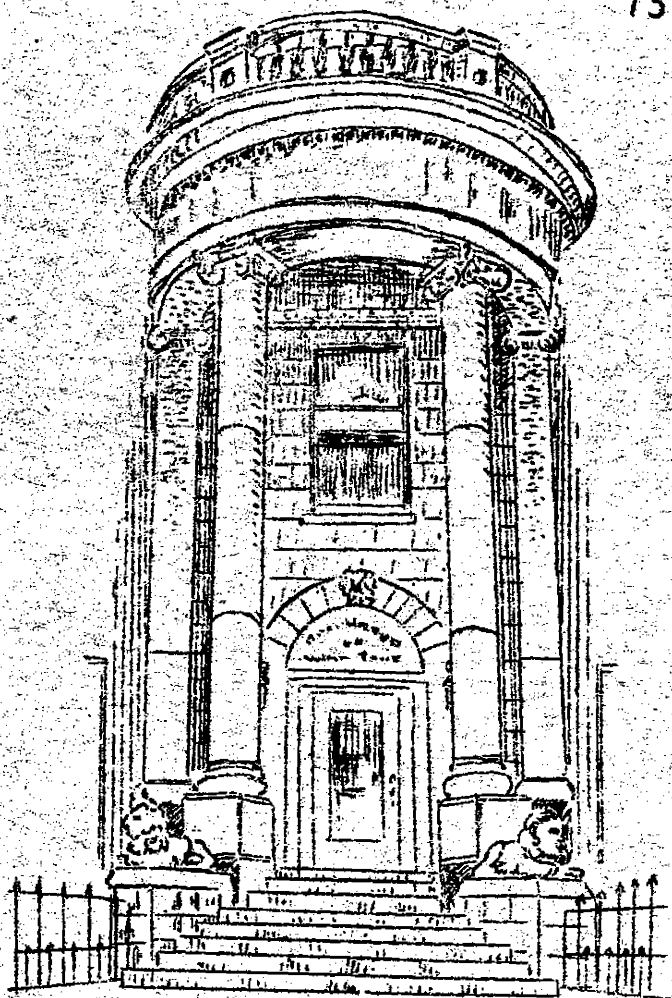


LIGHT ON THE PATH

JUNE 1942

15¢



OUR NEW TEMPLE

SYMBOLISM OF THE GREAT SEAL OF THE UNITED STATES

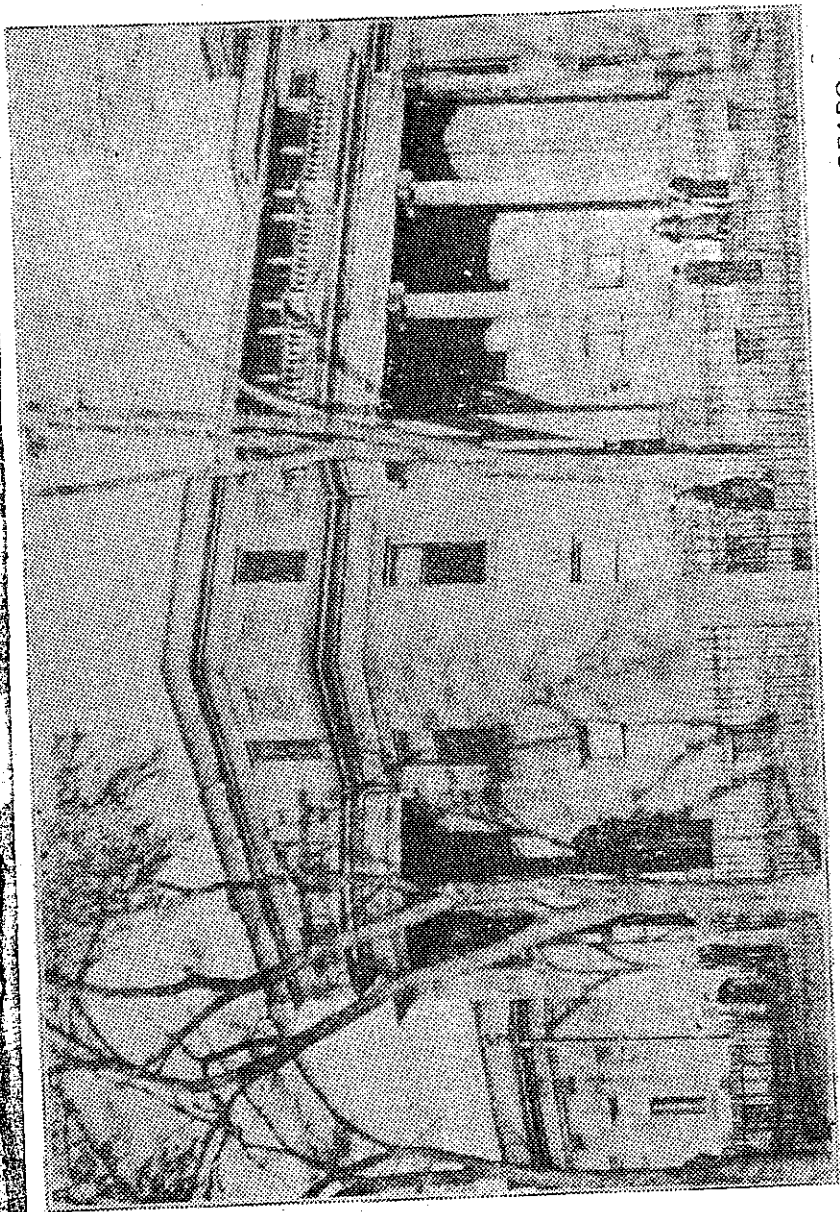
By

Dr. M. Doreal and Dr. K. Ramose

This very inspiring and extraordinary explanation of the Great Seal of the United States embodies a most astounding prophecy. The early American founders knew considerable more about occultism and the Ancient Mystery Teachings of Divine Law than is commonly recognized. They have embodied their vision for the rise of the American people into a perfected nation of the Brotherhood of Man, and have predicted its ascension into a Golden Age with the symbols which are inscribed on the Great American Seal.

America was destined from the beginning to play a very important and spiritual role in the future history of the world. Its founding and growth into becoming the "Promised Land" or Christ-kingdom was prophesied by the Elder Brothers of Wisdom of Ancient Lore. The time is almost at hand when the great crisis, which has been predicted, will come; a time when the American people must prepare for ascending into the Greater Life of the Utopian Age.

If you have not learned of the role which America is to play in the coming events of the world, you have not learned of the most vital truths about your country. Send for a copy today - 25¢.



DENVER, COLORADO

1600 LOGAN STREET

BROTHERHOOD TEMPLE

THE TEMPLE

By

Mary Orth McNutt

An outpost of the Great White Lodge
Our Brotherhood Temple stands,
Overlooking the snow capped Rookies
In this - God's Chosen Land.

Within its massive portals
Where brotherhood abounds
A cheery, hearty welcome
Is always to be found.

There's encouragement and comfort
For every struggling soul
And teaching for the Pilgrim
Who would make "The Path" his goal.

It's Truth pervades the darkness
Of earth's chaotic night
And shows the way to all who seek
Attunement with the Light.

LIGHT ON THE PATH

— M O T T O —

"NO KNOWLEDGE IS FORBIDDEN TO
MAN WHEN HE HAS, BY HIS OWN
EFFORTS, MADE HIMSELF READY TO
RECEIVE; SO, HE WHO HAS EARS
TO HEAR, LET HIM HEAR."

Vol.9 No.6 **C O N T E N T S** June 1942

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Rev. Kenneth Stahl, Ms.D. Editor

ATLANTIS & LEMURIA

By

Doreal

(Part One)

In legend it is said that there once existed in the Atlantic Ocean a great race who lived on a continent or group of Islands which now have as the sole remaining part above water, the Azores Islands. That group of Islands were called Atlantis, from which name our Atlantic Ocean was derived. Modern historical records only go back some five thousand or six thousand years.

According to the chronology as given in the Bible the world was created only a little over five thousand years ago. I have read manuscripts which were written a lot earlier than that, and I am convinced that the world has existed for many, many more than five thousand years.

About the only record that we have of Atlantis is found in the dialogue of Timeus by Plato. In it he tells that his grandfather heard from the Chaldean Priests about the continent or group of Islands which once existed in the Atlantic Ocean, and that the ancient Egyptians

were immigrants or colonists. He says that there was a circle of water and then a land circle; then another mass of water and land mass. He said that according to the legend of the ancient Egyptians the God of the Sea, who created Atlantis, had a place upon which he built a palace for a human woman whom he loved and that he surrounded this place by alternate circles of land and water and that on these different circles he placed people and that they were ruled by the sons of Neptune or Posiedon the Sea God and this human woman.

According to Plato's dialogue by Timeus, Atlantis was the home of all wisdom and culture, and we are even told that the gods of ancient Greek and Roman mythology were nothing more or less than Atlantean kings or rulers, such as Atlas - who was an Atlantean.

According to the Chaldeans Atlantis had been destroyed in a great cataclysm some ten thousand years before their time. Then again, if we examine the legends of the Mayas of South and Central America, we find among other names the people of Atlan, or children of Atlantis. We know also that they have many legends about the existence of a mother land from which their ancestors came. (It is true that one of the Catholic Bishops destroyed all of the written records of the Mayas that he could get his hands on.

Atlantis existed, and was a great

civilization. It was destroyed about fifty-two thousand years ago. The great deluge mentioned in the Bible was the result of the sinking of the Atlantean and Lemurian continents. There are indications in South America of the existence of a great civilization.

The Mayans today have a mathematical system which is far superior to that which is taught in our schools and colleges in America. Certain very fine calculations can be made from the Mayan mathematical system - better than from our system. They also had considerable knowledge of architecture.

Some people say they were not civilized because they did not use a wheel on carts, but used sledges instead. To the Mayans, a wheel symbolized a circle of light or infinity, and they would not use it for any material thing, believing it should not be desecrated. For that reason they lack certain of the mechanical instruments which we have. The Greek alphabet from Alpha to Omega is nothing more or less than a collection of Mayan words which are the Atlantean origin, and in which is told the destruction of Atlantis and Lemuria.* I refer you to Robert Ripley for confirmation of that.

Our Christian Bible mentions the great deluge or flood as having occurred a comparatively short time ago, whereas the records of the Chaldeans, from whom the Jewish people and the Hebrews derive their knowledge of the flood, place the

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*Lemuria went down in the
Pacific Ocean.*

time at what would today be approximately fifty-two thousand years ago.

Our geologists tell us that there was a great shaking and subsidence of a great part of the earth's surface some fifty thousand years ago. In the Amazon valley of South America there are remnants of vast cities, and works of such a nature that only a great civilized race could have built them. It is recorded that in the Amazon valley through which the Amazon River now flows, there was once a vast inland sea, and with the great shaking of the earth the lands began to rise and the Andes mountains were pushed up and the inland sea drained into the ocean. Thousands of feet up the Andes mountains today there are still remnants of a vast civilization - they are of the hardest basalt and granite ever conceived of. One building still stands, and it is so eroded by time that every carving on it has entirely vanished. No archaeologist or scientist has ever attempted to explain that place, nor the origin of a great engineering work just outside of that ancient city, which is a canal large enough, wide enough and originally deep enough for one of our big battleships to pass through. It is pushed up and goes over the mountains, and every few hundred feet it is broken and then goes on and up again. It was built before the Andes mountains were raised above the level plane and when the mountains were pushed up, this canal was pushed up with them. It is there today and can still

be seen.

We also know that in 1872 when they opened up a mine there, they dug into the center of a hill and found a strange ship about one hundred and twenty feet long. It had no sail, but it had a peculiar metal apparatus on it with strange lenses. When the air struck it, it fell into dust. I have in my notes a record of the exact date upon which it was found. That ship had been there perhaps a hundred thousand years.

In Tibet, I have seen star maps which were up to five million years old. Man has been on this earth for a long, long time. Civilizations have risen and fallen. The North and South Poles were once tropical countries. When we think of the antiquity of man and of the comparatively little that is known in modern times about ancient man, we sometimes wonder if man, as he is today, is the degenerated descendant of the great man, or is he man going upward again. We might say "yes" and "no" on that.

Atlantis existed and sank fifty-two thousand years ago. At that time the world was in a very barbarous state; with the exception of the few colonies which were left by the Atlanteans very little culture and civilization existed because the continent of Lemuria had been almost destroyed some five hundred years before the sinking of Atlantis. There were numerous barbarous tribes in Africa, Asia and in parts of North

America, There were also certain great Atlantean colonies in certain parts of the world. One was in Ireland. They have stories of the Tuatha Da Daaman having strange powers, now lost to man, who lived there once and ruled man. They had power to change their shape and take any form they wished to. If anyone displeased them they could play a tune on a pipe and the person would disintegrate. We are told that there came a time when they left there (Ireland) and went to some strange place of which they would not speak. But it was said that the time would come again when they would return.

The Chaldeans had a perfect record that they had been civilized and had originated from an Atlantean colony. There is another Atlantean colony recorded in California beneath Mt. Shasta - which is an extinct volcano. Mt. Shasta was not a Lemurian colony. Atlantis existed for over five hundred thousand years. During that time it was at the height of civilization and knowledge. They were developed and advanced in spiritual wisdom and unfoldment. Atlantis was a group of ten islands ruled by ten kings, which later, in legend, became ten circles alternately of land and water. The Azores in the Atlantic Ocean are a mountain peak of one of the ancient Atlantean Islands.

The Atlanteans had developed to great heights of civilization. They had learned all there was to know about the

laws of nature, and they had become so civilized that there was established an absolute and perfect brotherhood amongst them. There was no poverty - they had everything that would make for absolute perfect material happiness. The system I outline in my book on "America's Future" is exactly the system which was in effect in Atlantis. They had ten Islands and ten rulers, and they had a ruler of all of these Islands. They had a philosophical caste and a scientific caste, but they learned that the use of material laws was only a stepping stone to the knowledge of greater and higher laws. Finally they became such a great spiritual race, that the Great Ones among them began to pass closer to the spiritual Sun and their children were of a lower state of evolvement - they had great scientific powers and other vast powers at their beck and call but they did not have the spiritual power to use them rightly, and it was when that happened that Atlantis was destroyed, because the people had begun to misuse the things which they had. It was destroyed so that the knowledge which they had could be removed from man, and when man incarnated again it was in more barbarous races and he had to begin again to climb the long ladder of life.

(to be continued)

Think only the thoughts you wish to express for no matter what you wish, you will express the thoughts you think. Ramose

FIRE

By

Dr. Josephine Ruth

I now behold a world of fire.
It seems as if I ne'er could tire
Of gazing on this wondrous sphere
Which as a serpent doth appear.
Seething, racing, circling, twisting,
All unlike itself, resisting.
Fire within, - fire without -
Scattering sparks of fire about.

Deep within its heart tis fed -
Tongues of flame, with lips of red.
'Like the wine of life it seems.
Sparkling wine of life, it gleams.
Essence of Existence, rare -
Prophecy of all things there
Forming pictures which some day
Congeal'ed will be doomed to stay.
Ever feeling the unrest
Of that spark within each breast.
Tortured creatures, who'll aspire
Again to mingle with the fire.
Still at present all I see
Is the fire, flowing free.
Tossing high its feathered crest
Current there 'gainst pressed.
Naught betwixt the fire, but fire
Deep as Hell - than Heaven higher.
See it burn - and yet - not burn -
See it run, and leap and turn
On itself, until a Ring

Into existence it may bring,
Far beyond this outmost sphere
Flames of blue, now appear
Blue like unto azure sky
Burning in soft purity
Aspirations rising free.
Here ensphered seem to be,
All of longing and of bliss
Here are mingled in a mist -
Mist of blue, yet so intense
Its Inspiration doth entrance,

All that heart, or soul, or mind
Know, when in ecstasy enshrined
Live within this fire, so blue
Live and ever flame anew.
'Till our being, quite, is filled
Life - and all of life - is stilled -
Waiting - breathless - expectation -
Poised, - to drink, a Fire Oblation,

Now there bursts upon my sight
'A Central Flame - it is of white!
Like a mammoth diamond there
It lives - it burns - as whitest fire.
Living - burning - giving all -
Self-known - secure - a great Fire Ball.
Fire - yet not as fire it seems;
Flames of white which do not flame
Virgin Substance - white as snow,
Bright as a sun - it soft doth glow.

Centre of all - it yet is free.
It is - it is - eternity,
It fills the blue, It feeds the red.
It is of all, the Fountain-head.

It is the blood. It is the heart.
It is the whole of every part,
Where'ere Existence reaches to
It as a Vapor'er passes through.
Yet ever at the Centre still -
Quintessant Peace - it waits until
Afar off on returning tide
A Sun appears. (Spark glorified.)

Receives the Ring - receives the Kiss -
The Radiant Robe - and then the Feast,
The red, - the blue, - the white become
One in the Three - the Three in One.
As white into the blue doth shine
The blue into the red incline.
The red into the blue vibrates
The blue into the white retreats.

Through all that Mighty Flame doth go -
"As above, so below,"
Seed of Wisdom, - Germ of Love -
"As below, so above,"

God is eternity - God is truth - God is
holiness, He has nothing; he is all;
the whole heart conceives Him, but no
thought; and we are only His thought,
When He is ours. All that is infinite
and incomprehensible in man is His re-
flection; but beyond this let not the
awestricken thought go. Creation hangs
as a veil, woven out of suns and spirits
over the infinite; and the eternities
pass by before the veil, and cannot draw
it away from the splendor which it hides.

THE PHENOMENA OF SLEEP AND DEATH

By

Doreal

{Part Two}

(continued from last month)

All of our senses are active during sleep. The mind never sleeps; it dreams, even though we do not remember the dream and the dreams which are forgotten subjectively influence our waking state to a great degree.

The body sleeps more than is necessary, that is in the adult. We know that a baby sleeps more than the adult and the older a person becomes, the less sleep they require. Do you know why a baby sleeps more? The baby does not have to sleep to grow. After all, the baby is very inactive. In fact it is so full of life force that it is fairly bursting with it. It sleeps a great deal because during the first period after its birth it is more in tune with the higher spiritual nature and, later on, when it becomes more immersed in the physical world it needs less sleep. The older person begins to live in their memories of the world. They do not need much

sleep because they are not working out, actively, many of the causes they have set up in the past. During our active period we sleep a minimum of usually eight hours but the older we become, usually, the less sleep we need, though if a person is unusually active mentally or physically, an old person will sleep as much as a young one.

Dreams that are remembered may be earthly symbols of spiritual experiences. The ancient Egyptians said there were two kinds of dreams, the dreams that came through the gates of ivory and the dreams that came through the gates of horn. The dreams that came through the gates of ivory were the result of sensory impressions but the dreams that came through the gates of horn were true dreams, that were derived from the higher nature of the Divine.

If you read your Bible you find that there is not a single case of any prophet but what derived the power of his prophecy and his attunement with God during the period of sleep. We are told, also, that when Jacob laid his head upon the stone that he dreamed of a ladder reaching into heaven. During sleep he made contact with the angelic world and it was during sleep that an angel of the Lord came to Joseph in a dream, and he was warned of the plan of Herod to kill the children.

It is during the sleep state that so many have gained contact with the Di-

vine World. We know that Swedenborg gained contact and experience in the sleep state from the higher planes of being. You can hardly read any chapter in the Bible without finding sleep mentioned in some form and you can find many places where man made contact with God and the angelic spirits while in the sleep state. There are great forces and powers that are akin to the Divine and man in the sleep state often may contact those great angels, the messengers of God.

We know, also, that in the early morning, when we first arise, we can more easily grasp and memorize things and then after a while we become tired mentally. But why? That is the question. One of the ancients said this about sleep and the night time: "That the night is the judgment bar of the soul. During sleep the soul contacts the plane of Divine Mind and receives the impulses which bring it face to face with the effects of cause during the next day." In other words, literally this: that during the period of sleep your consciousness leaves the physical body and manifests on the plane of Divine Mind, the Plane of Justice and Mercy that Masons and Kabbalists call the Plane of Briah. That is where Geburah, Justice, and Chesed, Mercy, exactly balance each other. That is the plane Jesus speaks about when he says, "I judge no man but if I did my judgment would be just." The literal translation of that passage is that "If I did judge my judgment would

be of Geburah." In other words, the Plane of Divine Justice."

It is in that Plane that causes which we set up during the days of our life pass and effects are manifested. During the sleep period our ego passes to that plane and receives the imprint of effects that are to manifest to us today. When we return into the waking state we have received upon our consciousness the imprints of events which are to happen to us during that day, our subjective mind receives those and impels us into the actions and channels which will bring to us the particular things which come to us in each day of our life.

We are even told, in speaking of dreams, that when Jesus was brought before Pilate that he was troubled because of a dream that he had had and he would not condemn Jesus because of that dream. Pilate had been warned of what he would be compelled to do and that if he passed judgment that he, at the same time, would condemn himself, because in condemning Jesus he condemned himself and all mankind, therefore, he did not condemn. One of the great writers of ancient times, Iamblichus, says this, about dreams, "the soul has a two fold life, a higher and lower. In sleep the soul is freed from the constraints of the body and enters as one imancipated, on its divine life of intelligence. The nobler part of the soul is thus united by abstraction to higher natures and be-

comes a participant in the wisdom and fore-knowledge of God.

Again, in the Book of Job, "in a dream, in a vision, of the night when deep sleep falleth upon man in slumberings upon the bed, then he openeth the ears of man that he may withdraw man from his purpose and hide pride from man; He keepeth back his soul from the pit, and his life from perishing by the sword." Why? Because during the sleep period the soul of man is drawn into the Divine Plane and there it is confronted and consciously recognizes the effects of the causes it has set up in the past, but it comes back to the body the instant it begins to work through it and that knowledge is lost. It is not a part of our conscious memory though it should be and could be.

In first Corinthians, 15th Chapter, 20th verse, Paul says, this: "The tombs were opened and many bodies of saints who had fallen asleep were raised." You note that he did not say who had died but who had fallen asleep.

In the sleep state man's consciousness or ego returns to the Divine just as it does when man passes through the greater death which is the termination of the earthly life. This is the reason why in the ancient mystery schools, when one had passed through the outer ceremonial initiations, they were caused to fall asleep, the hand of the high priest would reach down and raise them from the

grave, just as in certain Masonic rituals the body of the candidate is raised from where it lies by the grip of the lion paw.

The neophyte of the great Pyramic mysteries in certain initiations lies sleeping in the sarcophagus for three days, at the full of the moon, and on the third night the high priest raised him from that deep sleep. They learn exactly how to hold their consciousness so that they can bring back into conscious life the memory of their experiences in the Divine World. The body lies sleeping and they learn how to stop dreams or to only dream true and to bring back, consciously, the experiences that they have in Heaven or the Divine World.

For instance, in the East they teach that just above the heart there is a certain center. It covers a position relative in the physical body to about four inches long, it is that center which controls the power of man to remember his experiences in the Divine or Heaven World. If he has control of it he can remember those experiences.

In the East we are also taught this about sleep: that when one first lies down at night that most of us do exactly the wrong thing, that we begin to think of all the troubles of the day and the troubles of tomorrow or how they are going to master that or this condition. Such is not the way to bring back true

experiences of the Divine Planes, because during sleep you actually digest and grow spiritually. This is the reason it is good to work upon certain things which are of prime importance because your ego may bring back the solution, but let me say this: that if you go to sleep with a great many inharmonic and negative thoughts on your mind that your ego does not rise into the Divine Plane. If you go into sleep with a mental condition of negation or inharmony it sets up certain activity in that center and when you go into the dream state without having eliminated negative and inharmonic thoughts from your mind you remain bound in the physical body. You do not ascend and, as a result, you find that the only dreams that come to you is outside sensory impressions. The reason most people are running around like chickens with their heads cut off is because of that habit of going to sleep with all of their worries and troubles on their mind and therefore, they do not ascend to the Divine Plane that will lead them into the path that will bring harmonious effects to them the following day. For that reason you should only think thoughts of love, of beauty, of harmony, eliminate every negative thing from your consciousness, then when you go to sleep you will enter into the plane of the Divine Mind where you will be attracted to effects of causes you have set up in the past that will bring you harmonious manifestations the next day. In that plane, all your causes are found and if you enter into that plane while in a harmonious

condition with thoughts of love and beauty in your mind, then, immediately you are attracted to harmonious causes that you have set up in the past, then when you return to your body in the waking state you will be in a condition of harmony which will lead you into those channels the following day of your life.

Sleep is important, the right kind of sleep, because sleep is a spiritual experience. Man thinks of it as a physical thing but if we, as individuals, can realize that sleep is a spiritual experience, not a physical one, we can begin to gain something of the control of our lives that perhaps will change the entire course of events and the entire channel of our life and living.

Come, give us thy secret, fair spirit,
Thy aid for the work of to-day;
For we bow to thy bright fascination
And to thy dominion we pray.

Success, we demand thee, our birthright;
Success, it is ours to command;
Success, we extend thee our greeting;
Success, o'er the sea and the land.

So here's to thy health, brightest vision
Thy secret is already ours,
We know that success is for each soul
Who uses completely his powers.

Ione

THE
SPINAL BRAIN
AND HEALTH

BY
DOREAL

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SILENT

INFLUENCE

By

Oscar E. Burse

The mountain peaks capped white with snow
The ocean where soft breezes blow
The fleecy clouds in skies of blue
The flowers with their many hues
All have a silent influence.

The stars and stripes float high above
An emblem of the land we love
Filling us with hope and pride
That war may end and peace abide
With its silent influence.

The golden sun sinks in the west
Slowly now, it goes to rest
With wondrous colors all around
Making a picture most profound
By its silent influence.

When distant stars shine clear and bright
Looking down into the night
And in the sky the crescent moon
Completes a perfect night in June
O, what a silent influence.

Man need not fight and die in vain
He need not strive and suffer pain
He could be free from all his woes
He could have peace wher'er he goes
If guided by a silent influence.

So each day let us send a prayer
That men are all in God's great care
May they unite in brotherhood
Through all the world, for God is good
There IS a silent influence.

E

THE SPINAL BRAIN AND HEALTH

10

By

Doreal

In the Western world very little is known about the functions of the spinal brain. Of course we do know that the automatic functions of the human body are very necessary for our well being. What I meant to say was that the conscious control of the subtle functions of the body are of such nature that we have no awareness of their effect upon the nervous system, upon the various organs and glands of the body; neither do we have any conscious control of those actions. This is because we lack the fundamental knowledge of how those different reactions occur in our body.

Mind elements actually exist. Before explaining the manner in which the spinal brain functions and the way that we can control that function I intend to discuss the actions and reactions of the mind so far as those mind elements are concerned. First, we know that man has a conscious and subconscious mind. That fact is well recognized by psychologists. We are told that the subconscious mind in great measure controls our actions in our conscious thinking. Whether that be true or not we will learn as we go on,

because, in the East, they recognize something which is above and superior to the subconscious mind. Of course that which is above and beyond the subconscious mind is the superconscious mind but little is known as to the manner of action of either the subconscious mind or the superconscious mind.

In the East we are told that there is a certain manner in which we can determine the actual controlling factor of the mind. That is, by separating our conscious intellect from the flow of thoughts. Most of us identify ourselves with our thoughts. We think, and we think that we are doing the thinking. The first thing learned in the Eastern Mysteries is that it is not our own consciousness, or intellect, which actually thinks. Have you never had the feeling that you were standing to one side watching the flow of thoughts pass through your mind? In the East the chela is taught to visualize himself as sitting on the banks of an ever flowing stream and that stream of thought wells up and flows onward eternally.

In the East they do not control the thought. They learn to separate themselves from the thought process. The reason we are so affected with our thoughts is that we identify ourselves with them, and therefore, they have power to react upon us and change the course of our life as well as the environment around us. That conscious intelligent self is the watcher. It must be sep

rated from the process of thought if we are to gain any conscious control of the body.

When the healer, that is, one who is seeking to heal another person, desires to bring about a contact, they know that they can never bring about that contact through the process of thought alone, but by separating themselves from their own stream of thoughts. When one can do this they can reach the consciousness of another person accurately, but they cannot do it as long as they are immersed in their own thought stream. They have to withdraw from it. That withdrawal is a withdrawal of the real self from all of the functioning processes of the mind or of the body. When we really attain it and learn how to use it there is almost nothing that we cannot do with that process. We say that the watcher, the self, is seated upon, or beside, the stream of thoughts.

A good way to experiment with this particular thing is to relax and close your eyes and allow any thoughts that desire to come into your mind. If you try to stop the flow of thought you will find that the more you try to stop it the more it will rise. You can dip your net into the stream and take this thought or that out, whatever you desire.

If you ever stopped the flow of thought you would be stopping the flow of Divine Consciousness. We draw from the illimitable ocean of thought, our

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A good way to experiment with this particular thing is to relax and close your eyes and allow any thoughts that desire to come into your mind. If you try to stop the flow of thought you will find that the more you try to stop it the more it will rise. You can dip your net into the stream and take this thought or that out, whatever you desire.

If you ever stopped the flow of thought you would be stopping the flow of Divine Consciousness. We draw from the illimitable ocean of thought, our

mental action. We, as it were, stand to one side and watch those thoughts flow, not trying to stop them. In your mind feel that you are watching those thoughts. That is the first method, by which you can withdraw yourself from your own thought processes. It has been said that as long as man is immersed in his own thought flow, that long he is affected by that thought flow and has no power to change what comes to him. Thoughts come in whatever manner they desire to come. When we withdraw from the flow of thought we can prepare ourselves to utilize that separateness from the stream of thought, because it is that stream of thought which affects and controls our body.

If you have a disordered physical condition it is subconsciously, going to affect the kind of thoughts that come to your mind all of the time. It is going to create a condition which will cause a like manner of thought to flow into your mind. Sickness brings sickness into being in our mental processes.

It is for this reason that as long as we are identified with the physical body and with that condition, the condition remains. This is what Jesus meant when he said, "If I go unto my Father I can draw all men unto me," and he said also, "I and my Father are one." We are in exactly the same condition for our consciousness is also the Father and is the source of all of our power to heal, but as long as we are submerged in a

stream of uncontrolled thought action, that long we have no power to change a condition. This is the first step and a very important one.

Here is the way that we do it in the East. First we let our mind become absolutely calm and still, then with the mind in a state of calmness we do not strain to keep thoughts from coming in. If we strain or try to separate ourselves then we find it very hard, we just let our mind relax. We do not control the flow of thought at all and then gradually, after we reach a relaxed condition of mind, we begin to watch the thoughts go by and we say, "here I am, I watching those thoughts, but I am not the thought. I am watching and realizing and am aware of those thoughts," but if we strain to climb out on the bank, we find it is very slippery. If we relax and gradually become aware of those thoughts passing through and ourselves as separated from those thoughts, we have literally withdrawn our consciousness from objectivity into the inner self. This is useful, not only in healing, but in any spiritual, metaphysical or occult experience as well, because when we withdraw into that state we have gained a certain power which we always lack otherwise. If we demand certain things to come forth from that stream; we can choose at will the direction of thought flow. If we are immersed in it, it impells us.

You can say, I desire to see this

flow of thought, because every possible or potential thought is in that thought stream and your demand causes things associated with that demand to flow in front of you. If you are standing, as it were, in that position you can demand the knowledge for a certain condition of health to come to you and immediately the knowledge of how to gain it as applied to a particular thing will come to you.

For instance, a condition or case may come to me and I study and examine that case and my conscious mind cannot figure out a specific method that will work with that person. I withdraw from the process of thought and then I demand a cure for that particular condition to come forth from the thought stream and immediately there begins to come through my consciousness the particular thing which I must do to bring about a change in that condition. It is all there. All I have to do is bring it out. It is not hard to do. When we say that this can be applied to a particular problem we mean not only one concerning physical health but of any material condition as well.

Very often the person who desires to heal someone finds themself at a distance from them. It is manifestly impossible to analyze that person when they are perhaps thousands of miles away and one can seldom tell from what they say in their letters, because half the time they do not relate the facts, but if I

withdraw from my outer self and from the process of thought, that watcher has access to any knowledge concerning any person in the world.

I want to talk now about the spinal brain. The spinal cord is actually the controlling factor in the subconscious or automatic functions in the human body. That is, it controls all the involuntary actions without our being aware of it. We know, for instance, that the cerebro-spinal system is the controller of will and that it is with that part of the nervous system that we see, feel, taste, smell and hear. The spinal brain however, is something entirely different and is controlled in a great measure by certain factors of the consciousness.

You are what you are physically in great measure because of inherited tendencies. That is, there has been built-up in the pre-natal state certain impressions on the cell which forms the spinal cord. The spinal cord is among the first of the parts of the human embryonic form which is fully formed and then the physical changes and evolvments take place and, therefore, during all of its formative period there is a deep implantation of impressions taking place and when the child is born, it begins to live with its first breath and immediately with the drawing of that first breath of life the spinal brain begins to act.

The spinal cord is a very peculiar

thing. There is a tiny hollow in the spinal cord. By some it is thought that that hollow in the center of the spinal cord is the Sushumna, the channel through which Kundalini or the Serpent Fire rises in the astral anatomy. Many do not understand that the astral anatomy is not physical and the presence of the hollow in the spinal cord has nothing to do with the astral anatomy. The spinal cord is suspended in the spinal fluid and there is a hollow in the spinal cord that is also filled with fluid. In other words, it is protected within and without. Of course, we say that it is so protected because it is so delicate. But why does the slightest injury to the spinal cord paralyze the entire body? It is because all of the muscular as well as organic functions are controlled by the spinal cord and anything that disturbs its radiations is going to affect the entire physical body.

We have said that there are certain mental elements. I have said, in the past, that in the hollow of the brain, the cave of the brain, there is found a certain granular substance called brain sand composed of osmium, phosphorus and two forms of calcium. In the Eastern science we are told that the action of the life force upon the osmium in the brain sand liberates an energy or force which is the actual conveyer of the stream of thought force or thought energy in the mind. (See College Work of the Brotherhood.) A lot of people confuse the mind with thought. The mind and

thought are two entirely different things. Just as the mind and will are two entirely different things. The mind may be in action and still no willed effort takes place. It has been said that the will of man is the outpouring of the desires of the watcher or the knower, as it is sometimes called, to bring about a desired reaction in the physical body or in the life.

When the osmium which is found in the brain sand is subjected to the influence of the life force which flows in at the pineal gland and is also subjected to the action of electrical energy the thought processes are released in the brain. Because there is a constant radiation or discharge of osmium there is also a constant flow of thought. Understand, the discharge of osmium is not thought but merely the carrier of thought from the intangible manifestation into the mind and brain of the individual. It is not the actual radiation which forms thought, but like the magnetic energy which flows through the nervous system it is the carrier. The important thing is that it reacts in two ways, and two directions. The radiations of the osmium as it is disintegrated in the brain brings about the flow of conscious thought processes but there is also another dual action which takes place. Every time there is a discharge of electricity in the brain and a discharge of osmium there is also a chemical explosion of phosphorus in the brain. These three combine to form what is sometimes

called a vapor. It is only found in living bodies and is invisible and intangible under ordinary circumstances, but it is formed from those three things, penetrates the spinal cord and arouses a constant reaction in the spinal cord, that causes every cell in the spinal cord to release or discharge simultaneously.

Every time you receive a vibration through the medium of one of your senses it is impressed upon the brain cells through the medium of what is called Od or Odic force. Od is the brain cell sensitizer. When thought or sensory impressions are implanted on the brain cell by odic force it remains as a permanent record and is released under the influence of osmium, phosphorus and electrical discharge. If you desire to call something into your memory a discharge takes place in a group of cells where that memory has been implanted and flows out into the mind stream.

That same odic force has been implanted in the cells of the spinal cord, while the embryonic force has been shaped before birth. At the same time the child's body has been formed it has deeply implanted those odic impressions so that when the child is born it immediately picks up and carries out the same involuntary functions. This is one reason that if the mother or parents gain certain powers that the average person does not have that those same tendencies are imparted to the child, because they

are implanted in the spinal brain cells just as all other involuntary actions are planted. These impressions move to the hollow center and go down the center of the spinal cord and pass out through the cells. As Od flows out there is a constant discharge from the spinal brain cells, just as from your brain, but whereas your brain is not specialized for certain definite actions the spinal cord is specialized only for certain definite actions.

We may, under certain conditions, change those cells in the spinal brain so that they allow various organs or parts of our body to function improperly. When we have deeply implanted thoughts of certain physical weakness or conditions, after a time they are going to react upon the spinal brain. For this reason the subconscious mind is, as it were, the intermediary between the conscious mind and conscious action of thought, and this spinal brain. If we keep implanting suggestions long enough, finally, they are going to be released into the spinal brain. Under ordinary circumstances, the thoughts which we implant in our subconscious mind never go into the spinal brain. It is fortunate that they do not for most of us.

Excepting under extraordinary circumstances, we do not allow our conscious thoughts to flow into and impress that spinal brain. This is the way that you change those cells in the spinal brain. It is when you have been think-

ing thoughts of sickness or disease or when you have seen someone that is sick, or heard something which has impressed you strongly, and you withdraw from the stream of thought with that suggestion or that thought impressed in your consciousness. If you withdraw after you have been thinking of a pain in the heart, for instance, the channel between the subconscious mind and spinal brain opens just for an instant. It may not be strong enough one time to over-impress the previously deeply implanted action in the spinal brain cell but nevertheless, it begins to change or rather, distort the perfect cell which has been causing that part of the body to function properly or normally. The next time that happens it is distorted a little more. The trouble is that most of us do it in repulsion from some condition outside. We withdraw in repulsion rather than in perfection.

There is a definite way that we can change the conditions in the body. That is, when we withdraw from the processes of thought. Suppose our heart has been troubling us, or suppose our liver is not functioning properly. The first thing that we want to do is to get a concept of the heart beating normally and perfectly and then withdraw from the stream of thought. Then when you are withdrawn from that stream of thought dip down into that stream to draw out the thought of the perfection of your heart beating as perfect as any heart could beat.

It might be that you have a condition in your throat. Before withdrawing will to become absolutely perfect. Think of a condition of perfection in the throat, or if you have something the matter with your eye think of perfect sight and then withdraw from the process of thought and reach into the thought stream and then drop it back into that stream of thought and it will fall directly into the spinal brain cell.

It controls automatic functions in your body and also controls the manner in which all the new cells in your body are built. This is the reason that if a person does this perfectly, an organ which apparently has no chance of being rebuilt can be rebuilt because the body has the power to rebuild every cell and tissue in it. It can be rebuilt without any consciousness of negative or diseased condition which was previously present.

As long as we are immersed in our own objective consciousness that long we have no power to affect or change any other persons body or the conditions around. I often have someone say, "Send me a healing thought." I have to withdraw from the process of thought before I can bring about a healing. If I withdraw into the watcher carrying the thought of that person with me, I relax and take thought of you and your problem and then I gradually think of that problem as vanishing from you and then I would only think of you and then I would become the watcher, then I would think

of you, not as being sick or needing help but of you in perfection and in my own consciousness I would be aware of my own perfect self. Then the vibration would pass along the universal current to the watcher within you and that would react upon the spinal brain and in turn that would react on the condition which is in your body.

A lot of people would never connect this with the manner in which Jesus said to heal. He said, "When ye pray, pray not as the scribes and Pharisees do because they think to be heard with much shouting, but when ye pray retire into your inner chamber and there what ye ask of the God of your mind in secret will be done." You take from the God of the mind, that Divine energy of thought flowing through the consciousness, which will bring about the perfect condition or thing that you have desired to manifest.

Jesus said, "when two or more are gathered together in my name, there am I." The laying on of hands taught by Jesus is not a physical laying on of hands but the laying on of the hidden watcher who is within ourselves, because through the cavern of the mind, the mind stream flows and the God-man sits upon the banks meditating upon the stream as it flows by.

Often in the Eastern parables and mysteries you will be told of Wise men sitting beside a stream watching the

water. All these are symbols of the stream of thought within ourselves and the God-man watching the flow and taking from it what he will. This watcher, then, is our real inner self. It has all power over our own physical body and it has the power to react upon as many as will.

Jesus said, "Behold, I stand at the door and knock; if any hear, let him open and I will come in." That is, if we knock at the outer and inner door. Unless it is open he cannot come in. We know that man ordinarily, at least from time to time, in his life has minor conditions that affect him but they pass away.

Every sickness or disease that we have is not a permanent thing. It can be said that those diseases or physical conditions which are only temporary disease or conditions are seldom caused by any trouble of the spinal brain. If you have some glandular disturbance or some disease arising from glandular disturbances it is unconsciously related to some trouble with that spinal brain, but let us say you have a condition of nervous tension, that you get so tense nervously that you feel you have to scream. This is not necessarily caused by any disturbance of the spinal brain cells. It may be a temporary thing because you have immersed yourself too deeply in some part of the thought stream; you have allowed your mind to become tied to some particular channel of thought which is

repulsive to your nature. That is a purely mental thing. Do you know that you can relax those tense nerves in exactly the same manner as you can affect the spiral brain. That is, if you withdraw from the thought stream and watch those thoughts pass by. You have withdrawn the self which gives power to the thought which tenses your nerves.

TILL THE HEART
IS PURGED

By

Paul Jans

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Or, be the guardians, of what is best to do.

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But when we have the love for all mankind within our heart.

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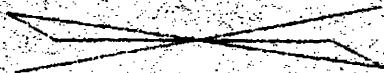
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