

ROSICRUCIAN

Rays from the Rose Cross

FEATURES



The Elohim and Evolution

Dancing as an Agent to Health

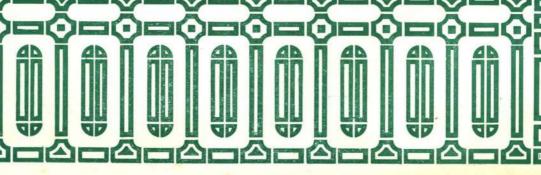
A Glimpse Into the Desire World



NOVEMBER 1937







BIG --- NEW --- THIRD --- EDITION

SALADS FOR VEGETARIAN MENUS

REVISED AND ENLARGED FROM 24 PAGES TO 41 PAGES OF UP-TO-THE-MINUTE INFORMATION, SALAD RECIPES, MENUS—BUT READ THE TABLE OF CONTENTS BELOW

No Advance in Price!

25c

Postpaid!

Health Hints and Suggestions
Vegetable Salad Recipes
Fruit Salad Recipes
Salad Dressing Recipes
Food Contents of—
Tree Fruits and Berries
Garden Fruits and Vegetables
The Acid-Base Balance
Mineral Salts
Vitamins
Menus for Seven Days

Suggestions: Give to your diet-conscious friends as Thanksgiving Day Greetings. Give with other Rosicrucian Gift Books for Christmas.

THE ROSICRUCIAN FELLOWSHIP

OCEANSIDE, CALIFORNIA, U.S.A.

ROSICRUCIAN MAGAZINE

Rays from the Rose Cross

ESTABLISHED BY MAX HEINDEL JUNE, 1913 MRS. MAX HEINDEL. EDITOR

November



1937

VOLUME 29

NO. 11

Contents

The Elohim and Evolution, Part I Adah Wilkes 483 Dancing, as an Agent to Health J. H. Manas, Ph.D., F.M.B. 488 A Glimpse into the Desire World Beulah Cameron 492 Prayer (poem) Paul de Branco Niles 494 Boomerang G. Ralton Barnard 495 Branco Ralton Barnard 495 The Inner Meaning of the Sacraments The New Age Applying the Philosophy in Daily Life Protection When Out of Body Why the Moon was Thrown Off the Earth NUTRITION AND HEALTH— Dr. Runkuw's Petersium Cure All	
Dancing, as an Agent to Health J. H. Manas, Ph.D., F.M.B. 488 A Glimpse into the Desire World Beulah Cameron 492 Prayer (poem) Paul de Branco Niles 495 Roseron Paul Cameron 495 Roseron Paul Roseron 495 Ros	
A Glimpse into the Desire World Beulah Cameron 492 Prayer (poem) Paul de Branco Niles 494 Prayer (poem) Paul de Branco Niles 494 NUTRITION AND HEALTH—	11
Prayer (poem) Paul de Branco Niles 494 NUTRITION AND HEALTH—	
The King of Harmony C. D. Melhuish 498 Edwin S Potassium Cure-An	13
A Song Triumphant Ruth E. Andrews 500 THE ASTRAL RAY— Patients' Letters Healing Dates 5.0.5 Patients' Letters 5.5 Fig. 1.5 Patients' Letters 5.5 Patients' Letters 5.5 Fig. 1.5 Fig. 1.	
The Sign of the Son of Man—Aquarius Vegetarian Menus 51 and Saturn and Uranus CHILDREN'S DEPARTMENT—	
John Josling 501 Tales of a Tart-Boy-The Dream and	
Astrological Readings for Subscribers' What Came of It Ien Wulf 51 Children: Illustrated by Vere L. Mathews of	8
Madeline K. 507 Temple Guild, Berkeley, California. The Goblin's Song (poem)	
Our Lives are Influenced by the Way	
We Awake and Retire 509 ECHOES FROM MT. ECCLESIA 52 Farm Chemurgic Council 509 ROSICRUCIAN NEWS BUREAU—	52
Scientist Thinks He Has Seen Thought News From Centers 52 Waves 510 Mt. Ecclesia Birthday Picnic 55	

Subscription in the United States and Canada, \$2.00 a year. All other countries \$2.25. Special Rate: 2 years in United States and Canada \$3.50; other countries \$4.00. U. S. money or equivalent. Single copies 20c. Back numbers 25c. Entered at the Post Office at Oceanside, California, as Second Class matter under the act of August 24th, 1912. Accepted for mailing at special rate postage provided for in Section 1103, Act of Congress of October 3rd, 1917, authorized on July 8th, 1918. Writers of published articles are alone responsible for statements made therein.

Issued on the 15th of each month. Change of Address must reach us by the 10th

Issued on the 15th of each month. Change of Address must reach us by the 10th of month preceding any issue. Address ALL correspondence and make ALL remittances payable to The Rosicrucian Fellowship.

PRINTED BY

The Rosicrucian Fellowship

OCEANSIDE, CALIFORNIA, U.S.A.

The Mystical Interpretation of Christmas

By MAX HEINDEL



"THE ACHING VOID which is in the heart of every skeptic, whether he is aware of the fact or not, must remain until the spiritual illumination is attained which shall furnish an explanation acceptable to both heart and mind. To shed such light upon this sublime mystery shall be our endeavor in the following pages."

In this book are given the OCCULT FACTS about what Christ did and is doing for the earth and its humanity. Also information on the new ELEMENT which will supersede oxygen in our air, and the new SUBSTANCE to replace albumen in the body.

There are fifty-one pages including a splendid Index. The book is bound in attractive art paper. Sent postpaid to any address for fifty cents the copy. A valued gift.

THE ROSICRUCIAN FELLOWSHIP

MT. ECCLESIA

OCEANSIDE, CALIFORNIA, U.S.A.

The Mystic Light

The Rosicrucian Fellowship

The Rosicrucian Fellowship is a movement for the dissemination of a definite, logical, and sequential teaching concerning the origin, evolution, and future development of the world and man, showing both the spiritual and scientific aspects. The Rosicrucian Philosophy gives a reasonable solution to all mysteries of life. It is entirely Christian, but presents the Christian teachings from a new viewpoint, giving new explanations of the truth which creeds may have obscured.

Our motto is: A SANE MIND, A SOFT HEART, A SOUND BODY.

The Elohim and Evolution

By ADAH WILKES

(IN TWO PARTS—PART ONE)



HEN we look into the esoteric teachings of ancient people—races that have preceded us—

we find that they have ever stressed the desirability of knowing and working with the hidden laws of nature. We of the West, whose business it is to develop the concrete mind, a business to which we have diligently attended, are inclined to question anything that cannot be measured with our five senses. So for the majority the hidden factors have held slight lure since their very existence was strongly doubted. Of late years, however, great forward strides have been made in what was formerly regarded as obscure sciences, such as at least seem to border on the occult.

The Rosicrucian School has a priceless heritage in the opportunity to promulgate, during this crucial time in the evolution of men and nations, the esoteric teachings belonging to the Christian Church.

We have the simple beautiful teachings of true occultism, echoes of which we find in the noblest religions and secular literature of all times.

Much is said in certain classes of the Western World about Initiation. This in the minds of most people seems usually to be associated with the occultism taught in the religions of the far East; something that is peculiar to the devotees of Buddhism, Hinduism, and kindred systems of faith, and in no wise appertains to the religion of the Western World, particularly to the Christian Religion. This idea is entirely gratuitous as will be seen from the study of the Old Testament coupled with the new teachings given in the Gospels.

The Mysticism of Israel supplies the foundation of modern Western Occultism. It forms the theoretical basis upon which all ceremonial is developed.

Anyone who has studied such books as The Rosicrucian Cosmo-Conception, and Ancient and Modern Initiation, by Max Heindel, will begin to develop an occult sense of the true and fine which is the best criterion for judging occult claims of any kind. Besides, the Rosicrucian methods build character at the same time as they develop spiritual faculties and thus safeguard the pupil against yielding to temptation to prostitute divine power for worldly prestige.

So far as we know, very little has hitherto been written on the subject of the Elohim, and that little so guardedly expressed as not to be at all readily understood, as most occult teachers are markedly reticent when questioned about it. Therefore, to give a comprehensive elucidation of these wonderful hidden forces in Nature is the object of

this paper, compiled from the Rosicrucian literature, the Western Wisdom

teachings on this subject.

From our study of the Rosicrucian mystery teachings, we know that we are unfolding the latent power of the Divine Spark within us under the play of great cosmic forces; that each of us is building his own destiny from moment to moment by his own thoughts and actions, that if our thoughts and actions are in harmony with the laws of life and being they bring to us health, harmony, joy, opportunity, and power. When we speak of cosmic forces the words convey little or no meaning to the average mind, because force is invisible. But to the occult investigator forces are not merely names, such as steam, electricity, etc. He finds them to be intelligent beings of varying grades, both sub- and superhuman. The creative Hierarchies, which are called in the Bible Angels, Archangels, Cherubim, Seraphim, Thrones, and Dominions, and which are correlated to the signs of the Zodiac, are living Intelligences that are working or have worked with man in his evolution. The great cosmic forces from the God of our solar system are focused upon the earth by the Seven Spirits before the Throne, the Planetary Spirits.

Thus is the universe represented to the Initiate. In the true knowledge of the interaction between the different levels of consciousness and the corresponding plane of manifestation lies the essence of occultism. It has always been one of the most guarded secrets of the

mysteries.

For our sakes Deity has manifested the universe. The great creative Hierarchies have all been and some of them still are our servants. The luminous Star Angels whose fiery bodies we see whirling through space have worked with us for ages. Therefore, the more we know about the working methods of Nature, which is but the visible symbol of the invisible God, the better able we shall be to take advantage of the opportunities it offers for growth and power.

In order to establish the point more clearly we will reiterate some of the Western Wisdom Teaching regarding the Genesis of the Earth and man upon it. Three great stages of unfoldment have preceded the present Earth Period, known as the Saturn, Sun, and Moon Periods.

In previous periods all the different classes or rays found a suitable environment for their evolution on the same planet. But in the Earth Period conditions became such that in order to provide for each class the degree of heat and vibration necessary for the particular phase of its evolution, they were segregated on different planets, at varying distances from the Sun—the central source of life. This is the raison d'etre for our system and all other solar systems in the Universe.

When the beings upon a planet have evolved to a sufficient degree, the planet becomes a Sun—the fixed center of a solar system. When the beings upon it have evolved to a still greater degree, and consequently it has reached its maximum of brilliancy it breaks up into a zodiac, becoming, so to speak, the womb for a new solar system.

Thus the great host of Divine Beings who, until then, were confined within that Sun, gain freedom of action upon a greater number of stars, whence they can affect in different ways the system which grows up within their sphere of influence. The planets, or man-bearing worlds, within the zodiac are constantly being worked upon by these forces, but in various ways, according to the stage they have reached in evolution.

From this teaching it is apparent that the great spiritual Hierarchies which are known to the occultists as the Signs of the Zodiac, being the visible vehicles of the Creative Hierarchies, have had their training for this path in previous schemes of manifestation.

At the commencement of the Saturn Period there were twelve of these great creative Hierarchies active in the work of evolution. Two of these did some work to help in the very beginning. No information is given as to what they did, except that they helped of their own free will, and then withdrew from the limited existence into liberation. Three more creative Hierarchies followed them at the beginning of the Earth Period.

In the first chapter of Genesis these Hierarchies are called "Elohim." The name signifies a host of dual or double-sexed beings, expressions of the dual, positive-negative creative energy, equivalent of the singular, sexless word "God." The plurality of Creators is again implied in the latter part of the

DIAGRAM 9.

The Twelve Great Creative Hierarchies.

Zodiacal Sign. Name. Status.
1 - Aries NamelessThe first and second or-
2 - Taurus Namelessders are said to have
passed beyond the ken of anyone on Earth. It is
known that they gave
some assistance at the
beginning of our evolu-
tion.
The three following orders worked
of their own free will to help man
during the three periods which pre- ceded the Earth Period. They have
also passed to liberation:
3 - Gemini Seraphimwho, in the Moon Period,
aroused in man-in-the-
making the germ of the
human spirit—the Ego.
4 - Cancer Cherubimwho, in the Sun Period, aroused the germ of the
life spirit.
5 - Leo Lords of Flamewho, in the Saturn Pe-
riod, aroused the germ of
the divine spirit and gave
the germ of the dense
body. The following Seven Creative Hier-
archies are active in the Earth Period:
6 - Virgo Lords of Wisdom. who, in the Sun Period,
started the vital body.
7 - Libra Lords of Individuality who, in the Moon Period,
started the desire body. 8 - Scorpio Lords of Form. who have special charge
of human evolution in
the Earth Period.
9 - Sagittarius Lords of Mind. the humanity of the Saturn Period.
10 - Capricornus Archangels. the humanity of the
Sun Period.
11-Aquarius Angelsthe humanity of the Moon Period.
12-Pisces The Virgin Spirits who are the humanity of
the present Earth Period.

. Thus in addition to the creative Hierarchies which worked voluntarily in our evolution there are seven others which belong to our evolution, and are co-workers with God in the formation of the Universe. Diagram 9, page 221, Cosmo-Conception, gives a clear idea as to the twelve Hierarchies and their status.

chapter, where these words are ascribed to the Elohim, "Let us make man in our image"; after which it is inconsistently added, "He made them male and female."

Genesis does not mention the spirit of either man or animal, for the spirit has no genesis, It is. The forms of animal and man which are sustained by breath had a beginning and that is what Genesis records.

The Seraphim (Gemini) and Cherubim (Cancer) had nothing to do with the creation of Form; therefore they are not mentioned in the chapter under consideration, which deals principally with the Form side of Creation. Here we find mentioned only the seven creative Hierarchies which did the actual work of bringing man to where he acquired a dense physical form, through which the indwelling spirit could work.

The Bible account of the different "Days of Creation" agrees with the eccult teaching relative to the work of the Elohim but the Rosicrucians do not teach or believe that it was accomplished in seven days of twenty-four hours each, but in our scheme of manifestation seven great transformations of the Earth are necessary to facilitate the full evolution of self-consciousness and soul power by the evolving spirits. Three and one-half of these periods have been spent in obtaining vehicles; the remainder will be required for the evolution of consciousness.

After a description of each part of the work of Creation it is said; "and Elohim saw that it was good." This is said seven times, the last being on the sixth day, when the human form had been created.

It is stated that on the seventh day "Elohim rested." This is in accord with occult teaching of the part taken by each of the creative Hierarchies in the work of evolution down to the present Period. It is also taught that in the present Epoch the Gods and creative Hierarchies have withdrawn from active participation, and man has been launched upon an independent career to work out his own salvation under the twin laws of Rebirth and Causation. Man has assumed the responsibility for his future.

We have seen that of the Heavenly Host of the twelve creative Hierarchies who were active in our scheme of evolution five have withdrawn to liberation. leaving only seven to busy themselves with our further progress.

In the beginning of the Earth Period the Lords of Wisdom (Virgo) had now evolved so far, that they were capable of taking charge as the highest creative Hierarchy. They were given special charge of the divine spirit in man during the Earth Period.

The Lords of Individuality (Libra) were also sufficiently advanced to work upon the spirit in man and the life spirit was therefore put under their charge.

Another creative Hierarchy had special care of the three germs of the dense, vital, and desire bodies as they were evolving. They were the ones who, under the direction of the higher orders, actually did the principal work on these bodies, using the evolving life as a kind of instrument. This Hierarchy is called the "Lords of Form." They were now evolved so far that they were given charge of the third aspect of the spirit in man—the human spirit—in the coming Earth Period.

The Lords of Mind (Sagittarius) had reached the Creator-stage, and radiated from themselves into our being the nucleus of material from which we are seeking to build an organized mind. We owe to the Lords of Mind the separate personality, with all its possibilities for experience and growth thus afforded.

The Archangels (Capricornus) became experts at building a body of desire-stuff, the densest matter of the Sun Period. Therefore they were able to teach and guide less evolved beings, such as man and animal in the molding and use of a desire body. The Angels (Aquarius) are thoroughly experienced in building a vital body for in the Moon Period when they were human the ether was the densest condition of matter. On account of this ability they are the proper teachers of man, animal, and plant with regard to the vital functions: propagation, nutrition, etc.

The Virgin Spirits (Pisces) are the humanity of the present Earth Period.

Man has been given the work of caring for and working with the lower life waves.

It has ever been and still is a law in nature for all beings, no matter in what life wave we may seek, be they the great lords of creation, the archangels, Lucifer spirits, group spirits or virgin spirits, that they reach downward to help or guide the lower beings or life waves, assisting them in their development and growth. These helpers in turn gain experience and grow in proportion to the help given.

The Sun is the vesture of the highest spiritual intelligence manifest in our solar system at the present time. It is the nearest approach we have to the visible symbol of God, the central point of our existence. "This visible sun, however, though it is the place of evolution for Beings vastly above man, is not by any means the Father of the other planets, as material science supposes. On the contrary it is itself an emanation from the Central Sun, which is the invisible source of all that is in our Solar System. . . . The real sun is as invisible as the real man." (Cosmo, page 258.)

Exoterically, then, the physical sun is the center of our manifested solar system. Exoterically it is the focus of a Ray from the central sun or Supreme Intelligence presiding over the whole Universe, and from the Sun we receive as much of the Central Sun's Rays as are manifested through this focus.

Next below the God of our solar system are the planetary spirits, one of which presides over each of the seven planets. The great cosmic forces from the God of our Solar System are focused upon the earth by the Seven Spirits before the Throne.

Occultists of all ages have looked upon Seven as being a sacred number and there are a sufficient number of passages in the Apocalypse and in other parts of the Bible to make it appear that the relation which this mysterious number bears

to the construction of the Universe has not escaped the attention of the Christian fathers.

In Christian terms these seven great Beings are found in the vision of St. John, the Evangelist, who said "and there were seven lamps of fire burning before the Throne, which are the Seven Spirits of God."

To the occultist the twelve signs of the Zodiac are the visible vehicles of the twelve great Creative Hierarchies which helped man to evolve up to his present stage of self-consciousness, the Sun being the vesture of the highest spiritual intelligence manifest in our system at the present time.

The seven planets: Uranus, Saturn, Jupiter, Mars, Earth, Venus, Mercury, are the bodies of the seven great Star Angels of whom we hear in all religions as: The seven Archangels of the Mohammedans, the seven Rishis of the Hindus, the seven Amshaspands of the Parsis. They act according to the law of consequence and are the Ministers of God each taking care of a definite part of God's will.

They are great Primordial Seven, the true heads of Seven Rays. From one or another of that mighty seven each one of us must have come for each of us belongs fundamentally to one ray—yet he has within himself something of all the rays. Therefore not the slightest movement of any of these great Star Angels can occur without affecting to some extent every one of us; and this great fact is the real basis of the often misunderstood science of Astrology.

We stand always in the presence of the Solar Logos, for in his system there is no place where he is not, and all that is, is a part of Him. But in a very special sense the Seven Spirits are a part of Him, manifestations of Him, centers through which His powers flow out. St. Thomas Aquinas wrote that God is the primary and the Star Angels are the secondary cause of all visible effects.

(To be concluded in December)

Dancing, as an Agent to Health

By J. H. Manas, Ph.D., F.M.B.

N order to be able to give the proper explanation to this important and vital subject and to

achieve a thorough understanding of its purpose and value in our everyday life, for our health, for the equilibrium of our emotional nature and, in general, for the harmonious balance of our being, let me ask you these questions: What is

speech, and what is music?

Without articulated and thoughtful speech and without music, man, as a selfconscious being, could not exist on earth nor could there be any civilization. Speech is related to man's mental or thinking nature and music is related to his emotional or desire nature. For this reason, the person who is deprived of the faculty of thinking and whose emotional nature is suppressed, or unbalanced, that person is incapable of conscious speech and is unfitted for music; that person is below the level of the average human evolution.

Dancing is related to conscious bodily movements and, as such, it has necessarily preceded both speech and music, Motion is the manifestation of the principle of Life. The within Entity or Spirit continuously pushes forward for manifestation by transmitting the inner impulses for motion to the physical body by moving his feet, his hands-making him restless. This is the reason babies cry and are restless. The more free the baby is to move and kick and crawl, the better it is for its physical growth and for its general well-being. This reminds me of the terrible, unnatural, and inhuman habit of mothers in many parts of Europe and other parts of the world, of bandaging the babies from neck to foot and keeping them in that fashion most of the time.

Through physical or bodily motion we manifest that we are living beings.

Those movements in the beginning of the human race on Earth were unconscious. They were directed by our subconscious mind as most of our organic functions still are today. We are unconscious of the movements of the intestines, of the peristaltic movements of the stomach, of the beating of the heart, of the circulation of the blood, etc. Now however originally unbalanced and inharmonious those bodily movements, as far as impulse, purpose, and realized effect were concerned, the reasoning faculty, the mind, started to manifest and to develop The evolution of those bodily in man. movements through millions of years brought forth a sufficient emotional and mental development to the primitive man to differentiate him from the animals. Gradually experience taught man that in order to cut down a tree, he should use his flint ax on the trunk of the tree with a certain force and that by striking the same place with regular, repeated strokes he could accomplish this needed task for his existence. In the same way, and under the guidance of a similar Law of Nature, he learned, when he felt his inner nature or his desires and emotions gratified, to express those primitive feelings by external motions and movements of his body and of its parts.

In the beginning, man's inner impulse of desire and emotion could not be used inwardly by the direction of his consciousness. There was but one outlet for the working out or spending of its force and that was through the physical mo-It was through the motions of man's body and its parts that the first human dancing appeared on Earth. The first primitive man who felt in his heart the rudimentary urge of emotion and who gave out or expressed outwardly those feelings of gratitude and satisfaction by clapping his hands, laughing,

bending his grotesque body forward and backward, and turning his head in all directions—that man, I say, was the first dancer in the history of humanity.

The metaphysical law is this: When an emotion, or a feeling, or a desire is created in man, its force must either be spent outwardly through bodily expression or be transmuted to the next higher cosmic level. Unless either of those two things takes place, that feeling or emotion becomes a mental complex, good or bad, according to its nature. Thus, a mental complex is the accumulation of emotional or desire stuff not used or not satisfied. As the process of transmutation is very difficult and not possible for the ordinary man, all human emotions and feelings find their way and their out-

let through the bodily or the physical expression, in violent or in slow movements of the hands, in making faces, showing the teeth, swinging the fist, kicking the feet, etc., and also in dancing with various movements of the body and of its parts according to the nature of the controlling feeling, emotion, or desire.

It is in this principle that all the various kinds of dancing have their origin. Victory or defeat in war were among the first emotional experiences of the human race and the related sentiments of primitive man gave origin to the military or war dances which were the first dances man performed on this earth. As religion was established in the first human community, the feelings of awe, of thanksgiving, or of supplication gave origin to the religious dances of man. The development of those dances advanced according to the progress of the development and of the self-realization of the feelings, of the desires and of the emotions of the human races.

The military or war dances are more monotonous and violent in their execution and in their nature. The movements of the feet and hands are faster, brisk and sharp. In contrast to the war dances, the religious dances are more graceful and elaborate, and richer in bodily movements and combinations of steps, bending of the body and movements of the hands and head. In Crete we have all those kinds of dances; they have been preserved and are still danced today by the Cretans in their festivals.

By studying the folk dances and the folk music and poetry of a people, we can tell the degree of their mass civilization and of their progress or evolution. This is the infallible, natural measure or standard for judging a people.

The Law of Vibration plays an important part in dancing. In order to make this important subject thoroughly

understood by all of you, it is necessary to give you an explanation of this Law—the only supreme and absolute Law in Nature and in the Universe. This Law works on all planes of creation—on the physical, on the ethereal or vital, on the emotional or desire, and on the mental plane as well.

The entire universe. everything in the Cosmos, from the single atom of matter to the sun of our solar system, vibrates continuously and harmoniously under certain fixed and immutable laws and rules which thus keep the creation of God going and cause His universe to exist and to live. very moment the universe stops vibrating, the whole creation will immediately come to its end, and the great Night will set in where there is no motion, no light, no conscious consciousness, but Eternal Bliss reigns in the Fire Chaos and in the Dark Light of the Unmanifested Universe of God.

Now, let us examine this Law of Vibration, first of all, on the physical plane. Sound, as all of you know, is nothing else but the vibrations of the air, or air waves, at the rate of 24 to 40,000 per second. This rate of vibration is the

Know ye not that your body is the temple of the Holy Ghost which is in you, which ye have of God?... Therefore glorify God in your body, and in your spirit, which are God's.—I Cor. 6: 19, 20.

There has always seemed

to me something impious in the neglect of health. I could not do half the good

I do if it were not for the

strength and activity some

consider grading.

coarse and de-

-Charles Kingsley.

range of perception for the human ear to receive and the capacity of the average human brain to conceive. The velocity of those vibrations of sound varies according to the density or the arrangement of the molecules and of the atoms which constitute the substance through which they travel. The speed of sound through the air is 1,090 feet per second; through hydrogen, 4,190 feet; through water, 4,730 feet; through copper, 12,000 feet; and through iron, 16,000 feet per second.

In order to be musical a sound must have a pitch, or a certain number of regular vibrations per second. The color of a musical sound depends upon the form of the wave, or its length in the produced vibrations. To prove this

statement and this Law, you may spread very fine sand on the wooden cover of the piano and then strike the same note several times. You will then see that the sand has assumed a geometrical, wavy formation. Change the note, and the formation of the sand will change immediately. You can see the same thing

happen at the beaches. The fineness of the sand and its formation is analogous to the force and to the rhythm of the waves that roll on the beach and of its coastal formation.

Now, in addition to this Law just mentioned, there is another law. The vibrations of a substance are transmitted to the adjacent substance. The vibrations of a finer substance arouse analogous and sympathetic vibrations in a lower or coarser substance. The vibratory waves of the finer substance penetrate the coarser one and transmit these vibrations to the finer substance which forms the background and foundation for the existence of the coarser one, thus putting this latter into similar vibrations. For example, we strike one note on the piano. If there is another piano in the same room, or a mandolin or a violin tuned to the same pitch, all of these instruments will vibrate in unison and will send forth a similar musical sound.

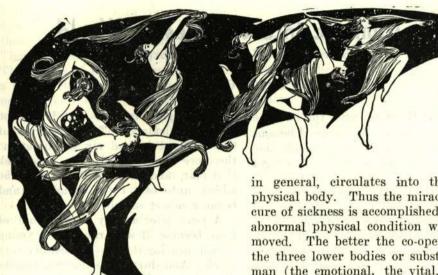
This same Law applies and operates also on the ethereal or vital body, on the emotional or desire body, and on the mental substance of man. Man nears or approaches perfection when he operates for the same purpose and for the same end, on all the four planes of his existence-harmoniously and at the same This means Cosmic balance or Cosmic equilibrium which, when accomplished, establishes and produces harmony, rhythm, health, strength, happiness, success, and every other achievement in our life. This was the reason for the fourfold educational system of the ancient Cretans, the Greeks, and the other

ancient civilizations.

Let us now examine the operation and the working of this Law of harmonious or inharmonious vibrations in the human body. In almost all cases, sickness is the result of breaking the equilibrium of the Cosmic forces working through us, and particularly of the human magnetism in the

physical body of man. The very moment the vitality in our body, or in any of its parts or organs, becomes lower or higher than its normal point, Nature sends in her warning by way of a diseased condition or sickness of our physical body. As soon as the human magnetism or vitality is restored to its original state of balance, the sickness condition disappears and health is again established.

This great accomplishment can be obtained through dancing, by the dancer who knows the laws and their application to his body. Through creation of the proper harmonious emotions and feelings in our desire nature by listening and tuning ourselves to the right music and then by the proper harmonious expression of those harmonious emotions and feelings in movements of the physical body and its parts in suitable



dancing, the harmonious vibration of the cells of our emotional nature put into similar harmonious vibration the cells of our physical body. This process, if worked out properly with full emotion and enthusiasm, facilitates the flow of vitality or magnetism in our body and thus the broken equilibrium is normalized and the balance of this primal substance of our health is established The ancient Pythagoreans, the Cretans, the Greeks, the Egyptians, the Persians, the Chaldeans, and the priests of all the ancient civilizations were using such a special harmonious music and such dancing rituals in their temples as an important agent and as a means to cure diseases and restore health.

Through and by harmonious dances and music, the rhythmic vibrations of the music raise similar vibrations in the human emotional nature, which vibrations, in turn, seek expression through and in suitable and corresponding harmonious movements of the physical body of the dancer. As the physical body is imbued by the vital or ethereal body or substance (without which any bodily movement and any motion would be utterly impossible), the flow of vitality is thus facilitated and it is rushed to the afflicted organ or part of the body and,

in general, circulates into the entire physical body. Thus the miracle or the cure of sickness is accomplished, and the abnormal physical condition will be re-The better the co-operation of the three lower bodies or substances in man (the emotional, the vital, and the physical) becomes, the better and quicker the restoration of health.

Upon this Law of Nature and upon this principle, all ancient and all modern dances are based. Now, by reversing this Law, through inharmonious music and discordant dancing emotional and physical distress sets in which gradually results in emotional and in physical sickness and disease.

We know that there is a close relationship and reflection of the World of the Divine Spirit or of the Divine Cosmic Plane with the physical human plane; of the World of Life Spirit with the vital or etheric human body or vehicle; and of the World of Abstract Thought of the Cosmic Plane with the emotional or desire substance or body of man. For this reason the complete control, the mastery, and the keeping of the equilibrium of those three lower planes in man, namely, the physical, the vital, and the emotional, by the mental faculty in us under the command of our Ego, is very essential for any spiritual progress. Therefore, harmonious dancing to the rhythmic strains of a melodious music helps in gradually bringing forth this desired condition. Hence the great importance given esthetic and harmonious dancing in all the Schools of Wisdom of Antiquity, and in the Ancient Temples of Worship.

A Glimpse into the Desire World

Its Dangers, and Its Joys-A True Experience

By BEULAH CAMERON

HRH pass

HREE years ago, through the passing of a loved one, I became interested in the invisible side

of life. Interested is scarcely the right word—it was, in reality, a great urge to penetrate the veil that separated me from the child that had been fairly snatched from my arms by that mysterious figure Death. So intense became the urge, that I used to lie awake nights, listening. straining my eyes in the darkness, every muscle tense, in my eagerness to catch a breath of a whisper, or a visible gleam of light from the beyond. But no word came. No vision appeared, not even a tiny gleam of that great white light that so often appears as a sign to those seeking. It was as though I were ever to remain groping in that sea of blackness that continually surrounded me.

The Lord is not quick to answer our prayers. And not always are we permitted to have that which we personally seek. According to our faith and our sincerity, and the patience with which we meet our trials, are we given our reward. Daily I sought the Father in prayer, trying not to be overanxious, but to no apparent good. I finally enrolled in a course of study for the development of the Soul which gave me a great deal of light on the matter of attaining Christhood, and the dangers of forcing soul growth. After that I tried earnestly to put myself in the hands of the Loving Father, knowing that when the time came I would be given a glimpse of the spiritual realm into which my child had passed.

One day the answer to my apparent failure to part the veil, came to me. "Ye ask and receive not, because ye ask amiss." I immediately realized that my demand had been purely selfish. I wanted to know that the child was safe

and all right; beyond that I had not cared particularly. The mysteries of God had not invited my investigation; therefore I had failed. We must seek God first, and then all things shall be added unto us. I felt humbled, and began a calmer search.

A year later a very close friend of mine became ill with cancer. A young woman nearing thirty. I loved her very much. And during the thirteen months of suffering which cruelly left its mark upon her once beautiful face and body, I spent a great deal of time at her bedside. I was grief-stricken, and prayed that the great demon "disease" might be removed from her. But again my prayers were not answered. On the evening before she passed away, I went home from the hospital, my faith shaken, my heart torn for the young husband and two little children she was leaving behind.

About four o'clock the following morning I became conscious of a strange feeling all through my body. I was perfectly conscious, but I could not see anything. I seemed to be somewhere in empty space. A thick, veil-like mist was all about me. And then it was as though the clouds of mist were rolled away and I stood at the foot of a great bed. It was some moments before I discovered a figure lying in the bed, her dark curls spread out upon two of the largest, snowy white pillows I have ever seen. Her eyes were closed, but I knew that I was looking into the face of my beloved friend. She looked so beautiful and so peaceful, asleep there on those big pillows, that I called her name in a frightened, yet joyous voice. But there was no answer.

I suddenly realized that I was not alone. There were little groups of people everywhere. Some in funny looking long gowns, some with veils over their They said nothing, but I felt their eyes upon me in silent rebuke. There seemed to be no walls anywhere. The groups of people extended out into a sea of eternity. But I saw a figure, near the head of the bed, that I knew. It was my friend's mother who had passed on several years before. I felt her eyes upon me, but she said nothing. Every little while she reached over and touched the scarlet coverlet across my friend's breast. It was a beautiful silken coverlet and gleamed as though it were alive with sunlight. I wanted to touch it, too-but the air seemed charged with silence, and I was afraid.

Suddenly a presence beside me broke that silence. "She will sleep a long

time, poor girl—she has suffered so much."

I could not seem to tell where the voice came from, I only knew someone was talking to me. A thousand questions rose to my lips.

"Is she—dead?" It seemed to be the first in my mind. She certainly

looked very much alive, but so different from the poor, suffering soul I had known on earth.

The voice answered. "She is alive. She never stopped living. She has merely dropped off the outer shell of her body. She's resting now."

I felt sure that I must be dreaming. If my friend had not actually died, then why did everything seem so different? Why was I standing there with all those people looking at me so queerly, unless we both had died and gone to heaven? I grew frightened.

The comforting voice of my unseen friend broke the silence. "I would not wait much longer, if I were you. You had better return to earth. You are not yet strong enough to remain. Your desire has been granted. You have followed the soul of your friend through the veil—but I would not advise you to come again. You are not yet prepared."

The voice faded, and I was conscious of a sickening warmth in the air. seemed that I could no longer get my breath. I felt faint, but I could not forget what the voice had said. I was not yet prepared for entrance into the spirit realm! I remembered vaguely what I had been taught back there on earth about the danger of forcing our way into the unknown. I seemed to be losing consciousness. But I was not willing to leave yet. There were many questions I wanted to ask. If souls did not die when they had passed through the veil, what became of them? How long would my friend sleep? Where would she go when she awoke, if she did? But try as I might to ask these questions, my lips seemed sealed.

Then again I heard the mysterious voice at my side. "When she awakes she will be taken to the plane best suited for her further development. There are many planes, you know. Your friend was a musician, I believe. She will continue with her music

here, or whatever she desires when she awakes. This is the world of desires. All may drink freely if their desires are good."

"And how long will she sleep—like that?" I asked, my strength coming back gradually now. My interest was aroused by the volunteered information.

"She will sleep until she has completely thrown off the sheath of materiality in which she was functioning on earth. Some people sleep only a short while—others for months."

Suddenly I remembered my own child. I wanted to see her. It had been my intense desire to see her that had brought me here. I turned to the invisible figure at my side—but it was no longer invisible. I saw, beneath the filmy sheath of white veil that covered the head and shoulders, the faint outlines of a man's face. I felt, rather than saw, his gaze fastened upon me.

AFTER GREAT SUFFERING

O brood not on the way he
died
Think only—he is dead
Death is so kind—so
casual,
Simple—as daily bread.

—Catherine Cate Coblentz in "Silhouettes." "She is not here. And where she is—you cannot go. I would advise you to return to earth now, you have much work yet to do. There are many suffering souls down there who will need your knowledge to help them through their trials. They are afraid of life—and more afraid of death. Go now."

I awoke in my own bedroom. It was barely daylight. I was wet with perspiration. I got up and dressed. walked to the telephone and called the hospital, and they said my friend had passed away at four o'clock. then four-forty. I sat down in the cold gray dawn and wept-but my tears were tears of joy. I had learned so much. There is no real death. There is only a passing away of the material world of appearances, and the coming to life again in a world that is far superior in beauty and intelligence to the one left behind. In this new world, of which our beloved apostle John caught a glimpse while still on earth, we are free to follow our desires and aspirations, providing they are good and will not harm another.

Our present world is only the beginning of a greater, fuller life to come for those who are today awake to the Truth. Our beloved Master was right when He said, "The Truth shall make you free." Many still do not know what that wonderful Truth is. They are still groping among the worldly things for an answer. Instead, they should seek beyond the world of appearances, into the realm of all cause. For it is in this invisible realm that we make real use of what we have learned during the earth period, preparatory to our return to earth again. So life goes on and on in an endless cycle.

I no longer fear death. Neither should anyone who has the faith and courage to believe Jesus' teachings. The trouble is that most of us read without believing. Believe! Believe so much that you act in accordance with your belief. This is true faith. Faith without works is dead. If we cannot back up our faith by actual demonstration for all the world to see, then we have not much real

faith. Be sober. Be patient. Be watchful. And above all, be sincere. And you shall receive according to your sincerity and genuine effort. I know, because for no other reason was I permitted a glimpse into the spirit realm beyond Until I made myself seek the Kingdom of God first, my prayers went unanswered. It works. Prove it for yourself. You need take no man's word. The Master Jesus gave you the key. Use it, if you would know the Truth and be freed forevermore from that awful fear that has held you in bondage for all these years. There is no death!

Prayer

BY PAUL DE BRANCO NILES

O Father, let me come tonight, And look with longing through the bars That guard Thy golden stairs: They beckon through the dark—and light My weary way—up to the stars.

One step, and I must rest awhile. How slow is my imperfect way: But Thou art always waiting there— Compassion broods within Thy smile, And I can only kneel . . . and pray.

This is my own, my humble prayer:
O Thou, Who knowest the heart of man,
From Whom no cloak of night can hide
The secret guilt, or black despair:
I turn to Thee. Thy loving hand
Will reach across this chasm wide,
And Thou wilt hear . . . my prayer.

O God, what can I say to Thee?
For Thou dost know my every thought:
My fleeting joy, each petty care.
Yet Thou dost listen patiently
To every soul's petition brought
To Thee . . . in halting prayer.

O God, give me an understanding heart. Give me a smile like unto Thine.

Make me so strong, that I might bear The torch for others in the dark—

That I might make their burdens mine, And voice for them . . . a prayer.

Boomerang

By G. RALTON BARNARD

T was a raw cold night in February. The light of the moon showed up the figure of the

shabbily dressed man huddled in a corner of a bench in Hyde Park. As a neighboring church clock struck the hour of eleven the man stirred uneasily.

"Another blinking hour to wait before the Park closes," he muttered.

This perishing cold was enough to freeze the marrow in your bones. huddled himself deeper into his corner and thought of all the hot, tasty things he'd treat himself to if only he had the money. He fingered the few remaining coins in his trousers pocket-fourpence halfpenny. It was the extent of all his worldly possessions, fourpence, halfpenny and the few miserable rags of clothing he was wearing.

Early that morning he had gazed for the last time round the poverty-stricken, poky back room overlooking the dirty mews, that had been his home. Weeks ago, when his savings had dwindled alarmingly, he had been glad enough to take the room. Its cheapness had been The landlady inits only attraction. sisted upon the rent being paid each week in advance. Tomorrow the rent would be due again. She'd be lucky if she got her rent this week.

By this time tomorrow he'd be dead.

After the park gates were closed at midnight he intended to drown himself. What was the use of living? His dole had run out months ago. He couldn't get a job anywhere. Lord knows he'd tried hard enough. For weeks he'd tramped the streets of London looking for work till the soles of his boots had worn through. He was fed to the teeth with it all. There was nothing left to live for.

During his many spells of unemployment his few friends had gradually

dropped him, so there would be no one to mourn his loss. His epitaph would be-"Found Drowned, Man Unknown. Age about 45." Hadn't he heard somewhere that unclaimed dead bodies were sent to the hospitals for dissecting purposes? If that were so he'd be of more use dead than alive. For no one seemed to have any use for his living body.

The church clock chimed the half hour. Already most of the people who had been listening to the speakers near Marble Arch had drifted away. High time he got a move on himself. Luckily the moon had clouded over. It would be easier for him to hide himself in a secluded part of the Park until the keepers had locked all the gates.

He got up, stretched his cold, cramped legs, and ambled off into the darkness. It would be cold in the water tonight. He shuddered at the thought.

About two hours later he emerged from his hiding place in the clump of laurel bushes, and stealthily made his way towards the Serpentine. He congratulated himself that, for once, his luck seemed to be in. The moon was still hidden by the dark clouds. He'd be able to get to the lake without being seen.

The water looked cold and uninviting. But death by drowning, he reminded himself, was pleasant enough so long as you knew what to do. It was the fools who fought and struggled in the water who found drowning so distressing. After the first shock of the cold water there would be nothing to fear.

With a deep intake of breath, he jumped into the water as noiselessly as he could. The icy water drove all the breath out of his lungs. His teeth chattered. As he came up to the surface for the first time he opened his eyes and noticed that the moon had now emerged from behind the clouds. His eye caught sight of something alive struggling in the water a little way ahead of him.

Some other poor devil trying to do away with himself. What with the two of us, the park-keepers will have a busy day, he thought.

For a moment he forgot his own desperation. He wondered who the other fellow was, what nasty blow fate had dealt him to make him desire death. He struck out towards the dark looking object. As he got nearer to it he discovered it was not a man, but a dog, a black and white bulldog, which, apparently, had suffered some injury sufficient to prevent it from swimming properly. The poor, wretched animal was struggling valiantly to reach the bank.

"Poor brute! I must try to help it!"

He struck out more vigorously, but in spite of its apparent injuries the dog was making a gallant effort. Though the man strove his hardest to catch up to it, the dog seemed always to keep just ahead of him until at last it reached the water's edge and limped up the concrete verge.

Once on dry land the wounded animal shook itself vigorously, then turned and gazed at the man swimming towards him. As the man reached the water's edge the dog wagged his tail as if to encourage him, then turned and limped away.

Dragging himself out of the water on to the concrete the woe-begone figure looked round for the dog. But it was nowhere to be seen. The man rubbed the water out of his eyes, and looked again for the dog. But there was no sign of it anywhere. What puzzled the man was the fact that he could see no traces of any wet footmarks of the dog.

"Am I going batty? I could have sworn I saw a black and white dog!"

But he couldn't waste time standing there or he'd be spotted. He slunk off and hid himself in some bushes. He wrung the water from his sodden clothes. As he did so the fourpence halfpenny fell out of his pocket. Fourpence halfpenny with which to face life again. Well, it was better than nothing. It was at least the price of a meal.

When the Park gates were opened he made his way to a coffee-shop he knew of just off the Edgware Road, where for the sum of threepence he could get a hot, succulent mutton pie, and for another three halfpence a mug of steaming cocoa. It was a place he had frequented a good deal lately. The proprietor was a decent sort of bloke. He didn't seem to mind how long you sat over a meal providing it wasn't during the rush hour.

A few minutes later he was seated at a table near the stove in the coffee-shop, with a hot mutton pie and a steaming mug of cocoa in front of him.

When he had consumed every crumb of the mutton pie and drained the last drop of the sweetened cocoa, he felt a different man. The hot food and drink had put new life in him.

He hailed the proprietor. "Any chance of a dekko at the paper?" he asked.

"Sure!" The proprietor handed him a copy of the Daily Record.

"Thanks! You're a toff!"

He turned to the back page and looked at the pictures. Reading the paper would give him an excuse to linger in the warm comforting air of the coffeeshop.

Half an hour later he was still reading the paper. He was just about to return it to the proprietor when his eye caught sight of a name in the personal column.

"That's queer!" he exclaimed. He read the notice eagerly.

"BRAUND" (it said). "Will RICH-ARD BRAUND, who was in Beverley, Yorks, in 1918, please communicate with Messrs. Gray, Hodgkinson & Salter, 241, Lincoln's Inn Fields, London, when he will hear of something to his advantage."

He whistled softly. Looks as though there's one lucky man named Braund in the world, he mused, that is, if the chap's lucky enough to spot this advert. I wonder what he'll hear? Shouldn't be surprised if the thing isn't a trap to get the fellow to reveal his whereabouts, then he'll be nabbed for something he did years ago.

He scratched his head reflectively. Beverley? He knew Beverley. A dull sleepy sort of place. He remembered spending a few weeks there once when he was on the road trying to sell a new kind of vacuum cleaner. See, that must have been ten, fourteen years ago. No, by Jove, it was nearly nineteen years since he was there—1918, to be exact!

Could the advertisement be meant for him? What had he done, or not done, in Beverley that he should be wanted for it after all these years? There were probably dozens of men in the world named Braund. Why should the thing be meant for him? Still, there was no harm in making a note of the address in Lincoln's Inn Fields. He felt in his pocket for a stub of pencil. After all, his name was Richard Braund.

When he arrived at Messrs. Gray, Hodgkinson & Salter's office, he pushed open the door and said to a clerk, "My name's Richard Braund. I've come about that advertisement in today's Record."

The clerk stared in amazement at his shabby appearance. "I'll tell Mr. Salter you're here," he said.

Ten minutes later he sat facing a plump, rubicund elderly man, who said, "So your name's Braund—Richard Braund?"

"That's right, sir."

"Do you know we've been searching for you for months? Of course you can furnish us with proof that you are the man we want? That you actually are Richard Braund? A birth certificate, or something of the sort?"

Richard Braund shook his head.

"I never remember seeing my birth certificate. But I can tell you where I was born, who my parents were, if that's any help. Oh, and I was in the Army during the War."

"Then you have your discharge papers?"

Again he shook his head. "I lost them three years ago."

"Ahem, a pity!" The solicitor looked at the man keenly. "Where exactly were you in June of 1918?" he asked.

"In Beverley, selling vacuum cleaners, or rather, trying to sell them. A poor place, Beverley, for vacuum cleaners."

"Can you recollect having rescued a

dog?"

"A dog?" Richard Braund frowned in thought. "A dog? Why, of course, I remember now. It had got itself impaled on some spiked railings. It was a black and white bulldog, and it belonged to an old woman. . . ." He paused suddenly, a look of utter amazement on his face.

"Because the old woman was poor, you took the dog to the vet for her, and paid his fee." The solicitor paused a moment. "I understand, Mr. Braund, that the dog bit you?"

Richard Braund did not answer him. He seemed lost in thought. The solicitor had to repeat his question before he could get an answer.

"Bit me? Oh, yes, yes," replied Richard Braund, collecting his thoughts. "Yes, it bit me on my right arm. The scar's still there. You can see for yourself."

He pulled up his sleeve and showed Mr. Salter the mark of the old wound.

"That settles it. I think there is no doubt you are the man we have been searching for." Mr. Salter picked up a legal document from his desk. "That old lady, whose dog you rescued, was a client of ours. She was not, as you thought, poor. On the contrary, she was a woman of considerable wealth—"

"But she looked like a rag-bag!" exclaimed Richard Braund. "I remember wondering at the time what she was doing to own a dog of that sort. Not that I know much about bulldogs."

"Appearances can sometimes be very deceptive," remarked Mr. Salter. "It was only with great difficulty that our client discovered who you were, and by

(Continued on page 526)

The King of Harmony

By C. D. MELHUISH

ONCE there was a great King, who was also a great musician. He had seven sons, and like all devoted sons, they desired to emulate their father and develop their musical talent to a

point of perfection. In order to assist them in this noble effort, the great King made seven wonderful harps which he gave to his sons and taught them to play in perfect harmony. The beauty of the music from this group of harps was beyond the ken of anyone on this material plane of existence.

It was the desire of the King and his family that this harmony should be brought to every corner of the kingdom and to this end he allotted seven great estates and gave one to each of his sons with the injunction to "teach their children and their children's children" the art of playing on these harps, each in tune with the others, when they should have reached maturity.

The seven sons took up their abodes on their estates and began their task of instruction, using the older members of their immediate family to help with the work of cultivating this art among the younger ones. The task was not difficult with those in the vicinity of the Manor, but for those who lived farther away and in the remote parts of the estates, it became quite a problem. These distant ones had to be fed and cared for in their helplessness until they were capable of maintaining themselves, and yet as they grew old enough to think for themselves its was necessary to allow them some latitude of choice or they could never develop into great musicians such as the King wished them to be.

Naturally the children were obliged to do other things than study music because when they reached a mature age



they were not fed from the Manor, or Great Home of the estate, as were those older ones who lived near it and helped to direct the development of the children and the care of the land. Then, too,

these younger folks demanded their playtime, which was quite right while they were growing, for youth does not become well balanced if kept continually at work.

But so little had these young people learned, that they were more charmed by their work and play than by their study of the music. They did not know that the art of musical harmony would have to be learned sometime; and as there was little restraint from day to day, it so happened that, as they attempted to take up more important tasks in their progression, severe obstacles met them until they were sorely disappointed. The confusion finally became so great that many of them refused to believe that acquiring the musical rhythm was their most important lesson. They continually devoted themselves to work and play, and even among those who felt that the music was necessary, there was so much dissension and turmoil that progress in this art was almost impossible by any one, even with his best efforts, because discord does not permit the sweet tones of harmony to reach our ears.

Of course, since the object of all this organization was to produce perfect harmony, any conditions working against the plan were sure to receive no support from the King and his sons. This resulted in dire want and distress to those foolish children who lived so very far away from the Manor. Often great numbers of them would have to go to sleep at night without their supper, and sometimes whole communities went to sleep even in the daytime to keep warm.

After their rest they would make a new start and try to do better and learn why they were so afflicted, because in their sleep they were closer to the sound of the harp, which came from the Manor continuously day and night, and they brought back each day some little remembrance of the wonder of that music even though they could not believe that it was their principle task to learn to produce it.

All this time there was great sorrow in the heart of the King's sons because these children were so willful as to bring distress upon themselves and those among them, and also interfere with the music lessons. There was one estate, in particular, in which the son often urged his assistants to greater efforts

and they suffered with him (for they saw how dreadfully this attitude on the part of the children was delaying their growth into maturity), yet they knew that until each child actually desired to study the music and learn the art of playing, it was useless

to insist upon his working in this direction. They were sad to see the suffering caused by this wrong attitude, but slowly they realized that only by greater and greater distress would these foolish ones awaken to the truth of the real purpose of their existence. From the self-centered work, the inordinate amount of play, and the forgetfulness of their task of study, there gradually developed quarrels and struggles for the possession of things, and with these struggles came forth a code of living just as foolish as the children themselves. Hearts bled because of the operation of this code on a plane which carries a peculiar form of digression which the children called pride.

There was only one beauty left in this whole estate, and but for that the King's son would not have kept up his work with these children so far away. Occa-

sionally one or more of these children would suffer so severely that he would tire of the work and play, which were so common, and long for something more noble, at the same time seeking the reason for his distress. If he had been truly surfeited with the childish things, he slowly grew into manhood, and moved from the distant fields of the children into a place nearer the Manor where he could assist in the effort of instructing those who had not yet progressed far and where he could gain in personal knowledge. So great was the joy of each of these who were fortunate enough to progress, and so deep was the pity in their heart for those who must still suffer in their willfulness and ignorance, that most of them endeavored to give at

least a part of their time in assisting the children. But this was most difficult. During the waking hours these young souls would have none of their help and even rejected any association with them. You will remember, however, that when the children were

asleep they were more amenable to the music and it was then that these fortunate ones helped them.

Each morning the child retained a small part of what his teacher had given him, and it was this little gain, accompanied by the increasing difficulties of the child's work and the tiresomeness of his play, that convinced those at the Manor that all the children would eventually begin to study and so remain children no longer. This, of course, will take a very, very long time, but time is not so important as the object to be attained.

And where, do you suppose, this great King lived? Where is the Manor, and who are those of the Son's family? I will tell you, but you must promise to keep the secret, else your friends will laugh at your so-called foolishness, and surely you would not like to be laughed

He touched his harp and nations heard, entranced, As some vast river of unfailing source; Rapid, exhaustless, deep, his numbers flowed, And opened new fountains in the human

-Pollock

heart.

at. The "Great King" is our Father in Heaven, Who is Light, Love, and Truth. "God is spirit: and they that worship him must worship him in spirit and in truth." His "kingdom" is this solar system in which we exist as a part. The "seven wonderful harps" are the "seven spirits before the throne" and the "seven great estates" are the seven planets of our system. But who are those others, the sons and their families? Let us consider this question from the standpoint of our earth only (which is one of the "seven great estates"), and then you will know who is meant by THE SON. Perhaps you will turn to your Bible as you are prompted to learn of His family and read of the Angels, Archangels, Cherubim, Seraphim, Principalities and Powers. This will help you to understand that such words are

not mere forms of expression or some existence which has passed into oblivion.

Surely you can now conclude for yourself that the "children" are the masses of humanity and that their "work" is their battle for existence in flesh and blood bodies which must be nourished by food. Their "days" and "nights" are periods spent in their bodies in one lifetime, and the bodiless time in the spirit world, respectively. The "day" begins when one is born into a body, and the "night" (or sleep) when the body "dies." Perhaps you will also understand that sleep for "great numbers" refers to the great wars, major catastrophies and, when such things are necessarv, the shifting of the earth's surface and conditions which might temporarily dispose of nearly "all flesh." And the Music? God's Will.



A Song Triumphant

BY RUTH E. ANDREWS

Evermore in my heart comes the longing for the far places of the spirit, hitherto unattainable.

Now from the ashes of the flesh rises my Soul, free and full of power.

My Soul knows neither boundary nor limitation. A thousand years are to it but a moment's passing upon the scroll of Eternity.

Earth-ways shall be its path no longer. They shall be forgotten forever, as a dream that has passed.

Never may the sorrows that enchain humanity bind my Soul, or the disillusionments of mortal life weigh heavily upon my inner Spirit divine.

Despite all things, my Soul shall rise supreme, above fear, above passion, above all, even Death's own chill, unto a Light which will fail not, unto a Oneness with all that is holy and pure and heautiful!

The Astral Ray

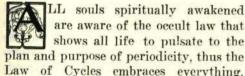
Astrology is a phase of Mystic Religion, as sublime as the stars with which it deals, and not to be confused with fortunetelling. The educational value of astrology lies in its capacity to reveal the hidden causes at work in our lives. It counsels the adults in regard to vocation, the parents in the guidance of children, the teachers in management of pupils, the judges in executing sentence, the physicians in diagnosing disease, and in similar manner lends aid to each and all in whatever station or enterprise they may find themselves.

The laws of Rebirth and Consequence work in harmony with the stars, so that a child is born at the time when the positions of the bodies in the solar system will give

the conditions necessary for its experience and advancement in the school of life.

The Sign of the Son of Man--Aquarius And Saturn and Uranus

By John Josling



Law of Cycles embraces everything. Man and planet ever ascend in a circle which spirals, therefore it is not "vicious," for it is never exactly in the same place twice. With God as Archetypal Cycle Above, so is Man and his life Below, a series of cycles within cycles, cycles deep and devious in their various ramifications.

Those cycles the greatest with Christ-Power are moved under the forces of the planets Saturn and Uranus, the power of the Christ working through the sign of the Son of Man, Aquarius, in negative and positive aspects. In the outset we must realize as basic working knowledge in astrological and occult lore, the fact stated by the Christ in Revelation. chapter 11, verse 16: "And the four and twenty elders, which sat before God on their seats, fell upon their faces, and worshiped God." These are the twentyfour aspects of the signs of the zodiac: therein is seen the expression of the twenty-four aspects, negative and positive, of the twelve signs. We could not become God-Men unless we had a development of the Divine Spiritual Ego in a body of matter, which receives the "washing of regeneration" through the transmutation which occurs through the forces of the signs.

As man is molded more into the manifestation of a Son of Man, it is to be seen that the Law of Variability through divine motion is as beautiful as the Law of Stability is constant. God is perfect precision and it is through Saturn and Uranus whose forces play and interplay upon each other that man at last becomes more than man—the Son of Man.

Now there is one fact that is foundational as it relates to all manifestation of life, and this is the fact of dual forces which exist and inhere in all as the Flux and Fixture of Life: these dual Godhead powers are Divine Motion through Uranus, and Divine Stability through Saturn.

Realize this with deep meditation; come to know as truth and fact, that these forces of flux and fixture stream and outstream through all things and beings, and that they are the two aspects of the Christ, the Christ Who is correlate with The Word. It is that Word which has become lost which we seek as true Masons bent on casting the Molten Sea.

As the sign Aquarius is the sign of Humanity, of the Truth-Knower, and of the Son of Man, the sign wherein and through whose forces he becomes more than man—superman—so shall we through this sign and New Age realize, then recognize, with living light, why Saturn and Uranus have positive place and power in this spiritual, electrical, hermaphrodite sign.

In this hour, today, we stand—man, races, nations, ideas, churches, individuals and peoples—in the Christ-Crucible of fiery testing and sifting through the forces of Saturn. And be it noted that Saturn now stands in the sign of this closing and cleansing Age of Pisces, the sign of Destiny as Duty, and not merely that which is designated as "sorrow and self-undoing" by the astrological books, for it is something far greater than mere sorrow in the soul.

If we would get into the habit of looking at our experiences in life as Destiny as Duty, a new life and hope would express through us, especially in this chill hour of Saturn when all must be called to the witness-box of Christ for examination of self. For none other than our own Ego elects to move us either backward or forward in our evolution after all.

The present hour is dark with hate and ignorance through the forces of the Piscean Age now closing; it has been an intellectual age and man's intellect has been developed much through the last six centuries for a very high purpose. We have a mineral type of brain in this age and we work with the minerals and use abstract thought. We could not ascend and bring down the Godlike divinity of this lofty note, Pisces, yet those who have seen the dawn now near know that the lovely loftiness of the divine in Pisces will in the new Aquarian Age become in somewise merged with the divine love of that Christ sign, so that the fruit of the new day will bear a Science and Art and Religion that are one in truth and fact.

In God's scheme there are cycles of heart or intuitional development through feeling, which come via the Christ-Love planet, Uranus, and then there are cycles of head or intellectual development which come via the concrete and scientific planet, Saturn. We are now ending a phase of intellectual development; hence this state of spiritual insanity—the inanition of the spirit!

Now to use a homely figure, I may say that when we make jam there rises to the top a scum and this we must skim off if the jam is to stay preserved. Man is a God-in-the-making and in this threshold hour as we come abreast the new-age hour there are many fit and meet to move up into a higher grade, and some will become more than Man! But this is the day of examination and new orientation, and in the test and trial of all mankind to meet the new cycle, there rises out of Hell as it were, all the scum and rubbish of negation that lies in all mankind. The false and vicious, the wrong and rotten, now rise in the souls of individual men and of nations throughout the world. The test speeds up though and will pass quickly, for the end of an age is ever the accompaniment of forces intensified, and now, spirit, spiritual intelligence, will declare itself to the mind and mood of man everywhere.

Christ speaking of the close of an age says in Revelation 22:12-14, "And, behold, I come quickly; and my reward is with me, to give every man according as his work shall be. I am Alpha [Saturn] and Omega [Uranus], the beginning and the end, the first and the last. Blessed are they that do His commandments, that they may have right to the tree of life, and may enter in through the gates of the city." It is my earnest hope to convey to your souls some hint of the mighty and mystical fact of the Christ having aspected purpose and power in these two opposite and complementary planets, which are as He says, "the Alpha and Omega, the beginning and the end, the first and the last."

At the end of each cycle it is Saturn who comes to sift and sound all, and as we have worked and prepared ourselves

or not in the past and present, so may we hope to meet his exactions and take that higher degree of truth and purity which he alone confers. To those who have worked forward in truth and purpose will come the crown of Christ, the degree of initiation, which comes through the office and function of Uranus, who is the comforter, in conjunction with Saturn.

The sooner we get rid of the viciously false idea of Saturn being nought but malicious, the quicker will be our true evolution in Christ, for Saturn is Christ Himself in His nightside aspect, that of Negation, yet we cannot reach the positive Uranian vibration until we have learned and taken those high virtues which Saturn alone gives. It is true that Saturn's pedagogy is that of Pain. He is pain-producing, but with one end in view, and that to hasten our journey as Christs-in-the-making, for man will only listen to pain and repeated applications of that pain.

Mme. Blavatsky says with truth: "Woe to those who live without suffering. Stagnation and death is the future of all that vegetates without change. And how can there be any change for the better without proportionate suffering during the preceding stage? Is it not those only who have learned the deceptive value of earthly hopes and the illusive allurements of external nature who are destined to solve the great problems of life, of pain, and 'death'?"

Saturn is the negative phase of the Christ—Christ disguised in the grim mask of death, gaunt and sinister. At first he reaches us through fear, all the negative conditions of deception, fraud, craft, theft, and death, until through repeated applications of pain through many lives, we are forced through fear and pain to the crushing point, and it is out of the heart crushed by suffering that we open the door to the Christ and at last pass through that "door" which brings the power to "go in and out and find pasture." And this is Initiate Consciousness!

But it would be impossible to receive the living truth of Christ-Initiation without first having descended into the hells of untruth, falsity, lies, and error. And every horoscope we examine shows the tendency of the past in this very respect, yet it is as the Christ says to Paul: "My grace is sufficient for thee; for my strength is made perfect in weakness." In the weakness of the flesh one becomes a "pure fool"—a Parsifal!

The Philosopher's Stone which every soul is building consciously or unconsciously has its root and rise, its very foundation in Saturn. Upon this is reared our spiritual structure. So it is easy to see why Saturn insists upon perfect purification, and also the poise which Truth ever brings as concomitant. These attributes are the divine utterance of a divine stability. A man may hate and lose his temper in this world of form. even though such negation poison his blood and disturb his power to digest food, but he could not suffer such things in the inner spiritual worlds, otherwise he would never return alive into his body. as well as the great mortal damage he would do in those higher worlds.

So to become initiate-conscious, a soul poised and balanced in heart and head, one must educe from himself those fine, firm fixture-forces of a true stability, and this through Saturn, the so-called "malefic." To move with poise and power and at will in all worlds, the positive powers of Saturn must be secured, so thus the conquest of fear must be made. He who would become a Christ-Man must master fear, for how otherwise can he become a Uranian love-being?

Saturn searches and sears, scours thoroughly our souls, here in the Earth School, so that we become vessels sound and stabilized to receive and carry the intensified spiritual voltage that is the common current of the perfect man. For it is a fact that the higher our spiritual attainment the higher is our spiritual frequency, and it is this spiritual frequency stepped up that allows us power

to move in those worlds of higher spiritual vibration, all being and life being so many states of varying vibration of spiritual frequency.

We cease to vilify and condemn Saturn. and even our pain and suffering become the easier borne, when we know his purpose. His pedagogy is only for our purification, that we may the quicker make true progress to the goal of Godhood. The pain has a benign purpose, and as pointed out before, it is only in our suffering in the soul on earth that we make rapid advancement in life itself, not in its trappings. The old Greek myth says that Uranus is the father of Saturn and Jupiter, and it is a fact that the first planet to be thrown off from the nebula when its differentiation began in Chaos, at the dawn of the Earth Period, was Uranus; Saturn followed next, then Jupiter.

Saturn's positive sign is Aquarius, the sign of the new Aquarian Age into which we next enter. It is the exoteric ruler of this sign also, for it deals with the outer man and his forces of personality and mind, while Uranus is the esoteric ruler and deals with the inner, mental, subjective and spiritual man. come now to the end of the Piscean cycle to gather up the Kingdom for the Lord who is symbolized by Uranus. And it will be only those who have taken the shield of Saturn's positive power that shall become knighted and given the Crown of the Cross, which is the Comforter. Thus will the completed forces of Saturn and Uranus flower and truly exemplify that the Lord Christ is Alpha and Omega.

Remember, that I have spoken of Saturn as the force of fixture, the power of divine stability truly balancing through positive inertia. And then realize that other complementary power, that of Uranus spoken of as the force of flux. It is in the marriage of these forces of flux and fixture—Uranus and Saturn—that all forms come into being, from worlds and mankind, to the lowliest ob-

ject. Uranus is God's mode of motion, divine and incomprehensible as speed, and Saturn is God's own Rest—His Bosom in Truth—divine stability. Divine motion is held and caught in the bosom of divine stability, and lo! forms appear, and these man-bearing worlds for the forms to develop upon.

Now also note that Saturn arrests to make fixed and permanent in the Moonminded, Saturn-saturate, brain-bound personality of man, those forces of the Sun which come through Uranus; thus the Uranian forces forge and flash through divine motion powers of divine ideation and divine love, whose sublime song is indicative of true creative power and genius-Christhood. So through this pair of planets, opposite and complementary, comes that flowering perfection which shall make the Son of Man. And the hour is now come when many of His sons shall glorify Him, for the time is near, in this happier houralthough destiny-testing, and also selective and elective for all-when many shall say, "I have manifested thy name unto the men which thou gavest me out of the world."

No longer stand puzzled with Nicodemus when the Christ told him he must be born again, for this new birth must come if you would enter the Kingdom. Because it is for you to know that you cannot enter the Kingdom of God (return to and enter the Etheric World -Garden of Eden-on a higher spiral) unless you have complied with the severe sanctions, met the complete exactions, which the test of Saturn evokes. But to have met these, is, if you are of age in the sense of the soul, to have received that Christ-Knighthood which the Uranian Comforter bestows. All of us must create the Philosopher's Stone, each of us must cast the Molten Sea. Those of us who are Christ-aware and active in His service, will become more alive to the truth through a study of Divine Astrology in its mystical and occult elements. that this mighty twain who are negative

and positive aspect elements of the Christ, must be met and managed through definite work decisively done.

John Ruskin says as a Truth-knower: "The greatest of possessions is selfpossession," and it is this very selfpossession that is etched into the soul by Saturn the Christ-Stabilizer. engenders and etches into the soul of us true poise and peace through his trials, so the sooner we meet his tests and make them positive work done, the sooner we possess the jewel of the new-age man, the real Aquarian, who has blended the forces of his heart with his head. This man moves in all worlds at will and is free because of the Christ-Truth found and earned. Saturn and Uranus have drawn out in this superconscious soul the power of true balance; his Will exerts · forces that work with forces of feeling and thought, which have such nice exactness as to produce perfect perspective.

The power of saturnine stability united with the spiritual electrical vibration of Uranus establishes in the soul that which is the keyboard of the Christ, and no true music was or shall ever be sounded without this Heaven's instrument! The power of divine motion is the very song and symphony itself, but instrument and music proper arrive only through the perfected man taking the aegis and Living Word re-discovered and recovered on a higher level out of the Christ-Power of Saturn and Uranus who stand for Alpha and Omega.

So man is music, musician, and instrument, and this shows him to be a little universe (microcosm) in the great universe (macrocosm). His stage and theatre is the Earth, the directors and prompters are the Elohim, the Seven Spirits before His Throne, while Saturn and Uranus manifest and manage the whole through the one divine directing idea centralized in the Sun.

Mankind at this very moment realizes itself in the vortex of confusion the result of the culmination of the Piscean Age, an age that is intellectual without spirit to light that intellect. In this

dark age spirit is shut out to develop abstract mind in man, but now the time has arrived when our abstract mind forces shall have superimposed and united with them the power and light of the spirit. Saturn shall become lighted by Uranus, the light shall shine in the darkness and the darkness shall become lighted! The intellectual faculty of this development in the Piscean Age of the Earth-an age which brought a "sword" and division to mankind-shall now become warm and wondrous with that Love of the Christ which comes out of the Christ-Uranian Ray of the Sun, the Godhead. That is what I may whisper with utter jou to you.

The Aquarian Age will bring what its Sign connotes, the power of a true synthesis, for Aquarius is a sign male-female, practical and theoretical, life and form, electrical and magnetic, dynamic and static, positive and negative. It rules the ethers which have in them electricity, that is, the Etheric World contains that fine fire which is electricity, and the two waves which make up the symbol of Aquarius stand not for water as some astrologers have stated, but for the two poles of electricity, negative and positive lines. But in its higher connotation these lines stand for fire which is of Heaven, a spiritual electricity that is Christ-Love. One line is negative and is Saturn, and the other line or wave is Uranus and positive, two phases of the one living Lord of Life and Love, the Christ. Thus after this hate will come the Heaven of spiritual intelligence, and friendship and brotherhood shall arrive on Earth. That Godhead Trinity-Science, Art, and Religion-shall now express as One.

Saturn in recent years has made passage through its negative and positive signs Capricorn and Aquarius, and should have produced in the Christ-precocious, a larger power and will to give service as duty in Capricorn, with service as love in Aquarius. The force of both of these Saturn transits through

these negative and positive Saturn signs will have called out and established in the souls of men and women who work with the stuff of spirit a finer purity, a larger refinement in all vehicles, and thus a greater view and knowledge of Truth. And now Saturn passes through the sign to which our humanity correlates by creative hierarchy, the twelfth sign, that of Pisces. This has a searchsignificance to those spiritually awakened, to those who are both mystical and occult. And the more as this Age of Pisces comes to a close, for now it is cleansed literally in the Blood of the Lamb as the fire of the Christ comes lower to sear and scour the forces of negation from all mankind and the Earth. This is in truth the Light which shineth in the darkness and many of this Fold of Christ will recognize the Shepherd, the only true Shepherd, at this time, and become more than man, the Son of Man! For Saturn in this sign Pisces searches all thoroughly and in those advanced and Christ-consecrate to serve the Great White Throne of Christ and Heaven, will have called out in them such Love as will produce a service which is divine, for this is what Pisces stands for Service as Divinity.

Thus Saturn and Uranus, the Alpha and Omega, the Gog and Magog of our system, working through the sign of synthesis, Aquarius, perfects the man to make him more than man. Through this pair of planetary powers flow the Will, Wisdom, and Activity—which is God.

The seventh day is Saturn's day, and at sometime each of us must reach this Sabbath day, and there truly come correlate with Saturn who then becomes no longer tester, but the bringer of peace and poise through Will Power lighted with Christ Love and Christ Imagination. Saturn now becomes the Initiator who admits us to the higher realms of light and truth. Now does our consciousness become superconsciousness, and we cease to be imprisoned in the flesh of mind and body; we move freely "in and

out and find pasture," as Christ does promise those who have worked for and love Him!

Remember that all life-development and growth proceeds in cycles. We have day and night, activity and inactivity, winter and summer, life and death; this is the Duality of God manifesting through the mighty forces of Saturn and Uranus and Aquarius. These serve His will in this sign and make whole the forces of the zodiac. Thus do all the forces of the signs of the zodiac lead up and into the fixed signs and then to the convergence secured in this sign of the New Age, Aquarius, for it is in this sign that the Son of Man shall come in all his glory.

The Sabbath of Saturn comes now as a period of divine rest to the Earth and Life on the Earth will to mankind. resemble paradise and become Edenic after the hell and hate and ignorance of these times. This Saturn Sabbath day comes as a point of a new departure and a new direction for mankind and Earth. It will bring a completely new orientation which shall truly water the Earth, for the Waterbearers are already here to serve the Lord Christ! His messenger and workers are here to liven and rejuvenate the parched starved Earth where no love is and where hate abounds. These come from Heaven and Him to pour into the hearts of the hard and starved His fiery Love. No longer shall the darkness strew "death" and hate in vicious cumbrance, for the Christ-Comforter Uranus is here and those Christ-alive feel and know of the vivid and vital effulgence of love that shall now be released to light the darkness of Saturn. We enter the Day of a Rest that is Royal; yet more, into a renaissance period that reaps also, and as we have sown so shall we reap. May your sheaves be heavy in this Sabbatical Harvest of the Christ, loaded with His Love and Light and Life, so that you may help to raise humanity and give a quicker release and relief to the Christ confined in our Earth.

Astrological Readings for Subscribers' Children

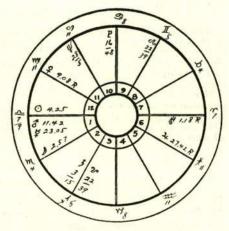
We delineate each month in this department the horoscope of ONE of our subscribers' children, age up to twenty-one years. This includes a general reading and also vocational guidance advice. The names are drawn by lot. Each FULL year's subscription, either a new one or a renewal, entitles the subscriber to an application for a reading. The application should be made when the subscription is sent in. The applications not drawn by lot lose their opportunity for a reading. Readings are not given with EACH subscription, but only to the ONE CHILD whose name is drawn each month.

In applying be sure to give name, sex, birthplace; and year, month, and day of birth; also hour and minute of birth as nearly as possible. If the time of birth is Daylight Saving Time, be sure to state this, otherwise the delineation will be in error. We neither set up nor read horoscopes for money, and we give astrological readings

only in this magazine.

MADELINE K.

Born September 28, 1927, at 6:05 A.M. Latitude 37 North. Longitude 104 West.



The horoscope which we are using this month for our children's reading is that of a young woman who has cardinal signs on all four angles. Five planets are also in cardinal signs. People with these powerful cardinal influences are usually above the ordinary in strength and in the general characteristics of the personality. Cardinal signs give will power and persistence; they indicate those who accomplish things in the world, especially when the planets are also in angles.

This girl has the first decanate of Libra on the Ascendant and the Sun conjunction both the Ascendant and Mars, giving a personality which is apt to be very ambitious and full of martial energy, for when Mars is in a Venus sign he is liable to become somewhat unmanageable. Like a young colt which has been harnessed for the first time, he must be watched. However, Mars is somewhat protected in this horoscope by the sextile of Saturn, the refiner and balancer; he tells the obstreperous Mars to slow down. Venus is also semisextile, which though not a strong aspect, nevertheless is helpful. The square of the yet unknown Pluto elevated in the tenth house may be watched for this planet has an affinity with Mars, and the square aspect may bring this girl some trouble at sometime in her life by unhappy public criticism. She should be cautioned to conduct herself at all times so that no finger of criticism can be pointed at her.

Mercury, the planet of reason and mental faculties, is well placed in the first house and sextile to the mystical and advanced Neptune. This would create interest in the deeper, mystical things in life, especially with Uranus, also a planet which is mystical in its effects, well balanced by a trine aspect to Saturn and conjunction with Jupiter. These planets and aspects are all very encouraging for the study of occult and mystical subjects.

With the least bit of urging Madeline would become interested in the study of the deeper things of life, though sometimes young people with these aspects and planetary indications must needs first enter into a life of pleasure and worldly living. The urge of youth ofttimes withholds the interest in higher things until trials and sorrows check

these impulses, and make the younger people think. With Neptune and Uranus so beautifully fortified the parents need have no concern about the future of this girl; she will find her way into the higher spiritual life eventually.

Disappointments and sorrows shown in marriage which will some time set her to thinking of spiritual things, for Uranus opposition the Sun and square the Midheaven will attract to her a marriage partner who is prone to excesses, especially in drink. We would advise her to use great discretion in choosing her mate. But her own example will do more than anything else. Young women are all too likely to imagine that they can reform a man by marrying him, which they find to their sorrow is wrong. The modern girl is also very apt to think that if she drinks and smokes with the man that he will enjoy her company much more. Alas, she little realizes that it is truly the duty and the moral right of woman to lift the man up by her pure and clean influence, that she can never lift him by sinking down to his level. Woman has ever set the moral standard of the world.

With Saturn sextile the Sun, Mars, and the Ascendant, Madeline will have a strong will and will be able to conduct herself with dignity. If she made the effort she could have a strong influence over her friends. She could lead her girl friends, especially, into the better and higher paths, for with Neptune and Venus both in the house of friends and Venus sextile the Moon and semisextile the Sun and Mars she will attract friends who will be loyal but too much interested in dress and pleasures, so she may have the opportunity of doing much good if she will use her love for the good and the pure to lead her friends to see likewise.

Mars in Libra gives constructive artistic ability, art which must find an outlet in creating things, such as drawing in architectural work, creating the archetype of buildings, and decorative art in the home. With the Moon sextile Venus the ability in art is strengthened; not so much that art which desires to paint a picture as that which will beautify and build. She will be the leader wherever she may be. All with whom she is associated will gravitate toward her for leadership. But Mars and Mercury are often a little severe, and she might sometimes hurt where she desires to help. If she will ever express through the soft sextile of Venus to the Moon she will find much greater love and friendship.

Correspondence Courses

(1) The Rosicrucian Philosophy:

Using The Rosicrucian Cosmo-Conception by Max Heindel as textbook, the Preliminary course of twelve lessons gives a logical explanation of the origin, evolution, and future development of mankind, and opens the way to a deeper knowledge of this great subject. This philosophy seeks to make Christianity a living factor in the world, and to combine the eternal facts of Science, Art, and Religion. This course is open to all who desire it.

(2) Astrology:

We want to assist you in helping yourself and others. The Junior course of twenty-six lessons teaches the importance of astrology as a phase of religion and as a Divine Science. The one restriction is that our pupils may not prostitute the knowledge thus obtained for gain in any way. Anyone not engaged in fortune telling or similar methods of commercializing spiritual knowledge may be admitted to this course.

(3) Western Wisdom Bible Teachings:

This course gives a new insight into the value and authenticity of the Bible as a means to spiritual understanding. Max Heindel's Occult Analysis of Genesis harmonizes religion and science. There are twenty-eight lessons.

For admission to these courses and for information concerning more advanced courses, address—

- (1) Philosophy Secretary.
- (2) Astrology Secretary.
- (3) Bible Study Secretary.

THE ROSICRUCIAN FELLOWSHIP Oceanside, California, U.S.A.

Worth-While News

Our Lives Influenced by the Way We Awake and Retire

Our lives are influenced more by the way in which we awake and retire than in almost any other way. If we awake happy, our entire day is given an impulse to carry on through most any emergency, and if we retire happy, we are sure of a restful,

healthy sleep. . . . A silent prayer of thanksgiving upon awakening, and upon the closing of the eyes for the night, is the free privilege of the poorest of mankind. And it is an enriching experience. The mind and spirit are wedded into a perfect peace. Over the bed of the great Gladstone were hung these words, so I once was informed: "Thou wilt keep him in perfect peace whose mind is stayed on Thee."...—George Mathew Adams in Chicago Daily News, Jan. 21, 1937.

Here a man of the world has either consciously or unconsciously discovered a great principle which is emphasized by the Rosicrucian school, By this school, the principle discovered is divided into two parts called Retrospection and Concentration.

Retrospection: "On going to bed at night the body is relaxed and the individual begins to review the scenes of the day in reverse order, starting with the events of the evening, then the occurrences of the afternoon, of the forenoon, and morning. He endeavors to picture to himself each scene as faithfully as possible, seeks to reproduce before his mind's eye all that took place in each pictured scene, with the object of judging his actions, of ascertaining if his words conveyed the meaning he intended or gave a false impression, if he overstated or understated in relating experiences to others. He reviews his moral attitude in relation to each scene and judges himself and blames where blame is due, praises where merited, and in this way restores harmony in his vehicles."

Concentration: "This exercise is performed in the morning at the very earliest moment after the individual awakes. He must not rise to open blinds or perform any other unnecessary act. If the body is comfortable he should at once relax and commence to concentrate. But if the body is uncomfortable he may rise to relieve the pressure before he begins the exercise. However, much of its efficiency is lost by the delay. . . . The object of this exercise is to still the physical body to the same degree of inertia and insensibility as in sleep, although the individual is perfectly awake, alert, and conscious. . . . When he learns to do that, he will see the spiritual side of an object or idea illuminated by spiritual light, and thus he will obtain a knowledge of the inner nature of things undreamed of by the ordinary man."

Farm Chemurgic Council

An event in science which may transcend in importance many of the greatest discoveries was the recent organization on a permanent basis of the Farm Chemurgic Although the initial purpose of the Council is to advance the industrial use of American farm products through applied science, the preamble of the articles of in-corporation discloses a wider interest. Here are excerpts:

"Thus science, with all the weight of its body of tested truth, confirms the conclusion of religion and philosophy: That life does have an adequate and satisfying ob-

jective, namely, the welfare of man.
"This advent of science into a trinity with religion and philosophy, becomes the most important social event in all history, for it gives tangible reality to the cardinal truths handed down through the ages, and in a fashion understood by the multitude. . . .

"Too much has man relied on his own vain intellect-too little on nature's laws in his effort to improve his environment.

The board of governors of the Farm Chemurgic Council includes six well-known scientists, including Dr. Robert A. Millikan of Caltech and Dr. Karl T. Compton of Massachusetts Institute of Technology.

The latter delivered a most provocative address at a conference of 1200 leaders of agriculture, industry and science.

"From the days of the cave man," he said,

"there have been only two primitive recipes for securing the materials desired for the more abundant life. One was to work hard and long in order to produce more, and the other was to take the good things of life from someone else by theft, conquest, taxation or exploitation.

"But there is something new under the sun in that modern science has given mankind, for the first time in the history of the race, a way of securing a more abundant life which does not simply consist in taking away from someone else. Science really creates wealth and opportunity where they did not exist before. Whereas the old order was based on competition, the new order of science makes possible, for the first time, a cooperative creative effort in which everyone is the gainer and no one the loser. . . .

"This new approach to the more abundant life is so firmly based on logic and expe-rience that I find it difficult to understand why it has received so little attention by social reformers."—William Barton in Los Angeles (Calif.) Times, Aug. 15, 1937.

Nearly twenty years ago Max Heindel prophesied that in time science would prove that religion was right in its principle teaching as propounded by occult philosophy, and the newspaper article from which the above excerpts are printed bears out his understanding and foresight. He wrote as follows:

"Occultism hails with joy the discoveries of modern science, as they invariably corroborate what occult science has long taught. The day will come in a not far distant future when science will have become as thoroughly religious as religion itself. . . .

"At the commencement of the twentieth century a further step was taken. Publication of the Rosicrucian philosophy.] It was realized that something must be done to make religion scientific as well as to make science religious, in order that they may ultimately blend. . . . As science advances it discovers more and more that there is a spiritual side to the universe, that life and consciousness may exist without being able to give us a sign. . . .

"Religion, Art, and Science are the three most important means of human education, and they are a trinity in unity which cannot be separated without distorting our viewpoint of whatever we may investigate.

"True religion embodies both science and art, for it teaches a beautiful life in harmony with the laws of nature.

"True science is artistic and religious in the highest sense, for it teaches us to reverence and conform to laws governing our well-being, and explains why the religious life is conducive to health and

beauty.

"True art is as educational as science and as uplifting in its influence as religion. In architecture we have a most sublime presentation of cosmic lines of force in the universe. Sculpture and painting, music and literature inspire us with a sense of the transcendent loveliness of God. . . .

"Nothing short of such an all-embracing teaching will answer the needs of

humanity permanently.

"A spiritual religion, however, cannot blend with a materialistic science any more than oil can mix with water. Therefore steps have been taken (by those guiding our evolution) to spiritualize Science and make Religion scientific."

Scientist Thinks He Has Seen Thought Waves

New discoveries about the aura, or emanation which surrounds the human body, were disclosed to the "News Chronicle" yesterday by the scientist who is carrying on the work of the late Dr. Kilner, of St. Thomas's Hospital, pioneer explorer of the aura.

Kilner sensitized his eyes with dicyanin, which enabled him after patient experiment to observe with the naked eye the actual "waves" of the aura.

A new sensitizer has been discovered by the present investigator which enables him to see waves of 300 millionths of a milli-metre, nearly a third shorter than those visible to Kilner.

The investigator believes he has actually

seen the waves of thought.
"When I have fully established its existence and qualities," he declared, "I shall have brought transmission of thought from

a possibility to a scientific probability."

He is convinced that the aura is of first importance to medical men in the diagnosis of disease.-News Chronicle, Jan. 12, 1937.

(Continued on page 526)

Question Department

Sales .

The Inner Meaning of the Sacraments

Question:

Will you please give me the true meaning of the following sacraments: Marriage, Baptism, Communion, and Extreme Unction?

Answer:

Each individual has four vehicles through which he is functioning during his present stage of evolution. These vehicles are the dense, vital, desire, and mental bodies. Each body has a seed atom from which it grows and develops.

All of the sacraments have to do with the transmission of the above mentioned seed atoms which form the nuclei of our four bodies.

The sacrament of marriage opens the way for the transmission of the physical seed atom from the father to the mother and tends to preserve the race against the ravages of death.

Baptism as a sacrament signifies the germinal urge of the spirit for the higher life—the planting of a spiritual seed.

Holy Communion, the partaking of bread made from the seed of the chaste plants, and the communion cup, symbolizing the passionless seed pod of the flower, points to the age to come—an age where marriage will be unnecessary to transmit the dense body seed atom from the father to the mother, for at that time each individual will be able to feed directly on cosmic life and thereby overcome or conquer death.

Extreme Unction is the sacrament which marks the breaking of the silver cord and the freeing of the seed atom of the dense body at the time of death to go with the freed spirit into the higher realms, there to assimilate the experiences of its past life before again returning to the physical plane to seek a new embodiment.

THE NEW AGE

Question:

Is the New Age or the New Galilee the same as the Aquarian Age? If not, what is meant by that term?

Answer:

The New and Aquarian Ages are not the same. The Aquarian Age will follow the Piscean Age in which we now live. The New Age involves living in the air as we now live on solid ground. We shall function in our soul bodies (composed of light and reflecting ethers) and not under the same material conditions that pertain to the earth. We shall not need to partake of material sustenance but shall subsist on the substance of the air and ether because we shall live and have our being entirely in the aerial region. This existence is not reserved for a few advanced individuals but for the majority of mankind who will then have evolved the soul body to quite a state of perfection.

The New Age marks the Second Coming of the Christ to which John the Revelator referred when he said: "I saw a new heaven and a new earth: for the first heaven and the first earth were passed away; ..."

APPLYING THE PHILOSOPHY IN DAILY LIFE Question:

How would you go about to apply the Rosicrucian philosophy in every day life?

Answer:

The keynote of the Rosierucian philosophy is expressed in two words, namely, loving service. To apply these in the daily life one should always be ready to render assistance to others where it is needed. This does not necessarily mean that we should relieve others of their responsibilities, or share our substance with them; but it does mean that we

should ever be ready to assist others to help themselves whenever it is possible for us to do so. Handing out money indiscriminately, or taking another's responsibilities on oneself, might tend to weaken the morale of such a one and cause him to lose his self-respect. But we can always try to aid a needy individual to help himself. Then, too, there is the great power of thought which can always be used to advantage. Kind, hopeful thoughts sent to others are of tremendous benefit to them, and have often lifted a despondent person out of great despair. The individual may not realize whence his renewed courage came, but the result is in evidence, and that is all that really counts.

When mankind learns to assist his weaker brother to help himself instead of taking advantage of his inadequacy, the human race will have taken a long step on the ladder of spiritual attainment.

PROTECTION WHEN OUT OF BODY Question:

Can another entity gain possession of a person's lower vehicles while the ego is out as an Invisible Helper, and how long and how strong is the silver cord?

Answer:

There is no danger whatever of another entity taking possession of one's lower vehicles while the ego, with its higher vehicles, is out as an unconscious Invisibe Helper. The unconscious Invisible Helper is fully protected while out of his body. With those who have evolved to the point where they can leave their bodies consciously, however, it is different. They are themselves responsible for any consequences which may result from the leaving of their bodies.

The silver cord is composed of three parts, one of ether, one of desire stuff, and one of mind stuff. No occult development is possible until the third part of the silver cord has been developed, but after it is completed the

ego may leave its dense body and roam the wide world, either consciously or unconsciously, depending upon one's spiritual development. In either case, the ductility and elasticity of the third part of the silver cord, which is made of mindstuff, serves as a link with the lower vehicles. There is no danger of its being severed unless it has become more tenuous through illness.

WHY THE MOON WAS THROWN OFF THE EARTH

Question:

Please explain the separating of the Moon from the earth; that is, the severing of the umbilical cord. What effect will it have upon the Moon and upon the inhabitants of the earth?

Answer:

The Moon is an eighth sphere. It was thrown off from the earth to be used as an abode for the failures who have been incarnating on the earth from time to These individuals have lost out. so far as our present scheme of evolution is concerned. From the Moon they will be sent to the planet Saturn where they will be stripped of their seed atoms and thence be sent back to chaos where they will remain until another Day of Manifestation begins suitable for them to commence their evolutionary journey all over again. When all the inhabitants of the Moon have been thus removed, the planetary attraction between the earth and the Moon will be released and the Moon will gravitate to the belt of planetoids surrounding the Sun where its particles will eventually disintegrate.

The inhabitants of the earth by that time will be evolved enough so that they will be freed from the necessity of receiving help from the reflected light sent here by way of the Moon to further their development.

The attachment between the earth and the Moon is magnetic. They are not connected by a hypothetical umbilical cord.

Autrition and Gealth

Rosicrucian Ideals

The Rosicrucian Teachings advocate a simple, pure, and harmless life. We hold that a plain vegetarian diet is most conducive to health and purity; also that alcoholic drinks, tobacco, and stimulants are injurious to health and spirituality. As CHRISTIANS we believe it to be our duty to avoid sacrificing the lives of animals and birds for food, also, as far as possible, to refrain from using their skins and feathers for clothing. We hold vivisection to be diabolical and inhuman.

We believe in the healing power of prayer and concentration, but we also believe in the use of material means to supplement the higher forces.

Our motto is: A SANE MIND, A SOFT HEART, A SOUND BODY.

Dr. Bunkum's Potassium Cure-All

BY EDYTHE F. ASHMORE, D.O.

N that clever book of last year. Why Be Tired, the author very pertinently says, "Facts and fads avoid each other." If he had had in mind the ballyhoo with which potassium has been launched upon an unsuspecting public, he could not have described the situation better. The fad to "promote proper elimination by the potassium broth method" is the greatest example of chicanery I have been privileged to observe in many years. According to a pamphlet I have before me, potassium broth is claimed as a miracle cure for everything; in my own terms I should say from pediculosis to spondylolisthesis. If we dared to believe just half of what they say, we should live in a constant state of worry over our eliminations. Testimonial upon testimonial is given to prove the great and good results obtained from drinking potassium broth and nothing else for seven days. The letters begin "Dear Doctor" but as I fail to find any letters indicating a degree from a legitimate institution of learning, I take it that the title is really "Doctor of Balderdash."

Let us see what the medical dictionaries say of potassium, or potash, if you prefer the name of its commonest salt, potassium carbonate. I quote from Gould: "In large doses by the mouth potassium

salts act as irritants to the gastro-intestinal tract; the circulation is generally depressed by them; large doses cause a rapid fall of pressure and pulse-rate; injected into a vein salts of potassium cause paralysis of the heart." In confirmation let us see what the chemists Sansom Wright: "Excess potassium causes increasing relaxation of the heart and finally brings about arrest in complete diastole." Philip B. Hawk: "Excessive intake of potassium produces a rise in the urinary output of sodium and chlorine." H. C. Sherman, dean of American biochemists, says: "Because potassium and sulphur are so widely distributed in both the plant and animal products which we use as food, it seems safe to assume that food supplies adequate in all other respects will be adequate in these."

Thus we see that the potassium broth by reason of its containing an excess of this mineral element really is a cathartic. Different authors concoct it from various fresh vegetables, from four to seven in number. In computing the acid-base balance of such a broth I chose celery. chard, carrots, dandelion greens, parsley, and spinach, and the result was an excess in alkalinity amounting to 93 per cent. Again and again I have said that one of the primary laws of nutrition is to avoid

excess. This time the excess is in alkalinity, which is a phase of diet never presented in the literature of the faddists. Alkalosis is as dangerous as ketosis, which is the proper term for an excess of acid.

"What, oh, what shall I do with the big supply I have laid in of Dr. Bunkum's potassium broth?" asked a good housewife of me at the close of a lecture.

"That is not a difficult thing at all," I replied, "for all you will have to do is to balance its alkalinity with an acid food, as, for instance, cooked rice, croutons, or pearled barley, and serve an egg dish at the same meal, or macaroni and cheese."

The so-called health food lecturers in the end prove to be advertisers for manufactured goods so even if their "lectures" are free they are probably being well paid by some company selling desiccated vegetables.

The best question I have been asked by those who have used the potassium broth for elimination purposes, is, "What is the best way to take a rest from solid food?" The advice I give in answer to this question has been concurred in by several people who may speak with greater authority than I. Fasting for two days with water drunk as regularly as usual and in equal amount is occasionally a good practice. After two days one has exhausted the reserves of calcium and protein in particular and therefore two days should be the extent of a complete fast. My own preference is for a fruit juice fast, adding plenty of water to the juice. The advantage of this is that the organic acids in the juices stimulate the motility of the upper intestines. They are also completely burned in the body liberating some energy, and in addition, orange juice is to a certain extent a calcium-sparer, which means that there would not be so much depletion of calcium in the fasting.

The return to food is an important matter. The first food should be a cultured milk or buttermilk to which lactose has been added to induce the growth of a more favorable type of bacteria in the upper intestines. Then add vegetables to the diet, green and root vegetables like carrots, later, salads, and lastly cereals and protein foods.

To insure oneself the greatest benefit from this course of action, one should forego coffee, sweets, and foods that are too refined which usually lack bulk. What is always needed by the intestines is food material that is high in residue which remains after the food stuffs have been broken down and their nutritive elements largely absorbed; it is this residue that holds water and is carried along to excretion. For this reason agar agar has been recommended by physicians to those who find the cellulose of vegetables irritating.

I assume that you have perceived the thesis upon which these articles have been written, namely, that it is our duty to supply the body with whatever nutritional element is deficient by eating at all times a diet that is complete. There are a few minerals in which the American diet as a whole seems to be deficient-chiefly calcium, iron, iodine, and occasionally phosphorus, chlorine, and sodium. The last two are deficient in our diet because many people are following the advice of those who are ignorant of the chemistry of the body or of those who maliciously misrepresent the facts for purposes of their own. The other mineral elements are plentifully supplied in practically all of our foods and it is the opinion of the wisest of our chemists that we may leave to chance the securing of these for as I have pointed out above, an excess of any of them is more or less dangerous.

As we have seen before, calcium plays a major part in the formation and repair of the hard, sustaining, skeletal framework of the human body, the bones and the teeth. But the building and maintenance of structure is not all the function of calcium for it plays a vital part in preserving the balance among other minerals, or in other words, in the acid-base balance of the body. It has much to do with the control of muscular

contractions, especially with the rhythmic beat of the heart; it has also an effect upon the nervous system helping to make possible the normal response to stimuli. The coagulating power of the blood is dependent upon three factors, one of which is a calcium salt.

Experiments upon children and upon adults of all ages have been made in many clinics and the general conclusion is that a quart of milk taken daily by children will supply an adequate amount of calcium, for children do not show the same good results when one-half of the calcium is derived from the right amounts of vegetables. Adults seem to respond to the calcium content of the vegetables better than do children but even with them a pint of milk should be included with the day's dietary. Whole milk is a good energy food for one quart of milk is equivalent to 675 Calories. This is one of the reasons for insisting that it shall form part of the daily food of a child.

To one who likes milk it is most astonishing how many people don't like it, or think they don't, and the excuses they offer for avoiding it are often very amusing. One of the commonest is that it seems to cause mucus in the throat. Perhaps some people who have a chronic congestion of the mucous membrane of the pharynx will find that the cream may cover the mucus with fat; in that event it would be more difficult to rid oneself of the mucus; in such a case, why drink whole milk? Why not drink skim milk or buttermilk?

Some tell us they would prefer to take an equal amount of calcium from vegetables, in fact they are sure that they are already getting enough calcium in that way. They are braver than I for the thought of eating daily four pounds of string beans, cabbage, or carrots, to get the equivalent of the calcium in one quart of milk doesn't appeal to me, nor does ten pounds of fresh green peas or beets, or eleven pounds of butter, or twelve pounds of grapes. Even the right fraction of each of them added together

to give the right amount is a stint utterly beyond me. The last time I had a patient who thought she could not persuade herself to drink milk, even a pint a day. I handed her a list with the equivalents in calcium of that amount and it read as follows: 3/4 lb. cauliflower, or 11/2 lbs. celery, or 21/2 loaves whole wheat bread. or 81/2 lbs. potatoes or rice, or 1/8 lb. She tried adding parts of the above for one day and then telephoned me that she would prefer a menu of hot milk chocolate, custard, Welsh rarebit, a salad of shredded raw carrots, celery. and string beans. She said she might even try to mix orange juice and milk which gives a very easily digested curd and she would eat a reasonable amount of milk bread.

Dr. Henry C. Sherman points out that because calcium is so very irregularly distributed among staple articles of food, even if the food supply may appear to be liberal and varied, unless it contains a good proportion of milk and green leaf vegetables, it may be calcium-poor. If we are interested in preserving good health, the first consideration in food should be a sufficient supply of calcium.

Fortunately there are few diseases that can be traced to the lack of calcium alone. These usually come under one name, tetany, which means convulsions or muscular spasms. In children under two years of age, it is frequently fatal, but in adults, except when the muscle of the heart is seized, there is little more than the discomfort of the patient and the knowledge that there is probably no cure, merely relief secured by lowering the intake of foods containing a large percentage of phosphorus and increasing the foods which contain more calcium, as summer squash, egg whites, celery, broccoli, beet greens, kohlrabi, turnips, water cress, and chard. The parathyroid glands are more or less at fault.

Magnesium is a very commonly distributed mineral salt in plants and seeds, especially found in beets and beet greens, nuts, parsley, rice, rye, wheat, oatmeal,

(Continued on page 516)

Patients' Letters

England, Aug. 19, 1937.

Rosicrucian Fellowship, Oceanside, California. My dear Helpers:

I think I asked you about my spine in between the shoulders and also nape of neck as there is weakness there.

My head is much better. I don't feel dazed in the morning now and there is a great improvement in the water I pass.

I feel so thankful to you. I have passed through a most difficult time and but for your help I don't believe I would have got through. When I first applied to you for help I felt myself to be a permanent invalid—so many serious things were wrong.

God help you with your marvelous work. Yours ever truly, C.V.G.

California, June 25, 1937.

Rosicrucian Fellowship. Oceanside, California.

Dear Friends and Healers:

This will be my last letter as my health has improved so much, that I feel I am taking the place of some one who needs your help badly.

Two years ago I was in a very bad shapemy skin was dry and dead, my eyes lifeless, I was heavy with dropsy. And now! My skin is young and soft, my eyes full of life, my hair is soft and new hair is coming in thick, my ankles no longer swell, all body odors (from dropsy) have left me. Can you wonder that my heart is almost burst-

you wonder that my neart is almost bursting with love and gratitude?

Knowing how and what to eat, living up to Max Heindel's beautiful teachings, taking careful thought for my strength, diet, rest and baths, I know that if I get sick it is my own fault— I know what's right and it is no to me to do it.

it's up to me to do it.

God bless you all for all you have done for me. At present I can only show my appreciation by living the right life, and being a living example of your work.

Yours sincerely, —Mrs. W. L. A.

Washington, July 19, 1937.

Rosicrucian Fellowship, Oceanside, California.

Dear Friends:

Thank you for your letter of June 25th. I had a most wonderful delivery and became very much aware of the presence of Invisible Helpers. If I had ever had any doubt of Invisible Helpers and Divine Power, I lost it when I was waiting for the birth of my child. I had an easy delivery and although an anaesthetic was given I overcame its power and surprised everyone at the hospital.

Thank you for your help. or your near.
Sincerely yours,
-T.M.H.

Healing Dates

October 4—11—18—24—31 November 7—15—21—27 December 5—12—18—24

Healing meetings are held at Mt. Ecclesia on the above dates at 6:30 P. M. If you would like to join in this work, begin when the clock in your place of residence points to 6:30 P. M., or as near that as possible; meditate on health, and pray to the Great Physician, our Father in Heaven, for the healing of all who suffer, particularly those who have applied to the Invisible Helpers.

People Who Are Seeking Health

May be helped by our Healing Department. The healing is done largely by the Invisible Helpers, who operate on the invisible plane, principally during the sleep of the patient. The connection with the Helpers is made by a weekly letter to Headquarters. Helpful individual advice on diet, exercise, environment, and similar matters is given to each patient. This department is supported by freewill offerings. For further information, address, The Rosicrucian Fellowship, Oceanside, Calif., U.S.A.

DR. BUNKUM'S CURE-ALL (Continued from page 515)

legumes and fresh pineapple. Seventy per cent of the magnesium found in the body is in the bones and teeth. In muscle tissue there is more magnesium than calcium. It is an important part of milk and during the period of lactation. every mother should see to it that her diet contains plenty of this element. Experiments and tests have proved that it is always deficient in cases of sterility in the male. In colleges, football squads receive foods containing this element and potassium in greater quantity. Excessive exercise seems to deplete these two minerals more rapidly than others.

SUMMARY

Among the mineral salts calcium plays a major part. It is present chiefly in milk and vegetables. At least one pint of milk should be drunk daily by every human being of whatever age.

Magnesium and potassium are among the salts that give an alkaline ash when burned and they are valuable in moderation but dangerous in excess.

VEGETARIAN MENUS

BREAKFAST

DINNER

SUPPER

Before Breakfast

Tomato and Onion Salad Fresh Apple Juice, 8 oz. Gluten and Vegetable Stew Fresh Green String Beans (frenched)

Crisp Celery Hearts and Ripe Olives Corn Pudding Hot Apple Sauce on French Toast Ambrosia

Soft Boiled Egg Knacker-brot Honey and Cream Coffee Substitute

Baked Sweet Potatoes Fresh Sliced Figs with Date and Nut Whip

RECIPES

Tomato and Onion Salad.

Slice medium-thin three ripe tomatoes and one large Spanish onion. Arrange alternately on garnished plates slices of tomato and slices of onion. Garnish with quarter sections of two hardboiled eggs and serve with boiled salad dressing.

Gluten and Vegetable Stew.

Prepare gluten as follows: Mix 21/2 pounds flour and enough water to make a stiff dough; knead thoroughly. Place in a large baking bowl and cover well with cold water; let stand for two hours. Then wash all the starch out of this dough by placing it under running water, washing all the while until the water is almost clear. Prepare a broth by adding savita, chopped onion, bay leaf, and a little garlic to 11/4 quarts of water. Cut gluten in two-inch pieces. When liquid is boiling, drop gluten pieces in one at a time. Boil 1/2 hour. Remove from liquid and braise in iron skillet with finely chopped onion. Then add to prepared and cooked fresh peas and diced carrots. Place in baking pan and pour over all a thin gravy made from the gluten broth. Place in oven for fifteen minutes and serve.

Corn Pudding.

Ingredients: 1 can of whole kernel bantam corn, 1 tablespoon sugar, 2 eggs, 1 pint milk, 1/2 teaspoon salt, 1 tablespoon melted butter.

Beat the eggs slightly, add the milk,

sugar, salt, and melted butter and then the corn. Turn into a baking dish, set in a pan of hot water and bake in a moderate oven thirty to forty minutes, or until set like a custard.

Date and Nut Whip.

Ingredients: Dates, chopped nuts, bananas, whipped cream. Chop dates and steam slightly. Mash fully ripe bananas to a pulp and stir into steamed dates; add nuts. Fold in whipped cream and garnish with chopped nuts.

> Fresh Green String Beans. (frenched)

Shred beans diagonally (french), making several pieces to each bean. Steam or boil until tender. Remove from fire and season with vegetable salt and butter. Serve at once.

French Apple Toast.

Ingredients: 1/2 cup milk, 1 egg, 4 slices whole wheat bread, 2 cups apple sauce.

Beat the egg slightly, add the milk and dip the bread into mixture. Place in a buttered pan and bake until nicely browned. Serve the apple sauce on each slice of the toast.

Ambrosia.

Peel, and carefully remove all the white skin of 2 oranges and 2 grapefruits. Slice moderately thin and arrange in alternate slices on glass plates. Garnish with shredded cocoanut and macaroon crumbs.

Children's Department

The following article received THIRD PRIZE in our Manuscript Competition.

Tales of a Tart-Boy

A Young Pilgrim's Progress

In Six Parts and a Postscript. A Story for Grown-Ups to Enjoy Reading Aloud

BY IEN WULF

PART FIVE

TART-BOY'S DREAM, AND WHAT CAME OF IT

Tart-Boy lay asleep in the sweet-smelling hay, he dreamed he saw the burning sun spinning away from other suns and stars of different sizes and groupings. They were all whirling together in space or the sky in a great flat-like wheel around an invisible center that kept them traveling in their places. He saw the earth too, whirling around the sun-as it was thousands of years ago. The crusts of land had cooled and were beginning to be covered with green growing things. With the help of the strong sunlight and the Evolutionary urge of the good Earth itself, various kinds of life mysteriously formed in the shallow pools of warm water.

Then later, the life and the fishes which were in the waters felt the urge to crawl upon the land into the air and sunshine. Some grew legs and others grew wings in order to fly through the air like aeroplanes. They even developed after a time into higher forms—what we now call prehistoric animals—getting better and more compact and finer all the time. The apes and monkeys that came along later were particularly clever with their front feet, which finally formed into hands in their cousins the human

beings (or so most study-people and scientists think). At any rate, it is wonderful to think what our hands have done for us and are still doing for us every day. They are good servants; but man often allows them to do evil things as well. They will do whatever the mind orders them to do, you see.

Just at that moment in the dream, Tartullian suddenly woke up. For a moment he scarcely realized where he was, but he thought he heard voices so he made no great movement but slowly turned his head so he could see toward the other end of the havloft. Great goodness! There were the fairies! They seemed to have come into the loft to rehearse a play or entertainment, perhaps for the Faery Queen, for they were all squatting in a ring about a central figure who seemed to be trying to remember a recitation of some sort. But the poor little brown fairy had the hiccoughs and just as he was doing nicely, with a little prompting from the others, he would hiccough so violently that it nearly took him off his feet. Some of the other little fairies would laugh at him, but on the whole they were too concerned about his condition to tease him. Tartullian could scarcely believe his eyes and was careful not to move a hand to frighten them away. However, when one or two of the fairies jumped up and down at the little

one trying to recite, in order to try and scare his hiccoughs away, the boy involuntarily let forth a ringing laugh. Presto! Were there any fairies in sight? Not a one; they had all scampered away like mice. Tartullian knew he would see no more of them, so he stretched and yawned a bit, rolled over, and went back to sleep.

the earth and the things around him than he did about himself; that was the trouble.

In those days, as today, the Sun Spirit around which the earth turned was far from satisfied. He wanted Man to find his sources and his beginnings; to develop or become aware of a spirit too as well as a body and realize himself a true



Now did you ever wake up, go back to sleep, and find yourself in the midst of the same dream you were having before you awakened? That's what Tart-Boy did, for he saw the Earth in its earlier days again, and by now this man-creature had almost overrun and possessed the whole thing. But Man knew more about

representative of the best that is (or God in Earth) and a true part of the Earth itself: therefore a part of the Spirit of the Sun shining onto the Earth, and of all he could feel and know above and around him. He wanted Man to realize that in his heart he carried an image of the true Lord and the true God. Through

such as might know Him and find Him in their own hearts, the Sun Lord could pour forth His strength and His love and His good works unto all the earth and unto all men. Thus might Man advance much farther and be so filled with Light, and wise with Love that he would become co-ruler and king over all things.

Do you remember what King Courageous had told all the searchers? Well. at that moment Tart-Boy dreamed something most "speshul" and personal about the Blue Stone Image. It seemed there grew back of his heart, somewhere very near, a golden yellow flower shaped something like a tulip. Its stem reached down and rooted deep within him, and its tip was quivering and moving as if it were about to open. Then sure enough it did open, and just inside the golden petals was a spaceness of beautiful electric blue with a blue light streaming Tart-Boy held his breath even in the dream for fear of disturbing what was about to happen. Slowly, very slowly, right in the very center of that blue light in the yellow-mellow flower there appeared a darker blue figure or image of someone.

Wonder of wonders! It was the image or picture of Good King Courageous himself! The Blue Image of the King was right there close to him, in his own heart.

Again Tartullian woke up. What a wonderful dream! So that was the secret! He felt a surge of joy and gratitude that at last—through unselfishness and kindness-he had been privileged to find the Blue Stone everyone was searching for. Of course that was what the King had meant. Right in each person's own heart was the Blue Image of his King, hidden away in a yellow flower as golden as the Sun. But would he be able to help other people to understand this? That was the question. He wanted to shout for joy. Surely the others would listen to him if he was really anxious to serve and help them in the search. But we shall soon find out about that.

"Hurrah!" he suddenly sang out.

Image at last. I've found the Stone. Hurrah!"

When he shouted the cricket in the hay stopped singing at once. The horses down below in the barn were frightened and began to jump about. Then a rooster crowed and Tart-Boy thought it must be near morning. He was anxious to tell Hulda and Hulda's mother about the secret as soon as possible. However, as he didn't want to frighten anything or disturb anyone he decided to roll over for a good sound sleep. His last thoughts were to wonder about all that might happen when he got back home again.

Bright and early next morning, before the sun was up, Tart-Boy was at the kitchen door of the little blue house eager to have his breakfast and be off on his journey back home. He was getting his ball of yellow twine straightened out so he could wind it up and trace his way to the land of King Courageous.

Hulda was delighted indeed when she heard all about Tartullian's dream. She clapped her hands with delight over his guessing the riddle when he wasn't even trying to. Hulda's mother was happy about it too. She thought it wonderful that right there on her own farm and partly through her help and advice he had found the secret of the Blue Image. After much urging from Tart-Boy she consented to close up the little house temporarily and journey with Hulda and Tartullian back to the palace of King Courageous to join in claiming the reward.

Now as they were traveling and were winding up the ball of yellow goldensilken string on their way, undoing all the knots as best they could, who should they come upon but the same group of people they had left behind when Tartullian rescued the cat. These searchers had gotten nowhere since the youth had left them. Tart-Boy felt sorry and at once tried to share his secret. Do you think they were ready to even listen to him? No, indeed. When he called them together and told them the "Blue" wasn't a real stone at all but was a beautiful realization each must meditate

and think about and FIND within himself, there was quite a storm of protest.

"What! You Tart Seller! Have a stone inside me? I should say not!"

The boy explained.

"It isn't a stone when it comes alive in you. It's a symbol or make-believe stone, don't you see?"

Hulda's mother tried to help and suggested that our hearts are indeed like cold stones until the God within melts them into warm yellow and pure gold.

"Such nonsense," they all shouted. "We'll 'stone' you, and with the kind you deserve." And picking up some rocks from the road they chased poor Tart-Boy and Hulda and Hulda's mother a long way off.

"Let them go back to the King," they said sarcastically. "He'll only laugh a good laugh at them and probably throw them into prison for the crazy loons that

they are."

Of course Tart-Boy and his new friends did wonder a little and feel somewhat doubtful themselves as they journeyed back along the road alone. Hulda and her mother tried to undo the snarls in the string, but they felt a little downhearted. It was not so much because they had lost faith in the Truth themselves but because the people they had to leave behind were so blind and stubborn and determined not to understand.

"That's all we can do," sighed the Tart-Boy. "They'll learn for themselves

sooner or later I suppose."

Then Hulda's Mother made another

suggestion.

"Let's find the Philosopher Balloonatic you told us about. Being more of a clown, he'll probably listen to our story."

So they set off in good faith, and sure enough, when they found the Philosopher he was completely "abstracted" over the idea. He had been staring at a blade of grass and had forgotten all about the mud on his trousers, so it was still there. When he was finally able to concentrate on what they were telling him, however, he agreed it was the proper and fitting answer to the problem of the Blue Stone

Image. He said at once that he'd be only too glad to wind up his string and journey with them back to the old home town. Whatever would the King's reward be? (Concluded next month—The Blue Prince)

The Goblin's Song

BY CYRIL VERNOR

I once saw a goblin perched on a rose
Patiently waiting until the moon rose,
He was cheerfully chanting a wonderful
rhyme

A rhyme he had known since the beginning of time.

He sang of the fairies and water sprites

Of the millions of creatures who live in the air.

The sweet little primrose that lives in the dell.

Of the beautiful buttercup and bonnie bluebell.

He sang of the hoot owl and mournful loon

Of the long summer nights which end all too soon,

The croak of the bullfrog so arrogant now

Which will fall to a whisper at the low of a cow.

He sang of the echo down in the glen
An echo which puzzles all little men;
The maidenhair fern and beautiful rose,
Of the immaculate whiteness of winter
snows.

He sang of the charms of the Fairy Queen

A lovelier creature never was seen,

How she rides through the sky each night On the back of a butterfly clad in moonlight.

I wanted to speak to that goblin bright Of the wonderful things which he sang that night,

But just as I moved to bid him good eve Up came the moon and he took a quick leave.

Echnes from Mt. Ecclesia

UESDAY, September 28, Mrs.
Max Heindel left Headquarters
for the East where she attended

the Conclave of the Rosierucian Groups held at Utica, N. Y., Sunday October 3.

"It was a wonderful turnout," writes Mrs. Heindel the morning after the Conclave. "Rochester, Schenectady, Syracuse, New York City, and Trenton, N. J., all had representatives present. Mrs. Mansfield's spacious double parlors, halls, and library were crowded to the doors. . . . Mr. Schwender gave a splendid short talk in which he touched upon Center problems in a remarkable manner. . . . The reception extended to me has been so full of love—my dresser is covered with bouquets of roses."

Painstaking preparations were made by committee members and students to make this First Conclave the outstanding event in service and cooperation which it was. We wish we could print the entire program, as well as the Preamble and "Outline of Ways and Means to Serve our Communities and Humanity."

At nine o'clock Sunday morning the Conclave opened with Greetings of Welcome by Mr. Fred Schwender, of Utica, followed by Roll Call of all members present, by Mr. Hans Schmidt, secretary, of Schenectady. Mr. Edward Sands, chairman, of Schenectady, gave a brief Keynote Speech.

The inspiration of instrumental music was given by a Trio composed of Mr. Raymond Kall, piano; Mrs. Louise Brucker, violin; and Mr. Edward Sands, 'cello. Vocal numbers were given by Mrs. Johanna M. Kall and Mrs. Emma Ven Vertloh.

At ten o'clock all joined for a half hour in the regular Rosicrucian Fellowship Service. After a recess for light refreshments and repose the Business Meeting took up the consideration and free forum discussion of the work under the following divisions: Center Work—Definite affiliation with Mt. Ecclesia; Teaching of Philosophy and Astrology; Devotional Service and Practice; Healing Work; Training of Teachers and Training of Speakers.

Inter-Center Work—Advertising our books; Place our books in Book Stores, and our Magazine on Newsstands; Clip news items in newspapers on important happenings, relating these in terms of our Philosophy; Use teaser ads calling attention to the Cosmo-Conception; Exchange Student Speakers from one Center to another; Place our books in every conceivable kind of library; Join Mt. Ecclesia in united effort as a Chartered Center, and lay a definite program for work and growth; Prepare for 1939 World's Fair.

What Can the Individual Do?—Distribute our literature anonymously; Visit the sick in hospitals; Read to the Blind; Work with crippled children; Teach occupational therapy to shut-ins: Sponsor a wayward boy or girl; Say a burial service over the pauper dead; Visit prisons, the sick, the heart-broken; Act as community counsellors; Write articles for our magazine; Write talks on our philosophy for exchange among Centers as teaching material; Train oneself as a public speaker; Astrologers of tact and sound judgment to cooperate with physicians and surgeons in research to link the findings of astrology with those of academic science.

Three points specially stressed were: Closer cooperation with Headquarters; Better methods of elucidating our Rosicrucian Philosophy, Astrology, and Healing; Practical means of participating in the 1939 World's Fair in New York City.

The splendid spirit of the entire proceedings was shown in the following pledge commemorating the Conclave, its ideals, motives and methods: "May our Fervor, our Faith, our Fidelity be ever consciously active for the firm Principles and Truth as promulgated by Max Heindel's Rosicrucian Cosmo-Conception and the Rosicrucian Fellowship, at Oceanside, California."

In addition to taking part in the Conclave at Utica, Mrs. Heindel also lectured in Rochester, Schenectady, New York City, and Trenton, New Jersey.

Rosicrucian News Bureau

The Western Wisdom School teaches as its fundamental maxim that "all occult development begins with the vital body," and that the keynote of the vital body is repetition. In these statements are embodied the fundamental laws upon which is based the use of rituals or Services by the Rosicrucian Fellowship and its Centers.

Law is a curb on the desire nature, but where spiritual advancement is contemplated, the spiritualization of the vital body must also be accomplished. That is attained by means of art and religion, in oft-repeated impacts. Memory, for instance, which is one of the faculties of the vital body, is developed and strengthened by constant iteration and reiteration. Also, the Bible tells us to pray without ceasing, and this command was indited from a knowledge of the nature of the vital body, which requires repetition for its spiritualization.

In addition, occult science teaches that sound is creative, and that every sound produces a different formation. Consequently, if a certain sound produces a certain effect, we cannot change the sound without also changing the effect, and we therefore conclude that it is essential to use our rituals or Services without change. The change of even one word causes a different sound effect when read, and the power and full benefit of our rituals depend upon the persistent use of them—without change—by our members and Groups.

TORONTO, ONTARIO, CANADA.

The spiritual nucleus is being maintained by the loyal members of this Group, in spite of the heat which has existed during the summer months. Our correspondent writes, "We feel that those who make the effort to come to our little upstairs meeting where the mercury has been in the 80's are really in-

terested. We try at every meeting to stress the spiritual values of Love, Service, and Toleration."

Perhaps many of our students do not fully realize what a force for good can be generated by a few people who are truly interested in spiritual achievement. While we of course wish to reach as many people as possible with the Teachings, we should also keep in mind that intensity and unity of purpose are the essential factors in focusing spiritual power and in bringing about the spiritual downpouring and consequent spiritual uplift of the members, which should occur at every class held in a Rosicrucian Fellowship Group. The contact with this spiritual impetus enables the student to face the world with a deeper understanding and a renewed desire to serve humanity.

MINNEAPOLIS, MINNESOTA.

Encouraging indication that this Center is operating according to true Rosicrucian principles is given in such statements as the following from the Secretary: "Of course we are trying to make our Center as democratic as possible. . . . Everyone is given opportunity for individual expression, with harmony and mutual understanding as keynote. . . . There have been new faces at almost every meeting, and these new people have nearly all stayed with us." Results of endeavoring to make the Center a real co-operative endeavor are also shown in the consistently good attendance marked on the report sheet.

BURLINGTON, VERMONT.

There are numerous indications these days of a renewed interest and zeal in the Work on the part of our members all over the world. One comes from the Secretary of the Group in this city:

World Headquarters

OF THE

Rosicrucian Fellowship

Mt. Ecclesia Oceanside, California, U.S.A.

Centers and Study Groups

Services and classes are held in the following cities. The public is cordially invited.

Addresses of unchartered Centers and Study Groups may be had on request.

CHARTERED CENTERS IN THE U.S.A.
AND CANADA

Burlington, Vt .- 91 No. Union St.

Calgary, Alta., Can.-108 14th Ave. W.

Calgary, Alta., Canada.—Young People's Group, 1318 15th Ave. W.

Chicago, Ill.—Rm. 802, 155 N. Clark St. Ashland Blk., 8th Floor.

Chicago, Ill.—c|o Mrs. Magdelina Goveia, 4921 Montana St.

Cleveland, Ohio.—Carnegie Hall, 1220 Huron Road, Room 708.

Columbus, Ohio .- 253 N. Hague Ave.

Dayton, Ohio.—Y. W. League, East Room, 2nd Floor.

Denver, Colo .- 1088 Broadway.

Indianapolis, Ind.—319 N. Pennsylvania St., 3rd Floor.

Kansas City, Mo.-2734 Prospect.

Long Beach, Calif .- 361 E. First St.

Los Angeles, Calif .- 2523 W. 7th St.

Los Angeles, Calif.-4830 Floral Drive.

Milwaukee, Wis.—234 Fine Arts Bldg., 125 East Wells St.

Minneapolis, Minn.-1008 Nicollet Ave.

New Orleans, La.—429 Carondelet St., Room 201.

Portland, Ore.—Room 316 Dekum Bldg.

San Diego, Calif.—Rm. 9, 1039 7th St.

Shreveport, La.—1802 Fairfield.

St. Paul, Minn.-318 Midland Trust Bldg.

St. Petersburg, Fla.-525 7th Ave., South.

Toronto, Canada.—c|o Mary Tamblyn, 158 Hallam St.

Vancouver, B. C.—Room 12, Williams Bldg., Cor. Granville and Hastings Sts. "Our Fellowship meetings have been regularly held throughout the past winter with continued interest in our beloved Teachings. The attendance has been steady, ranging from a few to eighteen or twenty. We feel that many seed have been sown and will take root. We have had from time to time healings reported, but we feel that the time has come to make special effort for an extended interest with a larger attendance. Many copies of the *Cosmo* have been distributed by different members of our Group."

The present is a time of much opportunity for spiritual aspirants to serve humanity, particularly by endeavoring to reach others with occult truth, and the Higher Ones are using every channel available for doing this. They work particularly with those banded together in such Schools as that of the Rosicrucians, and assist them as much as they may in using their faculties to uplift their fellow beings.

LONDON, ENGLAND.

The tearing down of the building in which this loyal, energetic Group has been functioning necessitates a change of address, which is now 95 Belgrave Road, Westminster.

"We shall be carrying along steadily, as usual, during the approaching winter," comes the report. Very substantial results of past steady carrying on of the Work by the members here have manifested in numerous applications for studentship received at Headquarters, and we look forward to further fine accomplishment by them.

ROTTERDAM. THE NETHERLANDS.

From the President of the Center which meets at Claes de Vrieselaan 51A in this city comes a copy of a circular letter describing activities planned for the coming winter season. One thousand copies of this letter were mimeographed and given to the members for distribution among their friends.

Classes will be held in Beginning and Advanced Philosophy, and in Junior

and Senior Astrology. In the Senior Astrology Class the following subjects will be studied: the reading of the horoscope, the progressed chart, astrodiagnosis, astro-psychology, mythology, and Bible study as related to astrology. This wide field of subjects gives opportunity for everyone to study the particular phase of astrology in which he may be most interested. Besides these classes, which aim chiefly to develop the intellect, Devotional and Healing Services are held, so that a balanced development may result.

This Center has been a very active one, having contacted many people interested in a sane philosophy of life, and having brought many new members into the Fellowship. Both our Centers in Rotterdam, a city of about 600,000 inhabitants, have a large membership and are doing excellent work in spreading the Teachings.

DAYTON, OHIO.

The loyal students in this city continue massing their spiritual aspirations and endeavors in weekly meetings, although the heat prevented a few classes during the summer months.

"We find a few questions given as home work each week is of much help to the beginners," our correspondent tells us. "In a course of time we gave out four hundred questions from the first nine chapters of the Cosmo, and later reviewed them," she adds. Material for answering the questions is gleaned from the Question and Answer Department of the Magazine, as well as from the Cosmo and other books by Max Heindel.

It is beneficial to change methods of teaching occasionally, and the question and answer method may well be tried out by those who have not already done

Boston, Massachusetts.

"I have learned that wonderful help comes from the Invisible Ones if we only make the effort, and usually the help received is out of all proportion to the effort expended," writes a loyal worker in this city. We wish that all

Chartered Centers in Other Countries

BELGIUM

Brussels .- 74 rue Stevens Delannov.

BRAZIL

Sao Paulo.-Caixa do Correio, 3551.

BRITISH GUIANA .

Georgetown.-108 Thomas St., Kitty Village.

ENGLAND

Liverpool.-71 Upper Huskisson St. Telephone, Heswall, 304. London.—95 Belgrave Rd., Westminster, London, S.W. 1.

GOLD COAST, WEST AFRICA

Abokobi.—c o J. M. Boi-Adzete.

Kumasi.-Mr. Ben T. Vormawah, Box 69. Sekondi.-P. O. Box 224.

Takoradi.-c o E. Oben Torkonoo.

NIGERIA

Lagos.—c o Mrs. G. La Page, P. O. Box 202.

ARGENTINE

Buenos Aires.—Humberto 10 No. 2091.

PARAGUAY

Asuncion .- Louis Alberto de Herrera, Republica Francesa.

Asuncion.—Garibaldi 118.

PERU

Lima.-Box 637.

PHILIPPINE ISLANDS

La Paz, Iloilo.-19 Burgos St.

PORTUGAL

Lisbon.-Rua Renato Baptista 43 - 2°.

THE NETHERLANDS

Amsterdam.—Cornelis Springerstr. 21.

Apeldoorn .- Stationstraat 77.

Arnhem.-Mesdaglaan 18.

Den Haag .- Secretariaat: Roelofsstraat 88; Vergaderplaats: Sweelinckstraat 62.

Rotterdam.-Claes de Vrieselaan 51.

Rotterdam.-Bergweg 308.

Zaandam.-Oostzijde 386.

our members could fully realize the truth and significance of this statement. There is great need for our spiritual endeavors, and when we make the effort to become self-conscious channels for the work of the Elder Brothers, we may rest assured that we will be used by them. Desiring in all humility to be used by the Higher Ones in itself opens up the way.

"As several of the younger people are becoming more interested, we are going to try to start a 'Young Aquarian' Group," also states the report. We join our prayers to those of the faithful members of this Group in looking forward to the time when Boston will have a strong, powerful Rosicrucian Fellowship Center.

BOOMERANG

(Continued from page 497)

the time she found out you had been connected with that vacuum company, you had left their employ, and no trace of your whereabouts could be found.

"Eleven months ago she died. She had no relatives. She left the bulk of her fortune to the National Anti-Vivisection Society, except for the sum of one thousand pounds, which she bequeathed to you."

"To me? A thousand pounds? But it doesn't seem possible," he gasped.

"I assure you it is quite true," said the solicitor. "Our client was a fanatic about animals, and you saved her dog's life at the risk of injury to yourself. What is more natural than that she should want to recompense you?"

He paused. For a second he gazed at Richard Braund's dishevelled appearance, his thin, pinched face. "Of course," he continued, "if you would care to have a little of this money on account, say fifty pounds, I could arrange it for you with pleasure."

"Fifty pounds, did you say?" He laughed hysterically. "Considering I haven't a cent in my pocket, fifty pence would be a Godsend, Mr. Salter!"

Mt. Ecclesia Birthday Picnic

Thursday, October 28, 1937, marks the twenty-sixth birthday of Mt. Ecclesia as World Headquarters of the Rosicrucian Fellowship. Members and friends are invited to celebrate this momentous and joyous event with us. Will you drop us a card telling us we may expect you? Thank you.

The picnic will be held in beautiful Live Oak Park, near Fallbrook. We leave Mt. Ecclesia at 10:00 A.M. There will be a picnic luncheon and the numerous pleasurable activities of this happy occasion, not the least of which is the reunion of friends. We hope that all who are near enough to do so, will make a special effort to join us.

SCIENTIST SEES THOUGHT WAVES

(Continued from page 510)

The occult scientist knows positively that there is an aura surrounding each individual and that it is composed of etheric, desire, and mental substances. This composite aura is oval in shape, extends beyond the physical body from sixteen to eighteen inches, and is colored by the prevailing thoughts and emotions of each person.

Thoughts take shape and color also. They are animated by the life force of the thinker. A beautiful thought takes the shape of lovely flowers, symmetrical figures, and all manner of artistic designs and colors. Evil thoughts take grotesque misshapen contours, and colors often lurid and depressing. If directed toward an individual they go with the speed of an arrow to such a one, become strengthened by, and give strength to, the evil they find in his aura and then return to their creator. A good thought also goes through the same routine and then returns whence it came.

Thus it is readily seen that the effect of the power of thought on the thinker as well as on the one toward whom it is directed, is of tremendous import.

Dealers Carrying The Rosicrucian Fellowship Publications

All Rosicrucian Fellowship Centers also carry Fellowship Publications.

Milwaukee, Wis.—Astrological Study Studio, 922 N. 27th St. Akron, Ohio .- Burt G. Smith, 612 Metropolitan Bldg.
Sun Publishing Co., 507 Everett Bldg.
Atlanta, Ga.—Longworth's Book Shop, 106 Forsythe St. N.W. Baltimore, Md.—The Remington-Putnam Book Co., 347 N. Charles St. Barcelona, Spain.—Francisco Sintes, Ronda de la Universidad 4. Bellingham, Wash .- W. C. Orrill, 1237 State St. Bloomfield, Conn.—Russell N. Case. Bombay 7, India.—The Popular Book Depot, Grant Road. Boston, Mass.-Metaphysical Club, 25 Huntington Ave. Buenos Aires, Argentine.—Mrs. W. H. Val-entine Andreae, 2091 Humberto I. Nicholas B. Kier, Talcahuano, 1075. Calgary, Alta., Canada.—J. J. Gamache, 1002 1st St. W. -Utting & Fair-Capetown, S. Africa .brother, Ltd., 129 Longmarket St. Cincinnati, Ohio.—Hughes Book Shop, Cleveland, Ohio.—Phoenix Book Shop, 1872 W. 25th St. Columbus, Ohio.—McClelland & Co., 100 N. High St. Crystal Bay, Minn .- The Occult Book Shop. Texas.—Schmalzried Book Shop, 911 Main St. Detroit, Mich.—A. E. Arbuckle, 9333 Carleton Ave. Doran Book Shops, 18 Doubleday, D Adams W. Temple of Light, 458 Ledyard St. Grand Rapids, Mich.—Raymer's Book Store, 5 North Division St. Heswall, Ches., England.—Mrs. Beryl Sp.
Dean, The Sun Dial. Houston, Decatur. Texas.-D. Mendoza, 1513 B. Kansas City, Kans.—Astro Science Pub. Co., 814 Quindaro Blvd. Kansas City, Mo.—T. O. Cramer Book Store, 1321 Grand Ave. Dr. B. Alta King, 2816 Prospect Ave. Kingsville, Texas.—Mrs. E. L. Fortman, P. O. Box 1082. Kumasi, Gold Coast, W. Africa.—Ben T. Vormawah, P. O. Box 69. Lincoln, Neb.—Lincoln Astrology Club, 4147 Starr St. London, E. C. 4, England.—L. N. Fowler & Co., 7 Imperial Arcade, Ludgate Circus. Los Angeles, Calif.—Advance Book Co., 628 W. 8th St. The Church of Light, 818 Union League Bldg. Chas. H. Wolfram, 11514 S. Broadway. Manila, P. I.-H. F. Tibayan, Records Division, Bureau of Posts. L. I., N. Y.—Disciples Retreat, Merrick, L. I., N. 1.— Dissertant St. Gormley Ave. and Nassau St.

Minneapolis, Minn.—Powers Mercantile Co. New York, N. Y.—The Baker & Taylor Co.,
55 5th Ave.

Brentano's, 1 West 47th St.
Doubleday, Doran Book Shops, 244 Madison St. The Gateway, 30 East 60th St. Harmony Book Shop, 112 W. 49th St. Macoy Pub. & Masonic Supply Co., 35 W. 32nd St. Oakland, Calif.—The Holmes Book Co., 274 14th St. Hardy's Bookstore, 915 Broadway. Kahn's. Omaha, Neb.—Mrs. Lottie F. McLaughlin, 301 N. 31st St. Philadelphia, Pa.—Archway Book Store, 47 N. 9th St. Leary, Stuart Co., 9 S. 9th St. John Wanamaker. Portland, Maine.—Loring, Short & Harmon. Portland, Ore.—Hyland's Old Book Store, 913 S.W. 4th Ave. Providence, R. I.—Occult Book Center, 42 Westminster St. Philosophical Book Center, 266 Weybosset St. Reading, Pa.—Chas. M. Stein, 460 S. 3rd St. Riverside, Calif.—Albert Ackerman, 3762 9th St. Sacramento, Calif.-Philipp Grell, 1618 7th St. San Antonio, Texas.-H. A. Moos, 331 W. Commerce. San Diego, Calif.-Alcove Book Shop, 816 Broadway. San Francisco, Calif.—The Emporium. Metaphysical Library & Book Shop, 177 Post St. San Francisco News Co., 657 Howard. San Jose, Calif.—Metaphysical Center, 80 E. San Fernando. Santa Barbara, Calif.—Copeland Book Shop, 1124 State St. Santa Monica, Calif.-Diane Van, 613 Santa Monica Blvd. Seattle, Wash .- The Bookmart, 622 Pike St. Raymer's Old Book Store, 905 3rd Ave. Florence I. Virden, 3821 W. Barton St. Spokane, Wash.—Clark's Old Book Store, 831 Main Ave. St. Louis, Mo.—Doubleday, Doran Book Shops, 310 N. 8th St. St. Paul, Minn.-St. Paul Book & Sta. Co., 55 E. 6th St. St. Petersburg, Fla.-K - B Printing Co., 546 Central Ave. Syracuse, East, N. Y.—Florence M. Simon, (P.O. Box 595), 17 Kinne St. Tacoma, Wash.—C. A. Thorell, 708 St. Tacoma, Wasa. Helens Ave. Tampa, Fla.—E. M. Holder, 1002 Horatio.
Vancouver, B. C., Canada.—The Torch, 657
E. Hastings St.
Washington, D. C.—Henry Austin, 4215 Ridge Road, S.E.

Spiritual books are as a lamp on the path.

THE

Rosicrucian Publications

listed below contain the inspiring teachings given to Max Heindel by the Brothers of the Rose Cross. This Western Initiate has given a concise, clear-cut explanation of the Great Mysteries of Life and Death. The books on Astrology show that it is a spiritual science and reveal its intimate relation to philosophy.

Philosophy

Astrology

The Rosicrucian Cosmo-Conception \$2.00	Simplified Scientific Astrology\$1.50
Paper bound, 4 for \$2.00; single .75	Message of the Stars 2.50
The Rosicrucian Mysteries 1.50	Astro-Diagnosis: A Guide to Healing 2.50
The Web of Destiny 1.50	Astrology and the Ductless Glands .25
Mysteries of the Great Operas 1.50	Rex and Zenda in the Zodiac 1.50
Ancient and Modern Initiation 1.50	Simplified Scientific Ephemerides
Teachings of an Initiate 1.50	100, 00 1000 0000 3000
Gleanings of a Mystic 1.50	The state of the s
Letters to Students 2.00	Simplified Scientific Tables of Houses (3 volumes) each 50
Rosicrucian Philosophy in Questions and Answers 2.00	The three cloth-bound in one vol. 1.50
Freemasonry and Catholicism 1.00	Astrological Charts, small 5c; large .25
In the Land of the Living Dead 1.00	MISCELLANEOUS
The Rosicrucian Principles of Child	
Training	The Rosicrucian Seal, in colors, package of 50
How Shall We Know Christ at His	Rosicrucian Emblem Pins, each50
Coming?	(Enamel and Roman Gold Finish)
Christ or Buddha?	Horoscope Data Sheets, 2 pages,
The Mystical Interpretation of	8½x11 in. 1 doz. 15c; 50 for 45c;
Christmas	per 100
The Mystical Interpretation of	Horoscope Blanks, 1 page, 8½x11
Easter	1 doz. 10c; 50 for 35c; per 10065
Evolution	Song Cards, Rosicrucian Opening
Earthbound	and Closing Hymns, two on one
Birth of the Rosicrucian Fellowship .10	card with music, each 8c; per doz60
Rosicrucian Christianity Lectures	The Rosicrucian Prayer (Card)10
Each 10c; Complete Set of 20 1.50	Postcard Pictures of Mt. Ecclesia
Rosicrucian Sunday School Lessons	Each
and Manual 1.50	The state of the s
(Set of 12 booklets and Manual)	Foreign Language Publications
Salads for Vegetarian Menus25	Many of the Rosicrucian books are
Nature Spirits and Nature Forces .25	printed in Spanish, German, Dutch,
Bound Volumes of The Rosicrucian	French, Italian, and Swedish.
Magazine (12 issues) 2.50	The Control of the Co
The Rosicrucian Magazine, 1 year . 2.00	Catalog with price list on request.

FOR SALE BY YOUR LOCAL DEALER OR ORDER DIRECT FROM

THE ROSICRUCIAN FELLOWSHIP

Oceanside, California, U.S.A.

TWO NEW BOOKLETS

Nature Spirits and Nature Forces

By MAX HEINDEL

The truth about gnomes, fairies, undines, sylphs, and many other mysterious and little known Nature Forces. A serious treatise for students of cosmogony.

"Nature . . . requires work of all. This applies to plant and planet, man and beast, and to the fairies as well. They are busy folk and their activities are the solution to many of Nature's multifarious secrets."

"Do we ever analyze what it is that makes evolution, why it does not stop in stagnation? If we do, we must realize that there are forces back of the visible which make the alteration in the flora and fauna, the climatic and topographical changes which are constantly going on; and it is then but a natural question, what or who are the forces or agents in evolution?"

Price 25c Postpaid

Over 40 pages. Set in clear readable type. Bound in heavy Art Paper.

Astrology and the Ductless Glands

By Augusta Foss Heindel

In this remarkable book the author has embodied the knowledge obtained through many years of study and research in this important field.

Manly P. Hall, in his illuminating Introduction to the work says:

"I feel that the researches carried on by Mrs. Max Heindel are a definite contribution to the subject of endocrinology that should be preserved for the use of all students of medicine and the occult sciences."

This book should be read by students of both Philosophy and Astrology.

Attractively Bound in Substantial Art Paper Cover.

Price 25c Postpaid

THE ROSICRUCIAN FELLOWSHIP

OCEANSIDE, CALIFORNIA, U.S.A.

CHRISTMAS OFFER

The Rosicrucian Magazine

FOR ONE YEAR-AND YOU MAY CHOOSE

ONE OF THESE NEW 40-PAGE BOOKLETS AS A GIFT

For ONE SUBSCRIPTION - - - - Either a New Subscription or a Renewal.

NATURE SPIRITS AND NATURE FORCES

By MAX HEINDEL

The esoteric explanation of an important subject compiled from the writings of this foremost Western Mystic. Recommended to all students of inner truth.

"The wonderful intelligences we speak of as the Laws of Nature marshal the armies of less evolved beings."

ASTROLOGY AND THE DUCTLESS GLANDS

By AUGUSTA FOSS HEINDEL

Within the pages of this unusual book will be found the account of investigations by an authentic witness under the direct instruction of the Teacher. Also the spiritual aspects of the planets Uranus and Neptune with their influence on man; and a convincing discussion of "planetary octaves."

What could be more acceptable to forward-looking friends than this double gift of one of these interesting booklets and Twelve visits of this outstanding Mystic Monthly! Give joy to many of your friends.

This Offer in Effect from October 1, 1937, to January 15, 1938.

The Rosicrucian Magazine, \$2.00 in the United States and C	A CONTRACT OF THE PROPERTY OF
I enclose \$ for CRUCIAN MAGAZINE, and I choose—	. year subscription to The Rosi-
☐ Nature Spirits and Nature Forces	☐ Astrology and the Ductless Glands
Check the booklet desired in square above.	
Name	
Street	
City	State

This Offer in Effect from October 1, 1937, to January 15, 1938.