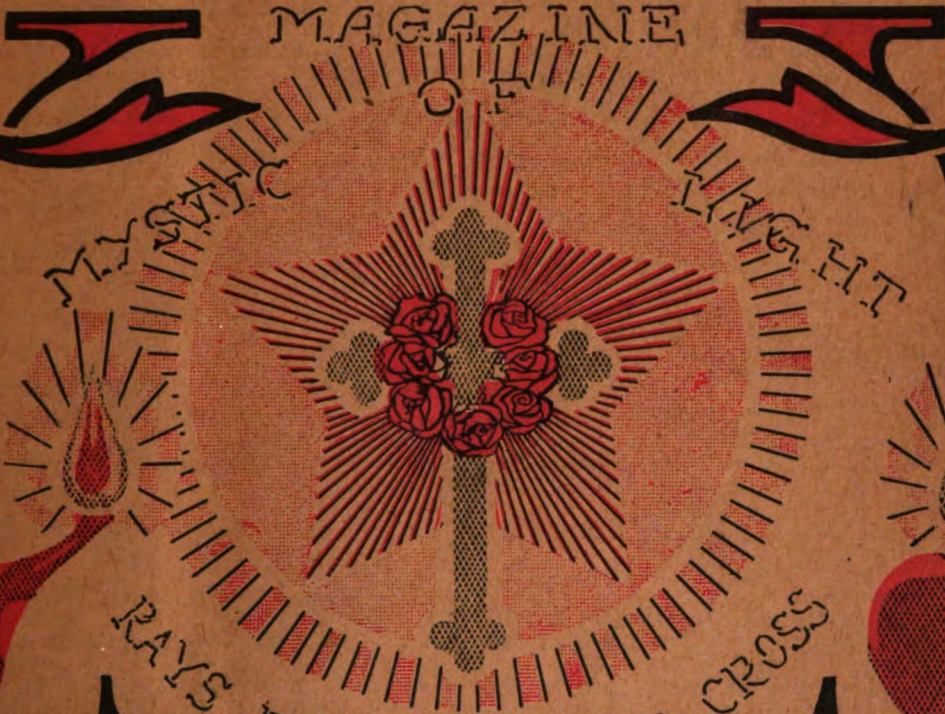


SEPTEMBER, 1920



# ROSIKRUCIAN FELLOWSHIP

MAGAZINE



MRS. MAX HEINDEL, *Editor*

AWAKE!

THE ORDER OF ROSICRUCIANS  
YE THAT HAVE YEARNED ALONE  
CONDITIONS ON THE INVISIBLE PLANES  
FROM TALKS WITH THOSE BEYOND  
WRECKERS

A REVIEW OF "CORRECTIVE EATING"  
SOME FUNDAMENTAL RULES OF  
NATURAL DIETETICS

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# ROSICRUCIAN FELLOWSHIP MAGAZINE



Rays from the Rose Cross

Edited by Mrs. Max Heindel



VOL. 12

OCEANSIDE, CALIFORNIA, SEPTEMBER 1920

NO. 5

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Subscription in the United States and Canada, \$2.00 a year. Single copies 20c. Back numbers 25c. England, 10s a year.

Entered at the Post Office at Oceanside, California, as Second Class matter under the Act of August 24th, 1912.

Accepted for mailing at special rate postage provided for in Section 1103, Act of Congress of October 3rd, 1917, authorized on July 8th, 1918.

ROSICRUCIAN FELLOWSHIP

Oceanside, Calif.

Printed by the Fellowship Press

# The Building of the Ecclesia

## THE LAYING OF THE CORNERSTONE OF THE ROSICRUCIAN FELLOWSHIP TEMPLE OF HEALING AT NOON ON JULY 23rd, 1920.

In ancient days, when a temple of worship was to be built, the ground or area apportioned to the building was garlanded with flowers upon a day set by the astrologers. "There is *A TIME* for everything under the sun," and the astrologers sought to determine the propitious conditions under which to launch the sacred work.

Upon the day and at the hour set, soldiers of renown only, bearing branches of trees, entered the enclosure. The branches were emblematic of a fortunate and fruitful conclusion to the work. The soldiers were followed by the vestal virgins who, praying, sprinkled the place with water brought in urns by boys and girls.

Then came the priests and dignitaries of state, followed by citizens hauling the garlanded cornerstone. After the Praetor had laid hands upon the ropes about the stone, the masons set it in place, and the Pontiff, consecrating it to its use, exhorted the people to serve and fear the gods and obey the law.

The stone was always set in the north-eastern corner of the temple, analogous to the place of the sun's greatest power at the summer solstice, when all living things are most vitalized by his rays.

Now we come to another "laying of the cornerstone," but one that is unique in that it ushers in a new era in the Christian religion. For nineteen hundred and twenty years the church has struggled to "preach the gospel" in obedience to our Saviour's command. Now the Rosicrucian Fellowship lifts high the banner with the second command, "Heal the sick" as a spur to our Christian mission, and "lays the cornerstone" of a Temple of Healing consecrated in Christ to serve our suffering fellowman.

Soldiers there were, at this laying of the cornerstone, soldiers of Christ, with the *CROSS* engraven upon their hearts; soldiers who dug trenches, praying—for no profane language must desecrate this work. Vestal virgins, youths, maidens, and little children brought offerings, but their offerings were all unseen to mortal eye. But those "who have eyes to see" the things of the Spirit, could discern the offerings of those who serve God "in Spirit and in Truth." The hallowed place of the Temple was radiant with the outpouring of blessings from the "hosts of the unseen" who realize the spiritual importance of the step taken. The devoted little band of followers of the *CHRISTIAN ROSE CROSS* responded with silent inner dedication of the *SELF* to the service of Christ as Divine Healer: silent prayers for strength to purify the *SELF* from all unworthiness, in order that the healing power of the Lord might flow through us as clean channels for His work.

He, our beloved Savior, knew but the awful agony of "The Crown of Thorns." We as Mystic Christians are endeavoring to make a "*ROSE*" of spiritual power grow where each thorn drew a drop of His blood. He knew but the agony of the nailing to "The Cross." We as Mystic Christians are trying to "pull the nails" that nail us fast to the cross; the nails of selfish desire, lust for temporal power, spiritual blindness.



of the mason's tools; we define the mason as one who lays the cement and places the brick, working with the tools of his craft; thus a building is erected. We are also true Masons (Phree Messen,) using different material. We are building with the material that the Elder Brothers have given us, which we have just placed in this archive, the glorious message which was given to us by the Elder Brothers through the great soul whose birthday we celebrate today, the soul who was born on the 23rd of July 1865, and who was destined to bring to the world a broader view of Christ's teachings than has ever yet been given to humanity, a religion that will be the cornerstone of the new race in the Aquarian Age. We were also told by this messenger that this would be the last physical temple to be erected by the Elder Brothers. Humanity will reach that stage of development, and is now working with the aim and object in view of preparing itself, so that it can worship in the real Temple, that Temple of God not made with hands, eternal in the heavens, which is not built of stones, brick, and mortar, but of loving hearts and the sacrifice of our own lower natures, thus dedicating ourselves as living stones therein.

It is a privilege to be one of the workers, one of the living stones, chosen to obey the last commands of the Christ—"Preach the gospel and heal the sick." The last command has been forgotten by humanity for so many, many years. We have preached the gospel but have only carried out the first half of the command that He gave to His disciples. We have forgotten in the churches to heal the sick. There has been a division between science and religion. This drifting apart has caused the materialistic conditions of today. To cement this breach, to bring together science and religion, is what we as workers and followers of the Rosicrucian Fellowship teachings are endeavoring to do. We are building the cornerstone of a great future work. We little realize today, the few of us who are here, what this means to humanity. The contents of this little box will live ages after we have given up these physical bodies. The vibrations that will be built into this building will reach the furthest ends of the earth. We are told that when Solomon built the temple in Jerusalem, it purified and changed the vibration of the entire city.

We have been held in the grip of Saturn under crystallized surroundings. It was necessary, however, for us to learn our lessons, for we are in this crystallized world and we have to use material cement. But we have reached a stage in this work where it will not be necessary to struggle much longer, for the foundation is now laid. We have today placed this cornerstone, which with its contents will live for ages.

Friends, let us go away from here today dedicating ourselves anew to becoming purer, better, cleaner channels through which the great teaching of the Rosicrucians can be sent out to the world. We are here because we have been chosen to be workers in this great field of the Master, Christ. And we are here to prepare the invisible Temple, using the physical temple only as a working center. We have not yet discarded these physical bodies, but we are nevertheless preparing to be able to meet the Christ, as He promised that when he comes we shall "meet Him in the air." What does this mean? That we are weaving the "golden wedding garment," the spiritualized vital body, in which we shall all be able to meet the Christ at His coming.

Let us, friends, as we each place a trowel of mortar to seal this stone, place it there with a prayer of thankfulness, asking for greater strength, purity, and knowledge that we may be fit instruments to carry on this work and send out this message to humanity, remembering that Christ is the True Cornerstone.

# The Mystic Light.

---

## If We Knew

Could we but draw the curtains  
That surround our brother's lives,  
See the naked heart and spirit,  
Know what spur the action gives,  
Often we should find them better,  
Purer than we judge we should;  
We should love each other better  
If we only understood.

Could we judge all deed by motives,  
See the good and bad within,  
Often we should love the sinner  
All the while we loathe the sin.  
Could we know the powers working  
To o'erthrow Integrity,  
We should judge each other's errors  
With more patient charity.

If we knew the cares and trials,  
Knew the efforts all in vain,  
And the bitter disappointment,  
Understood the loss and gain—  
Would the grim, external roughness  
Seem, I wonder, just the same?  
Should we help where now we hinder,  
Should we pity where we blame?

Oh! we judge each other harshly,  
Knowing not life's hidden force;  
Knowing not the fount of action  
Is less turbid at its source;  
Seeing not amid the evil  
All the golden grains of good—  
Oh! we'd love each other better  
If we only understood.

—Selected.

---

## Awake!

GORDON SHAW

*Editor's Note:—This article was awarded second prize in the recent Prize Competition.*



YOU! whose eye falls casually on this page.  
You! who with interest already aroused  
peruse this article ARE YOU AWAKE?  
Does every moment of your life tingle with the  
joy of living, or are you with the masses asleep  
in humdrum existence?

Unless your soul is stirred to its depths in  
the unfolding of a flower, you are asleep. Un-  
less you are shaping intelligently the course of  
your life, you are asleep. Unless you realize  
your oneness with the Cosmos, you are asleep.  
and the message of this article is here in one  
word, AWAKE! A few suggestions follow

which to you, who have been content to slumber  
a lifetime away, should be of inestimable value.  
Are they new ideas? Not at all. But true,  
are the key thoughts of today—the new era.

"I want work" says the man out of a job, to  
me.

"Do you really?" I reply, "then move this  
pile of sand over there and when you have done  
that, just dig in and put it back where you  
found it."

"And how much money do I get for it?" says  
the man.

"Oh, then you want money, not work?"

"Well, yes."

"Here is a ten dollar bill I will give you  
provided you will keep it," is my reply.

"But I want to buy food and coal for my family," he says.

"Then my friend, you see it is not money you want, nor is it food or coal, but it is the sense of comfort these commodities will bring." To sift the whole matter down the man was actually asking me for happiness. How we mortals do beat about the bush. The above process of seeking happiness is like going around asking for a pail of water when you have a perfectly good faucet in your own kitchen. Why not make a short cut and begin with yourself? Suppose first of all we take stock. I write the question—you supply the answer:

*Physically.* Do you lack anything of being fit? Does your face reflect sunshine, eyes bright, cheeks aglow, head erect, corners of the mouth turned upwards?

*Mentally.* Is the mind alert, attacking every problem with a zest and drawing intelligent conclusions? When you look at an object, do you really *see* it, or in other words, are your powers of observation active?

*Emotionally.* Is your soul stirred by the majesty and glory of the heavens? Do you revel in the symphony of the ocean's play upon the shore? Do you *feel*, not talk about, the Brotherhood of Man?

*Morally.* Are you living up to the ideals set up within you?

Is there anything of the above that you lack? Well, do not go about looking for it and asking of others. It is within your own self. Awaken it! There is no need to go further afield. You know best what you lack, and you have no doubt heard the suggestion to tabulate just what you wish to express. It is a splendid idea. Take, for example, the virtue of patience. Suppose I wish to build that into my character, among many other things. I would write it down on a sheet of paper and then proceed to awaken it. How would I attract John Smith's attention if he were in a crowd? Why, by calling "John" or "John Smith." We are taught that all the powers and qualities of God are latent in man; then patience is there awaiting expression. Call it forth!

These strenuous days of Reconstruction need strong hearts and intelligent application. How many of us lift a hand to shape our own environment? We are the slave of our business;

our political or economical ideas are not ours but are supplied by the bias of the press. How many original thoughts can we claim in a day's time? And yet this is man's divine prerogative—to originate—to create. If we are merely vegetating we may as well be like the plant, whose consciousness is trance-like. If we are dreaming our lives away, our consciousness is no higher than that of the animal. Awake! Too long have we loitered by the roadside, lulled by the indulgence of the senses, giving a lifetime to the mere accessories of life—asleep to the meaning of life; vibrant creative life.

Come with me up this hill behind the city. Mount Tolmie they call it, so it is quite an ambitious little hill. We will go, if you please, at an early morning hour; that hour, just after sunrise, when to him that is awake, nature whispers her secrets. The first benefit of our walk is physical. The pure air and rhythmic step set the circulation going, and we begin to tingle as we feel its exhilarating effects. As we start to ascend the hill, we note on both sides of the winding path evidences of spring, for the bushes and trees are coming into newness of life, and here and there a wild lily peeps. In these surroundings we cannot help but *feel* the oneness of all life, which is evidence of the awakening of the higher emotions. At last we reach the summit we are at first overwhelmed with the glorious aspect. For miles before us stretches a vista of green fields, wooded slopes, and across the island-dotted silvery arm of the sea, we catch the dim outline of a rugged mountain range. And this wondrous panorama resplendent in the morning sunshine, belongs to man. It is his present field of evolution.

Now turn around and look towards the city. Can it be possible that down there in those tiny cubicles we inhabited yesterday, life's problems seemed so tremendous, so oppressive? Why, already our soul has expanded, and we feel we can go back and solve our tiny troubles in no time. How we would like to lift our neighbor up to our present heights of consciousness! It is as if we had lifted our heads out of a fog and found the sun shining in splendor. If you, my brother, my sister, have the love of humanity in your heart, light your torch with this message of unfoldment. "I will lift up



mine eyes to the hills." I will lift up my thoughts to that higher consciousness which tells me that all power is latent in Man—that Man has but to awaken to his Divine Sonship in order to realize it.

For nigh 2,000 years the words of John's Epistle, "Beloved, now are we the sons of God!" have been vibrating on deaf ears. Engrossed in what he terms "making a living" or "enjoying himself," man has failed to catch the marvelous message. When it truly dawns on his consciousness, he glimpses a future undreamed of before.

If we are the sons of God, or in the terminology of our philosophy, "Sparks from the Divine Flame," then we have an intelligent purpose in this earth manifestation. What is it? Up to our present stage of development we have been under the direct guidance of higher beings. Now having reached self-consciousness and having possession of a marvelously constructed instrument in the physical body, it is our privilege as individuals to do some expert creative work. Can you imagine a farmer, for instance, with a tract of land to cultivate, spending day after day, day after day, sharpening his plow or cleaning his various tools, never putting them

into actual use for the purpose for which they were intended? Yet is not this the case to-day with the bulk of humanity? True, it is just as grave an error to neglect the instrument, and a workman would not expect the best results with rusty and unsharpened tools.

Look within and see if you really have been awake. If so, what have you accomplished? The stewardship is your own. If you have been hiding your talent, there is no reward. The reward is to the good and faithful steward who has multiplied the talents given him. For every enlightened soul the world needs ten more, and needs them badly. Perhaps you have been trying these methods and have not noticed much improvement—your growth is slow. Take a lesson from nature. The shoot grows slowly and imperceptibly, but it grows if given the right conditions, and you will find the quickest growth takes place where the plant is exposed to sunshine. Joy is our spiritual sunshine, and your growth or unfoldment will be infinitely quicker if it is continually nurtured in this element of Joy and Gladness. "All things respond to the call of rejoicing." Joy will help you.

Awake!

## "He That Have Earned Alone"

BY "AURORA"

*Editor's Note: This article was obtained through the Prize Competition.*

### PART I

From the time when her baby eyelids first opened to this wonderland of beauty surrounding her, she was the idol of loving hearts—fond parents, devoted brothers, loyal friends. She seemed to have been created for happiness—to love and be loved.

Her body was moulded by the hand of an artist—beautiful in face and form, coupled with which was a nature deep, ardent and true, and over all that mysterious power—personal magnetism—that unconsciously attracts and holds captive all hearts within the radius of its circle. Notwithstanding all this she lived her life (in the true sense) alone,—yet not alone; she lived in an ideal realm of her own creating, for she was a born artist and musician—an ideal-

ist. Much of the time she dwelt in the "Solitude of the Soul," and tho when in company she was very sociable, her conversation seldom gave any hint of the enchanted garden in which she lived and built her air castles. On a summer's day, with Mother Earth carpeted with green verdure, for her couch, shaded by the overhanging branches of her favorite giant oak, the home of a mocking bird that poured forth his liquid melody, she would lie dreamily watching the great billowy clouds, white and fleecy as snowbanks, floating athwart the boundless, impenetrable azure space, her soul earnestly striving to penetrate into the mysteries beyond it.

In the hush of the mystic twilight, when the cricket chirped his plaintive song and the myriads of twinkling stars appeared upon the dark purple canopy o'er head like diamonds sprinkled from an invisible hand above, her

whole being went out in yearning for that "Something"—indefinable but insistent, which it knew intuitively was its divine heritage.

Nature's harmonious vibrations of sound were to her as music from the celestial spheres—the patter of silvery raindrops, the tinkling of the babbling brook, the sighing wind, the murmuring sea, the roar of the cataract, the deep-toned reverberations of thunder—all these were, to her, notes of the Eternal Orchestra.

The whole world was to her God's Art Gallery. All of nature's beauty—her hazy purple-veiled mountains, her mighty forests with their weird souging melody, the sea threaded with the shimmering rays of moonbeams, the glorious sunset with the sky ablaze with crimson, gold and purple, fading to the opaline tints of rose, amber, and lavender—all spoke to her soul of the Infinite, of the Unknown, for "it is out of the misty shadow-land of the Unknown that angels come bringing food to the souls of men."

Out of the richness of her inner nature she gave to the world numberless masterpieces of grandeur, beauty, and pathos, and aided many to bring into expression their latent artistic powers; by her magical touch, vibrant with the melody and pathos of Apollo, she enchanted her hearers,—swayed them as reeds by the summer zephyr.

Thus her maidenhood and young womanhood passed, with an occasional note of sorrow and disappointment blended into her "Psalm of Life." But as time rolled on, one by one she saw every dream and ideal of her bright morning fade away, every air castle shattered, every cherished hope blighted as by Sahara's scorching sun, and finally the clouds and shadows of sore affliction engulfed her until there was not the faintest silver lining,—as though a human plummet, she had sounded the deepest depths of mental bitterness and anguish, had quaffed "the cup of wormwood and gall" to its bitterest dregs. Black despair settled over her like a pall; truly she had become a woman "of sorrows and acquainted with grief." Her physical suffering had often-times all but snapped the "silver cord," and the tortured, imprisoned soul longed and prayed for the "Grim Messenger" that would grant it release. But no such end was to be its destiny. Divine law operates perfectly. What an immortal soul *earns*, noth-

ing in the universe can withhold from it.

Through the guidance of unseen Powers she was led to a Divine Healer, where both her spiritual and physical healing was accomplished—a so-called "miraculous cure"—for this soul had been a wanderer from the Father's House, blindly groping in the darkness for the Path that would lead to the portals of its Heavenly Home—longing for reunion with the great Divine Spirit from whom it is a spark—yearning for the Father's love as "the magnetic needle yearns for the lodestone which kissed it," and when the barred Gateway swung open a flood of golden radiance flowed out enveloping her with its supernal glory—"the Light claimed its own." The intensity of this illuminating Light of Love was so overwhelming that the very air vibrated with it, her brain and nerves, her blood and muscles, her whole being thrilled in unison with it. Then followed the devout ecstasy, the soaring flight of the spirit into the spirit realm," seeing and communing with the unutterable," where the full realization came to her that her Real Self was Spirit—that she was a part of God—that there could be no death, and that she had attained unity with that Divine Source of all being, where are revealed the mysteries of Life and Being, the purpose of sorrow and suffering. With this knowledge came moral exaltation, intellectual elevation, and an indescribable feeling of elation.

After the fading of this wondrous vision, returning to the objective world there remained that ray of Light—steady, rare and ineffable, "beyond all signs, description, language." An infinite peace and joy filled her heart, worldly ambitions, cares and anxieties died in the light of the glorious TRUTH that was revealed,—but in their stead was born the constant desire and the dynamic power to lead the way for others to the Life she had found,—"to go forth and take her peace with her," that they too might know the joy and the "peace that passeth all understanding"—to accomplish that "where unto she was sent."

In taking the backward look over the sorrows, disappointments, and dreadful experiences of her past life, she recognizes them as stepping stones, as only a means to an end, and that end was to prepare and lead her to a still higher life—to inspire her to something even nobler and

better in her future work than anything in her past had been. She is able to regard what seemed interminable and intolerable suffering, of short duration when viewed in the light of a never-ending eternity, and she rejoices over the glorious victory that was finally hers for that passing through the sea of bitterness,—the victory being not only for this life, but for all eternity. This backward glance into the dark past also serves to inspire her with the most supreme reverence and love for the Omnipotent Being that has made it possible for a soul to reach the heights to which she has attained, and to know that notwithstanding the sublimity of it, it is only a foretaste of the glory yet to come. Her artist's soul realizes more fully that the fascination lies, "not in the beauty of the sunset but the unseen beauty it quickens within; not in the heard harmonies but in the unheard over-tones;" that behind all the beautiful and grand "illusions" of nature lie the deeper and sweeter facts that only *love and inspiration* can grasp. They are the beckoning Hands, the pleading Voice, that all must *see* and *hear* before they can *feel* and *know* the all satisfying Love for which they *yearn*—before the Everlasting Union can be consummated.

## PART II

As time passed she came to the realization that she had been under the rule of one of the "Seven Spirits before the Throne"—one of the great and exalted spiritual intelligences who are God's ministers, who strive to carry out His will, looking always to the highest *ultimate* good—SATURN, "The Spirit of Negation: the Power that still works for good tho' scheming ill." He is first "The TESTER" who delays, hinders obstructs, binds, restricts, chastens, and exacts to the utmost, patience, forbearance, endurance, self-control, and submission, for no other purpose than that *perfection* shall be reached by all men and all things. He is the Executor of the Master's command, "Be ye perfect even as your Father in Heaven is perfect." Hence, in reality, His mission is the *highest* of all the "star angels" connected with the physical world, for He finally brings *every human soul* to *true humility* and to that state in which all that is material is removed, so that the latent powers of the Higher Self (Individuality) may

*cross the bridge* made by Himself (Saturn) into the personality—that state where the personal *will* surrenders to the *Divine Will*—recognizing the *Will* of the Father as *the* supreme and all-embracing *Love* which draws all men unto Him, saying, "Thy Will Be Done."

He then becomes the "Initiator." He is the God that makes us "ride the goat," as He is the ruler of Capricorn, the goat Sign, and "riding the goat" is *initiation*, consisting of being tempted all we can bear and tried to the utmost of our endurance, and *OVERCOMING*.

He brushed away the mists that caused her to "see through a glass darkly;" the illusions and delusions of earth faded as if touched by a magical finger; she is enabled to look beyond the failings and shortcomings of the personality of every human being and see the "Perfect Man" within—the spirit in its divine beauty and perfection; to feel that loving sympathy and Christ-like compassion which feels the woes, heartaches and sufferings of every living creature; the erring she would shield and protect, "as a hen gathered her brood under her wings,"—feeling that universal love that spontaneously rays out alike to saint and sinner, prince or peasant; giving freely, gladly "without money and without price." of her abundance—her measure, pressed down, shaken together, and running over."

The experiences through which she has passed have opened to her Cosmic Intelligence—making her God's messenger of Wisdom and Light—a revelator having great spiritual powers and insight—a leader in the world's great chorus ever ready to aid others in finding the *harmony* and *beauty* of their own life song, and to *help* them sing it.

She is now truly "a servant of all"—her life being spent in "giving a cup of cold water," a word of comfort, an uplifting hand, a helpful message in *unselfish, loving SERVICE* to *humanity*.

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## A GOOD DEED

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A good deed knows nor age nor winding-sheet.  
The centuries find and leave it quick and sweet;  
Even the miser is remembered  
By that one time he gave the beggar bread.

—Lizette Woodworth Reese.



## The Order of Rosicrucians--Who and What They Are

MAX HEINDEL

*Editor's Note: The following is one of Max Heindel's monthly lessons to students. It was issued February 1st, 1911. This is the first of a series of such lessons written by Mr. Heindel which we shall publish from month to month.*

It is essential that the student should understand exactly who and what the Rosicrucians are and their relation to the Rosicrucian Fellowship, for there are many people who foolishly and ignorantly call themselves Rosicrucians, and even the students of the Rosicrucian Fellowship, in their enthusiasm over the teachings and as a mark of loyalty, might commit the same mistake. Therefore we will devote the following lesson to a statement of the exact facts.

The sun is the physical light-bringer and, as we know, it apparently travels from East to West, bringing light and life to one part of the earth after another. But the visible sun is only a part of the sun, as the visible body is a small part of composite man. There is an invisible and spiritual sun whose rays promote soul growth upon one part of the earth after another, as the physical sun promotes growth of form; and this spiritual impulse also travels in the same direction as the physical sun, from east to west.

Six or seven hundred years B. C., a new wave of spirituality was started near the eastern shores of the Pacific Ocean to give enlightenment to a Chinese nation, and to establish the religion of Confucius which is embraced to this day by many millions in the celestial kingdom. Later we note the effect of this wave in the religion of Buddha, a teaching designed to stir the aspirations of millions of Hindus and western Chinese. In its westward course it appeared among the more intellectual Greeks in the lofty philosophies of Pythagoras and Plato, and at last it swept over the western world, which includes the pioneers of the human race, where it takes the lofty form of the Christian religion.

Within each of these religious systems there was a deeper teaching not accessible to the many

The priesthoods of the older systems of religion all possessed this deeper knowledge transmitted by a few disciples. The Christ spoke to the multitude in parables, but explained the inner meaning of these parables to the disciples, to give them a deeper understanding more suited to their developed minds.

Paul gave "milk" to the *babes* or younger members of the community, but "meat" to the *strong* who had studied more deeply. Thus there has always been an *inner* and an *outer* teaching. This inner teaching was given in the so-called Mystery Schools, which have changed from time to time to suit the needs of the people among whom they were designed to work. The Order of Rosicrucians is one of these Mystery Schools, designed to meet the requirements of the people in the western world.

Just as day and night, summer and winter, ebb and flow, follow each other in unbroken sequence according to the law of alternating cycles, so also the appearance of a wave of spiritual awakening in any part of the world is followed by a period of material reaction. The scientists who flourished in southern Europe until the third century A. D. were tabooed by the dominant catholic church during the so-called dark ages from the third to sixteenth century. In the latter century we have the birth of modern science, which has grown to be a giant in the last three hundred years, and which at one time threatened to entirely obliterate spirituality from the western world.

During the dark ages mankind was bound by the dominant ecclesiastical power and dared only believe what had been sanctioned by an all-powerful church. At last the yoke grew too heavy and the masses began to *protest*, the *protestants* shook off the yoke and helped the budding science to free the mind. Then came a period when creed and dogma were thrown to the winds by the most rabid among the protestants, who asserted their rights to be "*free thinkers*" and refused to believe in the existence of anything which could not be weighed, measured or analyzed. They asserted that mind

is the product of matter, that man is the highest intelligence in the cosmos, and that he is annihilated when the physical body disintegrates at death.

The great leaders of humanity who have charge of our evolution foresaw the wave of materialism which was coming to the western world, and therefore a great spiritual teacher was sent to the western world in the thirteenth century. His symbolical name is:

Christian Rosenkreutz

Christian-Rose-Cross.

The given name, Christian, implies that he had come to the western world among people who embrace the Christian religion, and whatever explanation he may have to give, his teachings would be in full harmony with our western religion.

The emblem of the Rose Cross consisting of the five pointed star, the seven roses, and the cross, such as we use in our Fellowship Service and as printed on our literature is a most wonderful symbol. It stands as a key to the whole mystery of Life and Being. To the one that understands this mystic scroll, it reveals the whole of man's past evolution, his present constitution, and the path of his future development.

The black cross is made from the chemical mineral substances of the earth and points to the time when that which is now man went through a mineral stage of evolution.

The straight upward lower stem symbolizes the path of the life currents which emanate from the plant group-spirits in the center of the earth, and which radiate towards the periphery and thence through the upright trunks of all plants. Therefore that part of the cross is a symbol of the period of evolution in which we were plant-like.

The horizontal limb of the cross is a symbol of the life currents from the animal group-spirits, which circle around the earth and pass through the horizontal spines of the animals. Therefore it symbolizes the time when we passed through a period of animal-like evolution.

The shortest of the four limbs of the cross, extending above the horizontal, is a symbol of man in his present development where the currents of life from the human Ego pass downwards through his vertical spine and enable him to think.

The cross also symbolizes the vehicles of man. The long lower stem represents the physical body which has had the longest evolution behind it; the two intermediate bodies, the vital body and the desire body, are represented by the two branches of the horizontal part of the cross, and the mind which has had the shortest evolution and is the latest addition to composite man is represented by the short upper limb of the cross.

The seven roses which garnish this beautiful emblem and the five pointed radiating star behind it are emblematical of the twelve great creative Hierarchies which have assisted the evolving human spirit through the previous conditions as mineral, plant and animal, when it was devoid of self-consciousness and unable to care for itself in the slightest degree. Of these twelve hosts of Great Beings, three classes worked upon and with man of their own free will and without any obligation whatever. Their beneficent offices have long since ceased, and they have gone from our universe to greater fields. These are symbolized by the three points in the star upon our emblem which point upwards. Two more of the great Hierarchies are upon the point of withdrawal, and these are pictured in the two points of the star which radiate downward from the center. The seven roses reveal the fact that there are still seven great creative Hierarchies active in the development of the beings on earth, and as all of these various classes from the smallest to the greatest are but parts of the One Great Whole whom we call God, the entire emblem is a symbol of God in manifestation.

The Hermetic axiom says, "As above so below." Hence the lesser teachers of mankind are also grouped upon the same cosmic lines of 7, 5 and 1. There are upon earth seven schools of the Lesser Mysteries, five of the Greater Mysteries, and the whole are grouped under one central head who is called the Liberator.

In the schools of the Lesser Mysteries the pupil is taught to understand his past evolution upon the earth, and is shown the future development during the remainder of the Earth Period. The Rosicrucian Order is one of these schools, and its teachings are suited to the people of the western world. The other mystery

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## Conditions on the Invisible Planes

### From Talks With Those Beyond

AGNES COOK

#### PART I

##### *EXPERIENCES AT "PASSING OUT."*

**T**HIS subject will appeal to each and everyone who has experienced the crushing grief of losing a dear one from his side. Such will, I hope, derive some comfort from the following lines given by one who passed beyond the veil while yet young, leaving a devoted husband and six young children to mourn her loss.

It will perhaps interest you to describe my own feelings and experiences at such a time. When I lay dying after an illness of more than two years, which I know now was preparation and initiation for the work I was about to enter into upon the invisible planes, I had no pain, only a sense of blissful rest. From time to time angel faces appeared to me and encouraging words were spoken to my inner hearing: "Courage, dear, you are about to enter upon a life of great happiness and usefulness. It will be your special work to tend your dear ones spiritually, you who have so long been unable to do anything for them on the physical plane." My dear little baby to leave whom was a wrench in which all mothers will sympathize with me, I saw as he is now, a beloved worker in the field of souls made ready unto harvest. I also had visions of the future lives of my other darling children. So merciful is the good Law that the dying moments of all are soothed and blessed by ministrants, a work in which I am now privilege to participate, being often sent to the bedside of a dying mother to make the passing what it should be, a joyful one.

To continue, the actual transition to another world was comparatively easy for one having a body weakened by long illness. It is not always so, as for instance when the body is in full vigor. The snapping of the silver cord which connects the two states of consciousness is then more difficult. It seemed to me that I was sink-

ing down, down, falling through space, not unpleasantly but with a tired feeling seeking something to rest on; then suddenly all the fatigue disappeared and I was young once more and full of vitality. As I opened my eyes I saw my dear husband bowed in sorrow beside my dead body which lay on the bed. I put my arms around him and tried in every possible way to make him feel my presence but without avail. He was unconscious of all my efforts. Oh! how I longed to have him with me in this new and beautiful condition, and I heard a voice: "Be patient, dear, he will be with you forever very soon." Then I became aware of a form standing beside us who gently led me away to a glorious life where I met many loved ones and welcomed those nearer and dearer intimacies which had been unconsciously enjoyed while yet in the earth life during the hours of sleep.

Of what followed I am not permitted to speak; indeed, words could not describe our life here, with its complex activities, divine friendships, and joys which appeal to many senses to which earthly hearing and vision are closed. Those we love on earth we are constantly with, and it is our privilege to be of service to them in many ways, while they are totally unconscious of being helped. Time and space are non-existent here. Our soul bodies are practically indestructible so that we enter at will places which in earth life would have destroyed the fleshly garment utterly. Burning houses, earthquakes, shipwrecks, wherever calamities are happening, many messengers hasten to the scene to prepare the dying and make their last moments peaceful and happy in the midst of dire confusion.

Certain of such scenes are closed to us, as when human passion engages two beings in mortal combat. The anger and hate forms thrown off during the conflict prevent our approach. And places of license and lust are generally banned to us for the same reason. Their terrible thought forms create an impassable wall



round those we fain would reach.

In Sodom and Gomorrah of old the righteous emanations of ten just men might have created some channel for the inpouring of the divine, but alas! there were not even ten to stem the tide of human passion in its most awful form.

Now having described what happens at the hour of death on our side, I would like to point out what should be your attitude at the same time, and how you may help the dear one who has left to rejoice in new found happiness.

Long continued abandonment to grief is bad for all, and the awakened soul who realizes his destiny and the spiritual work before him will after the first natural expression of sorrow, rest in the hope that knowledge gives him. His thought of the departed will be constant. Not once but many times a day will his thoughts become channels for love and encouragement from the other spheres to which his soul will respond, however unconscious the physical brain may be. At night when he sinks to sleep his last thought will be of the dear one who will reach out from beyond and take him by the hand to wander amid scenes of fairy-like beauty in sweeter and dearer communion than they have ever before enjoyed; and he will awaken strongly comforted and perhaps feel a little ashamed of being so soon consoled, quite unconscious of the delightful companionship he has so recently enjoyed.

Truly your lost dear ones may be veritable "treasures in heaven." You have not lost but have gained by their transition. Your darling may be with you at any moment through the day. At night, if you will, you can discuss earth problems and be helped to further soul development and spiritual power by communion with the great souls over here, some of them world famous, whose joy it is to still serve humanity with added powers and surer fruition.

Every faculty developed on earth is intensified and strengthened in heaven. Are you a musician or an artist? Your gifts are a hundred-fold more enjoyable here than on earth. Or perhaps such gifts are limited in your case, but you have the rarer blossom of a loving heart. Each thread of love binding you on earth to near and dear ones is a mighty cable on our side, a means for healing and blessing of which it will be your constant joy to make use.

## PART II

### *HOW A MAN IS PREPARED FOR THE COMING CHANGE.*

When we see a man who is about to pass over, having approached the end of his earthly experience, we try to make him ready for the transition by the suggestion of thoughts on the new life which he is about to enter. It is sometimes very difficult as we may not dominate his mind, which we could, of course, quite easily; but that would not affect his real self. We simply tell him what is about to happen and leave him to use the suggestion. The numerous and various cases of premonitions are due to the efforts of messengers from our side to impress either by vision, dream, or in any way available to the helper, so that the person may not be wholly unprepared. Sometimes one in earth life is unconsciously employed. He goes to the man and while they are together we use him as a connecting link and soul speaks to soul. To the totally unprepared the first stages of the post-mortem life are a dreadful experience, because the life here is so different from yours. When a man has had no thought beyond the material, it is a long time before he gets accustomed to the new conditions, and he is often uncomfortable and unhappy. Fortunately there are bands of ministering spirits whose special province it is to tend these souls and gradually awaken their senses to the joys awaiting them, only temporarily cut off by their own attitude.

Also there are many dear women who delight in caring for the little ones who come sometimes in infancy. Babies and young children quickly respond to the new environment, having so recently left it, and they enter on the old life with renewed zest. Of course each soul makes its own heaven by the power of love, and they are few who have not made a dwelling here by love ties on earth. Often the most dreadful criminals are tender husbands and fathers. We are all able to do much for the person about to die. We can find his relatives on this side, who are often unaware of his condition, and they come to welcome him at the last hour. The psychic vision becomes very keen as the lamp

*(Continued on page 188)*

## Wreckers

By H. W.

(Iago)—Good name in man and woman, dear my lord,  
Is the immediate jewel of their souls.  
Who steals my purse steals trash; 'tis something, nothing;  
'Twas mine, 'tis his, and has been slave to thousands;  
But he that filches from me my good name  
Robs me of that which not enriches him  
And makes me poor indeed.  
—(Othello, Act III Scene III).

We find in the work-a-day world of building construction two classes of skilled workers. One class has learned to erect structures of stone and steel and wood that are marvels of size, beauty, and durability. The other class, wonderfully proficient in their work, are busily occupied in tearing down the work of the builders. Both are necessary in the world of human progress, that new and better structures may be placed upon the sites of the old.

Throughout all nature may be found in operation forces of a similar character; the forces of construction, ever building, building, building, from the tiniest cell to a solar system; the destructive forces constantly at work breaking down the forms and resolving their substance back to its primal constituents. These opposing activities are responsible for all phenomena upon this material plane and upon all planes of consciousness. They are rooted in Cosmic Law; are indispensable, immutable.

The workers we wish to consider in this article are those engaged in the building of a great Temple; those who build and help others build, and those who build, but would act as agents of destruction.

"Know ye not that ye are the temple of God, and that the Spirit of God dwelleth in you?"—(I Cor. 3:16.)

It is said in our text book "The Cosmo," that away back at the dawn of human development, when the Sparks from the Divine Flame started upon their conquest of this physical world, the Great Architect of our scheme of evolution, the Creator, provided for each separate Spark

a dwelling place. This dwelling has developed during three and one-half Periods of progress into the seven-fold spiritual and physical body now occupied by each of the human family. This is the working tool to be used by each Spirit Spark in acquiring dominion and mastery over, first the mineral kingdom, then the plant kingdom, then animal, and finally himself.

So we are taught that the human family is composed of an aggregation of Virgin Spirits, each Spirit having become encased in an envelope of Divine Spirit, Life Spirit, and Human Spirit which we call the EGO. This EGO or individuality controls, or is learning to control through countless rebirths, the lower and more dense personality composed of desire, vital and chemical substance. The three-fold individuality is linked to the three-fold personality by the link of MIND. The seven-fold body is then the temple of an indwelling Spirit, and is in truth *holy*.

The first phenomena apparent in that far-gone day manifested as CHARACTER. The Virgin Spirits, then as now, were not equally adaptable to their new environment. Some were active, others passive, and we now classify them as *pioneers* and *stragglers*. Throughout the immeasurable lapse that has intervened, each individual Spirit has been occupied in developing man's greatest attribute, character. Today man's status in the world is determined by his character. It is his good name that he prizes above all things.

He has learned to discriminate and to form conceptions of good and evil. And having learned, he is responsible for his acts, so it is his privilege, and his alone, to tear down his erroneous conceptions to make way for the new. As an *indwelling* Spirit, man contains within himself the necessary forces of construction and destruction, so that those who assail his character are trespassers upon HOLY GROUND. They violate a law of nature, are in fact *Spiritual Vandals, Wreckers of Men*.

Our ALL WISE CREATOR has provided laws that govern both man and gods. It is decreed in Cosmic Law that "Whatsoever a man soweth, that shall he also reap." And *character* is the harvest, the fruit of the many crops of experience, sown and gathered by the seeking, aspiring soul. It is the very SOUL of man. It is the "Temple not made with hands," and is inviolable.

We are then led to the conclusion that WRECKERS of character, those younger souls who defame their co-workers, associates, or acquaintances, are tearing down a great "Temple" that is in process of construction. They give expression to a great force that could be used for helpful purposes, but which they wrongfully use for wanton destruction. Debts of destiny are thereby incurred which must be expiated.

Ridiculous as it may seem to those who have not studied the subject, we are taught that comets are mistakes made by the *Agents* of our Creator. These agents are great, exalted Hierarchies, inconceivably above man in development, but have not yet attained to the Creator stage. They may make mistakes, in fact, *do* make mistakes. It is not then so startling a fact if we find in the human family men who make grievous errors. The spark of primal energy that animates an archangel, emanated from the same source whence came the Virgin Spirits. All are seeking EXPERIENCE and progressing, improving their vehicles and building character by reason of that experience.

As Spirits, differentiated within the Creator, it is THE LAW that we must return to the source of our being, taking with us the fruits of our pilgrimage. A similar law operates upon all the lower planes. The impulse of character assault comes from the realm of emotion, desire. Comet-like, it therefore runs the gamut of human emotions traveling through the fetid, noxious currents of the lower Desire World, gathering strength in its journey, until through the working of immutable Cosmic Law it returns to its *creator*.

Attack governments if you will, religious movements, schools of philosophy, or any organized activity. They are but transient things. The calm light of reason will soon dispel the marks of your assault. The damage is repar-

able. But man's character is truly the "immediate jewel of his soul." Let loose the *personal* shaft of venomous and false imputation and it travels with the speed of light. It becomes a hydra-headed monster, a hideous, vicious thing that gets its nourishment and finds lodgement in far too many human breasts. Gaining strength because of the ready hospitality, it soon reaches its human target, poisoning, maiming, destroying, exposing to ridicule and contempt the unfortunate victim.

And so these vandal marksmen daily take the field, seeking to destroy. Surely there must be some protective armor that will shield the innocent that will render man immune from these unnatural huntsmen.

It is indeed a wonderful armor that we may use to ward off these treacherous shafts, tipped with hate, envy, vindictiveness. Another great Cosmic Law may be invoked. No human so lowly nor one so high but that he may use its protecting power. It is the LAW OF LOVE; that great constructive force that enables each individual to use the material of shattered ideals, blasted hopes, and ruined reputations and build therefrom a "Mansion in the skies."

The Christ has said, "In my Father's house are many mansions." Throughout the ages this Law of Love has operated, but it was through the Master Jesus that it was first given to all humanity. It supersedes the Rule of Law. Through the sacrifice upon Golgotha there was implanted in all humanity the germ of *Brotherly Love*. It is a transforming influence. When developed, and its development is now possible in every one of us, we radiate in every direction this wonderful force. Brilliantly luminous, it radiates constantly, day and night, thoughts of love, of charity to all. No shafts of envy or hate can persist in this "Living Fire," but freighted with thoughts of sympathy and helpfulness they return in their orbital flight to their source, *living shafts of love* that will consume the rubbish of perverted thoughts and aims.

And thus we see how impossible it is to really *destroy*. We merely succeed in *changing the form*. The vandal archer finds the destructive force transmuted by *Love*, and used to improve the Living Temple within which the Spirit of God dwelleth.



# The Doctor's Dilemma. A Story of the Unknown Realms

PRENTISS TUCKER

## CHAPTER V.

**T**HE sudden appearance of the Professor was quite a surprise for it had been a long time since the Doctor had thought very much about meeting him. Week after week had passed without a word from him, and the Doctor had gradually become so interested in the development which he was able to note in his nightly excursions into the land of the Living Dead that it had crowded most other subjects out of his mind. He turned to the Professor with a smile and a proffered hand, which, this time, the Professor shook cordially. The Doctor could not help noticing as he did so that the other's hand was just as palpable as it would have been on the physical plane.

After the first greetings the Professor expressed his pleasure at Doctor George's progress and the latter recounted his meeting with the original owner of the house.

"It seems strange that he still regards himself as the owner of the house and looks on me as an interloper who has been sold property which did not belong to the vendor, and, although he is dead, he does not seem to know it. He knows that he is on the other side of death and yet he expects to come back and take possession of his house although he has not the remotest idea of how he will do it. Queer, isn't it?"

"Yes, it is queer, and yet not so queer after all. It is a common occurrence among the earth-bound, which is a term that includes a great variety of conditions. He has always believed, most likely, that death ended everything or else that when he died he would be unconscious until the Day of Judgment; or else he expected to find himself, as some of our good brethren teach, immediately far beyond the stars in some locality playing on a harp before a Personage on a tremendous throne.

"So, when he went to sleep and woke up, feeling a thousand times better than he had ever felt in all his life before, he could not think

of himself as dead. And knowing that he was so much more alive than ever before, he could not get the idea through his head that the house which he had built with money that he had earned could have honestly passed into the ownership of any one else. Had he been taught during physical life the real truth of the conditions of life after death, he would have been prepared to drop all interest in the physical and turn his attention towards progression, which is what Nature intended that he should do.

"There have been countless others in the same condition and the result of it is that evolution is greatly retarded. It was largely for such people as he that I came to you and asked your help to get certain knowledge spread about among the public. The man is not so very far wrong after all. He expected to die but knows that he is not dead. Knowing nothing else in regard to what is so often called the "future life," he has decided that *all* his ideas were wrong and so has discarded them all. The one thing which he knows with a certainty is that he **IS NOT DEAD**. On that point he is right, and people in their physical bodies are wrong. **THERE IS NO DEATH**. But he has made one great mistake. Knowing that the loss of his body does not mean death, he has kept hold of his desire to grasp and amass wealth. From the standpoint of the spirit, wealth is that which we own. But we cannot really own anything except that spiritual gold which is the extract of the good of our earth life. Other things which are most often considered wealth are ours only temporarily. Real wealth is that which cannot be taken away from us.

"We cannot blame the people who are still incarnate for making this mistake since their vision is limited by the earth life, but when a man has passed the awful portals of death and has found that they are awful only in their ap-

pearance from the earth side, he should change his views of what constitutes wealth."

"But still, it seems to me that he ought to be able to reason it out for himself, he knows—"

"You overlook one large factor in the problem," interrupted the Professor, "and that is that the life after death is not what he had thought it would be. If he had consciously slipped out of the body and had been immediately confronted by some tremendous angel forty or fifty feet high with outspread wings who had spoken to him in a tremendous voice and had immediately grasped him and flown with him up to tremendous heights, through enormous portals with imposing gates something on the order of Dore's pictures, then he might have begun to reason, but nothing like that happened. He merely went to sleep and when he woke up found that he was as much alive as ever and that things were much the same as in the physical world which he had left, and so he did not realize that he had left. He knew that there was a change but did not realize just what it was. He was told that he was dead, but that sounded foolish since he knew that he was more alive than ever."

While the Professor was talking Doctor George had noticed that many of the passers-by were stopping to listen. He called the Professor's attention to them.

"The people over here are often as anxious to learn as they ever were in physical life, but come, I have something to show you."

They found themselves soon in a poorly furnished room where two girls, apparently shop girls, were bending eagerly over a board which they held between them on their knees. The Doctor recognized the well known Ouija board. He and the Professor stood in a corner of the room where the Professor's restraining hand kept him quietly observant.

The girls seemed disappointed with their attempt to communicate with the other world. Apparently the little pointer was obstinate.

"I know what's the matter, Grace, you're not sensitive this evening. Lemme try it alone."

Grace complied and the other girl closed her eyes and began what was evidently an un instructed and amateur concentration. Soon the atmosphere about her began to vibrate, or at least, so it seemed. There was no particular

effect beyond that, except some of the passing entities who were wandering here as well as through the Doctor's house, noticed the fact. One, a particularly evil and repulsive looking person, paused in his journey and after sizing up the situation laid his hand on that of the girl and attempted to move the pointer. In this he was partially successful, and the girl knowing that the pointer was moving without her volition, began to get excited and exclaimed with awe:

"Oh Grace! the spirits have come, the spirits have come!"

The leering grin on the face of the man who was guiding the pointer was hideous to see.

"What did you ask, Lottie?"

"I asked would I get a raise."

Slowly and painfully the pointer joggled about with many false starts and stops until it finally spelled out the word "yes."

"Oh! isn't it wonderful the spirits should come to poor girls like us and help us when they could be stayin' in heaven with the angels an' all!"

"Lottie, ask the spirit if we can trust him. Ask him who he is."

Several more specimens of the same type of "angels" had gathered around, and their merriment was so disagreeable to watch that the Doctor wished to leave, but his companion held him with a firm grip.

Haltingly the pointer moved over the board. Letter after letter was pointed out while the girls grew more and more excited. The laughter of the dead men was horrible to witness. They leered and grinned and talked to one another in language too foul for repetition. Slowly the man who was influencing the board obtained more power.

"Is there no way to stop this?" whispered the Doctor.

"Yes, I can stop it, but there is so much of it going on that it is impossible to stop it except in individual instances unless we can teach people the truth about the whole miserable business."

"Is not that man getting some kind of power over the girl?"

"Yes he is, and that's the pity of it. It is the same as hypnosis, only the hypnotist is on the other side of the veil. The more he moves

that girl's arm the more he is able to obtain a foothold in the ether of her arm, and after a while she cannot drive him out."

By this time the dead man masquerading as an angel had begun to spell out his claim to be considered a spirit of a very noble nature and had stated that he came because Lottie was a highly developed soul, not valued at her true worth by those who knew her and it was his mission to teach her great spiritual truths. At each successive claim the whole crew were convulsed with fiendish glee, and could the two girls have seen the ghoulis company that was clustering about their poor little Ouija board in that threadbare attic, they would have fainted at the horror of the sight.

Pity for the girls who were thus being led unawares into a trap, the ending of which he could quite easily foresee, filled the Doctor's heart, and he attempted to break from his companion's restraining hand in order to dash out and drive away the fiends.

"Wait. You could do nothing. You are yet too new on this side of life to be able to interfere in a case like this. You must remember that physical violence is useless here, and even if it were not, what could you do against that crowd?"

The Professor glided slowly out and stood behind the man who was guiding the board. The others saw him and looked at him inquiringly.

Instinctively their faces took on snarling expressions just as a dog who is gnawing a bone will snarl at the near approach of some one whom he suspects of wanting the bone for himself. He laid his hand on the shoulder of the operator who flinched as at an electric shock but went on with his play. The Professor seemed to become the center of a strong radiance which grew more powerful every moment.

No longer did he touch the man on the shoulder but he stepped back and pointed, and from his finger tips there seemed to crackle out streaks of light much like electric sparks one sees when experimenting with a high tension apparatus. The man who had been guiding the board leaped back and threw up an arm as though to shield himself from some danger. The rest of the crowd shrunk back into the opposite corner of the room. They cowered before

those lightning-like rays as dogs might cower before a whip-lash.

"GO."

The Professor uttered only the one word, but it was spoken in such a tone of utter and absolute authority and it seemed to carry such power in its very vibrations that the unholy crew broke and fled, passing through the wall of the attic and out into the darkness.

Lottie drew a long breath and rubbed her eyes.

"The power has gone, somehow."

"My, but that was a grand spirit. He said he was a great prince who lived three hundred years ago—and he would not give his name because I might recognize it. Isn't it just wonderful?"

Poor Lottie! Little did she dream that the only reason that she was not given a particular name was because the debauched entity was too ignorant to know a name of any prince who lived three hundred years ago.

As our friends turned to go they almost bumped into a man who was walking slowly along wrapped in his own thoughts. He started back when he saw how nearly he had collided with them.

"Beg your pardon," he said, "I seem to be having a lot of trouble keeping from bumping into folks. They don't seem to see me at all. I feel like a regular ghost."

"That's just what you are," said the Doctor.

"Eh! What do you mean?"

"Mean? Just what I say. You're a ghost. Why shouldn't you feel like one?"

"Why—because I'm alive—that's why."

"Say, don't you know that you're in a third story attic and that you walked in through the wall? Don't you know that you never came up the stairs?"

The man looked around him curiously.

"You seem partly right, somehow, but of course you're entirely mistaken. The real explanation is that I am imagining all this or dreaming it in some way and you and your explanation are merely figments of my subconsciousness. So you can see that you are really much less than a ghost."

(Continued on page 188)



# Question Department.

## Is There Proof of Life Beyond?



QUESTION:

If a man dies shall he live again and if so, how do we know it? Is it possible that man on this earth plane can get proof of life beyond the grave?

ANSWER:

No matter how thoroughly we may be bound up in our every day duties or pleasures, it is absolutely impossible to exclude altogether from our consciousness the fact that life is but fleeting, and that after a few years we come to the portal of death where we must sever our connections with all that we have had an interest in in this life. We must then take a leap in the dark, and the question naturally comes into the thinking mind: what then? Unfortunately the opinion has been generally held that nothing definite may be known of the hereafter, and therefore we endeavor to put away this subject from our minds as much as possible; "sufficient to the day is the evil thereof."

Is it not unreasonable, to say the least, that we devote all our energies, all our time, to the work and pleasures of this world where we know we can only remain a few score of years, and take no real thought, in fact strive to avoid thought concerning the world to which we are going and where, according to the popular idea we must stay for eternity?

But has this commonly accepted idea any foundation in fact? Once upon a time all educated and cultured people believed that the sun and stars moved around the earth. Galileo asserted that they did not. He was alone in his contention, but truth was behind it and therefore the whole world has been converted to his idea. We know now that the sun is stationary or relatively so, and that the earth and its sister planets move around this central orb.

So also in this question of what takes place after death, it may be found that the popular theory is wrong.

We are accustomed to speak of nature as a wise mother, and we also speak of the economy of nature, meaning that no effort is wasted, that nature makes use of her resources to the very uttermost. In view of this fact does it not seem strange that when a man or woman has lived a good and saintly life that they should be sent to heaven to remain there where everybody is good and has no need of the sympathy and compassion which these good people have evolved? If they could be brought back again to earth, there to help their suffering and sorrowing fellowmen, they would do a great deal more good and they, themselves, become more loving, compassionate, and soulful and thus become greater spirits. We know that there is a law that decrees the conservation of matter and the conservation of energy. There is also another law which says that whatsoever a man soweth, that he shall also reap. But we know that often the wicked seem to prosper while sorrow and suffering seem to be the portion of those who are endeavoring to live according to the dictates of religion. We find that one has the form of a Greek God, while another must drag around all his life in a cramped body, and so on through a thousand seeming anomalies. If we live only one life upon earth, this condition is incompatible with belief in a loving father. All are reaping good or ill, but where have they sown it if they have not lived before?

On the other hand, we may regard the world as a training school for evolutionary soul-growth, where we enter in one life perhaps to learn not to steal, not to lie. Then at the close

of the school when our hair is grey and we return to the grave, if it is found that we have learned to tell the truth, but not to be honest, we are then brought back after an interval of rest and are reborn into this world as little children in order that we may learn the lessons that were not learned in the former life. So in each life new virtues are given us to learn, and vices which we have cultivated are unlearned. Therefore we readily see that the differences between the human beings with whom we meet may be ascribed to the fact that some have gone to life's great school for a number of days or lives, while others are just commencing.

There are some who can see farther than others, for instance the sailor who has trained his eyes in that respect. There are others who can hear sound and variations of tone to which the majority are insensible, as for instance musicians. There are vibrations between those which impinge upon our eyes and enable us to see, and those which manifest as electricity. These cannot now be cognized by any instrument, but there are certain organs in the human body which may be developed and through which these vibrations may be perceived. This constitutes a sixth sense which will enable us to watch the activity of the free spirits in the Invisible World about us, so that we shall know that there is no death and that spirits return to bodily life, for we can then watch the process. **WHAT DO WE GAIN BY STRUGGLING? QUESTION:**

Poor tired humanity is continually asking, "Why do we have so much struggle? Why is there so much suffering, sin, and sorrow in the world? Why did not God make our way easier? He could have done so. What do we gain by it all?"

**ANSWER:**

For one holding the belief of only one earth life and then heaven or hell there is no answer. But when one has some understanding of the Great Creative Plan and its method of operation, he is at first, inclined to answer to the last question: **EVERYTHING.** And it is pretty nearly everything, too, from the point from which we are now able to look at it. Knowledge, individuality, soul-growth! There could be none of these really ours without the experience of suffering, and the plane on which we mostly experience it—physical, mental, or

spiritual—shows the character of our greatest need at the time. If the suffering is physical we have at some previous time in this present life or a preceding one or in both, failed to take proper care of our body; failed to understand that it is a temple to be kept clean and pure. If mental suffering predominates we are probably paying for mental pain we have caused others in bygone times. If our trouble is of the spirit, we are paying the penalty for having neglected our opportunities; paying for the times we turned our backs on the spiritual light we had. Whichever the plane (with most of us it is all three,) the suffering is just what we need at the time, even though we can't see it that way, and the way we meet it determines our individual progress.

We will go on "falling down" and paying the penalties until after much suffering we have learned our lessons; learned for **OURSELVES** what those who have preceded us learned **FOR THEMSELVES.** Experience must be *ours.* We may accept the statement of another but we do not really know a thing until we have experienced, felt it.

Selfishness, the love of self, had to be learned in order that the individual might survive. And we learned it allright. Now we are trying to learn unselfishness, the love of all mankind, that we may live and grow.

Mentality developed through cunning. We used it to get the advantage of our fellow man. We must now learn to use it to help him.

Spiritually we were for a long time automations, doing whatever our guides instructed us to do, and without question. But we had to be deprived of this guidance in order that we might find the light for ourselves and of our own free will follow divine guidance. This we are beginning to do. But it goes pretty hard with most of us.

"God made man for a little time lower than the angels," but he will eventually be crowned with glory and honor. This is what we gain. Some will reach the crown stage soon—some late. We, ourselves, determine our rate of progress. Some require more suffering than others to learn the lessons. Whether by reason of this they will know more in the end than those who stood at the head of the class we cannot say.

God **COULD** have made us all happy automations. Let us be thankful that He did not.



# The Astral Ray.

## Planets and People

ELEANOR JENNINGS

(Continued from August)

**T**WO little girl twins whom I know show a difference in the ascending sign very strongly. Edith was born first while the last degrees of Cancer were on the ascendant. She is a quiet, charming type of the grey-eyed brown-haired Cancer child. The little sister, Marion, born with Leo ascending a very short time later, has the Leo head, flaxen hair which curls (her sister's is very straight), blue eyes, and much fairer skin. The older child shows the motherly attributes of Cancer, for she has always taken care of the fair-haired little Marion as though years and not minutes lay between them in age.

Of all the signs at their best, I have not found another that built such physical beauty as does Libra. The clean, straight, delicate nose line, the deftly drawn eyebrow, the well placed blue eyes and dark hair of the typical Libra, are easy to recognize. In Taurus, Venus gives a good looking eyebrow but it is not drawn so delicately as in Libra. The lips and chin of the Libra type vary, but usually they are well shaped and good looking. The tall slenderness of people with Libra ascending is also typical, as are their grace of movement and exquisite cleanliness of person and clothing.

Scorpio is a sign fairly easy to recognize. The nose is usually distinctive and resembles more the eagle curve than the sheep. At its best it

is called "delicately aquiline"—at its worse it is the curved, fleshy nose we see on florid faces with dark brown eyes and red or red-brown hair. The bony structure of the Scorpio nose is more delicate usually than the Aries. There is a slight in-curve below the forehead before the out-curve of the nose bridge begins. The bone is slender between the eyes. I have seen one frequent variation in a short nose that spreads into rather round, wide nostrils at the base, but on the upper side at the end, this nose has a slight curve that indicates the Scorpio influence. The Taurus nose is often like this short, broad form of Scorpio's nose. The teeth called "fang" are often found when Scorpio is ascending—the cusp teeth are thick near the gum, run to a sharp point, and are widely separated from the teeth at either side.

The eyes given by Scorpio under some circumstances are unmistakable—heavy, dark eyes; the eyeball is very full and large and sometimes the white showing a little above the under lid. The full eye makes the upper eyelid very full, and noticeable as well. While the body built under Scorpio tends toward the stout, I have seen very tall men who had Scorpio ascending. The mingled effect of sign ascending, sun sign, moon sign, and rulers often produce a result that appears contrary to all rules of astrology. But a little patient study of the details will us-

ually prove that the puzzling result is due to a balance of influences; and it is this independent study of special exceptions to general rules that has been very interesting and worth while to me.

I have found in people with Sagittarius rising a curious head formation—a bulge to the temples with a slight twist, as it were, to one side, making one-half of the head seem larger than the other. The feet and hands of people who have Sagittarius rising are apt to be much more elongated than the Gemini type, though the resemblance is marked. The Sun in Sagittarius but with a stout sign rising appears to lessen the slenderness.

The Aquarian features are quite distinct and resemble no others. The typical forehead is high and broad, the eyebrows inclined to a broad and rather scattered growth, heavy on the front curve of the eye socket, less heavy toward the end. The eye socket is deep and gives a resulting appearance that I have seen under no other sign—a deep set eye, with a slight hollow under the eyebrow. The mouth is usually wide and has ordinarily rather a long upper lip. The teeth are regular and shapely but full in form as befit the generous size of the mouth. The nose varies; I have seen Aquarians with beautiful straight noses, blue eyes, and dark hair—but they usually had the Sun in Aquarius. Aquarius rising does not give the same appearance as the Sun in Aquarius, but Aquarius on the ascendant, you will usually find, gives the typical brow, eyes, and mouth. While the mouth is large, it is not unshapely; the lips are not loose and full but moderate in shape and size.

A few exceptions to general rules may be of interest:

We read that the ascendant rules the physical self, and we find that true in most cases. Yet I know a man whose ascendant is Virgo, whose Moon is in Virgo, and whose Sun is in Pisces. He is and has been since a boy remarkably stout. Mercury ruling his ascendant and Sun in Pisces partly explaining the seeming contradiction. His brother with Pisces ascending and Sun in Gemini, has Jupiter on the cusp of Sagittarius in 29 of Scorpio. This man is unusually tall and slender. A woman with Cancer rising, the Moon in Pisces, is so slight as to be

called scrawny. Her Sun is in Aries with no aspect. Another woman with Aries ascending, Sun in Libra, with Venus conjunct Mercury in Scorpio has an immense body, large bones, and heavy weight of flesh. Mars ruling Aries, is in Sagittarius, but in her case the Scorpio influence appears to be the strongest.

I have found it helpful to look up the terms of the planets, and have found this influence frequently so strong as to change the whole chart. I have in mind a chart that one would classify as very promising in its general indications; yet every planet in that chart is in terms of Saturn except Mars. Mars is in Scorpio in his own terms. The man is a queer, silent, disagreeable person and has the temper of a maniac.

Another chart, seemingly very "bad" as we say of the ones that are full of squares and oppositions, has Venus in the tenth with no aspect except a conjunction to midheaven. But with one exception, every planet and the ascending degree are in terms ruled by Venus. The subject in this case is popular, tactful, unselfish, and in every way far from being the person the horoscope seems to indicate.

I trust these little observations may be of help to my fellow students. They are all things I have either verified or discovered for myself in my study of the wonderful science of the stars.

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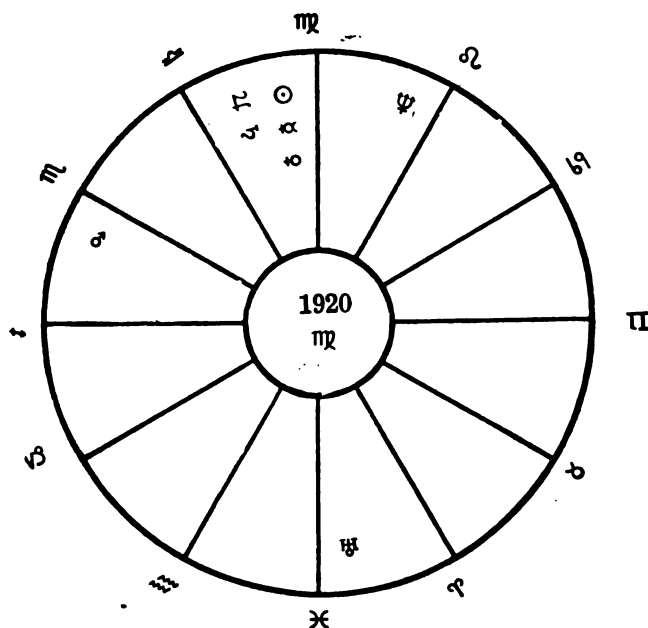
### YOUR CHILD'S HOROSCOPE FREE!

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We do not cast horoscopes for adults on any consideration; but *children are unsolved problems!* They have come to their parents for help and guidance, and it is of inestimable benefit to know their latent tendencies, that their good traits may be fostered and evil tendencies suppressed. Therefore we will give each month, in the Astral Ray department of this magazine, a short delineation of the character and tendencies of three or four children. However, we cannot guarantee a reading in every case, since the number of names received usually exceeds the number of readings to be given. *Parents who wish to take advantage of this opportunity must be YEARLY subscribers.*

# The Children of Virgo, 1920

Born between August 23 and Sept. 22, inclusive.



**EDITOR'S NOTE.**—It is the custom of astrologers when giving a reading requiring as data only the month in which the person is born, to confine their remarks to the characteristics given by the sign which the Sun is in at the time. Obviously, however, this is a most elementary reading and does not really convey any adequate idea of what a person is like, for if these characteristics were his only ones, there would only be twelve kinds of people in the world. We shall improve upon this method by giving monthly readings that will fit the children born in the given month of that particular year and take into consideration the characteristics conferred by the other planets according to the sign wherein they are during that month. This should give an accurate idea of the nature and possibilities of these children and will, we hope, be of some use to the many parents who are not fortunate enough to have their children's horoscopes cast and read individually. We keep these magazines in stock so that parents may get such a reading for children born in any month after June, 1917. The price of back numbers is 20c each.

**T**HE children born while the Sun is passing through the sign of Virgo this year will be a strange combination of heart and head. Virgo people as a rule are naturally of a mercurial and mental nature, governed entirely by their intellect. They are prone to become cold and unsympathetic, allowing the head to rule the heart, and therefore are usually found among the intellectual class of people. They are prone to become crystallized, they cannot grasp things in the same broad manner as the Leo or Sagittarian, and their mental vision is often narrow and one-sided on that account. Especially will this be so this year because Saturn, the planet of limitation, Saturn the pessimist, in this mercurial sign has a tendency to repress and restrict.

But we find that the charitable and benevolent Jupiter is also in this sign throughout the greater part of the month, and Venus, the planet of cheer, love, and beauty is in the same sign until September 5th. Therefore all children born between the 23rd of August and the 5th of September will be endowed with a wonderful blending of the heart and the head. Saturn in this mercurial sign will make the in-

tellect keen and cool, giving them perfect self-control. With Sun and Jupiter to awaken the benevolent, humanitarian aspect of Virgo, these children will be keenly interested in the affairs of humanity and its betterment.

With the constructive Mars in its own sign of Scorpio, the sign of the physician, and Virgo, the sign ruling sickness and nursing, well fortified with benefic planets, these children will be interested in healing and dietetics but from a broad and more advanced point of view they will make drugless healers and osteopathic physicians. The parents will do well to develop these children along the above lines.

With the Sun, Venus, Jupiter, Mercury, and Saturn all in the 6th House sign, which rules the laboring classes, these children as they grow to manhood and womanhood will be greatly interested in whatever improves the health and condition of those in the employ of others. They will also be most fortunate in finding employment and will gain the confidence and good will of their employers, for they will give full services for salary paid. As nurses they will be very successful and have great healing powers,

(Continued on page 186)



## Your Child's Horoscope

If the readings given in this department were to be paid for they would be very expensive, for besides typewriting, etc., the calculation and reading of each horoscope requires much of the editor's time. *Please note that we do not promise anyone a reading to get him to subscribe.* We give these readings to help parents in training their children, to help young people find their place in the world, and to help students of the stellar science with practical lessons. If your child's horoscope appears, be thankful for your good fortune; if it does not, you have no cause for complaint.

### *We Do Not Cast Horoscopes.*

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

*Editor's Note.*—We give below the cusps of the houses and the planet's positions so that anyone can set up the following horoscopes without mathematical calculation.

CHARLES ARTHUR S. H.

Born November 8th, 1912, 9:45 P. M.

Lat. 48 N., Long. 101 W.

### *Cusps of the Houses:*

10th House, Aries 20; 11th House, Taurus 28, Gemini intercepted; 12th House, Cancer 6; Ascendant, Leo 7-41; 2nd House, Leo 26; 3rd House, Virgo 19.

### *Positions of the Planets:*

Mars 15-10 Scorpio; Sun 16-25 Scorpio; Moon 17-48 Scorpio; Mercury 6-21 Sagittarius; Jupiter 17-50 Sagittarius; Venus 18-59 Sagittarius; Uranus 29-56 Capricorn; Dragon's Head 10-31 Aries; Saturn 1-43, retrograde, Gemini; Neptune 25-59, retrograde, Cancer.

This young boy has the masterful, loving, and ambitious sign of Leo on the Ascendant, with the ruler, the life-giving Sun in the martial and egotistical sign of Scorpio, and the Sun is also in conjunction with the hot tempered and energetic Mars. The last named planet is strong in its own sign of Scorpio, and as Mars and the Sun are both of a hot and fiery nature, well, all we can say to the parents is, look out for sparks that may fly in the home. As these planets are situated in the 4th House, the House ruling the home, this boy will feel himself lord of all he surveys, and especially will this tendency be shown in his home surroundings.

But while this "bossy" egotistical nature may be strong, yet there is a soft side to the boy,—a Leo can be loved into anything. If you give him kindly consideration and do not try to drive him, he can be led, but if driven he will become very unruly. With Mercury in the sign of its fall, Sagittarius, and in opposition to the worrisome and pessimistic Saturn, which is in the mercurial sign of Gemini, if he is crossed

or driven he can be very cruel with the tongue. Saturn in opposition to Mercury will also give a tendency toward weakening of the memory and make it difficult to keep him at his studies; he will want to play "hookey" and not go to school. Jupiter is strong in its own sign of Sagittarius, the sign of sport and of the fellow who loves games of all kinds including outdoor exercises such as football, baseball, riding, swimming, etc. With this joyful Jupiter in conjunction with the pleasure-loving Venus in Sagittarius and in the 5th House, pleasure, and with the attractive and magnanimous sign of Leo on the Ascendant, this boy will be so attractive to his companions, will be such a jovial hail-fellow-well-met sort of a boy that he will constantly be enticed to go swimming, riding, hiking, etc., and his lessons may remain unlearned. But there is so much good, so much love, in this little fellow, that though he may play truant occasionally, he will not willingly nor intentionally do what is wrong.

If the parents will only love him when he does wrong and not scold him, they will win him over. They should keep him busy, give him something upon which to expend his great energy, the martial bottled-up fire that is in him, and help him to work it off somewhere. They should give him a little corner in the home with a workbench and tools where he can work with iron or fire. They should interest him in engines that run by steam, for with Sun and Mars (fire,) in conjunction with the Moon (Water, which makes steam) a steam engine will be very attractive to him. As a surgeon in 12th House work (hospitals) he would be successful. With the conjunction of Jupiter and Venus in Sagittarius, and the heart sign of Leo on the ascendant, he would take to surgery, not for the sake of cutting but with the view of helping those who suffer. He would not operate or cut unless it were absolutely necessary; therefore his

work along this line would be constructive. But he could do his best work as a physician.

With Neptune in the sign of the stomach and in the 12th House, in opposition to Uranus in the 6th House, sickness, this boy's weak point will be in this direction. With Jupiter and Venus conjunction and his consequent attractive nature, friends will want him to dine much with them. With Mars, Sun, and Moon in the sign of Scorpio, there is a tendency toward gourmandizing, an enormous appetite, a habit of bolting rich and highly seasoned foods. Teach him to eat moderately and carefully and you will save him much trouble in later years.

### VOCATIONAL

NORA E.

Born November 5th, 1904 1:45 P. M.  
Lat. 51 N., Long. 3 W.

*Cusps of the Houses:*

10th House Sagittarius 12; 11th House, Capricorn 0; 12th House, Capricorn 19; Ascendant, Aquarius 18-11, Pisces intercepted; 2nd House, Aries 18; 3rd House, Taurus 21.

*Positions of the Planets:*

Jupiter 22-52, retrograde, Aries; Neptune 8-1, retrograde, Cancer; Dragon's Head 15-27 Virgo; Mars 21-16 Virgo; Moon 14-25 Libra; Sun 12-44, Scorpio; Mercury 15-53, Scorpio; Venus 13-56 Sagittarius; Uranus 27-30 Sagittarius; Saturn 14-36 Aquarius.

Here we have a young lady with the humanitarian sign of Aquarius on the Ascendant. As this mental and advanced sign has two rulers, the thoughtful, thrifty and serious Saturn, and the liberty-loving, advanced, and romantic Uranus, we usually take the strongest and most prominently placed of these two rulers to have the greatest effect upon the life. We find, however in this horoscope that both Saturn and Uranus are strongly placed. Saturn is in its own sign, Aquarius, and just above the Ascendant, in sextile to the pleasure-loving Venus which is on the cusp of the Midheaven in the pleasure-loving and restless sign of Sagittarius. Saturn is also trine to the magnetic and changeable Moon in the sign of Venus (Libra,) the 7th House sign, and placed in the 7th House. Therefore Nora will want to drift towards the life of pleasures, theatre, musicals, and movies. But there is a great danger for her in

this life of pleasure, for Uranus, the co-ruler of the Ascendant is square to the destructive, passionate, and impulsive Mars, in the 7th House, Mars is also ruler of the 2nd House, finances. Hence this young woman may find many temptations, and money may be a great incentive for her to leave the straight and narrow path for the broader and easier path of the senses. With Uranus trine to Jupiter in the 2nd House she will be very free with her money.

With Saturn square to Mercury and the Sun in the 8th House, she will not be interested in studies and things mental; these require too much time and labor for her. But music, dancing, singing, movies, come with more ease and pleasure, therefore Nora will be restless when she is not entertained.

There is, however, a side to this young woman's nature that if developed could bring great satisfaction to the soul in later years when she has outgrown the pleasure-loving side. The inspirational, occult, and musical Neptune is in a sign of its own nature, the watery and occult sign of Cancer, and in the 5th House in trine aspect to the Sun, the ruler of the 7th House, the public. The Moon is also in the 7th House in the sign of the voice (Libra) and sextile to Venus, the ruler of Libra, in the Midheaven. Nora will therefore have a rare talent for inspirational music and singing, which would have its greatest strength in occult and spiritual surroundings. Therefore, we would advise her to learn to sing in churches or to play the pipe organ, which would overcome the restlessness of Uranus in the Midheaven. Uranus is trine to the ruler of the Midheaven, Jupiter, which latter is ruler of the intercepted sign of Pisces in the first House, Jupiter is the planet of religion, hence the parents should assist this young woman in making this choice of a vocation so that she will not drift into the movies or theatre; there the danger of her afflicted Mars and Uranus would bring her into the greater temptations, for she will crave a public life and newspaper notoriety.

Marriage would bring many trials, as the marriage partner would be a public man indicated by the afflicted Mars square to Uranus, an irritable, nervous, restless man, who would have little love for a home. Therefore, we would advise her against this.

## VOCATIONAL

**BERNICE G.**

Born June 20th, 1901

5 P. M.

Lat. 44 N., Long. 86 W.

### *Cusps of the Houses:*

10th House, Virgo 16; 11th House, Libra 16; 12th House, Scorpio 10; Ascendant Scorpio 28-52, Sagittarius intercepted; 2nd House, Capricorn 0; 3rd House, Aquarius 8.

### *Positions of the Planets:*

Uranus 14-20, retrograde, Sagittarius; Jupiter 9-28, retrograde, Capricorn; Saturn 14-12, retrograde, Capricorn; Sun 28-52 Gemini; Neptune 28-56 Gemini; Venus 12-32 Cancer; Mercury 22-50 Cancer; Moon 25-18 Leo; Mars 17-32 Virgo.

Bernice has the brusque and martial sign of Scorpio on the Ascendant, with the ruler, Mars, on the cusp of the Midheaven, and in square to the nervous, restless Uranus, which is intercepted in the 1st House and in the very restless sign of Sagittarius. This will give this young lady a very nervous and worrisome disposition. For Mars in Virgo is quickly disturbed, worries at little things, and can become very disagreeable when annoyed. But we also find that the cautious, thoughtful, and tactful Saturn is in its own sign of Capricorn and in conjunction with the benevolent and good natured Jupiter. These two planets are making a trine to Mars, which will hold this worrisome nature in check. Even if she should feel this nature inwardly, she is apt not to show it to others for Mars is also sextile to Mercury, the ruler of the Midheaven, sextile to the suave Venus, ruler of the house of friends. Bernice will not be fortunate in friends, for we find that when both Saturn and Jupiter are in the House of money and aspected by Mars in a mercurial sign strongly situated in the Midheaven, the native is very materialistic and grasping. She will have great desire for wealth and will be apt to use her friends in order to gain it, as Venus is in opposition to Saturn and Jupiter.

With the Sun and Neptune conjunction in Gemini, the sign of the hands, and in sextile to the Moon in Leo, she will have great talent for inspirational writing or speaking, especially along occult and spiritual lines. With Mars, the ruler of the 5th House, publications, so strongly situated in the Midheaven, sextile to

Venus, the ruler of the 6th House, occupation, also the Sun, the natural 5th House ruler, in the sign of writing, Gemini, we would advise Bernice to take up the vocation of journalism. She will some time in life be actively associated with some society promulgating advanced religion, and will through this work come prominently before the public. We would advise her to take up elocution and writing, and work with the ideal in view of becoming a public worker along religious lines.

## THE CHILDREN OF VIRGO, 1920

(Continued from page 183)

since their sympathy for all who suffer will be felt by the patients, who will quickly respond to their ministrations.

Jupiter rules the arterial blood and Venus the venous circulation. With the spasmodic Uranus in mudane opposition to these two planets and in the watery sign of Pisces, also Saturn in the sign of Virgo, ruling the small intestines, these children will suffer from sluggish circulation and mal-assimilation of food, which will lower the vitality of the body and give a tendency to coughs and colds. Therefore, they should be taught moderation and care in the matter of their food.

## ASTROLOGY BY CORRESPONDENCE

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# Studies in The Rosicrucian Cosmo Conception

## The Rosicrucian Catechism

ALFRED ADAMS

(Pages 113-121 Cosmo-Conception)

Q. What does the first awakening bring?

A. It brings to the spirit the sound of "the music of the spheres."

Q. Why do we not hear the music of the "marching orbs" in our earth life?

A. Because we are so immersed in the little noises and sounds of our limited environment that we are incapable of hearing it, but the occult scientist hears it.

Q. What does the occultist know in regard to "the music of the spheres?"

A. He knows that the twelve signs of the zodiac and the seven planets form the sounding-board and strings of "Apollo's seven-stringed lyre." He knows that were a single discord to mar the celestial harmony from that grand instrument, there would be "a wreck of matter and a crash of worlds."

Q. What illustration can you give of the power of rhythmic vibration?

A. When crossing a bridge soldiers are commanded to break step, otherwise their rhythmic tramp would in time shatter it.

Q. What Bible story refers to this fact?

A. The sounding of the ram's horn while marching around the walls of the city of Jericho.

Q. When the key-note of a structure is sounded, what may happen?

A. If it is sufficiently prolonged, it will shatter the wall or structure.

Q. Is there any connection between tone and color?

A. Many people know that there is an intimate

connection between color and tone; that when a particular note is struck a certain color appears simultaneously.

Q. Are color and sound both present in the Second Heaven?

A. They are, but the tone is the originator of the color. Hence it is said that this is particularly the world of tone, and it is this tone that builds all forms in the Physical World.

Q. Can the musician hear certain musical tones in different parts of nature?

A. He can, such as in the wind in the forest, the breaking of the surf on the beach, and the sounding of many waters.

Q. What do these combined tones make?

A. They make a whole which is the key-note of the earth—its "tone."

Q. What does this key-note produce?

A. As geometrical figures are created by drawing a violin bow over the edge of a glass plate, so the forms we see around us are the crystalized sound-figures of the archetypal forces which play into the archetypes in the Heaven World.

Q. Is time in the Heaven World an inactive, dreamy, or illusory existence?

A. The work done by man in the Heaven World is many-sided. It is a time of the greatest and most important activity in preparing for the next life, as sleep is an active preparation for the work of the following day.

Q. What is accomplished in the Heaven World?

A. Here the quintessence of the three bodies is built into the three-fold spirit.

Q. How is this accomplished as regards the desire body?

A. As much of the desire body as man had worked upon during life, by purifying his desires and emotions, will be welded into the human spirit, thus giving an improved mind in the future.

Q. How is the vital body worked upon in this connection?

A. As much of the vital body as the life spirit had worked upon, transformed, and spiritualized, will be amalgamated with the life spirit to insure a better vital body and temperament in succeeding lives.

Q. And what is done for the dense body here?

A. As much of the dense body as the divine spirit has saved by right of action, will be worked into it and will bring better environment and opportunities.

### THE ORDER OF ROSICRUCIANS

(Continued from Page 171)

schools are variously graded to meet the spiritual requirements of the most precocious among the eastern and southern people with whom they work.

We know well that when a boy has graduated from grammar school he is not thereby fitted to teach. He must first go through high school and college, and even then he may not feel the call to be a school teacher. Similarly in the school of life, because a man has graduated from the Rosicrucian Mystery School he is not a Rosicrucian.

Graduates from the various schools of the Lesser Mysteries advance into the five schools of the Greater Mysteries. In the first four they pass the four Great Initiations and at last reach the Liberator where they receive knowledge concerning other evolutions, and are given the choice of remaining here to assist their brothers or of entering other evolutions as Helpers. Those who elect to stay here are given various positions according to their tastes and natural bent. The Brothers of the Rose Cross are among those Compassionate Ones, and it is a sacrilege to drag the Rosicrucian name into the mire by applying it to ourselves when we are merely students of their lofty teachings.

### CONDITIONS ON THE INVISIBLE PLANES

(Continued from page 173)

of physical life burns low and it is very easy to impress the dying person at those moments. Some of us always remain to do what we can for the sorrowful ones left behind.

It is not permitted to raise the veil more fully, for to know what awaits you on this side in full realization would be a sad detriment to your present life with its necessary experiences out of which are built up faith, love, and trust as faculties to be brought here. Thank God for your sorrows, disappointments, and like tragedies, they are builders of character. The aspirations toward our world which are the outcome of such experiences, fashion the abode of the soul and the happiness of the future.

### THE DOCTOR'S DILEMMA

(Continued from page 178)

Doctor George burst out laughing and turned to look at the Professor to find that he was laughing too.

The man looked at them quizzically for a moment.

"You can't possibly be in the right, you know for if you were, can't you see that you would be ghosts too?"

The logic of this seemed to satisfy him completely, and chuckling to himself at his own powers of logic he calmly walked out through the side wall of the room and on his way.

(To be continued)

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# Children's Department

## The Story of Gypsie

ANITA RAU

### V.—AN ACCIDENT

**N**OW quickly the time passed for Gypsie and Johnny with the kind old lady, where they had been taken after the fire. Under her loving care both children had now recovered. Such a delightful feeling it was to be washed and have their hair brushed every morning. No old Mary to scold them!

There was only one grief for the lively girl. The old lady had taken it into her head that the girl should learn something, so she brought knitting needles and some pretty pink yarn which she placed in Gypsie's fingers to teach her how to knit. But the dreadful stitches never wanted to remain upon the needles. The pretty pink yarn seemed to get anywhere except through the stitches, the fingers hurt so when the sunshine was so bright, and the birdies seemed to be hunting all over for their companion, calling: "Come, come!"

By and by another novelty came. One nice bright morning the lady gave to Gypsie a pretty bag in which there was a new slate with a colored pencil; then she took her to school. When the teacher led Gypsie away to her seat, speaking kindly to her and telling her that she would learn many new things, her heart beat high and her eyes shone with pleasure; indeed the teacher herself was pleased with the new scholar, who learned rapidly and well. Only Johnny missed his sister and was always glad when she returned happy with some new knowledge which she tried to impart to the little fellow.

The visits to the forest and meadows were things of the long ago for Gypsie loved school. Singing lessons were her heart's delight and before long the music teacher discovered that the girl had an unusually good ear and voice, and arranged for her to have her singing lessons

with the higher classes where she soon became an example for the older scholars who did not want to be outdone by the little mite.

Stepfather came once a week to look after them, always with the same sour face, taking no interest in the prattle of the children. They never missed him for he had not known how to gain their love. All was going well. Johnny had learned to amuse himself in the morning until sister came home from school, and the old lady liked her little wards.

Spring was near and the whole world looked bright. One morning while the old man was on his way to work, a large dog got in his way and caused him to fall. He was immediately carried into the house and examined. No outward sign of injury was detected. He tried to resume his work but had to soon give up as an inward hemorrhage had been caused. In three days the good neighbors carried him to his last resting place.

It was an accident soon forgotten by everybody. The day after the funeral an officer of the orphan department took the two children to the railway station to be sent to the birthplace of their father, there to be provided for.

There were tears of sincere sorrow shed by the kind old lady as she kissed them goodbye, but being poor she could not afford to keep them.

The birds and flowers wondered for a while where their companions had gone, that they never returned to bind the sweet violet and daisy wreaths—and then all was forgotten.

*(To be continued)*

All the true Initiates have recognized the usefulness of toil and sorrow. "Sorrow," says the poet. "is the dog of that unknown Shepherd who guides the flock of men."—*Albert Pike*.

## Nurserg Chats

NORMAN MCLEOD

### XVI

#### HOW SELFISH DESIRES CLOG OUR DREAMS

A drizzling all-night rain had saturated the air with a heavy depressing dampness. Golden Locks awoke with a sigh, rolled, over lazily to the edge of her bed, gazing dully toward the window. Presently her eyes brightened, focusing upon something lying on the floor beside her dresser. Scudding out of bed she picked up a flat piece of cardboard with a crumpled corner. Puzzling and fumbling over it, she pulled the window closed and climbed back into bed to ponder over a strange coincidence.

"What's the matter, Golden Locks?" inquired Dimples, who had now awakened and was sitting up in his bed.

"Why I just woke up and found that picture of you and me in the garden. The wind must have blown it down during the night. My! I wish I hadn't made such a face when it was taken. It seems so queer, because last night I dreamed an ugly little old man was chewing up a picture of me. When I took hold of it the rogue scampered away."

"That's funny," laughed Dimples. "I also had a strange dream. I thought that light as a feather, happy as a lark, I went right up through the roof, soaring up, up toward the sky. Then Mother and the gardener came along and told me that you had saved a sick little puppy-dog's life and wanted me to take an interest in it. Then I woke up with Jacko here kissing me on the nose."

"Well, Dimples, Jacko doesn't look very sick now," Mother remarked from the doorway where she stood smiling and enjoying the children's tales. "Don't you recall the trip to the Rose of Desires?"

"No, I don't remember anything at all about it," replied Golden Locks.

"Nor I. Did we really go?" asked Dimples.

"Yes, we were all there, including the gardener."

Whereupon Mother had to satisfy the quickened curiosity, recounting their wonderful experiences during sleep.

"To recall your real experiences in Dreamland—the land of Desires and Feelings, children, you must practice faithfully each morning upon awaking, this little exercise: Lie perfectly quiet—as if spellbound, without even trying to remember *what you desire*. Then you may behold a wonderful silent drama: out of the dark background of concealing night there comes with gentle step, some noble, royal personage in raiment of purest gold, bearing in his hands a silver diadem of sparkling beauty, enriched with precious gems. It's the great King; with stately, even-measured tread He draws closer to a silent rigid figure whose head is bowed in homage. He comes to crown one for loyal service to his King. The bowed head comes up erect. Why! that face, that figure are yours! The soft, gently yearning eyes of the King are looking into yours as if searching for your heart. Oh! what has he seen to bring to His eyes such a look of sadness and compassion? Into your eyes the dazzling, glittering splendor of the jewels shines. How you long to be crowned! He seems to meditate upon the light within your eyes. Suddenly out of the overhanging darkness there unfurls a great gray curtain between His face and yours. Fear grips your heart! That awful impenetrable thing, ever descending, now hides His shoulders. Into your heart there comes a sickening, agonizing despair—His breast is now behind that dismal barrier. But look! As though slackened by some magic power the curtain seems to pause. Hope springs up within your breast! The bejewelled diadem now flashes with the fire of flaming rubies. Flushed with Desire and desperate anxiety you leap forward to grasp the prize. Alas! too late! 'tis gone! The gray light of dawn crimsoned with worldly desires has triumphed. The spirit is again denied. You are conscious, you are awake.

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Two roadways lead from this land to That,  
And one is the road of Prayer;  
And one is the road of old time Songs,  
And every note a stair.

—Ella Wheeler Wilcox.

# Nutrition and Health

## A Review of "Corrective Eating"

AUGUSTIN LEVANZIN., A. B., PH. D., L. L. B.

*Editor's Note: The following article is a review of "The New Science of Corrective Eating" which appeared in the August number of this magazine.*

DEAR EDITOR:

I have just read with great pleasure and interest your recent excellent article on "Corrective Eating." It is very well written, and the scientific ideas contained in it are, to a great extent, helpful and correct. I am not surprised at all that the first prize in your recent competition was awarded to the author of this contribution.

May I, with my twenty years experience along corrective diet lines, and animated by the sincere and humanitarian impulse of helping your readers to form a more correct idea on certain points involved, take the liberty of making a few suggestions that will help to improve some of the features expounded in the article:

In my practice I always find that patients born with the Sun in Cancer or with Cancer ascending are gourmands and that they are extremely fond of strong foods, especially pickles, chili, pepper, mustard, and fried stuff; they also like lots of salt, chocolate, and candy. The consequence is that they develop indigestion, excessive acidity of the gastric (stomach) juice, and finally ulcer and cancer. They are also very fond of starchy foods, especially pastry; and by developing fermentation they suffer from acidosis, which is the fundamental cause of many serious diseases. When Saturn is in Cancer things certainly go very much worse.

"Peredur" does not seem to have a very clear idea of what catarrh really is; in fact he looks at it as a disease condition, as something inimical to the system, instead of looking at it

as an aid, as an effort of the organism to get rid of its harmful pathogen when the skin, the kidneys, and the intestines are not sufficient to do it.

Contagion, for example, has nothing to do with it at all. I know that some physicians look at catarrh as an infective disease caused by germs. But the truth is that the bacteria do not cause the condition, but are present in large quantities to act as scavengers and help in the destruction of the impurities that are being actively eliminated by the mucus membrane of the digestive and respiratory tracts. They are *friends*, not enemies; they co-operate with the organism and not against. During the catarrhal condition there is more active vitality present than when the organism is so run down and depleted that it cannot afford the luxury of a cold or a sneeze.

Peredur is right in considering tuberculosis, bronchitis, and colds as a catarrhal condition; but pneumonia, influenza, or la grippe, measles, and tonsilitis are acute forms of elimination, and we call catarrhal only the chronic forms. Not one of all the long list he mentioned is a *disease*; they are all forms of more or less active elimination to get rid of wastes and impurities from the organism. They are helpful, friendly efforts of nature to help us regain our health, and nothing else.

Dear Peredur, while the "basic factor," as you call it, is the cause of many catarrhal conditions, being an excess of carbohydrates in the system, yet excessive amounts of protein can produce catarrhal conditions as well, and worse; because the C O H (carbon, oxygen, and hydrogen) that enter into the composition of the starches, sugars, and fats, enter also into the composition of meat, legumes, nuts, and other protein foods. It is the *excess of any kind of*

food and the wrong combinations that develop catarrhal conditions to help the organism to get rid of that excess when the normal means of elimination are not efficient enough to do it.

When you get wet or expose yourself to cold, you certainly, dear Peredur, feel exhilarated; because the skin is chilled, the pores are closed, and the acid wastes you have in the circulation stimulate or give a good kick to the nervous system, and this to defend itself wastes some of its reserve energy by giving a sensation of exhilaration. And the person that has acid wastes in the system is not ideally healthy at all.

The blood can *never* be saturated with starch because starchy foods are always transformed into glucose by the amylase of the pancreas before they are assimilated through the mucus membrane of the small intestine. And the blood is flooded with glucose (a kind of sugar) only in very bad cases of diabetes; otherwise the quantity of sugar in normal blood is insignificantly small; it never crystallizes and therefore you can *never* have the saturation that you speak of. Again, mucous discharges give always an *albuminous* reaction, but *never* a *carbohydrate* one; because the carbohydrates are broken up in the system into *acids*; and while the greater part of these are eliminated by the lungs, bowels and kidneys, a small portion of them is also eliminated thru the mucus membrane, but *never* as a *carbohydrate*, not even in very advanced diabetes. Catarrhal conditions are not the *precipitation of carbohydrates at all*, but now you strike it right, my dear Peredur, when you say they are "the effort of the system to rid itself of unnecessary material that is a clog instead of being of real value."

Torpidity means that you have upset your liver by excessive amounts of starches and sugars. Then the bile instead of passing into the gall bladder and then into the intestines, passes into the general circulation, floods the brain, and by its toxic effect depresses the two nervous systems causing the torpidity that you speak of. The nasal discharge and the cold were the efforts, chronic and acute, to throw it off.

It would have been better if you had discarded eggs and cheese altogether; and the potatoes, in excess, could have produced the trouble just as anything else. Even milk in excess,

especially if pasteurized, would have brought a very bad catarrhal condition. You see, dear Peredur, the *quality* of the foods you eat is not as important as the *quantity* of them. The dates are certainly very much better to use than the potatoes; and why did you use fats at all which are such a prolific cause of catarrhal conditions by upsetting the liver that has to take care of them?

To walk too much might be harmful because it breaks up tissues, and it might increase your catarrh if elimination of the wastes and acids produced were not sufficiently active. Extremes touch each other. You do not need to indulge in such unwise stunts to keep in a healthy condition. Moderation in everything is the soul of unity of every form and shape.

Catarrh is most active in the *strongest* organ. Where the vitality is low the catarrhal discharge is also low. Disease, so called, always develops in the organ that still has energy enough to develop it, to express it.

Why do not germs *always* act as scavengers? Why "*frequently*" only, dear Peredur?

Sugars in the system produce alcohol and therefore a "candy fiend" is a "drunkard" just the same as the alcohol drinker, only of a milder form. Catarrh is a corrective for toxemia.

Peredur hits it right when he says that "the way to cure lies in spreading knowledge of the *true cause of disease*." That is why I have scribbled these few lines in haste for the benefit of your readers, my dear Editor.

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### LOVE

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Picture the figure of a being standing out in strong, distinct lines, very firm, very perfect, each muscle well developed, the figure erect, the eye clear and keen, the voice strong. Gradually allow the outline to soften, the head to incline a little, the eye to become more mild, the voice more gentle. A faint pink glow which we can only sense envelops the figure; it grows larger and larger until the figure within is lost to sight. Thus is Mars transmuted into Venus and personality completely hidden by unselfish love.

—Lady Jane.

# Some Fundamental Rules of Natural Dietetics

MARGARET WOLFF

**A**LL flesh foods including fish, fowl, meat broths and lard should be eliminated from the diet. Why? Because animal flesh is not true food. Because man is not a flesh eater by nature. Because flesh eating shortens the duration of man's life. Because the majority of all diseases are caused through flesh eating. Because flesh eating fosters the liquor, tobacco, and drug habits.

*Animal flesh is not true food;* it is a polluted second-hand product. The slaughtered animal, whose decaying body man mistakes for food, has used for its own manifold purposes the nourishment and life-sustaining energy contained in the grain and vegetable foods on which it lived. Only the minor part of these substances has been built into the animal tissue consumed by man as "meat," so small a part in fact that the best meat contains not more than between 20 per cent and 30 per cent of food value, namely protein and fat; the necessary mineral salts and the all-important vitamins have been lost, and the remaining 70 to 80 per cent is water. This water for which the ignorant man pays such a high price in money, life, and health is contaminated with uric acid and other poisonous excretions from the animal body which were on their way to elimination when death arrested the process.

Do you know that meat broth is a noxious extract composed almost entirely of these excretions, and that it is they which give to meat its peculiar flavor and odor? You are afraid of bacteria; do you realize that every piece of meat and every drop of meat broth introduces putrefactive bacteria into your system? If you want truly clean and healthful food, you must procure it first hand from nature's own stores: it is as foolish as it is dangerous to have nature's pure foods spoiled and poisoned on the long way through the animal body and the slaughter-house.

*Man is not a flesh eater by nature.* Man's organism is that of a fruit, grain, and vegetable eater. The constitution of his stomach, liver, kidneys, intestines, tongue, teeth, saliva, and

skin testifies to this fact. Flesh foods are alien and therefore detrimental to his system, which can neither assimilate nor eliminate them sufficiently.

*Flesh eating shortens the duration of man's life,* for the daily effort to take care of food for which he is not constitutionally fitted overworks his organs, wears them out before their time and causes premature old age. The average duration of human life should be at least 100 years. Instead of that the average age limit nowadays is 39. Return to a natural diet, teach your children how to eat right, and you will lengthen your life and theirs. Grains, vegetables, fruits, and nuts are man's natural foods and contain all the substances needed for his nourishment in a pure form and in right proportions. If to these products from the vegetable kingdom he adds to those obtained from the *living* animal, namely milk, eggs, and honey, he has wholesome, palatable, life sustaining, health giving food in abundance.

If you labor under the widespread delusion that you cannot be "strong" without meat, just remember that the only two food substances you receive from meat, namely protein and fat, are provided for you in a pure and unpolluted form by the whole grain cereals, nuts and pulses; further by milk and eggs. The pulses or legumes, that is, beans, peas, and lentils in their dry state contain a considerably higher percentage of protein than meat; so do the nuts, which besides are six times as rich in fats as the richest flesh foods. Rightly prepared whole grain bread has a greater food value than meat.

*The majority of all diseases are caused through flesh-eating.* Most maladies are due to the accumulation in the system of unexpelled putrid waste matter which causes fermentation, generates poisonous acids and toxins, and breeds disease germs. These morbid waste materials are mostly the remnants of the daily food, the "end and by" products of digestion, and therefore it is true that by far the largest percentage of all diseases is the results of wrong eating. Amongst the many harmful foods by which man



shortens his life, flesh foods are the most destructive ones. Bright's disease, arterio-sclerosis, arthritis, appendicitis, tonsillitis, cancer, and a score of other diseases are caused through flesh eating.

Meat is carrion. Every piece of animal flesh which you eat, no matter how "fresh" you suppose it to be, is in a state of decay, for decomposition sets in immediately after the life principle has left the animal body. The organism of the flesh eater must therefore expel not only its own waste matter which is constantly produced in the process of digestion, but also the decaying substances already present in the animal flesh, for instance uric acid, carbonic acid, ptomaine or corpse poison, and many equally destructive ones. The organs of elimination are not equal to this two-fold task; gradually the body becomes laden with poisons, every meal adds to their quantity, and thus a flesh diet instead of "strengthening" the system greatly reduces its endurance and vitality and makes it an easy prey to the germs of infectious and other diseases. Germs thrive wherever putrefaction is. Keep your system clean by means of pure, natural food and disease will not attack you.

*Flesh eating fosters the liquor, tobacco and drug habit.* Why? Because the irritating acids and poisons introduced into the system by flesh foods call for strong counter irritants. Avoid flesh foods and you will not crave poisonous stimulants.

Tea and coffee should be abstained from. Why? Because they have no food value whatever and contain poisons similar to uric acid and equally dangerous in their effects. They are particularly harmful when taken with meals through their retarding influence upon the digestion. Milk and cereal beverages and drinks made of fresh (not bottled) fruit juices should be used instead of tea and coffee, but the fruit beverages must not be taken with the meals.

Eggs and the legumes or pulses, that is dried beans, dried peas, and lentils should be eaten sparingly. Why? Because they are very powerful protein foods, (the eggs in addition containing fats, the legumes containing starches) and all proteins, fats, and starches, after their nutritive elements have been extracted in the process of digestion, liberate cer-

tain morbid waste materials which form poisonous acids and noxious gases, and if allowed to accumulate in the tissues of the body endanger life and health. In their green state peas and beans belong to the vegetable class, with a low percentage of protein and a high percentage of organic minerals.

Nuts are an excellent food and indispensable to the physical worker, but on account of their extreme richness in fats and proteins they also should be taken in small quantities and always in combination with fruits or raw vegetables.

Pies, pastries, doughnuts, and such like should not be included in the daily food. Why? Because they consist mainly of devitalized white flour and chemicalized white sugar, and therefore have no food value but load the system with the poisonous by-products of starch and sugar digestion.

Avoid the habitual use of white bread, white flour products and all of those cereals which have gone through a refining process. Eat whole meal bread and whole grained cereals instead. Why? Because the hull and outer layers of the grain which are removed in the modern process of milling, contain the tissue forming proteins, the bone, nerve and blood building organic minerals, and the life giving vitamins. In consequence of a foolish and ignorant demand for "snow white" flour and "polished" grains, modern machinery meddles with nature's wise provision and "refines" the perfect grain, which in its natural state contains all the substances needed for human nutriment, until all the true food elements are extracted and nothing but starch remains.

When in conjunction with the other component parts of the grain, starch has its important function as a tissue builder and heat producer; it needs those other elements to balance it and to aid in its digestion; when torn from them it is robbed of vitamins and forms no longer a part of a natural organism, but has become an artificial, devitalized product, almost a chemical, which owing to its extreme slowness of digestion is a dangerous source of fermentation and acidity. In company with meat and white sugar, the excess of starch introduced into civilized diet by means of the white flour products and refined cereals is responsible for constipation, acidity of the stomach, and all manner of catarrhal conditions.

The bran which man wrongly removes from the grain in his conceited attempts to improve upon nature also has the important function to serve as a broom for the intestines, to sweep offensive remnants away, to stimulate the peristaltic action of the bowels, and thus to act as a natural laxative. Eat whole grain bread, whole grain cereals, bran foods, fruit and green vegetables, and you will not be troubled with constipation.

Rice is a very recommendable cereal combining nutritive value with cleansing properties, but the white polished rice generally in use is worthless. When you buy rice insist upon procuring the whole rice, unpeeled and unpolished, which is light brown in color.

Cracked wheat makes a perfect breakfast food and is very economical. Why pay high prices for the valueless and harmful refined preparations while a small outlay in money procures you the wholesome natural product, together with a large profit in health.

Do not neglect to eat the crisp, dry breakfast foods, such as shredded wheat, corn flakes, etc., always provided that these foods are made of the *whole* grain. Do not dissolve them in hot milk; use cold milk or fruit juice sparingly on them and no white sugar. Avoid thin and pulpy "mushes." Why? Because starchy foods, before all others, have to be salivated before they can be digested, and mastication is necessary to liberate the saliva. If you eat soft boiled cereals, do not fail to eat a crust or a piece of toast with them.

Avoid the use of the commercial white sugar. Why? Because the white sugar, which has been extracted from cane or beet and refined over and over again, has been devitalized to such a degree that it has become a chemical, which is not only without food value but harmful and dangerous. It ferments in the system and changes into alcohol. The effect of white sugar, candy and all those preparations in which white sugar predominates is similar to alcoholic poisoning. When you foster or tolerate the candy habit in your children, you injure them as if you were giving them liquor. Cultivate in them the taste for fruit, teach them to appreciate its delicious flavor and to prefer its wholesome natural sugar to the injurious artificial sugar products. Ice cream, soda fountain drinks, and most candies contain harmful chemicals in addition to the white sugar; if

you wish to give your children a "treat" without doing them an injury, buy fruit for them instead of those dangerous concoctions and teach them to spend their pennies on fruit.

Dates, figs, bananas, and raisins are particularly rich in sugar; oranges contain a fair amount. All fruits and many vegetables answer the system's need of *natural* sugar which is easily digested, energy producing, and gently stimulating.

Banish white sugar from your household; use unrefined brown sugar, molasses, maple syrup, and honey.

Always remember that digestion begins in the mouth. Eat slowly and masticate your food thoroughly. Teach your children how to chew carefully. Mastication causes the flow of the gastric juices which help the digestion of the food in the stomach. All raw food calls for careful mastication and this is one of the many reasons why uncooked food should play an important part in our daily diet.

Water, which dilutes the gastric juices, interferes with the digestive process if taken with meals. Do not drink water with your food but do not neglect to take it between meal times. Take it in moderation, however, and do not follow the "flushing" fad which may thin the blood too much and cause obesity and watery anaemia. The purest water is contained in fresh ripe fruit and the leafy green vegetables. If you eat freely of both these foods, especially in their raw state, you require less drinking water.

(To be continued)

The world is undergoing the process of perfection. Perfection does not include selfishness; hence the old methods of the "interests" will rapidly become untenable. A new order of humanitarianism is now developing. Treat men as men and not as machines, and in the near future human fellowship will do much to alleviate the sufferings of the world, will eliminate the necessity of strikes, strife, or war. Let all classes try to understand one another and they will soon find that "class" is a delusion—there is only one big human family of brothers and sisters. The secret of success is to get together, take both eyes off the almighty dollar, and see the advantages of co-operation.

—Llewellyn George.

## Menus from Mt. Ecclesia

### —BREAKFAST—

Cantaloupe                      Puffed Rice  
Baked Potatoes in Skins  
Cereal Coffee or Milk

### —DINNER—

Creole Soup  
Stuffed Egg-plant              Swiss Chard  
Whole Wheat Bread and Honey  
Milk

### —SUPPER—

Peanut Butter Sandwiches  
One-half Head Lettuce & Egg with Mayonnaise  
Nut Cake                      Milk

## Recipes

### *Creole Soup*

Wash carefully and slice two each of carrots, turnips, and potatoes, using skins and all, (as the skins of vegetables contain the greatest amount of vitamins.) Peel and slice two onions. Fry these sliced vegetables in two tablespoons of oil until a light brown. Add one quart of water and boil for one hour. Rub through colander. Add one-half cup of rice and again boil until rice is tender, adding one cup tomato juice. Flavor with salt and paprika.

### *Stuffed Egg Plant*

Select medium sized egg-plant. Boil in salted water for fifteen minutes. When cold, split in two lengthwise, remove pulp, leaving about one-half inch thick shell. Grind the pulp with dry bread, onion, and cold left-over vegetables. Fry in a little oil and season to taste. Refill the egg-plant. Set in oiled baking pan and bake for 40 minutes, basting occasionally with tomato sauce.

### *Swiss Chard*

Wash tops of leaves of Swiss Chard after having removed the stems—(the latter may be used in same manner as asparagus next day)—and place the greens in pot with close lid and enough water in the bottom to keep from burning, allowing to steam for 20 minutes. Chop fine, add salt and a little browned butter.

### *Nut Cake*

Cream one-fourth cup of butter by gradually adding 1 cup of sugar and yolks of 2 eggs. Beat until light, slowly adding one-half cup of milk. Mix one and one-half teaspoons of baking powder with one and one-half cups of flour.

Slowly add the dry ingredients together with one-half cup of chopped English walnuts and one-half teaspoon of almond flavor. Just before placing in oven add the beaten whites of 2 eggs. Bake for 45 minutes.

Each morning when my eyes unclose  
On yet another day,  
I find within my rested hand  
The ends of all the broken threads  
And tangled skeins of yesterday.

And these it is Thy will  
That I shall use to weave,  
In pattern of Thy fashioning,  
The measure of that bit  
That shall live after me.  
Mine is the task to use such ends  
As have been left,  
Rough and coarse,  
As far as outward show shall count,  
And broken sore and twisted.  
But I must make of them  
Fair Cloth of Gold,  
Fit to claim place  
In that Great Result,  
Which even now is part of Time.  
And when that which now seems great  
Shall be itself a part  
Of Greatest Good,  
There still will shine my bit of honest work.  
A loving offering to That we sense as God.

—Matilda Rooms Duvall,

## The Rosy Cross Healing Circle

My dear Secretary:—

Will you kindly convey to the Elder Brothers the sincere thanks and appreciation of myself and wife for assistance rendered the latter January 15th, 1920.

My wife had been suffering from a bad cold for some time but we thought nothing of it until she developed a very high fever. Early in the evening we called the doctor, an osteopath, who came and gave a treatment saying that he would return in the morning as he was quite worried over her condition. About midnight she was to my mind very little better, so saying nothing to her, I laid the matter before the Elder Brothers in these words (in substance) "Brethren, my wife is sick, very sick with fever; it is necessary that the fever be broken and that she have a good sweat—there are four little children who need her care, the youngest, one month old and nursing. Elder Brothers, I leave the matter in your hands and ask your assistance, praying that not mine but His will be done." The result was that within a very few minutes she told me that she was sweating all over. Needless to say, I immediately thanked the Brethren for their assistance, and also thanked Him who is over all.

However, I feel that it is my duty to write this letter of appreciation, for it may be that it can be of assistance to some sufferer who is in need of visible proof. The next day I told my wife what had been done for her, and you may be sure she was glad. Incidentally, I might add that when the doctor called the next morning, he found to his utmost surprise that she did not require any treatment and had no fever.

While I am writing this letter it may be in order to mention another instance where we received help—and for which thanks were given at the time by both my wife and myself to the Elder Brothers.

On July 7th, 1917, a little girl was born to us. She did not do well from the start—some stomach trouble. When she was three days old, she was apparently dying—it was the middle of summer here and very hot weather. About midnight we discussed the matter, believing the baby

was dying—and we gave her up, the hardest thing we ever had to do. We dearly loved her and needless to say our hearts were very heavy, but we laid our case before the Elder Brothers, requesting their assistance if same was proper and leaving the matter to their decision. In the meantime we had sent for the doctors but could secure none. When our messengers returned about 12:30, the child was not dead but breathing freely and naturally again to their and our surprise. How glad we were and how thankful too. Today that baby is the healthiest two year old girl ever seen.

My dear Secretary, you will pardon this long letter, but we want to again thank you all for your assistance and wish you more success in your work. If we can be of any assistance to you at any time, please call on us.

With best wishes to you and the Brotherhood,  
I am,

Sincerely yours, L. S. J.

### HEALING DATES

September.....7—13—20—27

October.....4—10—18—25—31

November.....7—14—21—28

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

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

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

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

# Echoes from Mt. Ecclesia.

## Midsummer Activities

By A. D. C.

At the foot of the cross in front of the library there is a large star laid out in lippia, a plant lying close to the ground and bearing a pretty little flower that seems to be a veritable honey mine for the bees. All day long the buzz of hundreds of bees fills the air, while across the way there is another buzz from the print shop, as linotype machine, press, folders, stitching machines, cutting machines, and binders unite in their separate noises in a composite rhythm that is not at all unpleasant. Upstairs in the administration building there is a clicking of typewriters, a constant going and coming of swift, silent feet upon errands of service in the work. Upon the wind, ever blowing coolness in the sunshine, comes the subdued roar of the ocean.

And now there is another strong buzz in this hive, for over on Ecclesia Point the concrete mixer turns and turns all day long, mixing stones, sand, cement, and water for the waiting wheelbarrows that carry it to the trenches and forms, where gradually the Ecclesia is growing up out of the ground.

It is all so wonderful and stimulating, this busy place, the center of a great work in the world. It is such a swift moving panorama: First the ground breaking, then the trench digging, then the filling in with concrete, and finally on our red letter day, July 23rd, 1920, the "Laying of the Cornerstone." It was glorious! The most intense scintillating sunshine, the ever cooling breeze, the crowd of friends, and Mrs. Heindel smiling with the consciousness of the nearness of her best beloved and the Great Ones who came to bless.

First we sang the Rosicrucian Anthem aided by Mr. Rollo Smith with his violin. Then Mr. Cramer the architect, told us about the uses of the tools of the masons and the symbolism of their use as applied to our self-correction. This followed by the spreading of the bed of cement for the stone to rest upon, which was done by Mr. Darrow. Four of our members set the stone

in place. Mr. R. Smith removed the wedges and "leveled" the stone. Then followed the placing of the precious box of records, books, etc., in the cavity in the stone, which was done by Mrs. Heindel. The next process was the setting of a wooden "form" upon the top of the stone, in which we all placed a trowel of concrete to seal the box into its place. Then we sang "Praise God from Whom All Blessings Flow."

Every room in the place is filled, and friends are glad to live in the tents for the joy of being here at this auspicious time in the history of the Fellowship. This means that as soon as the Ecclesia is completed, more cottages must be built for the workers and the guests.

Last Sunday evening the little Pro-Ecclesia was filled to more than capacity. We had to set up a big plank across the back of the room to accommodate the members. The dear little chapel that for eight years has vibrated to the hymns of praise and the prayers of students from all over the world, will soon have to be enlarged.

Classes are starting again after a short cessation for summer vacation. There are talks on diet by Mrs. Margaret Wolff, and the Cosmo study class has been resumed. The expression class is doing excellent work bringing out the talent in our members by having each one give a five minutes talk upon any one of a selected list of subjects; then there are helpful suggestions from appointed advisors. This is a very much needed preparation for the school for lecturers, which will open on October 11 under a professional tutor, after we have gathered the material for possible speakers.

So the Fellowship is entering into strength and growth similar to that of the child from the seventh to fourteenth year. It is outgrowing everything that hinders, reaching out in all direction to help: Work, prayer, and the joy of striving to do that which we sincerely believe to be the "Will of God."



## The Training School for Lecturers

October 11th, 1920 has been set as the date of opening the Training School for Rosicrucian Lecturers at Mt. Ecclesia.

We will summarize briefly the conditions relative to it, some of which have been mentioned in previous issues:

The course will include instruction in Oratory, English, Preparation of Lectures, Rosicrucian Philosophy and Astrology. It will be from four to six months long.

We now plan to build cottages or erect tents so that the students will room and board at Mt. Ecclesia. Room and board will be given at cost and will probably be about \$9.00 a week.

All students, men and women, will be required in lieu of paying tuition to work two hours each day in garden, print shop, office, or kitchen. The object of this is not the value of the services rendered but mainly to help in maintaining the health and poise of the students. In addition, graduates will be required to guarantee to deliver a certain number of public lectures in return for the instruction received, the number to be determined later.

Students will be graduated when they pass the examinations or tests required by the in-

structors and are accepted by the Board of Trustees. Arrangements will then be made for graduates to give a few initial public lectures, and later when their ability has been demonstrated, lecture courses will be arranged for them.

Should there be any who fail to qualify as speakers but who demonstrate organizing or managerial ability, they may, if selected by the Board of Trustees, be sent out to work in connection with the lecturers and to aid in establishing new Centers.

As stated before, only those who are deeply interested in the philosophy and place it above all other philosophies should enter this work. We believe this to be a wonderful opportunity to do some of the pioneer work in preparation for the conditions which will obtain in the Aquarian Age now approaching, and in laying the foundations for the religion of that age.

We hope many will see the opportunities in connection with this project and be able to enter the school. If there is a possibility that you may join us, please write us at once so that we may make the necessary plans and reserve accommodations for you.

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## A Commentary on the Training School

*Asa Thurston Heydon*

Regarding your training school for lecturers: You have made the start by publicly sounding out its feasibility. Let it not flash in the pan. It is the initiation of another series in your evolution. Nurture it.

Numbers are not what count. "When two or three are gathered together in my name, I am with them."

It is with this school as with Initiation: It is more the neophyte than the guide or those who guard the way, or even those in the east or in high heaven on the north side and above the altar, for through that neophyte must all of their expression be found in his day and generation. It all depends upon him, his worthiness, qualifications, and poise. He alone can work his way, can travel over the rough and rugged road. All depends upon himself. He is taught to *teach himself*. None can teach others until they can teach themselves. There are those among you who can attend to all necessary preparation, this one this thing, and that one that. Make

the start, even if with only one student, and that one prepared in the course of regular work. It will be the planting of the acorn for the mighty oak.

The knowledge imparted, the training given, by yourselves just as you are, the laying on of hands at the last, will prepare and inspire as no purely academic course can. If September is not favorable, begin in October or November, but begin.

One point for the future: No matter how gifted and successful your lecturers, do not keep them continuously in the field. Let them go in to "The Mountain" a portion of each year for rest, recuperation, and inspiration. They must get into close accord with nature, either on land or sea; get into touch with the soil in order to recharge their physical beings with that from which they distill the essences required for their work. Likewise in training, let a suitable portion of each day be devoted to the labor required by the physical being, to keep it a fit temple and an efficient powerhouse.

## Book Reviews

*Comfort, Will Levington. The Will Levington Comfort Letters, copyright 1920 by the author.*

In one way Mr. Comfort's adventures upon the Mystic Road—the return to Eden of the exiled man and woman—mark the culmination of his own spiritual discoveries. It would seem now that after much hopeful traveling he has arrived, and after thoroughly exploring the outward things of life, the interior and psychological have claimed one more writer, irrevocably.

These nineteen letters written from time to time to students, and some of which have been published in the *Rosicrucian Fellowship Magazine*, are now for the first time brought out in book form. They contain in full measure the Utopian and transcendentalistic theories so eloquently expounded in "The Sheltering Wing" and many of the author's late novels. Nowhere has their virile power been more challenging. The call is to the souls of men. "We must not desire," he proclaims, "but must not kill desire." The only obstacle in the path to complete self-realization consists in hate and fear. Put these aside and quickened by love there is no limit to human advancement.

The creation and maintenance of the universe is a mammoth love story, the utter perfection of the Comrade Idea—the only thinkable scheme of redemption.

With a vision as practical as it is mystical, Mr. Comfort sees us all as the eternal Christs of God, traveling the cosmic trail in a universe of thinkers and doers. In a true spiritual companionship between man and woman lies the opportunity for self-expression. "Love is the great initiation" \* \* "Man and woman hold the keys to the awakening of each others's power." "Woman is ever the inspirational factor giving meaning to man's accomplishment. Woman is always the last to praise," he asserts, "the first to blame; invariably the first to warn."

The letters in their deep spirituality, in an insistence for the transcending of the physical, have great interest for the student of the mystical. The tendency towards radicalism, so discernible in the writer's latest novels, has been replaced by something so fine and clear as to place this book among the most stimulating of the year.

*Bozile, Zeolia J. The Fundamental Principles of the Ying-King, Tao, and the Cabbalas of Egypt and the Hebrews. Azoth Pub. Co., 1920.*

In a clear and explanatory delineation of the science of numbers as given in the Chinese

sacred books, the author of this small treatise expounds the theory that success or failure is the result of inharmony in the personal life, which inharmony is traceable to contradictory vibrations in the individual name. Since all that exists in the universe has been built by rhythmic sound, it is reasonable to suppose that changes in visible forms may be effected by an application of the same force, which is governed by a law as demonstrable as any other law of physics.

The aim of the book is to point the way to establishment of harmonious conditions in the environment. Full directions are given for the addition of names; definitions of numbers and ways of judging past, present and future are treated in detail.

The method appears to be remarkably accurate while the subject matter is thoroughly interesting.

*Estee, James B. The Seer and Master.. Azoth Publishing Co., 1920.*

Man's progress towards initiation through many and devious states of consciousness is described by Mr. Estee in a small brochure, the treatment of which will interest all real students of man's interior evolution. Those activities of the mind which eventually produce illumination, together with the soul powers which form the basis of the development of seership, are analyzed in a scholarly manner, which exhibits as thorough a knowledge of psychology as of occultism.

*Case, Paul F. An Introduction to the Study of the Tarot. Azoth Pub. Co., 1920.*

The purpose of this book is to give a description of the Tarot playing cards which for five centuries have been used in southern Europe, both in games of amusement and in occult divination. The pack consists of seventy-eight cards which form a symbolic alphabet of Kabbalistic derivation. The revival of the Tarot dates from 1854 when Eliphas Levi published his "*Dogma et Rituel de la Haute Magic*," in which he named the Tarot as one of his most valuable channels of inspiration.

The aim of the little book, as set forth by the author, is not only to furnish information in the use of the cards, but to give an exposition of their arcane significance, and its relation to astrology and numerology.

Much occult lore and Kabbalistic commentary together with the results of evident research involved in the preparation, lift the little treatise from the class of mere fortune telling.



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The wide scope of the book is indicated by the note on the title-page, in which it is stated to be "an elementary treatise upon man's past evolution, present constitution and future development."

We give herewith some headings of chapters and subdivisions as a slight indication of what is contained in this mine of mystic light and knowledge.

## Rosicrucian Fellowship

*International Headquarters*

OCEANSIDE,

CALIFORNIA

### Partial List of Contents

#### PART I.

- The Visible and Invisible Worlds, with two diagrams.
- The Four Kingdoms, with two diagrams showing their vehicles and stage of consciousness.
- Man and the Method of Evolution. Spirit, Soul and Body; Thought, Memory and Soul-growth. The conscious, subconscious and super-conscious mind. The science of death, the beneficence of purgatory, life in heaven; preparation for re-birth.
- Re-birth and the Law of Consequence. Wine as a factor in evolution. An authentic story proving re-birth.

#### PART II.

- The Relation of Man to God, with diagram.
- The Scheme of Evolution. A general outline, with diagram of the Seven World Periods.
- The Path of Evolution. Cosmic Days of active work and Cosmic Nights of passive contemplation.
- The Work of Evolution. How the Cherubim, Seraphim, Archangels and Angels helped.
- Genesis and Evolution of Our Solar System. Chaos the seedground of Cosmos; Birth of the Planets, Planetary Spirits.
- Evolution of the Earth. The Moon, the eighth sphere of retrogression. Birth of the Individual, Separation into Sexes, Lucifer Spirits and the Fall, Sixteen Paths to Destruction.

#### PART III.

- Christ and His Mission. "Peace on Earth" and "Not Peace, but a Sword." The Star of Bethlehem, the heart an anomaly, the Mystery of Golgotha and the cleansing blood.
- Future Development and Initiation. The Symbolism of the Caduceus, Alchemy and Soul-growth.
- The Method of Acquiring First-hand Knowledge. Western Methods for Western People, Esoteric Training, how the inner vehicle is built.
- The Constitution of the Earth and Volcanic Eruptions.
- Christian Rozenkreuz and the Order of Rosicrucians. The Rosicrucian Initiation.