying, when caught in it we are dragged to land and deprived of our life. Not so, we are led by a path which will help us to discard our physical bodies, but the life goes on, leaving behind it all that tied it down to an existence under the waters; to come into manifestation again as beings higher in the scale of evolution. The net was cast on the *right* side of the ship when the fish entered it; that is, the positive, self-conscious path, the path of initiation, to which the seven great fishers, the Hierarchies, are leading us.

A Talk in the Pro-Ecclesia

HAPPINESS

ALFRED ADAMS

SHAKESPEARE says, "How bitter a thing it is to look into happiness through another man's eyes."

And Byron says:

*...All who joy would win
Must share it; happiness was born a twin.*

Pope describes happiness in this way:

*O happiness! our being's end and aim!
Good, pleasure, ease, content! whate'er thy name;
That something still which prompts the eternal sigh,
For which we bear to live or dare to die.*

The Bible, too, is full of maxims, of pithy sayings,

giving a rule or guide to happiness, such as, "Happy is the man that findeth wisdom, and the man that getteth understanding."

"He that hath mercy on the poor, happy is he."

"He that keepeth the law, happy is he."

"He that trusteth in the Lord, happy is he."

Happiness appears to be the one thing that we are all striving for. Some of us look for it in material things and others seek for it in a spiritual way. We are so constituted that we do not all see things in the same light. It all depends from what angle we look at the subject.

If we have been close observers of humanity, we

have very naturally discovered that all classes of people are seeking happiness and pleasure in one way or another—something that will make them truly happy, and the various ways and means by which each finds this goal is a very interesting study. Some people find felicity and pleasure in one direction and some in another. It depends largely on what we mean by “happiness.”

From childhood to the grave the subject of contentment and pleasure engrosses everyone to a certain extent. Little children amuse themselves in various ways; one prefers out-of-door games and pranks; another is contented with dolls and toys, and others will spend hours chatting, talking, asking, and answering questions with an imaginary playmate. The amount of happiness derived being evidenced, usually, by the length of time and earnestness devoted to the amusement.

Then we come to the young man and maiden who naturally drift into other lines of amusement, athletic, literary or social, serious or frivolous, all induced by their desires, wishes, and emotions and depending on what is being sought, but all having for their ultimate object the universal goal of happiness.

Next we come to the more advanced in years, the middle-aged class, with their various activities and pursuits, such as the accumulation of property; the rearing and educating of families and all the other duties pertaining thereto, in all of which they derive more or less happiness, depending on how devoted they are to the matter in hand.

Finally we come to those who have passed through these earlier activities, who are no longer interested in the things that formerly occupied their time and gave them pleasure; those who have retired from worldly pursuits and who are calmly and serenely drifting down the stream of life, feeling happy and contented with what they have accomplished in this world's work and happy in the consciousness of what they are to meet when they have passed beyond.

And right here lies one of the fundamental and satisfying doctrines of the Rosicrucians; that is, the knowledge that makes one conscious of what is to come, of what to expect, on the long journey of man's evolution. This may be compared with one

who is about to travel around the world—to a wise traveler who has prepared a complete itinerary of his proposed trip; to one who has made a study of locations and conditions in other countries, regarding the best places to stop for pleasure and health. Such a person knows in advance which boat he is going to sail on; which railroads will take him to the various cities and places of amusement; which hotels will give him the best accommodations; the people he wishes to meet at the different stopping places, and the probable cost of the trip.

The wise and careful traveler attends to all these details before starting on his journey. We cannot but admire the man or woman about to make an extended journey, who is so thoughtful for his or her future movements. It not only shows a high degree of forethought and wisdom that is conducive to happiness and pleasure to one's self and those about him, but it also portrays the good breeding and polished manners of one who has made a study of his movements and knows beforehand what he is going to do next. It is a pleasure to observe such a person.

Those of us who have traveled about much also have observed the unpleasant and almost disgusting gyrations and maneuvers of the man or woman who leaves everything to the last minute when about to start on a journey—forgetting this, that, and the other thing and winding up by missing the train or boat on which he or she expected to journey. Such people not only make themselves unhappy, but also those who are with them, and generally to the amusement or disgust of those who are looking on.

Observe the two characters and judge as to which one is creating the most pleasure, not only for himself, but for others. We can readily see that happiness is not a haphazard quality, but a condition that is created by the individual from within from one's own self. Yet there are great numbers of people constantly seeking for someone else to create happiness for them. And as quoted above, “How bitter a thing it is to look into happiness through another man's eyes.”

When we look into the subject from the right angle, from the standpoint of brotherly love, the altruistic side, we find many ways of making our-

selves and others happy—not always in the little things that are all about us—in the little kindnesses that we all can do, such as a pleasant smile, a kind word, or a helping hand. These are the things that should and do make for real happiness. But alas! the Jupiterian influences of kindheartedness, love, and service are not fully developed in all of us and we need to practice them daily in order to bring them up to the standard of perfection. We recently had a splendid lesson in the story of Pollyanna, and we should cultivate the habit of looking for the good in everything. Every cloud has a silver lining and that is the side we should look for.

If we create around ourselves an atmosphere of peace, we shall find in other people the very same qualities. The whole world is colored by our own aura, and we view the world around us through our own auric atmosphere. So, if we create happiness, we will see these same qualities reflected in others. It is the same old law of nature that “like begets like.”

We do not have to search far for examples for they are all about us in nature, From the tiniest insect to the most ferocious beast, in their natural state, we may observe a degree of happiness that is not possessed by man. It is only when outside influences are brought to bear upon animals that they show signs of unhappiness. When they are diverted from the path in which the group-spirit is leading them—from their natural course—we may notice the change.

But how different with man in his present stage of evolution—man, who is endowed with reason, who is master of his own destiny. In him we find very few examples of perfect happiness. Yet, as before stated, he is always seeking for something different—some diversion, whatever it may be. This would appear to be a penalty on the possession of the faculty of mind and reason, which are denied to the lower kingdoms. Therefore, let us bear in mind that opportunities for creating happiness are all about us; we do not have to search for them; they may be found in any direction at any time—opportunities for real happiness that creates the Christ spirit, not only within ourselves, but in those about us.

The whole subject has been very aptly covered

in the following verses:

*When days are dark and gloomy
And things seem all askew,
Just manufacture sunshine,
Just think of skies all blue,*

*Scatter the sunshine where'er you go,
Then love and joy and peace you'll know;
A happy heart for yourself you'll find,
By being loving and true and kind.”*

THE “COSMO” IN DEMAND

Dear Friends:

My sister, who once visited Mt. Ecclesia and who is now on a trip North, wrote me recently from Portland, Ore. I thought you would be interested in reading the following extract from her letter:

“It is interesting in visiting new libraries to look up the *Cosmo* and *Rays*. Here in Portland I can't get my hands on a *Cosmo*. It is always out. And the *Rays* seem to be handled and read over a great deal. I've taken out the *Field Book of the Stars*, by Olcott. The stars seem so bright here, and from my bed by two open windows, I can see a few clear constellations, and I became curious about them.”

With kind regards,

Yours sincerely, K J. McM

RAYS FROM THE ROSE-CROSS

The magazine is now sent gratis to 330 Libraries. Part of these subscriptions have been paid for by members and the rest are supplied by the Headquarters fund. The price to Libraries will not be raised, so that members wishing to subscribe for one or more may do so at the former price: One Dollar a year in the United States, \$1.25 in Canada, and \$1.50 foreign.

CHRISTIAN MYSTICISM

A course of monthly letters and lessons are issued by the Rosicrucian Fellowship to aid those who wish to probe more deeply the Mystery of Life and Being. Upon request the General Secretary may admit students to the preliminary degree, but advancement in the deeper degrees depends upon merit.

The Rosy Cross Healing Circle

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Helpful Letters From the Students

HEALING MEETINGS

Healing meetings are held in the Pro-Ecclesia at Headquarters on the nights when the Moon enters Cardinal Signs in the Zodiac. The hour of service is about 6:30 p.m. The virtue of the Cardinal Signs is dynamic energy, which they infuse into every thing or enterprise started under their influence, and therefore the healing thoughts of the helpers all over the world are endowed with added power when launched upon their errands of mercy under this cardinal influence.

If you would like to join in this work, sit down quietly when the clock in your place of residence points to the given hour: 6:30 p. m., meditate on Health, and pray to the Great Physician, our Father in Heaven, for the restoration to health of all who suffer, particularly for those who have applied to Headquarters for relief.

At the same time visualize the Pro-Ecclesia where the thoughts of all aspirants are finally gathered by the Elder Brothers and used for the stated purpose.

We print herewith some letters from people who have been helped, also a list of dates on which Healing Meetings are held.

Healing Meetings

November 8-15-21-28

December 5-12-18-25

January 2-8-14-21-29

Boston, Mass., Sept. 8, 1918

Rosicrucian Fellowship

Dear Friends:

I am improving every day and hope to be able soon to say that I am in perfect health and am going to stay so. I am now feeling fine. Thanking you all for the help received, I remain, as ever,

A. J. F.

Providence, R. I., Sept. 7, 1918

Secretary Rosicrucian Fellowship

Dear Friend: Your very encouraging communication to hand. I am always pleased to get a few lines from headquarters as they seem to bring something very desirable with them. My physical trouble seems to have departed fully and I am only waiting an opportunity, which I think is near, to show my appreciation in something more than words. Physicians say it is the first case of the kind which they know of as having been cured without an operation.

With my very best wishes to you all, I remain,
Sincerely, _____ C. L.

Dear Friends:

This week I have made wonderful improvement. I have been feeling fine this last five days. I have had no further trouble with my bowels or stomach, it not being even necessary to take the usual injection. I am indeed very grateful for your help, and trust you will still keep me under your care until I am perfectly cured. Will write next week again. With many thanks,

Gratefully yours, _____ MRS. R. M.

Sept. 8, 1918

Rosicrucian Fellowship, Oceanside, California

Dear Friends:

Enclosed please find my answers to Astrology Lesson No.6. These lessons are getting so very interesting, especially the letters with regard to the different planets, though I like the calculations, too, as I have quite a fondness for figures.

The letter in *Rays From the Rose Cross* written by D. B. J. of Vancouver, B. C., reminds me so of my experiences in the spring that I feel moved to write you of them.

In my efforts to learn linotype operating I suffered a broken finger when the heavy head

dropped six inches after a "hang" and bent back the finger end, snapping the bone almost in two and tearing the flesh, through the fingernail and almost three-fourths of the way round the finger.

At first I couldn't realize I was hurt, but when I saw the blood I examined the finger and saw that some stitches would be needed, so as I was alone in the printing office, I telephoned for a physician. Then while I waited for his arrival I tried to think what to do. As I began to feel a little giddy from the pain, I sat down and realized my oneness with God. I felt my brain clear, and when the doctor came he found me sitting quietly, waiting.

Our printing office does not boast a wash basin, the running water answering all our needs, so it was decided to dress the finger at the hospital where all was in shape for such work. Throughout the ordeal, which was at times quite painful, my sense of being upheld by the God forces never left me, and the doctor and nurse complimented me greatly on my fortitude while the mangled finger end was *cleansed with a flesh brush* and while the stitches were being put in place.

All day the dull pains in my arm never left me, but they had no effect except to cause a nervous excitement and a cessation of appetite. My mother told me I was likely not to rest well that night and extracted a promise that I should call her in case I was unable to sleep.

However, I insisted on sleeping alone in a room and had hardly been in bed ten minutes when I felt the peace of perfect faith in the power and goodness of God and I knew the Invisible Helpers had me in their care. I slept well, and suffered very little next day. Nor did I have trouble at any future time from the finger. The doctor was delighted upon seeing the finger again to find it in such good condition. As he said, "It healed by first intention." There was not the least infection, though at the time of the accident my hands were very dirty, as they could not help but be from the printing work. He attributed it to the fact that he had so thoroughly cleansed and sterilized it. Of course I knew, and I told him God had healed my finger. He agreed, as he is a Christian, and I believe his faith in prayer is stronger than ever before. My finger is now almost perfectly straight and as supple in that joint as it

was before.

The more I study and read your wonderful philosophy, the more I am filled with a desire to know more, and to become as well advanced in the Fellowship as I am capable of doing.

Very sincerely,

Louise B. W.

—————
Somewhere in France, July 2, 1918

The Rosicrucian Fellowship
Oceanside, California

Dear Friends:-

Yours of May 31st at hand. Have been here three months and find the work interesting. The Huns have left their calling cards from one to three times a night for the last eight nights. Yesterday they started shelling two nearby towns some distance from the front where we are, so we are wondering when they will commence throwing bouquets our way. Was so tired Sunday afternoon after finishing work that I slept for 5 1/2 hours and as the next raid was then about due made up a party to view it from a hill back of the town instead of the cellar.

Saturday night spent at one of our front canteens and went up in the front line trenches, to an old knocked down farm house, only the lower walls standing. It was about sunset, the soldiers smoking, cleaning guns, etc., all around destruction and desolation, reminded me of many a ruined castle theatrical scene; went up in the observation place and got a good view of the Hun lines 1-2 mile away, and a camouflaged tree where they tried to snipe the French.

While very interesting here, it is extremely hard to concentrate on anything. I feel like a chip tossed about on a sea of emotion, although I keep up the exercises, it is more a matter of habit and am barely holding my own there. Other developments are taking place which will probably make up for loss of concentration exercises. When one has lost considerable sleep and never knows what the next hour will bring forth, it is hard to put one's mind on anything except the duties to be accomplished.

Mrs. Ogden is well and working hard, has had some interesting experiences, and is making good. With best wishes to all,

E. W. OGDEN