

### *The Sure Way to Health*

**D**o you know that all consciousness is one, that there is no break, vacuum, or gulf that life does not fill? No single atom is self-subsisting. Stone, plant, animal, and man are the outward expression of the ever concealed manifestation of that all-comprehending, all-pervading and unlimited Source that gives sustenance to the universe and to ourselves—from which all proceeds and to which all must return.

There is no thing, not even a grain of sand nor speck of dust, no point in space absent from that Source that sustains the whole manifested universe. Everything is the expression of the one universal creative unfoldment or evolution, moving and acting through such forms, bodies, or coats of flesh as serve as appropriate vehicles through which expanding intelligences or differences in ranges of perception and growing comprehensions may express themselves. Every particle of even seemingly inert, quiet, and solid rock is in constant motion, and is conscious in its own degree on its own plane of development.

Just as a child in kindergarten has the potential capacity for knowledge actually acquired by the grown boy in the graduation class, so too do the kingdoms below the human differ from man only in degrees or states of consciousness or awareness. Endowed with the potentialities of life and moved by natural impulse, each individualization of the one Life is ever pushing forth into greater and greater expressions. Thus the tendency of life or vital force is towards differentiations, towards separation into constituent drops—now a bird, then a



Photo: Arno Garais

Robert Fludd, *Utriusque Cosmi*, Vol 1, Oppenheim, 1617, Stadtbibliothek Mainz

*Source and sustainer of all life on earth, the sun with its all-pervading light is an apt symbol for the unity of creation.*

flower; here a frog, there a beast. This results in a realm of endless diversification, all imbued with the promise and potency of every future and higher form of life.

The essence of all material things and all relationships is vibratory. Only to him who looks upon life as a purely chemical process on a mechanical basis can there be a denial of the existence of successive and progressive expressions of life elements or ranges of accelerated vibratory activity. The human cell, being synthesized under the operation of spiritual laws, has achieved a higher and loftier range in the scale of vibratory activity than the animal or vegetable kingdoms, or the simpler compounds and crystals of the mineral kingdom.

In every higher realm of Nature molecules become more complex, more sublimated or purified and possessed of greater potential energy, because the building of atoms into molecules involves the absorption of more vital force or life element which does the building. The sentient

animal kingdom is representative of ascending life elements or progressive manifestations of vital force. In similar manner each higher expression of vital force liberates energies more powerful with more latent dynamic or potential force, reaching its highest culminating point on this planet in the human kingdom or man. In an infinite universe, there are infinite possibilities.

Thus every man is related to every other man, as well as to every other sentient being by the same origin—by a union so full and eternal that nothing can cleave its oneness. When man understands his true relationship with his fellow men and the whole of life, he will find awakening within himself universal charity and love, in the absence of which health and happiness are impossible.

Alienation in consciousness from our Source—the Source of all—has created dis-ease. It is like a house divided against itself. As reverence for God, or whatever we may choose to call that divine life principle, departed, so also departed compassion towards men and all sentient beings. Selfishness or separation is the ruling principle, and evil runs its course of misery and degradation. Every discordant condition in man's relationship to the world is the result of his satisfying his own selfish or separate wants and desires at the expense of others. It has been truly said that ignorance is the only sin. Ignorance is the bedrock of selfishness. For the world's evil, and attending suffering and disease, the divine life is the only antidote—the true healing power.

We are wounded by our transgressions, bruised by our iniquities. Before a physical malady can be healed permanently, the hearts and minds of men must be cleansed of evil, which is a misapplication of natural law. We must realize that every practice that is not in keeping with the ethics of a lofty mind and noble soul is a source of evil or separation, culminating in disease. Sickness, suffering, and death are the work of antagonistic forces within ourselves. Health can only be fully restored through obedience to the laws which coordinate the forces of good, obviating the need for the restoration of any violated equilibrium, physically and morally, in the universe, and thus rendering natural law harmoniously operative.



A. Kircher, *Musurgia universalis*, Rome, 1650, Stadtbibliothek Mainz

### ***Music of the Spheres***

*Harmonic, rhythmic vibration originates and orders the universe. From the Godhead issues the creative fiat which sounds through nine choirs of angels. Holding a seven-string (Appolonian) lyre, Calliope represents the nine muses who receive and inspire the heavenly chords in nine earthly arts. Pythagoras, for whom music was a divine celebration of whole numbers, points to smiths shaping metal inside an ear; whose three ossicles are fittingly named hammer, anvil and stirrup.*

The negative qualities of fear, worry, grief, and discouragement are spiritual diseases, designating a lack of confidence in divine wisdom, and thus separate us from the Source of our strength—the inexhaustible energies from the great spiritual vibratory forces. All must be pure, no trace of foulness anywhere. By purity is meant harmlessness; the doing of no harm to anyone or to any life whatsoever. Pure thoughts, pure words, pure unselfish deeds—no lack of courtesy or display of impatience. Only then can we tune into the universal circuit and touch chords whose vibrations shall



ring to the ends of the earth, resulting in a melody that will restore harmony or peace within ourselves.

The road to health must be trodden by the health seeker himself, as the goal can be found only by retracing, step by step, the feelings and expressions which formed the chain of consciousness connecting the disease with its subjective cause—the motive having its ultimate origin in far interior states of consciousness.

Corresponding acts of moral restraint must accompany health-degrading indulgences and crush them one by one. Thus, the disturbance which manifests in the hyper-acidity of the gastric juice has its ultimate origin in an acidified motive. While we readily grant to dietary errors the power to furnish the morbid conditions, we are nevertheless obliged to look elsewhere for the central, determining force which gives the process its specific tendency.

On the other hand, the power of a corrected diet to modify the character of the gastric secretions lies, principally, in its influence on the individual's moral nature, by way of the sacrifices involved in the dietary restrictions. Yet has it not come within the range of common experience that dietary rules and regulations are powerless to sustain a cure so long as the patient continues to acidulate his feelings?

The gamut of cellular processes, namely, the impress given to the cells comprising our body, are progressive or retrogressive, constructive or destructive, according to the purity, intelligence, and power residing in our thoughts and motives. For only the pure mind can give a sound and progressive direction to the activities of the body, while an impure, fitful, purposeless or selfish mind interferes with the naturally harmonic cell-activities and causes disturbance and breakdown in the individual's health. Evil, or the misapplication of natural law, condemns every atom in our body.

That is why the entire race body is diseased. Do you know that today perfect health is an impossi-

bility, for by our wrong thoughts, words, and deeds we have so degenerated our vital organs as to make normal function impossible? For man is at once the vilifier or degrader as well as the purifier of Nature, according to the character of his motives; and until he adjusts himself to the laws and principles of health, in act and thought, he will continue to demoralize the world and himself through the poison of his selfish emanations. Yet the case of humanity is not hopeless, for while evil poisons, altruism purifies.

As Nature is an expression of divine or cosmic laws, and hence her action is essentially and fundamentally moral, it follows that her constructive and healing powers can be elicited only by the agency of a moral, i.e., unselfish, motive, back of which must ever be found moral discipline. This, however, does not prevent healing methods or therapeutic adjuncts from yielding to the coercion of a selfish and immoral

motive, apparently resulting in momentary benefits. But the processes are artificial and will not give permanent results unless accompanied by a resolute desire to render ourselves more fit and valuable in the service of humanity, promoting our usefulness and intensifying our capacity to serve.

Hence where one seeks health merely for the perpetuation of some carnal pleasures, his intemperance and frivolity pervert the noble attributes of his nature. Therefore, while the selfish man may succeed in restoring health in one function, he frequently does so at the expense of a corresponding vital loss of another. The benefits thus derived will sooner or later, in the course of the inevitable, rebound, because of a violated equilibrium, and dislodge the usurped vital vibratory currents. From this point of view any act, solely aiming at personal enjoyment or aggrandizement, regardless of its relations to the rest of humanity is, in principle and essence, a downright theft from the general storehouse of universal life. The selfish individual's existence, then, in place of adding power to the cosmic life, is a constant drain on the universal

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Such a one-sided procedure, however, cannot long continue. A withdrawing whirl or backward circling vibratory current sets in, organ after organ fails in its duties, and a general weakness, followed by functional breakdown, takes hold of the transgressor. As the vital human engine becomes sidetracked and the vital main disconnected, circuits and cellular systems set up on their own, using the remnants of the great disorganized life to generate noxious growths or insurgent cells of a descending vibratory order.

Cancers, tumors, ulcers, microbic invasion of various kinds and of more or less destructive character, follow the wake of the departing true unified evolutionary life. It starts the spectacle of a state or commonwealth breaking down into anarchy under the stress of vital disunion and moral corruption. Is it not reasonable to conclude that the anarchistic or insurgent cells are merely the end product—the outward manifestation of a persistent inward alien-

ation in consciousness—a divorce or violation of the laws of Harmony, Love, or Unity?

Every effort of an individual to gain health, strength and power, if the motive be selfish and inconsiderate of general human interests, leads with terrible surety, not only to failure in holding possession of new and undue gains, but in the very loss of powers already attained. For in due time the vibratory forces of equity, or laws of compensation, assert themselves, and the intruder, caught in the rebound of the force he himself generated, is compelled to yield in retreat under fire his usurped health possessions through the mansions of death.

It is an incredibly easy task, as well as an incredibly fruitful one, to dispel unbrotherliness in our attitude of life, and displace it with feelings of tolerance, sympathy, patience, charity, and good will towards all that lives. It is imperative, however, that we make the application of the One-Life principle to our every thought, word, and deed. □

—Lillian R. Carque

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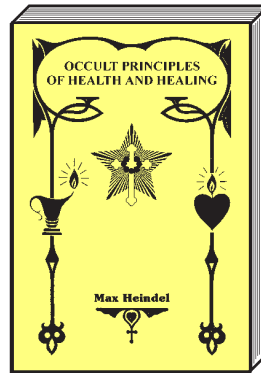
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