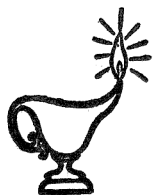


THE ROSICRUCIAN FELLOWSHIP MAGAZINE

RAY'S FROM THE ROSE CROSS

Philosophy and Astrology



FEATURES

* * * * *

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Daily Thought and Guide
Gemini Problems
Moments in Eternity

* * * * *

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The Rosicrucian Fellowship Magazine

Rays from the Rose Cross

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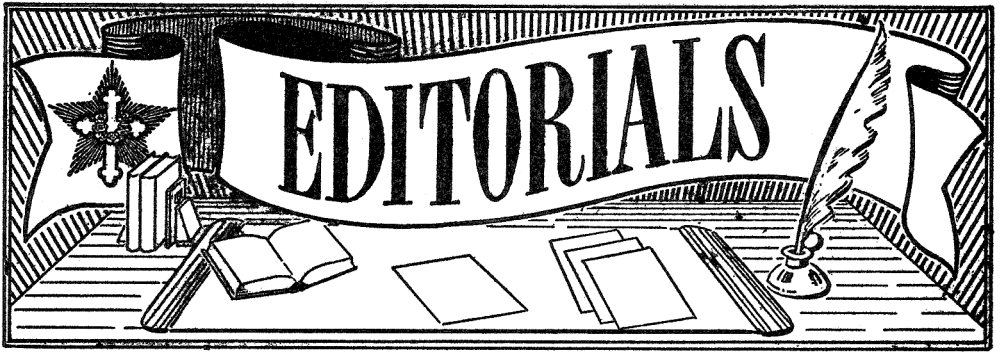
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BEYOND

DELLA ADAMS LEITNER

Beyond the seeming failure,
Beyond the pain and loss,
Beyond the stern denial,
The fear, the grief, the cross,
There is to souls unfaltering
A vision of the end,
The overcoming triumph
When all the past shall blend
Into one perfect outcome,
And every cross shall be
Revealed as help and guidance
To strengthen and to free.
Beyond the narrow confines
Of drudgery and care,
A new world in the making
Awaits as answered prayer
That soul who knows truth's goodness;
To him the light has dawned.
He does not judge appearance
But calmly sees beyond.



MOMENTS IN ETERNITY

J. AND R. KALL

ALL life as daily expressed may fittingly be called moments in eternity. Whether we consider the life span of an insect born to live only a few hours, or whether we reflect upon the many vicissitudes of man's experience, they are but moments in eternity, segments of an inconceivably small portion of time.

In the lives of each of us there are those memorable moments which will stay with us through the years, which are made more dear to us with each recollection. These gems of memory, we believe, we shall take with us into the Great Beyond to use in the building of the spirits finer garments. In this sense they can be truly considered as moments in eternity. If we wish to add to these moments, we should think of the finer things of life, good deeds, friendships, love, good music, art, beauties of nature, the sky, birds, trees, flowers and the eternal movements of the stars.

We should feel like the Psalmist of old, when he said, "When I consider thy heavens, the work of thy fingers, the moon, and the stars, which thou hast ordained: What is man, that thou art mindful of him, and the son of man, that thou visitest him? For thou hast made him a little lower than the angels, and hast crowned him with glory and honor. Thou madest him to have dominion over the works of thy hands; thou hast put all things under his feet. O Lord our Lord, how excellent is thy name in all the earth!"

Such moments make us think of the Transfiguration in the life of Christ. In the Gospels of Matthew, Mark and Luke we read of this event. Jesus took Peter, James and John into a high mountain and there was transfigured before them. His face shone as the sun and his raiment was white as the light. And there appeared to the disciples Moses and Elias talking with Jesus.

Peter was so impressed with the sense of holiness and peace that he said to Jesus: "Lord, it is good for us to be here; if thou wilt, let us make here three tabernacles, one for thee, and one for Moses, and one for Elias."

It is possible for us to reach that sublime region of exaltation wherein we feel the very presence of the Christ. We feel ourselves become one with the Universal; all is at peace; all is beautiful; all is pure. It seems as if eternity has opened its doors to us and we catch glimpses of the great mystery of Life and feel blended into oneness with God. This is our Mount of Transfiguration. This is a moment in eternity.

Our prayers of devotion, the contemplation of the star-studded dome of heaven, the awe engendered as we gaze upon the overwhelming vista of the Grand Canyon, the inspiration felt as we listen to the symphonies of the masters, all may serve to lead us to this exalted state. Then at such moments we would say, as Peter, if only we could stay there. However, we must not make the mistake that Peter did, and think we can make a permanent abode in that region. Jesus Christ made it very clear to the disciples that there was more to do than to stay on the mountain top. It is very significant that in each of the gospel stories of this spiritual adventure the multitudes were waiting for Jesus as he came down from the mountain, many waiting to be healed.

To each of us after our mountain-top experiences there will come the challenge to greater deeds of service to test the virtue we have gained at the height. If we fail to give the service as the need is made apparent, or if we selfishly attempt to retain the consciousness of the mountain-top when the call to duty on the plains comes to us, then we soon shall find that the way back to the mount will be harder to find. If we do not fulfill our spiritual obligations we may soon find that we have lost the way entirely. As Max Heindel tells us in our devotional service, "Loving, Self-forgetting service to others, is the shortest, the safest, and the most joyful road to God."

After all, we are agreed that finding the road to God is the highest achievement to which we can aspire. Here we are given the directions for finding the road to God. It sounds simple, but to achieve it is the work of many lives. The art of rendering service has been developed to quite a degree in our civilization of today. Business, public utilities, stores, hospitals, libraries, gasoline stations, automobile agencies, all advertise of the extent and quality of the service which is rendered by them. The word "Service" has been commercialized to such an extent that it ceases to be a virtuous quality.

There is hardly a duty which is performed by the average citizen today which is not an act of service. Yet it is in the manner of the performance of this duty that the secret of its spiritual power lies. Most persons do their daily duties grudgingly or only because they are receiving compensation for the task. Few indeed can transmute the performance of the daily duties into acts of self-forgetting service.

There are many sayings of Christ found in the Bible which bear out this ideal of self-less service. In the sermon on the Mount, Christ said, "Take heed that ye do not your alms before men, to be seen of them, otherwise ye have no reward of your Father which is in heaven. Therefore when thou doest thine alms, do not sound a trumpet before thee, as the hypocrites do in the synagogues and in the streets, that they may have glory of men. Verily I say unto you, they have their reward. But when thou doest alms, let not thy left hand know what thy right hand

doeth, that thy alms may be in secret: and thy Father which seeth in secret, himself shall reward thee openly."

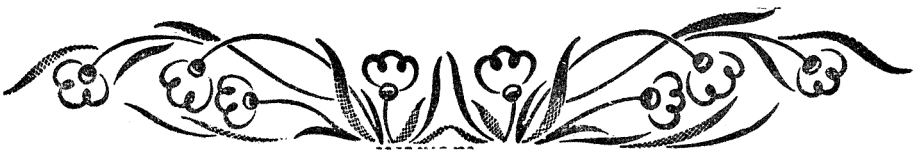
As Lowell so beautifully expresses it in *The Vision of Sir Launfall*,

"The Holy Supper is kept, indeed,
In whatso we share with another's need;
Not what we give, but what we share—
For the gift without the giver is bare;
Who gives himself with his alms feeds three—
Himself, his hungering neighbor, and me."

In these passages from scripture and poetry we have the secret of spiritual power. Unless we render our service with a spirit of love, and without a trace of selfish thought, we cannot hope to gain spiritually from the action. On the other hand, the very thought of self or of reward, cancels whatever good we might have done, and we have our reward within ourselves as Christ said. It is very difficult to render this selfless service and to always render it lovingly, but unless we do, we cannot hope to find therein that pathway to God that is promised to us. We must remember that the act of service is its own reward. If we do an unselfish service to someone and give no thought to reward or recompense, there is stored up in the reflecting ethers an element of spiritual power which can be used to build the soul body. If, in doing the service, we think of reward or recompense, we use up this power and there is nothing added to our spiritual bank account. As Christ said in the quotation above, "They have their reward."

Thus there is a definite spiritual advantage in the rendering of unselfish service. It is a problem for each individual to work out for himself. It is our attitude toward our daily duties that determines whether the acts are service or just labor bought with a price. This philosophy of service is basically the Christian attitude and especially that of the Rosicrucian Teachings.

Summarizing our thoughts on moments in eternity we have traced our path from the Mount of Transfiguration where we first glimpsed the glories of God, down to earth and the path of service. By transmutation of our daily duties to spiritual offerings we build our soul body. Then in course of time we may be able to link these moments into an unbroken chain that will enable us to return to the Mount at will. Quoting from Max Heindel's works: "From that time, awake or asleep, through what men call life, and through what men call death, his consciousness will be unbroken. He will lead a consciously continuous existence, having the benefit of all the conditions which made for more rapid advancement to ever higher positions of trust, to be used in the uplifting of the race."



THE *Mystic* ... LIGHT



PRAYER

E. SCHWOTZER

PRAYER is a profound subject and one which is misunderstood by the majority of humanity, yet it should be, and is, with proper use, the greatest spiritual aid to human progress.

As we look back into history, or into the memory of nature, we find that prayer has always been an integral part of the emotional side of man. Primitive man worshiped and prayed to the Gods of lightning, storm, and fire, because he feared them. He must, within his power, appease them lest they destroy him. Later he prayed to the Sun and Moon, that they bring forth the harvest, whereby his life might be sustained. Still later he prayed to the Race God, Jehovah, who looked after his particular tribe or nation, who fought for him, who gave him the wherewithal to feed and clothe himself, and who in return demanded of him a sacrifice or part of his possessions in return for favors past rendered. This brings us to the period of time of the Old Testament when man sacrificed the best of his material wealth in order that his God would reward him by being generous and giving back to him more than he sacrificed. We even find Abraham about to offer up his son, Isaac, as a sacrifice. And so we find primitive man prayed

to idols, who were supposed to represent certain deities. He did the best he could with his limited intelligence. Somehow, his supplications must have to a certain degree been successful, because the Great Beings who control our destiny, helped him in his evolution. We must remember that the divine spark of infinite life is in all creation, as an old German proverb puts it—God sleeping in the stone, dreaming in the animal, coming to life in man.

It is a notable fact however, that man and his religions have evolved side by side in an equal degree, and we have now reached a point where we have an entirely different conception of Deity. As man advances in material things and intelligence, so his conception of God improves and his method of approaching or aligning himself with Him. Deity does not change; only our knowledge of Him changes.

What then is prayer? The great leaders of humanity, who desired to give us help by certain exercises, instituted prayer as a means of bringing pure and lofty thought to work on the vital body, and enjoined us to pray without ceasing. We all know that repetition is fundamental in building the vital body, repeated experiences work

on it to create memory. This is why, by repetition, by repeatedly sending out the good, the noble, the true, our prayers are constantly purifying our vital bodies. What induces us to find the same seat in the chapel day after day, to do certain things daily? Some call it the law of periodicity, some repetition. Through the medium of repetition we improve the vital body, the highest vehicle we have in this life. That is what Christ Jesus meant when he said "Pray without ceasing."

But consciously or unconsciously we pray every minute of the day. Every thought, every yearning we have for something is a prayer winging its way to the Almighty, though we may not realize it.

Do we unconsciously wish or pray for material things? Prayers for material things are granted in proportion to the intensity of our desires, and the work we accomplish—yes, something tangible on our part is required. It is like Faith without works, which availeth nothing. We can pray for material wealth, but the mere act of praying will not bring it to fruition. For example, the hard headed successful business man, who is so entirely devoted to his business that he talks and thinks only of business during his waking hours, is unconsciously praying for monetary power and success all day. Success will be his, but to the loss of spiritual verities.

Prayer, or intense longing, for that is really what prayer is, brings us just what we ask for. You may desire or pray for that which is not good for you, and, if God wills, you will receive it in proportion to the intensity of your desire or prayer.

There is a story of a young man which illustrates this very aptly. He sought wisdom so eagerly that he went to a Sage and made known his desire. The Sage took him down to the river, and held the young man's head firmly under

water for a period until the young man came up gasping for air.

The Sage asked him, "While you were submerged, what did you most desire?"

The young man said, "Air, air, I wanted only air."

The Sage said, "Didn't you desire wealth, fame, or the good things of life?"

"No," the young man said, "I wanted only air."

"Granted," said the Sage, "if you desire wisdom you must strive for it with the same intensity that you wanted air, then you will receive it."

So it is with our prayers. The intensity of our desires or prayers brings us what we have asked for, whether it be good or bad. If it is evil, we will suffer for it. We get just what we ask for and are held strictly accountable for the results. The great law of compensation that runs through all life is wonderfully exact in its workings. Sometimes, however, a loving Deity will deliberately withhold from us that which is not for our good, for which we are profoundly thankful. We should always end our supplications with the request "Not my will, but Thine, be done."

Christ Jesus admonished us to pray without ceasing. We do that every minute of the day by our thoughts and desires, constantly winging their way to God. Our trouble is that we are more concerned about temporal things than we are about spiritual upliftment. The gentle Nazarene tells us that the Father knows our needs before we ask. Truly God is omniscient and requires no reminder of our needs. Opulence is the law of the Universe, an abundant supply for every need, if nothing is put in the way of its coming. The natural and normal way of living for us is to have such a fullness of life and power by living so continually in the realization of our oneness with the Infinite Life and Power, that we find ourselves in the constant possession of

an abundant supply of all things needed. He tells us that when we pray, "enter into thy closet, and when thou hast shut the door, pray to thy Father which is in secret, and thy Father which seeth thee in secret, shall reward thee openly. And do not use vain repetitions, as the hypocrites do, for they think they shall be heard for their much speaking." That is why the oral prayer, delivered from the pulpit, or elsewhere, is not nearly as effective as the silent prayer of the individual. The speaker often finds himself paying more attention to the oratorical effect upon the congregation than the matter of earnest supplication. The prayers of a mass of people, however, when concentrated upon a single thought or purpose, will accomplish tremendous results.

Ordinary humanity prays to God. These prayers are at the present time mostly selfish and ignorant. The occult astrologer, however, who knows what he wants and is able to work in harmony with the stellar forces, addresses the ambassadors of the Star Angels directly, and obtains his desires more easily in that way. He studies the planetary hours and addresses the stars during their time of rulership. His prayer is usually for someone else, or for spiritual illumination concerning certain matters to be used for the common good. There are ambassadors from each one of the Great Star Angels present upon our earth and their names are known to us.

Then there is the true mystic prayer, the prayer when we meet God face to face, as Elijah met him. Not in the tumult of the world, the wind, the earthquake, or the fire, do we meet him, but when all is still the soundless voice speaks to us from within. However, the silence which is required for this experience is not a mere silence of words. There are not even inward pictures which usually pass before us in meditation, nor are there thoughts, but our

whole being resembles a calm crystal-clear lake. In it Deity mirrors Himself, and we experience the unity which makes communication unnecessary either by words or in any other way. We feel all God feels. He is nearer than hands or feet. The prayer of which I am speaking, may at the moment of union give itself utterance in the one unspoken word FATHER. The devotee, when he is truly in the mood of prayer, never gets any farther. He makes no requests, for has he not the promise, The Lord is my Shepherd, I shall not want? Has he not been told to seek first the kingdom of God, and all other things shall be added?

Relax yourself in every part of your body, clear your mind completely, and give reverent utterance to the one unspoken word FATHER, then rest in the realization of your unity with HIM. Do not allow your objective mind to interfere, as it will sometimes try. When it does, speak to it as you would to an unruly child, 'Peace, be still' or 'Be still and know that I am God,' and it will obey you, leaving you resting in the serenity of the Father.

We say then, that prayer is natural to man. It is a language of spirituality which when developed makes man master of creative ideas. It is a law of mind that every idea is fulfilled as soon as conceived. This law holds good in the spiritual realm. "All things whatsoever ye pray and ask for believing ye shall receive them, ye shall have them." But never allow one day to pass without a moment's heartfelt attempt to express in words clear and humble, something of the emotions of the heart and its aspirations and of thanks and praise for the things God has given us. Praise God from whom all blessings flow. Praise the Father, who brings into expression all the living things that please your eye: the sky, the trees, the flowers, the birds; praise Him through whose love they came into existence.

MAX HEINDEL'S MESSAGE

Free masonry and Catholicism

Lucifer, the Rebel Angel

PART I



THE Rosicrucian Fellowship aims to educate and construct, to be charitable even to those from whom we differ, and never to vent the venom of vituperation, spite, or malice even upon those who seem deliberately determined to mislead. We revere the Catholic religion; it is as divine in its essence, as Mystic Masonry—both are rooted in hoary antiquity, both were born to further the aspiration of the striving soul, and both have a message and a mission in the world not apparent upon the surface today, because man-made ceremonial as a scale has hidden the kernel of divinity in each. It is the object of the present articles to remove that scale and show the Cosmic purpose of these two Great Organizations, which are so bitterly antagonistic to each other. We do not aim to reconcile them, however, for though they are both designed to further the emancipation of the soul, their methods are different, and the attributes of the soul fostered by one method will indeed be very different from the quality of the soul nurtured in the other School. Therefore the strife must continue until the battle for the souls of men has been lost and won. The issue is not, however, the persistence of the Masonic or Catholic institutions; but the outcome will determine the nature of the training humanity will receive in the remaining Periods of our evolution. We shall endeavor to show the cosmic root of both of these

institutions, the purpose of each and the training which each will inaugurate, if successful; also the nature of the soul quality which may be expected to result from each method. *The writer is not a Mason, and thus he is free to say what he knows without fear of violating obligations, but he is a Mason at heart, and therefore frankly opposed to Catholicism.*

Our opposition is not fanatical, or blind to the merits of the Catholic Religion, however. The Catholic is our brother as well as the Mason; we would not say a disparaging, irreverent word against this faith, or those who live by it, and should we seem to do so, in any passage, the wrong will be due to inadvertence. The reader is requested to note that we distinguish sharply between the Catholic Hierarchy and the Catholic Religion, but the former are also our brothers; we would not throw stones either physically or morally, for we know our own shortcomings too well to attack others. Thus our opposition is not personal, but spiritual, and to be fought with the weapon of the Spirit—Reason. We firmly believe it to be for the everlasting good of mankind that the Masons should win, and cannot therefore be sure to present the Catholic side in a perfectly unbiased manner, but we ask our students for whom this is written, to believe that we shall try to be just. Of the Cosmic Facts we are certain, but bias may creep into our

conclusions, therefore each must use his reason to test what we have to say, viz., "prove all things and hold fast that which is good."

The great law of analogy is everywhere the master key of all spiritual mysteries, and, although Masonry and Catholicism do not begin till we arrive at the Earth Period, they have their prototype in the earlier Periods; we shall therefore briefly touch upon the essential facts.

In the Saturn Period, the Earth-in-the-making was dark; *Heat*, which is the first manifestation of the ever invisible fire was the only element then manifest; embryonic mankind was mineral-like, the only lower kingdom of evolving life. Unity was everywhere observable, and the Lords of Mind who were human then, were at one among themselves.

In the Western Wisdom Teaching we speak of the highest Initiate of the Saturn Period as *The Father*.

In the Sun Period the root of a new element, *Air*, was evolved, and coalesced with the true fire, which mark again, is always invisible, and which manifested as *heat* in the Saturn Period. Then fire burst into *flames*, and the dark world became a blazing ball of luminous firemist at the word of power, "*Let there be light.*"

Let the student ponder well the relation of *fire* and *flame*; the former lies sleeping, invisible in everything, and is kindled into light in various ways: by a blow of a hammer upon a stone, by friction of wood against wood and by chemical action, etc. This gives us a clue to the identity and state of *The Father*, "whom no man hath seen at any time," but who is revealed in "The Light of the World," the Son, who is the highest Initiate of the Sun Period. As the unseen fire is revealed in the flame, so also the fullness of the Father dwelt in the Son, and they are one as fire is one with the flame in which it manifests. This is the root of all true Sun or Fire worship. All look beyond

the physical symbol and adore "Our Father Who art in Heaven." The Mystic Masons of today hold this faith in fire as firmly as ever.

Thus it will be seen that the Unity which prevailed in the Saturn Period continued in the Sun Period. The ordinary humanity of that time has now evolved to the glory of Archangels; some were more advanced than others, but there was no antagonism among them. Our present humanity had advanced to a plantlike stage, and was slightly above the new Lifewave started in the Sun Period, and unity also here prevailed.

In the Moon Period contact of the heated sphere with cold Space generated moisture, and the battle of the elements commenced in all its fierceness. The heated ball of fire endeavored to evaporate the moisture, force it outwards and create a vacuum wherein to maintain its integrity and burn undisturbed; but there is and can be no void in nature, hence the outrushing steam condensed at a certain distance from the heated ball and was again driven inwards by the cold of Space, to be again evaporated and propelled outwards, in a ceaseless round for ages and ages, as a shuttlecock between the separate Hierarchies or Spirits composing the various Kingdoms of Life, represented in the Fire-Sphere and Cosmic Space which is an expression of the Homogeneous Absolute Spirit. The Fire Spirits are actively striving to attain enlargement of consciousness. But the Absolute rests ever clothed in the invisible garment of Cosmic Space. In 'It' all powers and possibilities are *latent*, and It seeks to discourage and check any attempt at expenditure of latent power as dynamic energy required in the evolution of a solar system. Water is the agent It used to quench the fire of active spirits. The zone between the heated center of the Separate Spirit Sphere, and the Point where its individual atmosphere meets Cosmic Space, is a battleground

of evolving spirits at various stages of evolution.

The present Angels were human in the Moon Period, and the highest Initiate is The Holy Spirit (Jehovah).

As our humanity and the other Kingdoms of Life on earth are variously affected by the present elements, so that some like heat, others prefer cold, some thrive on moisture and others require dryness, so also in the Moon Period among the Angels, some had affinity for water, others abhorred it and loved fire.

The continued cycles of condensation and evaporation of the moisture surrounding the fiery center eventually caused incrustation, and it was the purpose of Jehovah to mold this "red earth," translated *Adam*, into forms wherein to imprison and *quench the spirits in the fire*. To this end, He issued the creative fiat, and the prototypes of fish, fowl and every living thing appeared, even including the primitive human form, which were all created by His Angels; thus He hoped to make all that lives and moves subservient to His will. Against this plan a minority of the Angels rebelled; they had too great an affinity for *fire* to bear contact with water, and refused to create the forms as ordered; but thereby they at the same time deprived themselves of an opportunity of evolution along the conventional lines, and became an anomaly in nature; furthermore, having repudiated the authority of Jehovah, they must work out their own salvation in their own manner. How this has been accomplished by *Lucifer*, their Great Leader will be made plain in the following articles; for the present, suffice it to say, that in the Earth Period, when various planets were differentiated to provide proper evolutionary environment for each class of Spirits, the Angels under Jehovah were set to work with the inhabitants of *all planets having Moons*; while the Lucifer Spirits have their abode upon the planet Mars. The Angel *Gabriel* is representative on

earth, of the Lunar Hierarchy, presided over by Jehovah; the Angel *Samael* is ambassador of the Martial forces of Lucifer. Gabriel (who announced the coming birth of Jesus to Mary), and his lunar angels are therefore the givers of physical life, while Samael and the hosts of Mars are the Angels of Death.

Thus originated the feud in the dim dawn of this Cosmic Day, and that which we see as Freemasonry today in an attempt by the *Hierarchs of Fire*, the Lucifer Spirits, to bring us the imprisoned spirit '*Light*,' that by it we may *see* and *know*. Catholicism is an activity of the *Hierarchs of water*, and places '*Holy Water*' at the Temple door to quench the spirits seeking light and knowledge and to inculcate *faith* in Jehovah.

As the vernal equinox is said to be at the first point of Aries, no matter where in the constellations it falls by precession, so the point where the human seed-atom comes from the invisible world and is taken in hand by the Lunar God of Generation, Jehovah, through His ambassador, the Angel Gabriel, is esoterically the first point of Cancer. This is the Cardinal sign of the watery Triplicity, and is ruled by the Moon. There Conception takes place; but were the form built of water and its concretions alone, it could never come to birth, so four months later when the foetus has reached the stage of development corresponding to the second sign of the watery triplicity, Scorpio, the eighth sign, which corresponds to the house of death, Samael, the dauntless ambassador of the Lucifer Spirits, invades the watery domain of the Lunar Hierarchy and introduces the fiery spark of the spirit into the inert form, to leaven, quicken and mould it into an expression of itself.

There the Silver Cord which has grown from the seed-atom of the dense body (located in the heart) since conception, is welded to the part that has

(Continued on page 35)

WESTERN WISDOM BIBLE STUDY

Babylon and the New Jerusalem

REFERENCES: Genesis 11:1-9; Isaiah 14; I Corinthians 15:50; I Thessalonians 4:17; Revelation 17, 21.

AS stated in previous lessons, the Lucifers are a class of Beings who attained to a stage of evolution far beyond that of humanity in the Moon Period, but fell short of the development of the Angels. They are demigods, and could not take a dense body like man. But neither could they gather experience as the Angels are doing. They needed a brain and spinal cord, and so, when man had built such an instrument, it was to their advantage to prompt him in the use of it.

At that time the opening consciousness of man was turned *inwards*, and he saw his inner organs and built them with the same force that he now turns *outwards* to build houses and ships, etc., and the outside muscles of his body; so the woman, who was most advanced in that direction because of having her Imagination trained, saw the intelligence embodied in her serpentine spinal cord, and at a later stage, when man came to record this experience, the serpent appealed to him as the nearest likeness to that which he wanted to tell about.

This idea is carried out right through the Bible. In Isaiah 14 he called Lucifer (day-star), king of Babel-On (gate of the sun), a city located upon seven hills, and having dominion over the world. There mankind ceased to act in unison and became separated into warring na-

tions. It is the seed ground of all the ills imaginable, and is called a "harlot" in Revelation, where her fall is described.

In supreme antithesis we hear of another "Light of the World," a "bright and morning star," a true light, who shall arise after the fall of Babylon and reign forever in a city of peace: Jer-u-salem, that is called the "bride." It comes down from heaven, and has twelve gates, but they are never closed, although the precious tree of life is within. There is no outside illumination. The light is within and there is no night.

Truly a wonderful city, and the greatest imaginable antithesis to the other. As literal interpretation is out of the question in both cases, what does it mean? Allowing that a city of Babylon has existed, it was not *literally* as described, and the future "New Jerusalem" is contrary to all laws of nature as we know them. These two cities must therefore be symbols.

In order to unravel the meaning, let us consider that these cities are located upon seven hills or mountains, a position offering special advantages for observation. Moses went "into the mountain" and "saw" and "heard," so did those on "the mount" of transfiguration. Daniel likens Babylon to the *head* of the image Nebuchadnezzar saw in a dream (Daniel 2), and on the human head there are seven places of observation: two eyes, two ears, two nostrils,

and a mouth. Man is also tenfold, having a threefold spirit, a threefold soul, and a threefold body, linked together by the mind. Upon these sits the brain, where the "Light-giver," *reason*, rules the little world, the microcosm, as the Great Light-Giver, God, rules the macrocosm.

Reason is the product of selfishness. It is generated by the mind given by the "Powers of Darkness" (The Lords of Mind), in a brain built by selfishly keeping half of the sex force, and prompted by the selfish Lucifers, hence it is "the seed of the serpent," and although transmuted to *wisdom* through the pain and sorrow, it must give way to something higher: *intuition*, which means *teaching from within*. That is a spiritual faculty, equally present in all spirits, whether functioning for the time being as man or woman, but it expresses itself most prominently in those incarnated in a female organism, for there the counterpart of the life spirit—the vital body—is male, positive, and *intuition*, the faculty of the life spirit, may therefore properly be called "the woman's seed," whence all altruistic tendencies spring, and whereby all nations are being slowly but surely drawn together in a Universal Brotherhood of *Love*, regardless of race, sex, or color.

This brain of ours is not a homogeneous whole, however. It is divided into two halves, and it is a fact well known to physiologists that we use principally but one of these cerebral hemispheres—the *left*. The right half of our brain is only partially active. The heart also is on the *left side* of our body, but is beginning to move toward "the right" place. The "right" brain, which is ruled by Mercury, will also become more and more active, and in consequence of these two physiological changes man's whole character will appear different. The *left side* is under the sway of the Lucifers and is given over to selfishness, but the Ego will gain more and more control as *the right side* of the brain

is invested with power to act upon the body as *right judgment*.

That there is a change going on in the heart which makes it an anomaly, a puzzle, is not news to physiologists. We have two sets of muscles, one set under the control of the will, as, for instance, the muscles of the arm and hand. They are striped both lengthwise and crosswise. The involuntary muscles which cannot be moved by *desire*, are striped lengthwise only. *The heart is the only exception*. It is not under the control of desire, and yet it is beginning to show cross-stripes like a voluntary muscle.

In time those cross-stripes will develop fully and the heart will be under our control. When that time comes we will be able to direct the blood where we will to send it. Then we may refuse to send it to the left brain, and *Babylon, the city of Lucifer, will fall*.

When the blood is sent into the right brain we shall be building the New Jerusalem, and we are now preparing for that time by building the cross-stripes of the heart by altruistic ideals, or in the case of the pupil of a Mystery School, by sending the sex current through the *right-hand path* of the heart.

We remember that the Cherubim awakened the life spirit, the seat of divine love, whose shadow is the vital body, the medium of propagation, and when man was exiled from the Etheric Region, the Garden of Eden, with its four streams of ether, for the misuse of the sex force, the Cherubim were placed before it with a flaming sword. The right use of the sex force builds an organ which will give man the key to the inner worlds and help him to create by thought. This organ is the new wine cup, the ideal for the future epoch, the New Galilee, or New Jerusalem, and is built within the head and throat. To the spiritual sight it appears as the stem of a flower ascending from the

lower part of the trunk. This calyx, or seed-cup, is truly a creative organ, capable of speaking the word of life and power, to infuse vitality in substances that were hitherto inert. Service is also an important factor in building this organ, and when it is built, sorrow and pain will cease and we will have entered the path to the city of peace, the New Jerusalem.

Lemuria perished by fire; terrible cataclysms destroyed the greater part of the Lemurian continent and in its stead rose the Atlantean continent, where the Atlantic Ocean now is. In time that was buried beneath the waves and gave way to Aryana, the earth as we see it at present in the Aryan Epoch, but that is soon past. The salamanders are beginning to stir the fires in the forge to make "a new heaven and a new earth," which the Western School of Occultism calls the "New Galilee."

In the New Galilee humanity will have a much finer and more ethereal body than now, the Earth will be transparent also, and as a result those bodies will be more easily responsive to the spiritual impacts of *Intuition*. While we lived in ancient Atlantis in the basins of the earth, pressure of the moisture-laden mist was very heavy. This hardened the dense body, and as a further result the vibrations of the interpenetrating finer vehicles were considerably slowed down. This was especially true of the vital body, which is made of ether, a grade of matter belonging to the physical world and subject to some of the physical laws. The solar force did not penetrate the dense mist in the same abundance as is present in the clear atmosphere of today. Add to this the fact that the vital bodies of that day were almost entirely composed of the two lower ethers, which further assimilation and reproduction, and we shall understand that progress was very slow. Man led mainly a vegetative existence, and his main exertions were devoted to the purpose

of obtaining food and reproducing his kind.

Had such a man been removed to our atmospheric conditions, the lack of exterior pressure would have resulted in the outflowing of the vital body which means death. Gradually the physical body grew less dense and the amount of the two higher ethers increased, so that man became fitted to live in a clear atmosphere under a decreased pressure such as we have enjoyed since the historical event known as the "Flood" when the mist condensed (when the Sun by precession entered the watery sign of Cancer about ten thousand years ago, as told Plato by the Egyptian Priests). Since that time we have also been able to specialize more of the solar life force. The larger proportion of the two higher ethers now found in our vital bodies enables us to express the higher human attributes appropriate to the development of this age.

Let it now be remembered that the qualifications necessary for our emancipation from the conditions prevailing in Atlantis were partly physiological; we had to evolve lungs to breathe the pure air in which we are now immersed and which allows the vital body to vibrate at a more rapid rate than did the heavy moisture. With this in mind we shall readily see that further advancement lies in freeing the vital body from the trammels of the dense body and letting it vibrate in pure air.

Such bodies will not get tired either, *hence there is no night*, and the twelve cranial nerves, which are the gates to the seat of consciousness, then as now, are consequently never closed. Besides, New Galilee will be formed of luminous ether and transmit sunlight. It will be like unto "clear glass." Everywhere the pure and beautiful symbol of transparency has been given to designate the power of purity. We remember the Temple of Solomon that was "built without sound of hammer." The

most beautiful ornament there, was *the molten sea*. Hiram Abiff, the master workman, as *his final achievement*, succeeded in smelting all the metals of the earth into an alloy as *transparent as glass*. This is of course the luminous soul body which we have already described, and which everyone will have to possess to function in the New Jerusalem.

The present Christianity is not even a shadow of the true religion of Christ. That will remain in abeyance until all race feeling shall have been overcome. In the Sixth Epoch, or New Galilee, there will be but one Universal Brotherhood, under the leadership of the *Returned Christ*. Love will be unselfish and Reason will approve its dictates. Each will work for the good of all, because self-seeking will be a thing of the past. Universal Brotherhood will bind all beings of all the Earth together in love. There can be no death, for the tree of life, the faculty of generating vital force, is made possible by means of the ethereal organ in the head already mentioned, which will be evolved in those who are even now being taken out as forebears for the humanity of that coming epoch. "Flesh and blood cannot inherit the kingdom" (I Cor. 15:50) for it would interfere with the spiritual progress of that day; so when Christ appears we must be prepared with a soul body and thus be ready to part from our dense body to be "caught up and meet Him in the air." (I Thess. 4:17.)

"When shall these things be?" asked the disciples. If we believe Christ's words: "My kingdom is not of this world" (*kosmos*, the Greek word used for "world," meaning "order of things," rather than our planet, the earth, which is called *gee*) we shall know better than to look for Christ today. When the heavenly time marker came into Aries by precession, a new cycle commenced, and the "glad tidings" were preached by Christ. He said by implication that

the new heaven and earth were not ready then, when He told His disciples: "Whither I go you cannot *now* follow, but you shall follow afterwards. I go to prepare a place for you and will come again and receive you." It is perhaps presumptuous to even guess at the approximate time of the Second Advent, but as the precessional cycles, so far as they are connected with the evolution of man, seem to commence with the Sun's entrance into Capricorn, there may be a development at that time.

It is said that the Lord will appear with a mighty sound like the voice of an Archangel. We read of thunders and the blasts of trumpets in connection with the event. A sound is an atmospheric disturbance, and since the passage of a projectile made by man can lift the vital bodies of soldiers out of their dense bodies (as was observed in the World War), it needs no argument to prove that the shout of a super-human voice could accomplish similar results more efficiently—"in the twinkling of an eye."

In the Day of Christ when His voice sounds the Call, as the Atlanteans whose lungs were undeveloped in the flood, so will also the new age find some without the "wedding garment" and therefore not fit to enter until they shall have qualified at a later time; others will find themselves with a properly organized soul body, able to ascend above the discarded dense bodies, to meet Him and be with Him *for the Age*. Paul speaks of this advent as the "Christ being formed in you," and until Christ has been formed in us we are not yet ready for the Second Coming. As Angelus Silesius tells us:

Though Christ a thousand times in
Bethlehem be born,
And not within thyself, thy soul will
be forlorn.
The cross on Golgotha thou lookest
to in vain,
Unless within thyself it be set up
again.



Daily Thought and Guide

These daily meditations are based partly on the planetary hours of the day, daily aspects and vibrations.

MONDAY — June 1

On this very active Monday we have the chance to control our temper and thereby gain in spiritual stature. Both the Sun and the Moon are helping us to do this today.

TUESDAY — June 2

"Be still and know that I am God." In these days of noise and turmoil it becomes increasingly important to realize that we can find Him in the Silence and that we can trust in Him.

WEDNESDAY — June 3

Things may be erratic today. It is well to know that the stars incline but do not compel and with the help of God a serene heart can deal with many seemingly impossible situations.

THURSDAY — June 4

After many days of action we look back and see what has been accomplished and where we may have failed. With the help of the Higher Powers we will do better next time.

FRIDAY — June 5

All of our thoughtful deeds will bear good fruit today and we will feel that we should spend some time in praise and adoration. "God's in His Heaven and all is right with the world."

SATURDAY — June 6

Many things work together for good today and much can be accomplished. The inventive mind will be helped by Uranus and the loving heart is able to express itself freely today.

SUNDAY — June 7

This day "tune in" into the church of your choice with a receptive mind, enjoy a pleasure trip but rest occasionally. Put your trust in God and in Divine realities instead of any element of chance.

MONDAY — June 8

Let the words of our mouth be kind today. We are admonished to love our enemies—if we can do this we have indeed learned a difficult lesson and all will be well.

TUESDAY — June 9

Today also we can learn many lessons. The planetary aspects are mixed and we can reflect the good as well as the not so pleasant. Let us realize that all is in the hands of our maker.

WEDNESDAY — June 10

"All loving emotions, like plants, shoot up most rapidly in the tempestuous atmosphere of life"—Richter. Today life makes it possible for us to feel and act and know in full measure.

THURSDAY — June 11

"Day unto day uttereth speech and night unto night showeth knowledge." The stars in their courses show what man can do if he works in accordance with the laws of nature.

FRIDAY — June 12

If we follow the inner urge today we will succeed in whatever is good for us to do, the Planets are standing by. Let us sing with the psalmist: "The Lord is my light and my salvation; whom shall I fear, the Lord is my strength and my life, of whom shall I be afraid."

SATURDAY — June 13

This busy Saturn's day we should try to do one thing after another. Duty performed well carries its own reward. "Be still and know."

SUNDAY — June 14

This day is made for meditation. Let us go into our own inner chamber and close the door. Independence and originality of the mind must be used. "May the Son of God dwell in our hearts and may we be perfected in His love."

MONDAY — June 15

"The Cosmic influences are invisible, but they act upon man. Heat and light are intangible, nevertheless, they act upon man."—Paracelsus. Many invisible powers influence us today. Praise God for His Goodness.

TUESDAY — June 16

On this Mars day let us feel God's presence, for underneath are His everlasting arms. All things work together for good to him who walks uprightly.

WEDNESDAY — June 17

Conflicting vibrations dominate this day and it is a day for routine work. Prove all things and hold fast to that which is good is a good maxim today.

THURSDAY — June 18

This is a day when we can say with the Prophet Isaiah "... in quietness and in confidence shall be your strength" By conserving our energies we gain much needed reserve power.

FRIDAY — June 19

This fair Venus-day is made to count our blessings and name them, for God's in His Heaven and all is right with the world. Our thanks and praise to Him will keep our minds tuned to heavenly music.

SATURDAY — June 20

On this more quiet Saturn's day we can still harken back to the heavenly music of yesterday. Everyday affairs will take our attention and we will try and do these well.

SUNDAY — June 21

Let us use this fine Sunday to make calls on the sick, using our spiritual nature and optimistic thoughts to encourage others. Our kind and sympathetic understanding can be easily developed today and our soul qualities will prove helpful; in return we will be loved by everybody.

MONDAY — June 22

"Guard well thy thoughts; our thoughts are heard in heaven." How true these words of the Poet are, so much depends on our thoughts, as the mind controls the hands.

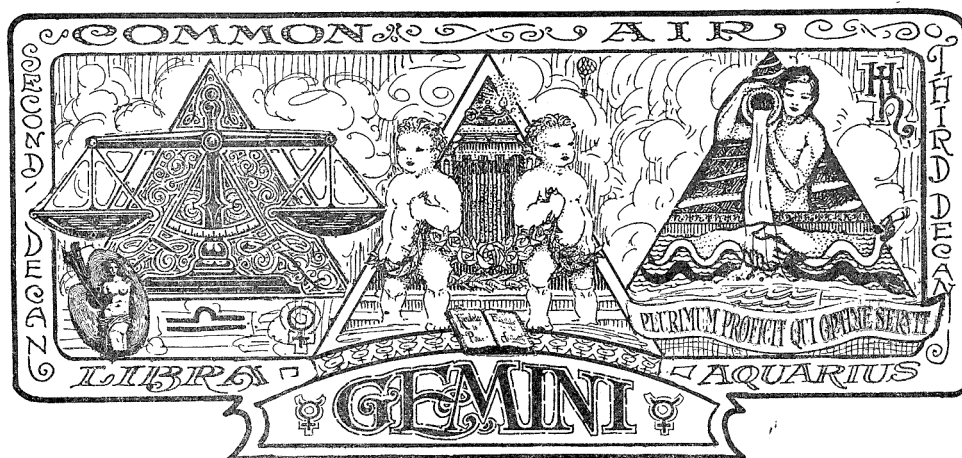
TUESDAY — June 23

Some of us may suffer under the vibrations of today. So let us "watch and pray that we enter not into temptation, the spirit indeed is willing but the flesh is weak."

WEDNESDAY — June 24

All of our affections, earthy and heavenly, will be strengthened today. In the wise words of Henry Ward Beecher "Love is the medicine of all moral evil. By it the world is to be cured of sin."

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The Children of Gemini, 1959

FRANC HAMMER BAIRD

Birthdays: May 22 to June 22

AT 7:36 P.M. May 21, 1959, the Sun enters Gemini, the third sign of the Zodiac and the first of the Airy triplicity. The Sun remains in this sign until 3:50 A.M. June 22.

Gemini is the first human sign, it is symbolized as a pair of twins. Gemini is the first one of the common signs. Gemini is ruled by Mercury, the planet of reason and logic. The keyword for Gemini is I think; the key note is joy. This sign may be associated with that period in evolution when mankind reached the human stage and was given a germ from which he might develop a mind body, making it possible for man to think and reason; to make his own decisions and express freewill. Gemini is essentially mental.

The average Gemini native is alert, versatile and expressive. He is breezy and affable, restless and changeable. Gemini is a natural investigator, with an excess of mental curiosity. He is interested in everything under the sun, he stimulates interest in new subjects,

new ideas and new scenes. Gemini quickly acquires a smattering of knowledge on many subjects, but is less likely to become master of any; he is always eager to begin a new project, but rarely completes it.

The Gemini native is good company; he is quick-witted, clever, light and cheerful. He is good company, never critical and never a bore. He is usually the "life of a party" for he is a good conversationalist and clever at parlor games, story telling and sleight of the hand tricks. He is always popular and welcome because he fits in everywhere and adapts himself to any occasion.

These Gemini children are high-strung, nervous, easily worried and irritated. They are frank and outspoken, may indulge in flashes of temper, but never hold a grudge.

Versatility is Gemini's best quality; his worst fault is inconsistency. His watchword is variety; his intellect is seeking and experimental, his speech is eloquent. Gemini children are studious, vivacious, charming and artistic. They

must be taught to be kindly and consistent. They must learn patience and stability and to focus their endeavors in a definite and constructive direction.

Gemini rules the third house of the horoscope. This is the house of expression and the mind. It rules all types of communications, and blood relatives, especially brothers and sisters.

Gemini natives are more mental than emotional; they like to study and read, they make good teachers, writers, typists, editors, secretaries, excellent postal clerks or railroad employees and excel as traveling salesmen.

Gemini rules the hands, arms, shoulders, lungs, and the entire cerebrospinal nervous system. When the Sun in Gemini is afflicted the native may suffer from nervous or mental disorders or he may have bronchial and lung trouble. These natives need wholesome food, fresh air and plenty of relaxation. The color allotted to Gemini is violet. The flower is the lily of the valley and aquamarine is their jewel.

Major planets move slowly and often remain in aspect over a long period. During this solar month Saturn remains sextile to Neptune and trine to Pluto with Neptune and Pluto also in sextile. These aspects bring out the best qualities of each of these planets and make them available to every child born during this period. These children will have a natural inclination for research into the mysteries of life and death with ability to delve deeply into occult subjects. Many are destined to fulfill a definite mission in life.

From May 21 to 23 Mercury squares Uranus. Some children born during these three days will have extreme but impractical ideas regarding reforms and social structures. This is the hallmark of "a crank"; they will be erratic and unconventional.

On May 24-25 Mercury is also parallel Uranus which extends the same influence over these two more days. May 21

to 29 Mars parallel Saturn gives a quick temper with a selfish cruel streak in the nature. May 21 to 31 the Sun is square Pluto. Individuals born during this period may during their life time be compelled to suffer material failures for the purpose of developing spiritual qualities in their consciousness.

May 23 to 29 Mercury in opposition to Jupiter gives a vacillating wavering quality to the disposition which makes those born at this time liable to suffer lost opportunities, due to lack of judgment or because of procrastinations.

May 24, 25, 26, Mercury parallel to Jupiter gives the mind a cheerful optimistic trend which to some extent helps to offset the former and favors success in literature, law or mechanical arts.

From May 23 to 31 Mercury is sextile Mars and trine to Jupiter. These are *very* favorable aspects for they make the nature generous, noble, sincere, honest, straightforward, whole hearted and enthusiastic. Children born during this period will be broadminded, ingenious, quick witted and resourceful. They will have oratorical powers, abundant vitality, good health and endurance. They will be enterprising in spirit, reliable and tireless in their efforts. Many of these children will find careers in law, literature or mechanical arts. They will be successful travelers.

May 26-31 Mercury is square Pluto and on the 28th Mars is parallel Pluto. This indicates poor memory and makes the native somewhat liable to fraud. These children should be taught caution in signing agreements especially as their judgment is not of the best and there is a recklessness which prompts them to force destiny to a premature climax. These aspects are accompanied by a series of parallels which like the conjunction unite the forces of two planets.

May 26 to June 2, and May 30 to June 3, the Sun is parallel Mars and Mercury; this gives physical energy, an enterprising spirit, courage and ability

to endure hard tasks. There is a tendency to feverish diseases but good recuperative power and indomitable will. This increases mental power and strengthens memory. On June 3 Mercury is parallel Venus which refines the mind and indicates talent, a taste for music and art. It makes these natives cheerful, sociable and diplomatic.

June 1 to 6, Mercury sextile Uranus is the hallmark of a pioneer and an inventor. It is the sign of a literary and scientific genius. These children are original, independent and somewhat eccentric, they are impatient against the fetters of society and convention. They should be prepared for careers in aeronautics or electronics.

May 28 to June 7, Venus and Jupiter are trine; one of the best testimonies of general good fortune and success. It indicates social prestige and favors finances. It gives a desire for luxury and a generous disposition.

From May 25 to June 15, Sun is sextile Uranus making the native highly intellectual and strong willed. These children will be intuitive and occult minded. They will be original and independent individualists; they may at times appear eccentric; they will attract hosts of friends. They may be high strung, temperamental and idealistic, but they have self-control and seldom lose their tempers.

June 4 to 10, Sun parallel Saturn has a detrimental effect upon health as it has a tendency to lower vitality and is unfavorable for material affairs. June 5, 6, 7, Sun parallel Venus refines the character and emphasizes the artistic side of the nature, it indicates some talent for music, art or poetry. On June 9 Venus is parallel Pluto. This gives a strong love nature and the ability to express sympathy for mankind.

May 29 to June 18, Mars square Neptune is a difficult influence to handle for it bestows an impulsive fanatical

quality with a tendency toward mediumship and even obsession if negative habits are acquired, it is self indulgent and lawless. These children must be carefully taught the dangers of alcohol, narcotic drugs and spirit seances.

June 5 to 11, Venus is also square Neptune which puts additional emphasis on the above. This increases the emotional nature and makes the native liable to fraud, losses, suffering and sorrow. All "get rich quick" ventures and speculative investments should be avoided. These children should learn to control their emotions.

June 10 to 16, Mercury is sextile Pluto, trine Neptune and opposite Saturn, thus the children born during this period are closely attuned (mentally) to those major aspects of Saturn, Pluto and Neptune mentioned earlier. These are the children who will be most likely to express these major influences of this month and become prominent in the world affairs of the near future.

June 9 to 16, Mercury makes three aspects, the sextile to Pluto which gives a gift for speech and an interest in intellectual pursuits; a trine to Neptune giving interest in mystical and occult subjects, some clairvoyant ability or extra sensory perception. These children may make particularly good magnetic healers. The opposition to Saturn may bring about delays, disappointments and a feeling of frustration and melancholy.

From June 1 to 17, Venus is conjoined with Mars and softens the brusque manner by contributing a kindly polite quality. It intensifies the passional nature and attracts the opposite sex.

Venus, Mars and Uranus are together in Leo from the 13th until the 22nd. This indicates somewhat of an erratic, eccentric tendency to the nature. It gives a stubborn headstrong dogged determination with an unusual resentment against restraint. Idealistic and

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Readings for Subscribers' Children

RALPH R. D.

Born May 16, 1952, 7:00 A.M.
Latitude 40 N. 45, Longitude 73
W. 58.

Cusps of houses: 10th, Pisces 9; 11th, Aries 13; 12th, Taurus 24; Gemini intercepted in 12th; Ascendant 2 Cancer 30; 2nd, Cancer 22; 3rd, Leo 13.

Positions of the planets: Part of Fortune, Aries 1:03; Mercury, Taurus 2:49; Jupiter, Taurus 4:10; Venus, Taurus 14:54; Sun, Taurus 25:53; Uranus, Cancer 11:24; Pluto, Leo 19:08; Dragon's Tail, Leo 26:17; Saturn, Libra 8:42 retrograde; Neptune, Libra 19:26 retrograde; Mars, Scorpio 5:11 retrograde; Moon, Aquarius 25:06; Dragon's Head, Aquarius 26:17.

Ralph has a powerful horoscope: Venus in Taurus, Mars in Scorpio and Saturn in Libra gives these planets additional strength and indicates an old soul; one old in experience who has generated considerable power in previous lives and has developed strength of character, but has not always used it constructively or unselfishly. He has now accepted a heavy load of karma to be liquidated during his present life time. Some of this work has begun in his last embodiment and because he has Saturn exalted in Libra, he will master this life's lessons before he departs from it.

Ralph has seven planets: Sun, Mercury, Venus, Jupiter, Mars, Pluto and the Moon all in fixed signs, and arranged to form a cross. According to the Rosicrucian teaching such a cross is the result of repeating the same mistakes through several embodiments until certain undesirable features are estab-

lished, and the negative qualities of these planets were released. The results have become "fixed" as stubborn qualities in the character, and crystallized as physical weaknesses in the body; which may now result in ailments of the throat, generative organs or the heart. (The mumps, a Taurus disease, might prove more serious in Ralph's case than in another. In case he should contract this children's disease special care should be taken to prevent complications.)

Although Ralph will master this life's lessons before he departs from it, it will take much determination to transmute the negative qualities indicated by the fixed cross. The fact that common signs are not represented (two of them Gemini and Sagittarius are even intercepted, imprisoned) contributes to this possibility and to the fixity of the chart for it indicates a lack of adaptability.

An old soul and old karma are recognized by the dignity and the exaltation of the planets in their signs, also by planets in fixed signs, late degrees and close aspects.

The majority of the planets rising in the east in this horoscope, the elevated positions of the benefics, plus the sextile aspects between the Taurus planets and the midheaven offer Ralph many opportunities with early success and recognition for his achievements both material and spiritual.

Uranus in the ascendant makes Ralph emotional, friendly, ingenious, independent and personally magnetic. He attracts hosts of friends, some influential in the business world will help him to realize his ambitions. The trine to Mars makes him a pioneer in thought with original ideas and inventive ability. Although Ralph may have some eccen-

tric. unconventional traits he has a high I.Q., high ideals and humanitarian motives, for Uranus rules the 9th house of the higher mind and is sextile Mercury, Jupiter and Venus.

Ralph is intensely interested in both occult and practical sciences. He would do well if educated to follow a career in electronics for which he has a natural affinity. He has occult knowledge and abundant, latent spiritual qualities. He has high ideals and humanitarian motives. He could develop magnetic healing power.

Mars square Saturn, Moon square Sun and Mars opposite Mercury, Jupiter and Venus indicates many obstacles to be overcome and some frustrations; these aspects accentuate the negative qualities of the planets and indicate undesirable qualities in the native.

Although Ralph is friendly and sociable, his disposition is changeable and he feels dissatisfied. This makes it difficult for him to pursue a settled course in life. He is too eager to plunge into untried ventures and lacks persistence. There is an exceedingly erratic quality to his reasoning and he is too likely to jump to conclusions.

Ralph must learn to develop the constructive qualities of Taurus such as caution, persistence, patience, self-reliance, sympathy and understanding. He is inclined to be self indulgent and greedy. He has a strong and violent desire nature and places too much importance on worldly pleasures. He must learn the difference between being materialistic and practical. An afflicted Mars in Scorpio in the fifth house of pleasure offers many temptations including, "wine, women and song."

The Moon in 9th house trine to Neptune in Libra in the 5th house gives Ralph a fertile imagination and artistic creative ability; it makes him inspirational, spiritual, visionary and prophetic. Neptune sextile with Pluto gives him a natural inclination for research into the mysteries.

Uranus sextile Mercury, Venus and Jupiter gives him a strong independent magnetic personality with musical ability to express his ideas; he is broad-minded, humane, generous and benevolent. He is a good money maker with wasteful and extravagant tendencies. He is quick-witted, excitable and outspoken. He has intuition, quick perception and appreciation for the arts.

Mars opposite Jupiter is the mark of a gambler, but Mars trine Uranus, gives him mechanical ability, makes him alert, resourceful and ambitious, it bestows an excess of energy.

There are many temptations in life for this boy, but there is also great *strength* of character to overcome them. Ralph's future is largely dependent upon his early training which will not be easy for those who assume this responsibility for he is self-willed, stubborn, and headstrong. He resents any authority over him and is determined to have his own way. When thwarted he is inclined to indulge in tantrums, brainstorm and violent outbursts of temper, which unless curbed in early life will hinder his success and have a damaging effect upon his health later on.

Ralph must be firmly, but lovingly disciplined and should be given kind practical explanations in order to overcome the weaknesses in his character. A knowledge of karmic law should appeal to the practical side of his nature.

Taurus is basically affectionate and loving. An appeal to his affections will work wonders in winning Ralph's interest. He can never be driven against his will. He has much to overcome. He must learn to be conservative and overcome his wasteful, extravagant habits. He must be taught to respect authority and cooperate with others in order to make a happier more successful life and a healthier atmosphere. His companions should be chosen with discrimination and he should be encouraged to indulge in competitive sports.

CATHY S.

Born July 3, 1955, 3:41 A.M.

Latitude 43 N., Longitude 94 W. 30.

Cusps of houses: 10th, Aquarius 29; Pisces intercepted in the 10th house; 11th, Aries 1; 12th, Taurus 14; Ascendant, Gemini 25:19; 2nd, Cancer 15; 3rd, Leo 5.

Positions of planets: Mercury, Gemini 21:21; Venus, Gemini 24:23; Dragon's Tail, Gemini 24:36; Sun, Cancer 10:42; Mars, Cancer 24:53; Uranus, Cancer 26:53; Jupiter, Leo 4:11; Pluto, Leo 25:20 retrograde; Neptune, Libra 25:28 retrograde; Saturn, Scorpio 14:42 retrograde; Part of Fortune, Sagittarius 5:20; Moon, Sagittarius 20:43; Dragon's Head, Sagittarius 24:36.

Cathy Steiner was born with the Sun in Cancer in the first house and trine Saturn. This brings out the best qualities of both planets and the sign Cancer. It gives Cathy foresight, a good physical constitution and long life expectancy. It makes her kind, considerate, and the soul of honor. She is endowed with executive and organizing ability, and has the moral stamina to carry through to a successful conclusion any project she undertakes. Cathy has self esteem and commands the respect of others. She may benefit from legacies.

The Sun in the first house is accidentally exalted and opens the door for free individual expression. It stands here somewhat alone in 10 degrees and 42 minutes of Cancer. A degree of "simplicity and sublimity." Cathy considers *charity* the greatest virtue and strives to practice charity in soul, thought and action. She brought with her into the world a message of love, life and hope. She is destined to perform a mission in life.

Pluto in Leo in very close aspect to Neptune in Libra on one side, Mercury,

Venus and the ascendant in Gemini on the other offers her vast opportunities to express herself and her talents. These aspects give her a great love nature and the power to express her sympathy for mankind; they indicate an inclination for research into the mysteries of life and death. They bestow upon her a remarkable memory and a gift for speech. They give her a tendency for intellectual pursuits. Cathy is psychic and talented. She has occult knowledge. Cathy wears her aura resting above her head like a mystic crown, and the aspects of Neptune and Pluto to the ascendant and Venus creates a rosy hue which reflects a Holy Light about her.

Cathy is happy near the water; she loves to commune with nature and meditate in a quiet rustic spot, such an atmosphere gives her inspiration which she has the ability to express in art, literature or poetry (especially poetry). She has both talent and perseverance. Her thoughts are pure, her aims are high and inspirational, her mind resists any suggestion of evil and her desire is to spread happiness and contentment. She will always be loved and popular wherever she goes.

Cancer is ruled by the "restless Moon." Cathy's Moon is in Sagittarius which makes it more restless and gives her an active, vivacious, and enthusiastic personality; fond of travel and interested in law and philosophy. The moon's favorable aspects to Neptune and Pluto increase her imagination and endow her with inspirational talent and give her an optimistic, generous, benevolent disposition.

Cathy is sensitive, emotional, imaginative, impressionable and sympathetic, she has an understanding heart. She feels rather than reasons. She is cautious, loyal and conscientious. Cathy has a bright and joyous spirit although at times she may be moody and changeable.

No horoscope is entirely without some

"so called" bad aspects (squares and oppositions) no individual is completely free from all negative qualities and unfortunate conditions. It is the individual's free will reactions to these aspects, which promotes soul growth and develops character. Cathy is no exception to this law, for she, too, is here to learn lessons in the school of life. There are a number of bad aspects in her chart. The negative influences activated by these must be directed into constructive channels.

Cathy has the Moon (her life ruler) opposing the Ascendant, Venus and Mercury. This is a very versatile or unstable influence. It has a frustrating effect upon the life. Cathy is inclined to be indecisive and changeable. She must learn to make definite decisions and abide by them. She must cultivate discretion and economy.

The squares of Neptune in Libra to Mars and Uranus in Cancer increases the auric vibrations to a high degree and brings the person in touch with the denizens of the invisible worlds as a result of this Cathy is mediumistic and somewhat prophetic, emotionally unstable and fretful. This gives her disposition an erratic or eccentric quality so that at times Cathy may be headstrong, impulsive and self indulgent. In some, this causes temper tantrums, if not controlled early in life. Cathy may later suffer serious stomach troubles. The use of alcohol or narcotics would ruin this girl's life and any indulgence in Spirit Seances or mediumship would be risky.

Each of these aspects has a detrimental effect upon Cathy's health especially indicating functional disturbances of the generative or digestive organs, but as each of the planets involved has also good aspects to offset the bad with careful rearing Cathy will master and transmute her weak qualities and be able to successfully express the positive side of her character. The

(Continued on page 39)

DAILY THOUGHT AND GUIDE

(Continued from page 17)

THURSDAY — June 25

Today the planets combine to give us vibrations that should be incentives to good action and loving understanding. With kindness we can clear any situation which may arise. "Praise God."

FRIDAY — June 26

Today the Great Christ Spirit will shed His benign love on all humanity. And we may reflect such divine feelings in our contacts with our fellow man.

SATURDAY — June 27

Let us not be discouraged today but make this Saturn's day a day of rest. He said, "Come unto me all ye that are heavy laden and I will give you rest."

SUNDAY — June 28

Today we will be attracted to occult study, meeting with other minds of intuitive and magnetic powers. Your strength and endurance will prove helpful to overcome any hardship placed in your path. Let us keep our inner balance and let it shine forth through your personality.

MONDAY — June 29

The stress and strain of today may bring us to our knees. The clouds show very little of the proverbial silver lining, and caution is our watchword today.

TUESDAY — June 30

The month of June ends with much bustle and activity. Today there is the chance to let our personality express the divine spirit that is within each and every one of us.

"I have risen, uplifted, on the breeze
Of harmony, above all earthly care."

—Wordsworth.



Honey Heals

FRANCES HOPE TATE

Since the issues of RAYS FROM THE ROSE CROSS in which this article was previously published (November, 1955, August, 1956, and December, 1958) have been exhausted, we are reprinting this article in order to supply the requests for it.

HONEY is unquestionably one of the most remarkable natural substances known to man. We are all comfortably aware of its value in the diet. But do you know the power of honey to destroy bacteria, thus making it one of the simplest home medical aids imaginable?

When the scientist calls honey hygroscopic, he means that there is in it a power so great that it will immediately begin to withdraw the moisture from any substance the moment it comes into contact with that substance. Now consider the lowly bacterium. As it follows the compulsive law of mitosis; a single bacterium—within sixty seconds—divides in half and becomes two complete bacteria. Another sixty seconds and these two have become four. One minute more and the four are eight, the eight become sixteen. And so the process continues. But all bacteria, to survive, must have a certain amount of moisture. Since, then, honey begins to absorb moisture immediately upon contact, we can see at once that bacteria

cannot thrive in the presence of honey. In fact, honey's hygroscopicity is so amazing that even a stone crock must yield its own inherent moisture unless specifically treated to hold honey.

At the Colorado Agricultural College in Fort Collins, Dr. W. G. Sackett, a bacteriologist, determined to put honey to the test. Frankly, he did not believe honey would destroy disease bacteria. So in his laboratory he placed various disease germs in a pure honey medium and waited. The results astounded him. Each one of those disease micro-organisms died within a few hours or at most a few days. He had used the typhoid-fever producing germs (*B. typhosus*); they died within forty-eight hours. Other similar germs which are called A and B para typhosus perished after only twenty-four hours. A micro-organism found in feces and water which resembles the typhoid bacillus and is called *B. fecalis alkaligenes* died in five hours. *B. suipestifer*, causing chronic bronchopneumonia followed by septicemia, was dead on the fourth day. It was the same with the lactose fermenter. (*B. lactis aerobacter*) and with the particular bacteria associated with a number of pathologic conditions such as peritonitis, pleu-

ritis, cystitis, and suppurative abscesses (*B. proteus vulgaris*). The dysentery-producing germs (dysenteriae) were destroyed in ten hours. Those causing diarrhea in newborn calves (*B. enteritidis*) died in forty-eight hours. *B. coli communis*, which Dr. Sackett described as "pathogenic in the case of ulceration in typhoid," as it enters the blood and creates peritonitis—this was destroyed on the fifth day. All of these findings may be read in Bulletin No. 252 which was published by the experimental station where Dr. Sackett conducted his tests.

Nor was Dr. Sackett alone in his experiments. These same tests were duplicated and substantiated by Dr. A. P. Sturtevant, bacteriologist in the bureau of Entomology, Washington, D.C., who later was employed by the Bee Culture Laboratory at Laramie, Wyoming; by A. G. Lockhead who worked in the Division of Bacteriology in Ottawa, Canada; and by numerous others.

It has been proved, then, that bacteria cannot live in the presence of honey since honey withdraws from them the moisture which is essential to their very existence.

What, therefore, does this mean to us as laymen, untutored in the medical sciences? It means that this bacteria-destroying factor in honey makes of it one of the easiest, quickest home remedies the average person can have for immediate use. Knowledge of this *could* save your life.

One winter a certain man decided to heat a boiler which contained some thirty-five gallons of water. After a considerable length of time he thought to look inside to see how matters were progressing. As he opened the cover, the internal force of steam blew the lid violently against the ceiling, at the same time scalding his head, hands, and feet with a great volume of hot water and steam. A moment later the pain that enveloped him was nearly unbearable. He said later that had not his wife and

daughter come to his aid immediately he would probably have gone out of his mind. As it was they instantly took large pieces of linen, smeared them copiously with pure honey and laid them gently over his head and neck, hands and feet. As if by magic, the pain subsided almost at once. By night he was able to sleep comfortably and not one hair was lost, though his head had been drenched with great quantities of hot steam and water.

Do you know that honey will heal inflammation, even destroy deep necrotic tissue and quicken granulation, at the same time easing the pain and tension produced by pain. Dr. Zaiss of Heidelberg prefers to use honey rather than the customary tincture of iodine for his infection cases. Dr. Bodog Beck and Doree Smedley in their book *Honey and Health* say that he has not lost a single case out of the thousands of severe infections he has treated. Dr. Zaiss advises dipping gauze strips into pure honey and binding the infection loosely. Incredible as it may seem, within twenty-four hours the area will be entirely clean, the dead tissue clinging to the bandage as it is changed—which should be every day. All during that twenty-four hours the infection has been bathed in an exudation of lymph and this is why the bandage will not adhere to the wound. Those who have used honey after this fashion report that at first they feel a momentary smarting as the honey is applied, but that this is immediately followed by a cooling sensation and fast mitigation of pain. If, therefore, you have an infection, cut, scratch, even a carbuncle, boil, felon, or fistula, make a dressing smeared with honey, cover the affected area and watch the miracle of honey's bacteria-destroying properties. Instead of using honey alone, some people in Europe will make a mixture of honey and cod-liver oil. Or they will combine equal parts of honey and flour or honey and burnt alum. All are equally efficacious.

Honey as a food, a beverage, and a medicine is hardly something new. Our Bible has in both the Old and New Testaments some fifty-three references to honey and nine more to honeycomb. There are numerous references in the Talmud, the Koran, and in many of the sacred books of the East. So we might truthfully say that the use of honey medically is not something new, only something half remembered.

Are you tired mentally? Physically? Drinking a large glass of hot water mixed with one or two tablespoons of honey will give an immediate surge of energy. Ordinary sugar and water will not do it. These must first be converted by the digestive system before they are able to enter the blood stream, but the levulose in honey is absorbable at once because it needs no conversion. Honey contains about forty per cent levulose, thirty-four per cent dextrose, and between one and two per cent sucrose. It is alkaline in action, also mildly laxative and an excellent diuretic. Singers and speakers who use their voices considerably find three parts of honey to one of compound tincture of benzoin wonderfully soothing to their throats. Or they may combine two ounces of honey to one ounce each of lemon juice and pure glycerine. A particularly fine gargle is compounded from 125 grams of honey and 25 grams of alum to one quart of water. This last is especially good for healing ulcerated gums and sore throats. Often husky throats are comforted with hot milk and honey.

It may seem unbelievable that honey apparently has a very beneficial effect on tuberculosis. Case has been added to case where consumptives who have been given up by their physicians as having only a few more months left have turned to honey and found it literally a life preserver. A very young girl so abandoned by her doctors as hopeless adopted a diet of goat's milk and honey and surprised them all by living to her eighty-eighth year without any further illness.

A man in Kansas was told by his doctors he might as well spend his last three months in the West. Instead of following their instructions, he took a local job setting up an apiary of 100 colonies for a commercial orchard. Every spare moment he spent studying about honey, learning how through withdrawing the vital moisture from disease bacteria it destroyed them. So he ate as much honey as he could, making his diet mostly of raw foods, and continued working as much as his strength would allow. Three years later he presented himself to those same physicians who had given him just three months to live, and, though they examined him thoroughly, they could find only a few spots on his lungs. In time these, too, were healed, and today he farms twenty-five acres of land and runs two hundred and fifty stands of bees.

Sufferers from nervous insomnia find relief if each night before retiring they take a teaspoon of honey by itself or, if they prefer it, add the honey to hot milk. Another mixture for the same distress is a glass of hot water with one or two tablespoons of honey with the juice of half a lemon added. How much better are these homely remedies than the hundreds of patented drugs sold in astounding quantities every year!

Stings of bees, wasps, and yellow jackets respond excellently to a honey treatment. So also do the bites of mosquitoes and fleas. Dr. J. D. Walters, a well-known Los Angeles physician, very highly recommends the use of honey in all insect bites except those of the black widow spider and the scorpion. In those two instances he says a physician must be reached at once but that, in addition to the usual calcium treatment for these bites, hot honey compresses work wonders. As for the other insect bites and stings, pure honey dabbed on and the area bandaged is all that seems necessary. Leaving the honey bandage on for several hours, even after all pain has subsided will prevent the customary

swelling. Many years ago the author's husband received over a hundred bee stings on the head. He quickly smeared about half a pound of honey over his head, rubbing it well into the scalp. Within ten minutes the intense pain vanished and there were no ill after-effects which would normally have resulted from the injection of so much poison into the blood stream. True, the treatment was sticky but extreme cases require extreme measures and the important thing is: it worked.

Dietitians and nutritionists know that honey *per se* has only a modest amount of minerals and vitamins but, says Dr. J. D. Walters, who has also been a dermatologist and metabolic nutritionist for over twenty years, "There is a factor in honey which releases the values of the other foods consumed and makes



them more fully available to the body. Exactly what that factor is we do not yet know, but we do know it exists."

Dr. Walters, like every nutritionist and certainly every beekeeper, knows the value of unheated honey. The honey processors must heat theirs to prevent its crystallizing simply because the average consumer does not know that crystallization is an absolute sign of honey's purity and, in error, rejects it as being old. Therefore, to avoid the chance of its clouding and crystallizing on the store shelves, these processors "pasteurize" it by heating, sometimes at too high a temperature, and this excessive heat destroys much of the vitamins and minerals it does contain.

Recently Dr. D. C. Jarvis of Barre, Vermont, in a letter to the author summed up the activity which honey, taken internally, sets up in the human system

thus: "Lymph," he writes, "has a rate of flow to the various myriads of cells of the body, this flow being maintained by potassium. When the tissue fluid has been delivered to the cells and the waste material resulting from the vital activity of each cell is dumped into the moving tissue fluid, it enters the tiny veins and again is carried to the lungs and heart. By the continued moving of this tissue fluid called lymph at its normal tempo by potassium, the individual avoids degeneration of tissues and, as a result, reaches the latter part of life with good eyesight, good hearing, good mental vigor, and good physical vigor. The taking of honey each day is advised in order to keep the lymph flowing at its normal tempo and thus avoid regenerative disease which shortens life . . . The real value of honey is to maintain a normal flow of the tissue fluid called lymph. When this flow rate slows down, then calcium and iron are precipitated as sediment. When the lymph flow is stagnant, then harmful micro-organisms invade the body and sickness appears."

It is beyond question that we should do all possible to maintain our physical bodies in the best of health. Through a diet of pure foods (and honey is certainly one of them) we can keep the system unclogged and less vulnerable to disease germs. Should bacteria invade the body, then as Max Heindel states in *Occult Principles of Health and Healing* (p. 193), "We should be doing decidedly wrong if we allowed our physical instrument to deteriorate for lack of proper care and attention. It is the most valuable tool we possess . . ." If our faith alone is great enough to heal an infection, a burn, or some disease, this is certainly both admirable and preferable. But we have also been given natural ways and means of healing. Honey is one of them. Taken internally, applied externally, it is one of the simplest, easiest, and quickest means of counteracting invading bacteria.

Gemini Problems and Oxygen

A. J. HAWORTH, D.C.

MEDICAL astrology teaches that the microcosm or man's small world is built and operates on the same plan and forces as the macrocosm or great world. "As above so below." Thus we may assume that the different parts of the human body are correlated to the various divisions of the heavenly arch and the planets moving through it. Their activity of building and sustaining the human organism is therefore accurately shown in the individual horoscope which shows the particular action and influence of the invisible forces at work before, during and after birth.

This law of correspondences between the signs of the zodiac, the planets and the dense body explains the effects or symptoms of pathology exhibited under the different signs together with the dynamic action of the planets, directed, so to speak, by the signs in which they appear in the chart.

Gemini rules the arms, hands and shoulders. Thymus gland, upper ribs, trachea, bronchi, capillaries, breath, and oxygenation of blood which we will discuss in more detail later. By reflex Gemini rules the area of the hips, sacral area of spine, coccygeal vertebrae, femur, ilium, iliac arteries, sciatic nerve and the ischium and tuberosity—"sit down bones." Of course we must realize lots of tissue and organs under the two signs cannot be detailed, such as smaller nerves and muscles, etc., but a study of anatomy will clear this.

People with Gemini rising or Sagittarius on the ascendant or planets, especially Saturn and Mars, heavily afflicted will be liable to pathogenic effects like pneumonia, bronchitis, pleurisy, asthma, inflammation of pericardium

(heart covering), and nervous diseases. And it may be well to note that the moon affects woman's health as a general thing more than it does when adverse in a man's chart and the sun has more power in the male horoscope. Saturn and Mars both afflict regardless of aspects but naturally the symptoms are reduced by the benefic aspects.

Atoms, be they physical or of the higher planes vibrate in accordance to the force which penetrates them—one of the seven forces, depicted by the seven Spirits before the Throne, the planets. A body or group of atoms is inclined this way or that—be it the dense body, or the atoms of the mind body. The rate of vibration gives a clue to the density of the group. The more compressed the slower the vibration of the force working in and through it. Of course this is why we respond to planetary vibrations in different ways. Disease of the physical body is actually nothing but inharmony in the vibrations of the spiritual body and the earthy vibration of our physical organism.

A standard table of vibrations shows that sound ranges from two to about thirty-two thousand vibrations per second. Above that we find rates increasing to twenty figures and more, but here we are concerned with audible sound vibrations. In this range we find a corresponding vibration in an atom of oxygen. We know that the higher octaves of audible sound affects the physical senses due to its impact of the physical and etheric atoms of the vital body, which is vibrating at a certain established pitch, shown by the ascendant.

When the physical body is in harmony with the vital body's tone or pitch

health manifests. Hence music and light or color therapy is a proven help since during treatment the tone of the vital body will respond to its keynote enough to regulate or establish a complete harmony of atomic life in this body. Physical metabolism is thereby achieved.

The chemical vibrations of food and drugs change our vibrational status one way or another according to application, etc., for vibrations can both kill and cure. When oxygen is introduced into the body the cell can breathe, propagate its species, etc. We are told by Max Heindel that oxygen is the physical expression of life force, correlated to the World of Life Force and the Christ or healing ray.

A few years ago a machine was developed from the idea that if the oxygen in water could be directly introduced into any part, or organ, of the body the pathological condition there would soon be corrected by this important element—oxygen. Acting on the knowledge that certain audible sound vibrations would unite with the atom of oxygen in plain water, experiments started. It was understood that some kind of radiating force must be in the picture and thus finally came a device that compressed audible sound which was transmitted through cables to wet pads and resulted in powerful and regulated vibrations in the wet pads when the sound waves struck the water in the pads.

We have seen sound vibrations altered into colors on a siliscope or screen by the device which raises sound probably to an ultra sonic vibration, which merely shows how man is learning to manipulate divine forces in matter to man's ultimate good especially in industry. But here we are concerned with health matters and should realize that if a physical organism does not obtain sufficient oxygen it dies—be it a microbe or adult body.

Some parts of the body die when a person is ailing. His medical chart will

indicate the likely areas and for centuries people have striven to find relief and cures by almost every physical and spiritual means known.

We submit that oxygen introduced directly in its natural form is a very valuable and revolutionary method of doing our part to restore harmony in a sick body. It has been used now for many years by dozens of doctors of different schools but is yet more or less unknown to the general public and even the general run of practitioners are just beginning to recognize its real worth.

Naturally we as students of the Rosicrucian Fellowship know that a clean proper vegetarian diet, and a healthy helpful mind is a must for health regardless of the kind of therapy used or under which astro-physical influence we may be working. And prayer without faith and works avails us nothing. And above all let us not forget our grateful thanks to the Great Physician for our many blessings.

THE CHILDREN OF GEMINI, 1959

(Continued from page 20)

altruistic qualities will manifest in some of these children while others less evolved will release the coarser side indulging in violent temper and destructive habits. All of these children have latent ingenious mechanical ability which should be cultivated. They should be carefully trained to avoid illicit and clandestine love affairs and perverted sex habits which can only bring sorrow and trouble.

READING FOR SUBSCRIBERS' CHILDREN

(Continued from page 24)

Sun rules the end of life and its trine to Saturn gives her great strength of character. In previous lives Cathy has generated much good fortune (the good aspects) which is at her command in the present life for as we sow so also do we reap.

DIET AND HEALTH

A great teacher once said, "As a man thinketh in his heart, so is he." With almost equal truth it might be contended that as a man eats, so does he think. For the wise and thoughtful person is one who uses due care in the selection and consumption of his daily foods, being well aware that upon the adaptability of that food to his own particular requirements depends the well-being of his body as well as the perfect functioning of brain and nerves.

The diet problem is largely an individual problem requiring your own solution. Change your diet gradually as you change your thoughts regarding food.

While it is true that no two persons are constituted exactly alike, and that each should study his or her own particular needs, yet there are certain basic principles of diet that are of benefit to all.

The aspirant to the higher life should entirely avoid using flesh food if possible. No one who kills, or causes another to kill for him, can go very far along the path of holiness. Certain food products from animals, however, such as milk, cheese, and butter may be used. Some can make the change to a vegetarian diet immediately with good results, but others may find it more advantageous to change gradually.

One meal a day may be made entirely of uncooked food; *i.e.*, fresh fruits and raw vegetables including a leafy green salad.

The apple, which can always be obtained even in northern climates, is the king of all fruits, as it combines a high food value with properties of a tonic and body-building nature.

Sugar is wholesome in its natural form as contained in vegetables, fresh fruits, and honey. Commercial sugar

should be used very moderately. It causes fermentation in the system, and among other things is largely responsible for the so-called acid stomach.

Fresh figs as well as dried (unsulphured) are recognized for their high alkaline content and mild laxative effect. Fresh fruits and vegetables contain the purest water, as well as organic minerals and bulk, forming a good spring diet.

Strong spices, highly seasoned dishes, and vinegar should be avoided and salt used sparingly. Few persons are harmed by taking too little salt but an army of sick people show the consequences of eating too much salt. Excessive use of starchy foods should be avoided. There is never any trouble in getting enough starch, but often ill effects result from too much.

Worry and depressing emotional states cause indigestion, because of the retarding influence on the digestive juices.

If you live to eat, you will eat highly seasoned, starchy dishes; if you eat to live, you will eat wholesome food. In order to gain weight and strength it is necessary to eat less but more carefully selected food. Overeating retards the ease and rapidity of digestion. If you do not sleep well see if you can find the cause in your evening meal.

Incorrect eating is not the cause of all diseases but correct eating will cure many and relieve all. A normal digestive system can miss a meal and suffer no inconvenience. Overeating, in the final analysis, is probably the cause of two-thirds of all human ailments. The majority of people at the present time could with much profit reduce by one-third the amount of food eaten each day. Greater mental and physical efficiency and keenness would certainly result from it; also added years of life.

Vegetarian Recipes

ALMOND-MUSHROOM AND PEAS (Or String Beans)

Blanch cupful of almonds. Slice mushrooms and brown in soy butter, about 1 quart of mushrooms to 2 cups of fresh peas (or string beans). Serve with melba whole wheat toast for plate luncheon.

CHOW MEIN (Vegetable and Mushroom)

Brown 6 large onions (sliced) in soy butter. Add 2 stalks of celery cut fine. Use 2 cans of sprouts, 1 quart mushrooms, 2 bell peppers (sliced). Serve over Chinese noodles (made in olive oil).

CHOP SUEY (Vegetable and Mushroom)

Cook the same as above omitting noodles. Serve with brown rice instead.

COTTAGE CHEESE AND NUT LOAF

Mix 1 cup cottage cheese, 1 cup chopped nuts, 1 tablespoon lemon juice, 2 tablespoons ketchup or tomato juice, $\frac{1}{4}$ teaspoon white pepper, 1 cup bread crumbs, 2 tablespoons finely chopped onions, 1 tablespoon butter, 1 scant teaspoon salt, and $\frac{1}{2}$ teaspoon vegetable flavoring. Bake in well greased baking dish about 40 minutes.

"VEGETABLE DINNER"

Brown raw potatoes in soy butter. Add equal amounts of onions and sliced cabbage as top layer and let steam through slowly.

CUPPED FRUIT SALAD

Place slices of orange on plate as a

garnish, fill a teacup with sliced pineapple, banana, pear, and grapes. Press well into a cup to form its shape. Drop on plate garnished with orange. Sprinkle with finely chopped English walnuts and small seeded and chopped raisins. Serve with fruit juice.

GOLDEN SALAD

One cup diced apples, 1 cup diced oranges, 1 cup diced bananas, $\frac{1}{4}$ cup seedless grapes, $\frac{1}{4}$ cup pitted cherries, $\frac{3}{4}$ cup mayonnaise, 2 tablespoons cherry juice. Cut fruit into $\frac{1}{2}$ in. cubes. Canned cherries may be used. Mix mayonnaise with cherry juice, then mix it with fruit and serve on garnished salad plates.

ONE DISH MEAL FOR TWO

Dice 4 pieces of celery and one large apple. Add $\frac{1}{3}$ cup coarsely chopped pecans or walnuts; mix well with dressing—either mayonnaise or lemon and oil are good. Serve on dinner plates with buttered whole wheat toast and cheddar cheese slices.

MUSHROOMS AND RICE FOR TWO

Steam $\frac{1}{3}$ cup long whole grain rice according to directions on the package. Melt about a teaspoonful of butter or margarine in a small pan; add $\frac{1}{2}$ cup shredded or chipped cheddar cheese and melt, stirring as needed. Add a small can chopped or whole button mushrooms and liquid; heat thoroughly. Arrange rice on dinner plates with a dent in the middle; pour cheese and mushrooms in the dent. Serve hot with fresh green or frozen black-eyed peas, celery sticks, whole wheat buttered toast and dates or mixed fruit for dessert.

BAKED BEANS

Wash thoroughly 2 cups of navy beans. Soak over night and bring to a boil. Make a loaf of half whole wheat bread crumbs and half peanut butter, seasoning with ketchup, molasses, salt and pepper. Place the loaf in baking dish, inserting a small onion in the center, and arrange beans around it. Bake in moderate oven 2 or 3 hours.

COTTAGE CHEESE AND NUT LOAF

Mix 1 cup cottage cheese, 1 cup chopped nuts, 1 tablespoon lemon juice, 2 tablespoons ketchup or tomato juice, $\frac{1}{4}$ teaspoon white pepper, 1 cup bread crumbs, 2 tablespoons finely chopped onions, 1 tablespoon butter, 1 scant teaspoon salt, and $\frac{1}{2}$ teaspoon vegetable flavoring. Bake in well greased baking dish about 40 minutes.

VEGETABLE CHOP SUEY

Simmer 3 cups diced Spanish onions and 4 cups of diced celery in $1\frac{1}{2}$ cups boiling water for 10 minutes. Drain liquid and dissolve 2 teaspoons Savita in it. Dice 1 pound fresh mushrooms; cook in Wesson Oil 10 minutes. Add 2 tablespoons whole wheat flour and brown. Add Savita liquor, stirring until thick. Season with vegetable salt. Stir in $\frac{1}{2}$ pound bean sprouts and add the cooked vegetables and $\frac{1}{4}$ pound almonds. Bring to boiling point and simmer 5 minutes. Serve with garnish.

SOY BEANS AND ZUCCHINI

Cut 1 pound zucchini (green cucumber squash) with the skin, in 1 inch round slices. Add 1 small can tomato juice, 1 clove garlic, grated, juice of one lemon, $\frac{1}{8}$ teaspoon rosemary, and cook with 2 cups boiled soy beans for 15 minutes in a covered utensil. Season with $\frac{3}{4}$ teaspoons vegetable salt or vegex.

—Compiled from "Salads and Vegetarian Menus" and other sources.

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The Rosicrucian Fellowship

Oceanside, California, U. S. A



"Come Ye Apart"

IN our busy lives we become so immersed in the little noises and sounds of our limited environment that we are in danger of forgetting the priceless value of periods of silence in our daily activities. In less strenuous ages, when life was lived less intensely than it is now, many realized the incalculable value of being alone and silent for a space of time each day. They knew well that it is necessary for the human ego to stand face to face with itself and for a short time to shut out all else.

Today, more than ever, we need rest periods from the noise and clamor of the outside world in order to take note of our thoughts. We can accomplish this only when alone and silent. In thought the individual human spirit becomes one with the nature forces and its creative activity begins. Today, more than ever before, when our minds and hearts are troubled with problems, either mental or physical, it would be well to remember the experience of Elijah who did not receive an answer to his problem while the storm was raging; nor was it in evidence during the turbulence of the earthquake, nor in the crackling and roaring fire, but when the destructive and inharmonious sounds of the world had melted into silence, "the still small voice" issued its commands to save Elijah's life. We, too, must with-

draw, now and then, from the everyday busy life which wrecks our nerves without any compensating spiritual gain.

The Bible gives us many stories telling us of the seers and prophets who retreated from the sounds and activities of their worlds and hunted for silent and solitary places for meditation and prayer. Modern men and women need such privacy and absolute quiet more than the ancient ones for our world has developed a much faster and noisier pace than of old and exacts greater tribute from us in tensions and stresses.

For those persons on the healing list the need for solitude and privacy becomes much greater. It is really a fundamental and physiological demand. It is as necessary as the need for rest. When we have asked for healing and are conscientiously trying to live up to our part in the healing process, the daily meditation period is a must. When we are in continual contact with other people it is next to impossible to do any mental work. Nietzsche writes, "Man cannot think in a herd," and we agree. Quietness is really an essential condition for creative thought and while on the healing list it is very important to seek communion with the Christ Spirit hidden within ourselves which is the source of our creativeness. There is no creative-

ness in our lower, or animal, natures and when we wish to solve problems of health, either mental or physical, we must seek the creative, or higher, side of our natures. It is highly improbable that we will produce creative thoughts if we are constantly interrupted by outside noises and distracted by conversation which makes a consecutive train of thought impossible. We must wrap the protective cloaks of silence and solitude about ourselves at intervals if we expect to find and hold "eternal perspectives."

It is not easy for anyone in present day busy life and crowded conditions to make room in the daily schedule for a period of silence and solitude that one may meditate upon life and seek for communion with the Christ within, but we urge you who are on the healing list to make every effort to do so. Seriously consider the activities of your day and see if there is not some activity you could very well do without and in its place make room for the richly rewarding practice of spending that time in quiet meditation and prayer in communion with your spiritual nature within.

We are told by Mr. Heindel that when man has quieted his desire nature in meditation he is conscious that he is standing in "the Great Forever"; of standing utterly alone, yet unafraid; and his soul is filled with a wonderful peace "which passeth all understanding."

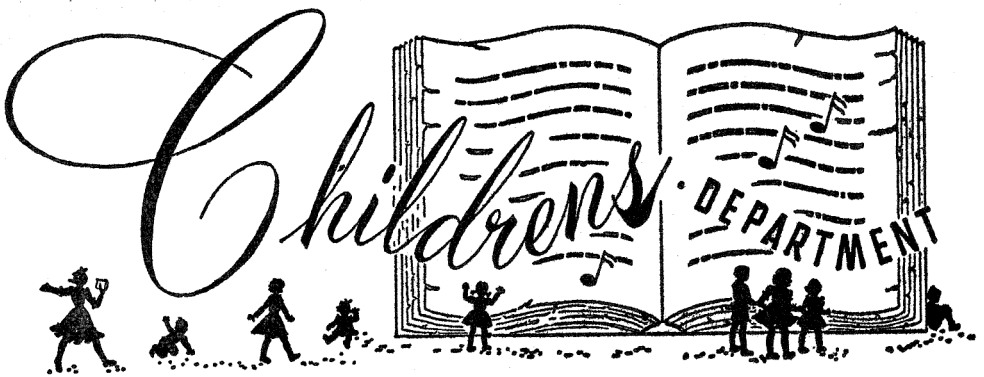
LUCIFER, THE REBEL ANGEL

(Continued from page 11)

sprouted from the central vortex of the desire body (located in the liver), and when the Silver Cord is tied by the seed-atom of the vital body (located in the solar plexus), the spirit *dies* to life in the super-sensible world, and quickens the body it is to use in its coming earth life. This life on earth lasts until the

course of events foreshadowed in the wheel of life, the horoscope, has been run; and when the spirit again reaches the realm of Samael, the Angel of Death, the mystic eighth house, the silver cord is loosed, and the Spirit returns to God who gave it, until the dawn of another Life-day in the School of earth beckons it to a new birth that it may acquire more skill in the arts and crafts of temple-building.

About five months after the quickening, when the last of the watery signs, Pisces, has been passed, the representative of the Lucifer Spirits, Samael, focuses the forces of the fiery sign, Aries, where Mars is positively polarized, so that under the impulse of their dynamic energy the waters of the womb are voided, and the imprisoned spirit liberated into the physical world, to fight the battle of life. It may blindly butt its head against the Cosmic forces typified by the first of the fiery signs, Aries, the Ram, which is a symbol of the brute strength brought to bear upon the problems of life by the most primitive races; or it may adopt the more modern method of cunning, as a means of attaining mastery over others, which characteristic is indicated in the second of the fiery signs, Leo, the Lion, the king of beasts; or perchance it may rise above the animal nature, and aim at the stars with the bow of spiritual aspiration, typified by the last of the fiery signs, Sagittarius, the Centaur. The Centaur is just ahead of the watery sign Scorpio, a warning that one who tries to reach that last stage and assert his divine right of choice and prerogative as '*Phree Messen*,' a son of Fire and Light, will surely feel the sting of the Scorpion in his heel, which will goad him onward upon the path where men become "wise as serpents." It is from this class that Mystic Masonry is recruited with men who have the indomitable courage *to dare*, the unflagging energy *to do* and the diplomatic discrimination *to be silent*.



The Princess Sibyl

ELSIE LUND

ONCE upon a time there was a lonesome little fairy princess who longed for someone to play with her. She lived in the Kingdom of Make-Believe and she was all alone with her father, King Love, and her mother, Queen Beauty. Of course, there were lots and lots of people in the castle where she lived, and she had a great many ladies-in-waiting to serve her. But just the same she was alone, because she was the only child in the kingdom. All the rest were grown-up people, and children cannot play *very* well with grown-up people, can they? Of course, if they are just big children, that's different.

Well, she became more and more unhappy over being lonesome, and finally she went to her father, King Love, and cried to him, "Oh, your Majesty, my father, I don't want to be a fairy princess any more! I'm so lonesome and unhappy here in this big, big castle without somebody to play with!"

So Queen Beauty, who was seated by the side of the King, on the golden throne, took the little princess in her arms and tried to soothe her. King Love thought a while.

"You know, Sibyl dear, it is a rule

here that no one can stay who is not satisfied and happy, and I cannot change the law even for my own princess-child. So try to be contented or else I shall have to banish you to the Earth-world, to live as one of the earth children." He spoke sadly, for it made him unhappy to think that his only little princess was discontented in his beautiful kingdom. He knew it was best for the time being for her to stay there, where she was sheltered from everything harmful. But still, she would gain much experience if she went away from home.

The princess begged eagerly, "Oh, send me, send me. I beseech you! Let me be a little Earth-girl, and have brothers and sisters and play with the other Earth-children. Do, *please*, your Majesty."

"My loved one," sadly answered the King, "you do not know that you will have many heartaches and troubles if you go to live on the 'Sorrowful Star' (Sometimes in Make-Believe Land people call the Earth that.)

"But can't Love and Beauty go with me?" asked Sibyl. "Surely you two would make up for all unhappiness."

"No, dear heart, we must stay here to govern this kingdom," said Love.

"But we can send a spark from our fairy wands to lighten up the dark places of her heart, if she really wants to go," exclaimed Queen Beauty to the king.

So they sent Princess Sibyl forth on her search for happiness. Everyone told her she would forget all about her fairy friends when she became an Earth-child. That troubled her because she loved all of them. She did not want to forget all about her home and her friends. So she went to her mother, the Queen, who said to her: "Listen for us in the song of the little brooks running along by the trees. Look for us in the flower faces in the woods. Look for us, *feel* us in the soft green moss blanket."

So Sibyl became a little Earth-child, like the rest of us.

* * * * *

After a few years had passed and she was old enough to run around and play and wonder about things, suddenly one day while picking daisies she found a little teeny-weeny creature, all sunshine and dew and loveliness, dancing on the yellow center of the biggest daisy Sibyl had ever seen. Dancing and singing and waving a fairy wand around from sheer happiness, the tiny fairy sang to her in an exuberance of joy:

"God loves me, and I love you.

Oh please tell me you love me, too."

Then the fairy jumped off the daisy and crept into Sibyl's ear and whispered:

"Don't forget us, dear big girl,

Don't forget us, ever, *ever*;

Love and Beauty, fairies too,

We will leave *you* never, never."

Then the spark from the magic wand that King Love and Queen Beauty had placed in Sibyl's heart flamed up for a moment, so that the earth princess felt its presence there always after that, and it warmed and cheered her when she became lonely; for she *was* lonely sometimes, because on the beautiful

earth, little children get lonesome sometimes. Sibyl felt sad once in a while because the children she played with didn't believe in fairies; she knew they are so very real that it troubled her to think of all the joy and happiness the others were missing.

Well, every day Sibyl found a message from King Love and Queen Beauty; yes, every single day. One day she saw a little white cloud being slowly chased by a couple of pink ones in the blue sky; and she laughed softly to herself when she saw the clouds playing. "Thank you, Queen Beauty, for showing me something beautiful today."

Another day she was walking along, just a little bit restless and discontented—it was a gloomy, sticky day when everybody seemed to be too busy to play with her—when she happened to look up at a girl who was passing by. She was about eighteen years old, and had a twinkle of happiness in her eyes. Maybe somebody had told her something nice. She smiled so sweetly at Sibyl that it made a queer tingly feeling go all over her. No one could feel blue when smiled at with *such* a smile, full of love and happiness and understanding.

So Sibyl smiled back as bravely as she could. She wondered if the big girl knew that she had been sent by the King to give Sibyl a message of love.

Love and Beauty come to us in many ways every day, if we only open our eyes and hearts and let them tell us what they wish to—that there is a God who loves us wonderfully, and that He gave us this beautiful world to be happy in, in growing good.

As Sibyl grew older, she looked more and more for chances to make other people realize that there is no one too ragged or dirty or ugly for us to help, for you can never tell by the outside of a person how bright his soul may be. Christ said that whatever we do to help

(Continued on page 39)

"Once Upon a Time"

LIZZIE GRAHAM

DO you like "once upon a time" stories? They are so full of exciting things, and of course they are all true, though nobody remembers exactly when or where they happened. But this one is about a little girl who lived on a great island, perhaps you might call it a continent, somewhere near Australia; but the funny part of it is, that island, or whatever you may choose to call it, has disappeared, and no one can find it now.

She was a very nice little girl, though perhaps you might not think so if you met her walking in the garden, for her face, and indeed all her body, were very, very black. You could see her body quite easily, for she did not wear any clothes. There were some very good things about her. One was that she never said anything that was not true, for although she was big enough to walk about, she could not talk, and neither could her father or mother, for they had never learned. There was no school for little folks in those days, and no nice books to read, but she had to learn to be very obedient, and at times she had to do things that she did not enjoy, such as going out in the open with other girls to watch the thunderstorms. There were a great many thunder storms in that country! At other times they went near to the volcanoes when they were sending up fire and hot stones. Not a very pleasant place to be, you will say.

This little girl's home was not one bit like yours. It was down in a valley where it was very damp and wet. She enjoyed being wet just as many girls and boys do now. Indeed, it hurt her to breathe when she climbed onto high places. Her home was just a hole or

cave at the bottom of this valley. There were no chairs or tables. They just lay on the floor on leaves and grass.

I have seen pictures that men have made to show what this country must have been like, and the animals did not look at all nice to me. None were as pretty as our horses, or dogs, or cats, but you see, even our little friend was not at all pretty then. She had long toes and her legs were short; her arms were long with fingers more like those of monkeys you have seen. Her face was rough, and her nose short, and eyes—well you could hardly perceive that she had any. Indeed she could not see her surroundings very well. Her hair was black, and I believe she had some all over her body.

You say you think you would not like her. Perhaps not. That would depend entirely upon what kind of a little body you are. If *you* are full of love, you could not help *loving* her and then you would find out all the good things about her. One was that she never wanted meat or birds to eat, so no one had to kill a chicken or a lamb that she might have a dinner. She lived mostly on milk, and it may sound queer to you, but she got part of her milk from the plants. You remember there is milk in the cocoanut even now.

Her mother never could cook anything, for there was no such thing as fire in those days. Even the beautiful sun and stars could not be seen, for the air was full of dark, damp fog.

I have said there were no schools, but I made a mistake. There were some schools, but they were for grown-ups, and there they were taught how to lift big stones and make them into walls.

The schools had high walls around

them. The teachers were usually women. They sat on a high stone with their long, black hair flowing round them, and instructed the people in beautiful things. Though they could not talk much, they had a way of making others understand what they meant.

The name of the place? I had almost forgotten to tell you. It was Lemuria. Is that not a pretty name?

This is a reprint from the September, 1922, issue of RAYS FROM THE ROSE CROSS.

THE PRINCESS SIBYL

(Continued from page 37)

anybody is the same as helping Him. Isn't it wonderful that we are allowed to serve Him who did so much for us? The best way to show our love for Him is to keep on helping everybody and everything.

Sibyl kept on growing till she was grown up. Everybody she met blessed her for her sweetness and helpfulness. She learned to be wise and good. When it came time for her to leave the earth, she went back to the Land of Make-Believe. What rejoicing and joy there was when the Princess Sibyl returned!

She helped King Love and Queen Beauty to govern their kingdom wisely and well. Sibyl never more left home, for she had learned that real happiness comes from serving other people. So King Love, Queen Beauty, Sibyl, and all the fairies lived together happily ever after.—Reprinted from RAYS FROM THE ROSE CROSS, June, 1920.

FROM AN OLD ENGLISH BOOK

In earth, in ocean, sky and air,
All that is excellent and fair,
Seen, felt, or undertsood,
From one eternal cause descends,
To one eternal center tends,
With God begins, continues, ends,
The source and stream of good.

—Author Unknown.

"BY YOUR FRUITS, ARE YOU KNOWN"

We can't use religion to fortify the soul the way we use vitamins in the twentieth century for the body. Religion is a way of life; the fruits of our life; our connection or our oneness with God.

True religion is not an escape from the challenge of life in these days nor is it a magical formula to solve our daily problems—that we may sit back and observe a **miracle!**

True spiritual growth is a courageous meeting with reality no matter what it presents to us in the form of problems. Each problem must be met with our greatest understanding at the moment, only thus can we make it a stepping-stone to step up higher in a more illumined consciousness of KNOWING.

It is a challenge, not a protection from pain, but rather a willingness to face any amount of pain for the sake of brotherhood, and fellowship under the Fatherhood of God.

Our Rosicrucian way of life, our connection with God, means caring about what goes on in the life of our brothers and sisters. It means extending the helpful hand of fellowship to all; sharing the burdens and the loads!

True spiritual growth is a whole way of life; each student follows fearlessly even though he may suffer because of it. It is often a hard way on the physical plane, but a most rewarding way on the upper planes as well as in the world to come.

We will know that to love God is to love all His children, to help all people with whom we come in contact; never to hate; never to deal falsely!

Though the road ahead and up may be difficult humanly speaking it will not be lonely, for when we try to walk with God and His children in dedication we never walk alone! The celestial sphere blends with the here and now; interpenetrates, "in the LIGHT."

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Membership is open to every person, provided he does not commercialize spiritual science, after completing the Preliminary Philosophy Correspondence Course consisting of 12 lessons, which can be completed easily in a few months' time.

He is then known as a Regular Student and will receive a monthly letter and lesson from Headquarters for a period of two years; this monthly course does not involve written answers, for the Student lives his lessons through self-improvement and service to others. During this time he gradually raises his spiritual standard of living and prepares himself for Probationership. Probationership creates a closer bond with the Teacher of the Order and His great work of healing and educating mankind. After five years as a Probationer, one may apply for the instruction of Discipleship. However, if desired, a Regular Student may continue as a Student as long as he desires before making up his mind concerning Probationership. Full membership, with voting privileges is open to Probationers only.

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