

Pamphlet
collection



EGYPTIC FELLOWSHIP OF AMERICA

Philosophy

LESSONS NO. 1-2

EGYPT'S
MASTER VOICE

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THE SACRED TEACHINGS OF THE COPTIC FELLOWSHIP OF AMERICA

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Part One — Rudimenta

LESSONS I and II

"HISTORY"

PERSONAL

INSPIRATION

Since ancient times the climate of Egypt has been peculiarly suited to the preservation of monuments. Stone disintegrates slowly in that dry desert air, and the Egyptians long ago perceived that the records of their civilization and philosophies could be indelibly written for posterity in the form of rocks. Rocks endure when all else passes. Hence, they erected countless temples and other edifices, through which they expressed their ideas, their wisdom, and their aspirations. Every stone of every building has a special significance for those who can perceive it. The whole story is plainly there if one but has the key. The buildings are covered with hieroglyphics, and all of those carvings have a definite meaning. Only recently have archeologists begun to read these inscriptions and solve the underlying mysteries.

Obelisk . . . The obelisk was erected in honor of a great king, a great queen, or a high priest, and each monument conveys the character and philosophy of the person for whom it was built. While in these days we preserve the contributions of great minds by means of books, in those days a genius was made immortal in stone.

Pyramid of Gizet . . . Unlike the obelisks and temples, however,

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the great pyramid of Gizet has no carving whatsoever upon it. Yet it has perhaps been rightly called the Great Bible in stone, for it antedates the monuments bearing hieroglyphics, and in itself embodies a significance greater than any contained in the carvings. The mathematical perfection of this marvelous structure indicates that it was conceived and built by people who had reached a high peak of development. They understood the relationship between mathematics and music, and their ears were attuned to those celestial harmonies which we term "the music of the spheres."

These people were the Atlantians, who gradually migrated into Egypt and other parts of the world as their continent sank. Former inhabitants of Atlantis, or their descendants, also doubtless erected the pyramids that have been exhumed in Mexico.

However, the pyramid of Gizet in Egypt is the most amazing and perfect structure of its kind. It expresses man's concept of the creative harmony that moves and controls the universe; it is testimony to man's knowledge of his relationship with God.

The blue prints giving the lay-out of Gizet are still, at the present day, preserved within the pyramid itself and show the detailed and masterly manner in which the Atlantians planned the edifice. The perfection with which they conceived and executed this monument indicates that they had reached a superlative stage of development, a stage of development, in fact, toward which our present civilization is still striving.

Fallacy of Present Civilization . . . Indeed it may be that, unless we make use of the infinite wisdom that is within our grasp, our civilization will perish because of the falsity of the concept on which it is based, and the goal toward which we are fumbling never be

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Europe and other parts of the world as their civilization sank. For
the Atlanteans of Atlantis, in their decadent state, also gradually
migrated, and have been extirpated in Mexico.

However, the pyramid of Giza is Egypt's true monument.
It is the symbol of the mind. It expresses man's concept of the
universe, and the power that moves and controls the universe. It is built
to help the knowledge of his relationship with God.

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Pyramid of Present Civilization . . . Indeed it may be that
the use of the pyramid as a symbol of the mind is a
testimony to the fact that the concept of the pyramid is
a symbol, and the most sacred which we can imagine, never to

realized. This is commonly and accurately referred to as the Machine Age; everywhere we see the highest emphasis placed on the material while the spiritual is either neglected or denied. H. G. Wells aptly compares man to a monkey in a runaway motor car. In other words, have become slaves to the mechanical devices of our own creation; maintaining the illusion that they serve us, we continue to serve them.

Alexis Carrel in his book entitled "Man, the Unknown," declares that we have built up our civilization without a proper knowledge of man. "Thus, the enormous advance gained by the sciences of inanimate matter over those of living things is one of the greatest catastrophes ever suffered by humanity. The environment born of our intelligence and our inventions is adjusted neither to our stature nor to our shape. We are unhappy. We degenerate morally and mentally. The groups and the nations in which industrial civilization has attained its highest development are precisely those which are becoming weaker. And whose return to barbarism is the most rapid. But they do not realize it. They are without protection against the hostile surroundings that science has built about them. In truth, our civilization, like those preceding it, has created certain conditions of existence which, for reasons still obscure, render life itself impossible." (Note: Carrel is of course referring to the civilization dealt with in written history, not to the civilization created by ancient Egyptian and the Atlantians).

The knowledge and wisdom which would have prevented the errors into which humanity has fallen, have been contained for centuries in Egypt, where some of the Atlantians lived up to the time when they took voluntary leave of their physical bodies. But, in the main, mankind has not been ready for the more profound truths that have been treasured there by a few advanced individuals. While Egypt's influence on the world has been widespread,

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the most priceless things she has to offer have not been found because they have not been sought.

Even in the realm of science Egyptian Masters have long possessed knowledge that has only recently been acquired by the rest of the world. For instance, in an ancient Egyptian temple there have been for countless years seven stone statues, or gods, each one representing a certain astrological planet. Stationed in an underground chamber beneath these gods, the Masters were able to speak through them, much as if they had been radio loud-speakers. Thus their knowledge of sound waves and vibrations was utilized long before the widely heralded discovery of radio.

Man's Quest . . . However, the time has passed when it was expedient to give out instructions and counsel from the mouths of statues, and the time has come to supplant fear with reason. Humanity must become emancipated, and employ its rationality in solving its problems and making its adjustments in the world.

The countless philosophies and religions that flourish on every hand are abundant testimony of man's eternal quest after truth. His efforts to see life whole and see it clearly are constant and never ceasing. But the very fact that human ideas and theories are so varied and so often in conflict, proves that a perfect and well balanced way of life has not as yet been discovered and adopted in the Western world. Everywhere we find fragments of truth, but these fragments are only too frequently invalidated and obscured by the dross of error and misunderstanding.

Human Need . . . Therefore, the world is crying out for a philosophy that will enable men to lead harmonious, full, and progressive lives; a philosophy that will eliminate useless friction and pain; a philosophy that will permit man to take his place intelligently in the universal scheme. This philosophy of life must be designed to

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cover the needs of man as a physical, a mental, and a spiritual being, for if any one aspect is overemphasized at the expense of the others, an unsatisfactory existence essentially results.

My Appeal . . . Bearing this great human problem and this great human need in mind, I come to you in the spirit of brotherly love to offer a pattern of life that has been proved adequate and satisfactory when properly followed. My desire to benefit my fellow men has grown naturally out of the principles that I seek to teach, and my great hope is that these lessons may enable them to unlock for themselves the door of freedom.

I do not present myself to you as a Savior or a Messiah; I simply come to you as one who has embraced and practiced this pure philosophy, and found it to promote my development and happiness. My teaching naturally contains the religious element that man's spiritual nature demands, but it is based on creative principles and is without artificial limitations. Truth makes brothers of us all, and, regardless of your creed or denomination, I am sure that you are seeking always for new light. Truth is absolute and supreme, and, grasping it, we become gradually as one. It is only misconceptions and false interpretations of the truth that disturb and divide us. Once we have a clear understanding of the laws under which we live, we shall be able to move rhythmically toward the goal of perfection that beckons to us all.

My appeal is to you as a self-reliant and rational being, in whom burns a living spark of the Creator. I possess no magic by means of which I can bring you suddenly to a realization of your essential divinity. I can only point out the steps to be taken. You yourself must take them.

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My appeal is to you as a self-reliant and rational being, to whom I bring a living spark of the Creator. I possess no magic, but of which I can bring you suddenly to a realization of your essential divinity. I can only point out the steps to be taken. You yourself must take them.

History . . . As you know, I belong to the Christian Coptic Order, which originated in Egypt, in a house in Cairo, where Jesus the Christ was taken by his parents, in order to escape the vengeance of King Herod, which would have overtaken him had he remained in Bethlehem. The Holy Family remained in this sanctuary until after Herod's death, when it was safe for them to return to their own country. The sanctuary then became a shrine, and was used as a place of worship as early as 217 A. D. But the first Christian Coptic church was not built until 1117, the location of course being Cairo. The first people in Egypt to become Christians were the Pharaohs, who embraced the faith in 217 A. D., at which time the name Coptic was adopted.

However, humanity had not been without the principles of Christ's teaching prior to that. Six thousand years ago Hermes the Great, a master teacher, lived and taught in Egypt. Then came Buddha, Moses, and finally Jesus the Christ.

The Essenes . . . For many years Moses gave the doctrine of truth to the Israelites, and when the time approached for him to leave his physical body, he called together a chosen few to whom was entrusted the guardianship of the truth. To these he imparted certain secret knowledge that was to be preserved and passed on to other specially selected ones. Thus arose a secret order known as the Essenes, whose duty it was to preserve the teachings of Moses, and watch and wait for the coming of Jesus the Christ, whose birth, Moses prophesied, would be heralded by the star.

Since the Essenes were a secret order, their records have naturally been kept secret. Such information as is available to the

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Since the Essenes were a secret order, their records have not
only been kept secret, such information as is available to the

layman concerning their activities, is to be found in the writings of Philo and Josephus, two Jewish philosophers who wrote in Greek. Philo, the earlier of the two, was born in Alexandria about 20 B. C., and died about 60 A. D. He says with reference to this sect: "Palestine and Syria too, which are inhabited by no slight portion of the numerous population of the Jews, are not barren of virtue. There are some among them called **Essaioi**—in number more than four thousand—from, as I think, an incorrect derivation from the Greek homonym "hosioteros" (holiness), because they are above all other worshippers of God."

Philo tells us further that: "Their order is not founded upon natural descent. Hence there are, properly speaking, no newly born ones among the **Essaioi**, no children, no youths, as the dispositions of these are unstable and liable to change from the imperfections incidental to their age; but they are full grown men who are already approaching old age; and are no longer carried away by the impetuosity of their bodily passions, but possess the genuine and the only true and real liberty."

In discussing the initiation of people into this group, Josephus says: "When any one desires to enter the sect, he is not immediately admitted; but, although he has to remain a whole year without, yet he is obliged to observe their ascetic rules of living, and they give him an apron, a pick-axe, and a white garment. If he has given proof of continence during this time, he approaches nearer to their life and partakes of the holy water of purification; but is still not admitted to their common table. Having thus given proof of his perseverance, his conduct is tested two more years, and, if found

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and partakes of the holy water of purification; but is still not
admitted to their common table. Having thus given proof of his
continence, he continues to fasted two more years, and, if found

worthy, he is admitted into the society. But before he touches the common meal, he swears, by most awful oaths, first to fear God,* and next to exercise justice towards all men—neither to wrong any one of his own accord nor by the command of others; always to detest the wicked and side with the righteous: ever to keep faith inviolable with all men, especially with those in authority, for no one comes to office without the will of God; not to be proud of his power nor to outshine his subordinates, either in his garments or greater finery, if he himself should attain to office; always to love truth and strive to reclaim all liars; to keep his hands clear from stealing, and his mind from unholy gain; not to conceal anything from the brotherhood, nor disclose anything belonging to them to those without, though it were at the hazard of his life.”

*Note: The student must bear in mind that this is a translation and that to begin with the author was a philosopher and not a member of the Essenes, for, to advocate the fear of God is of course contradictory to the doctrine of truth. We can achieve emancipation only through love). Translations bear more or less personality influences.

Thes Essenes cherished and guarded the pure philosophy of Moses through a changing and tempestuous world until the birth of Jesus the Christ, who was born to Mary, a virgin woman who was a member of the order. Thereupon, their duty done, the Essenes disbanded, and we hear of them no more.

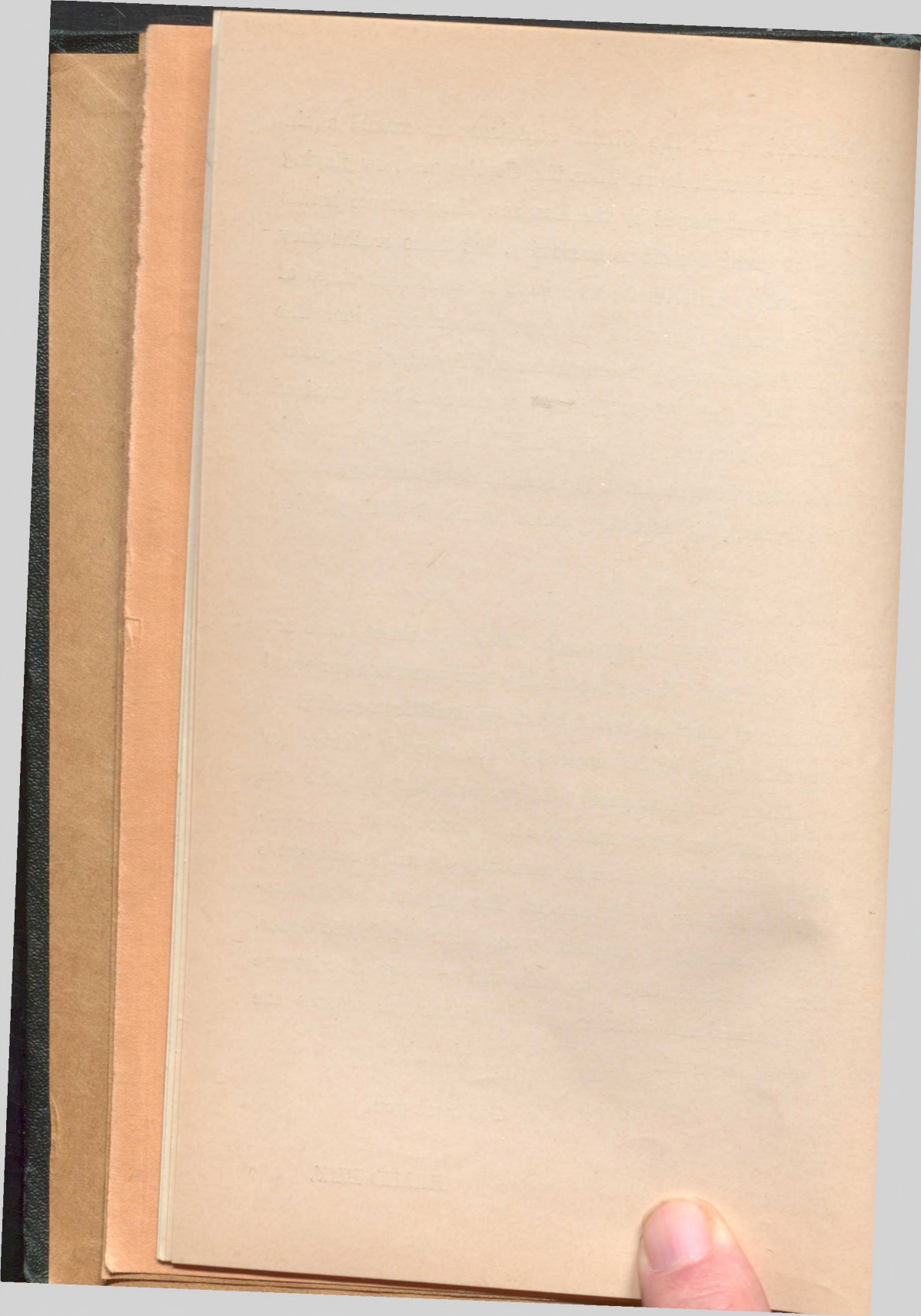
Two hundred years after the crucifixion of Jesus the Christ and his supposed departure from the earth, he founded the Christian Coptic Order for the purpose of preserving his teachings, pure

and unadulterated, until the Christ consciousness should again manifest itself in human form. Thus the Coptics are now playing a part similar to that played by the Essenes. They possess truths which can be of great benefit to humanity, but these truths they can only give out to individuals who have reached that stage of spiritual development necessary to their proper reception. The philosophy of life followed by the members of this order is so potent and efficacious that some of the Masters of the sect have attained to an age of three hundred years. Not only have they lived to this great age, but they have retained the health, vigor, and appearance of youth throughout the time they chose to inhabit their physical bodies.

Seven Seals . . . The Coptics hold that at all times there are present in the world six Masters, each of whom possesses one word of the infinite and absolute truth, which in itself is meaningless. But the seventh word, to be supplied to the seventh Master (or the re-born Christ consciousness) will conclude the sentence and allow the pure and complete truth to shine forth in all its glory. This re-birth will take place when humanity is ready and sends forth a call for further enlightenment. The physical body necessary for the re-birth will be supplied by the Christian Coptic Order. At that time, the Coptic Order, as such, will pass out of existence as did the Essenes, and another group will arise to assume the guardianship of the truth.

God bless you,

HAMID BEY.



ERE THE BEGINNING

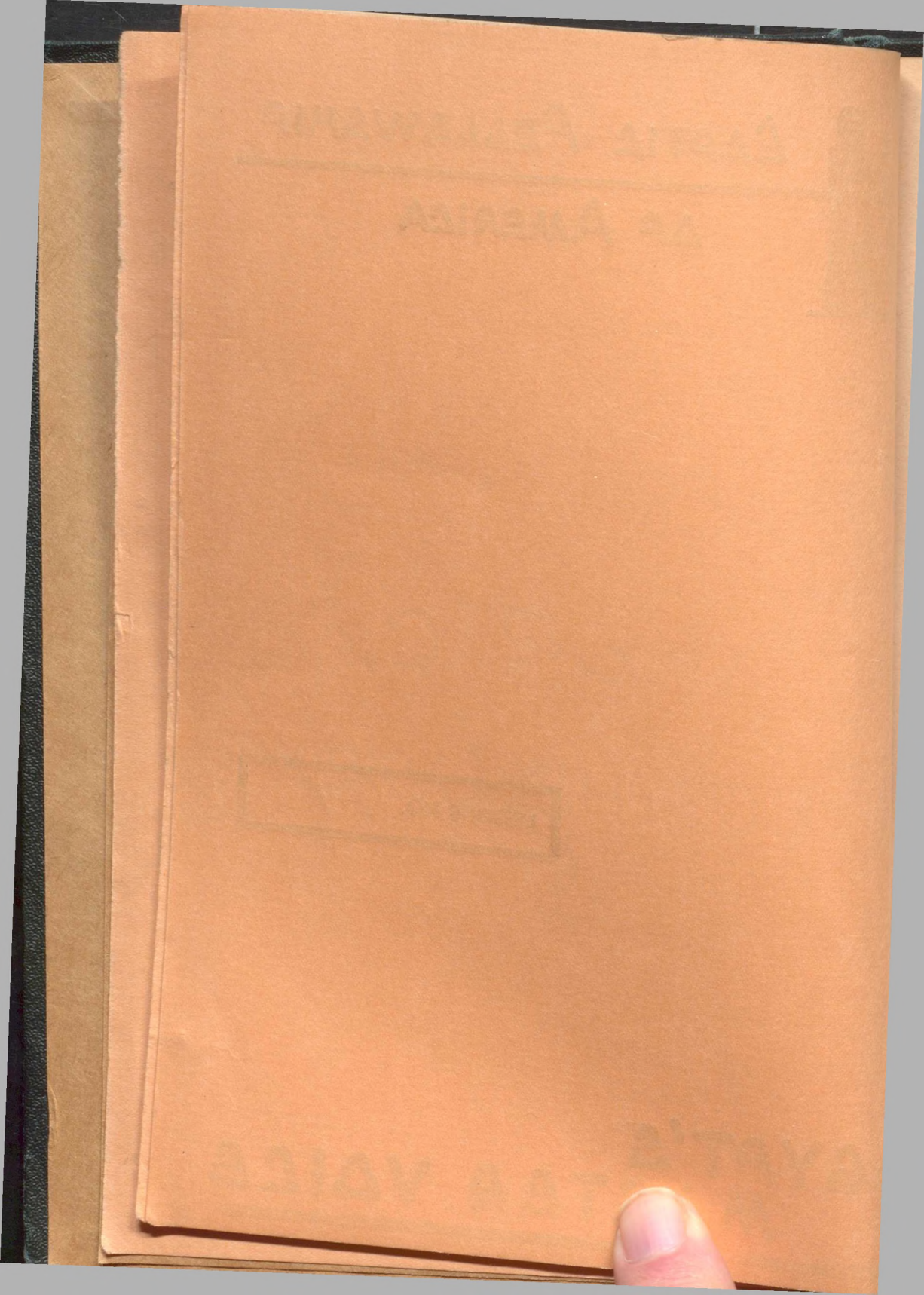
Long have I wondered what my dreaming meant
As I at night long hours spent
Amid the ashes of a bygone day.
And then was Time's black curtain rent
By lightning flash of purest white
Which pierced the darkness with a ray of light
Wherein I lingered but a moment brief
Yet learned that I had dreamed aright.
For there I knelt before, and heard converse
One who held Time's scroll in quick reverse
That I might see that dreams at times are truth
And who taught me many secrets of the Universe.
I learned that beings that as Men are known
As mist or spray, were from the Spirit ocean thrown
And have through countless Ages taken myriad form
Till they today to Human shapes have grown.
And this, most wonderous secret of them all
Ere was created this Terrestrial ball
Or Sun or Star or any shape that's known
In essence were ALL beings great and small.
And then by thought Divine God willed
That Space by living things be filled
And set in motion certain Cosmic laws
And the Void, to vibratory life thrilled.
As the veil from off my eyes was torn
Awe-struck I gazed at Planets being born
And growing from apparent nothingness
As grows the stalk from germ of sprouting corn.
I saw welded as it were, A golden link
Twixt God and all His beings. Pause and think!
You who thirst for knowledge of All things
The Well is overflowing and is yours to drink.

LUCAS.

This lesson to be continued later on.









EGYPTIC FELLOWSHIP OF AMERICA

LESSONS NO.

3-4

EGYPT'S MASTER VOICE

THE SACRED TEACHINGS OF THE COPTIC FELLOWSHIP OF AMERICA

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Part One — Rudimenta

LESSONS III and IV

"MAN"

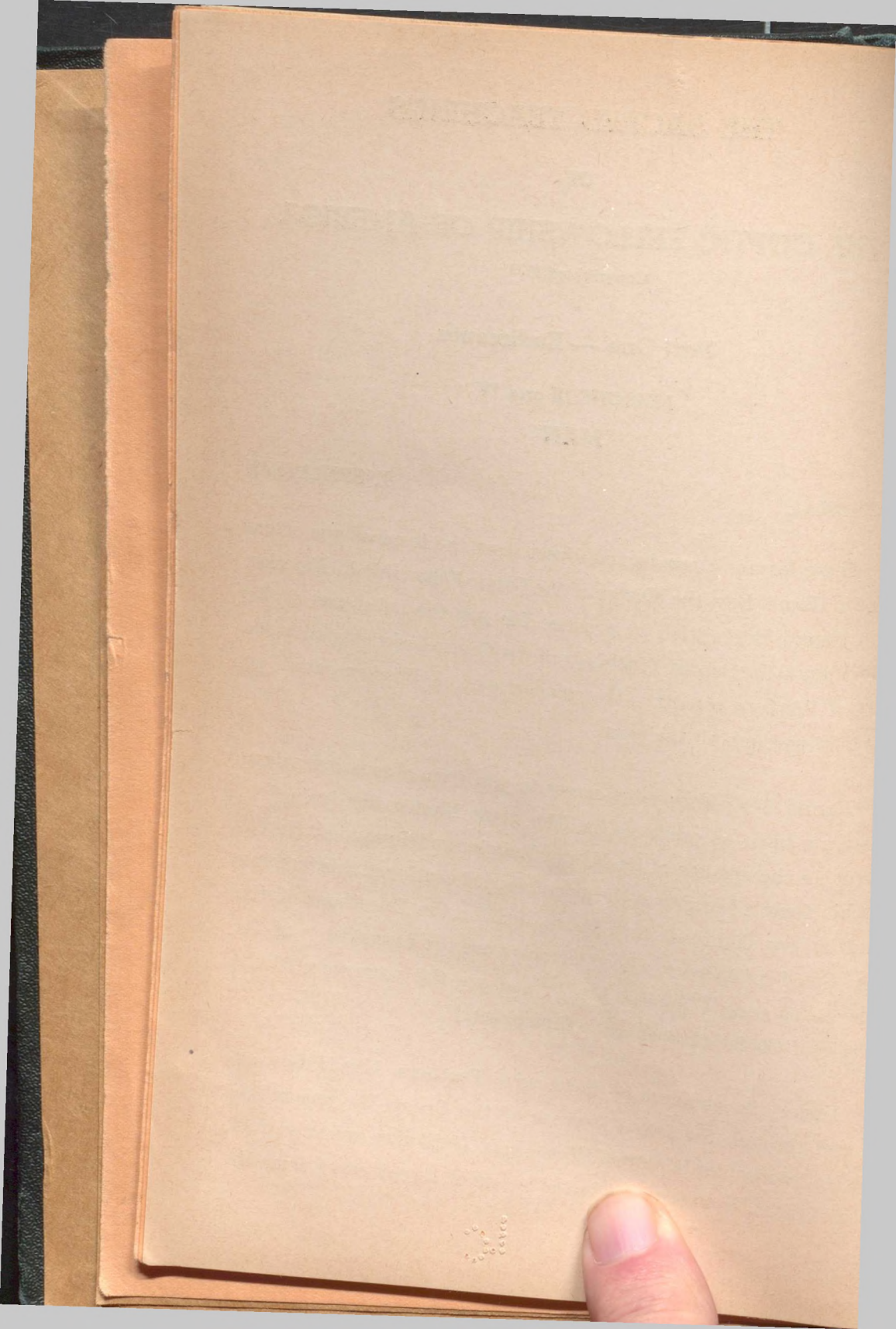
PERSONAL

INSPIRATION

These lessons come to you direct from the inspired pen of our beloved Hamid Bey, the Master of the Coptic Fellowship of America. It is Hamid Bey's wish to produce for you the substance of his philosophy—the Sacred Teachings of the Coptic Order, tested in the light of Western practice—the composite of all Wisdom gained by mankind through all the ages.

Hamid Bey's knowledge comes to you from a source that you can draw upon as easily as he. The great Master was trained in Egypt, in the shadow of its Mystic Temples and Pyramids. He began his Temple learning at the age of six and continued this training until he was eighteen. Then he studied for the Priesthood of the Christian Coptic Order, whose members are the descendants of the Essenes of early Christian history and are the preservers of the secrets of Christ's Power. (See first lesson.)

Under the guidance of these wise Teachers, Hamid Bey advanced through the Seven Degrees of the Order. He was taught the hidden meaning of Christ's Teachings. Until very recently, these great Truths have been kept in the bosom of Egypt, away from the



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Under the guidance of these wise Teachers, Hamid Bey advanced through the Seven Degrees of the Order. He was taught the hidden meaning of Christ's Teachings. Until very recently, these great Truths have been kept in the bosom of Egypt, away from the

main stream of human activity, since in those darker days of the past the world was not ready to grasp the real import of this Knowledge.

The time came, when Hamid Bey was finishing the training for his Master's Degree, to send out from Egypt a number of Teachers who could enlighten the world. The rest of the world had advanced sufficiently to be faced with the need for this Wisdom in solving the grave problems of mankind.

Hamid Bey was chosen to travel to America and teach here the application of all-powerful Egyptian Wisdom to America's social, political, economic, and philosophical difficulties. This mission was destined to be one of **teaching individuals**—showing them how to deal with their own **personal** problems, so that with individual victory and mastery would come universal harmony and peace. These personal problems include every situation that ever confronts a human being—birth, growth, health, education, love, marriage, parenthood, finance, work, recreation, thought, disease, senility, spiritual movement, and death.

Hamid Bey will show you the creative design and process behind all external facts and conditions. He will teach you how to recognize deeper meanings, which Egyptian Scholars know to exist. He will take you behind the curtain or veil of matter, into the realm of Cause. With this Knowledge you will see the way to perfection of your self. **You will ascend to higher and higher levels of understanding. YOU WILL STUDY YOUR OWN TREMENDOUS HIDDEN POWERS. YOU WILL BECOME A MASTER. YOU MAY PROCEED WITH JOY UNCONFINED!**

FUNDAMENTAL

PRIME CONDITIONS OF PROGRESS IN MASTERY

You will find no value in these lessons unless you read and study and apply them faithfully and seriously. You must keep them together, always at hand, so that you can refer to them at any time. The Wisdom and Power that you derive from these lessons will depend entirely on the amount of time and application you put upon the work. The actual study time need not overtax you, yet it must be sufficient for you to grasp the principles put forth. You may think that you have very little time to spare for this work, but when you consider the matter more closely you will find that you have 24 hours a day to give to something or other and that a good deal of these 24 hours is really wasted on trifles. About one-half hour of your surplus time can readily be set aside for study. You know from reading the lives of great men and women that they became great only through the most rigorous study and sacrifice. Moreover, they had to struggle and grope blindly in search of knowledge, which makes power. They perhaps did not have the opportunity YOU have of getting the lessons that develop greatness sent to them prepared by one who **can** teach the steps leading to greatness. You must, therefore, decide **NOW** to use your time to the best advantage. You will feel ever so much better, ever so much more satisfied with your life, when you plan your time well.

Regularity

In order to get the most good out of your new work, you must adopt a **REGULAR** plan of study. This means, first of all, that you must select a **proper time**, preferably in the evening. Second, you must select a proper place, preferably your own room, where you will have privacy. You may, of course, do some of your studying

with other persons, but a certain amount of the time you must be absolutely alone and free from distractions. Third, you must have the **proper conditions**. This means you must have the right amount of light, warmth, quiet, comfort, etc., for study.

You must never put off studying these Truths until "tomorrow." That "tomorrow" will never come, and your bad habit of delay will consume the precious days that you might use for progress in mastery. Postponement of effort leads only to failure. **DO NOT BECOME A FAILURE; YOU CAN BE A SUCCESS.**

There may be times when the material in the lessons is not entirely clear to you even after considerable thought. In such cases, you are graciously welcome to correspond with the Coptic Fellowship of America, which is always at your service to assist in enlightening you and in clarifying and detailing any particular point or problem in the study or practice of the work.

Success comes with practice and application. You are being presented with Truths that defy time. You must practice these Truths in your daily life. You must develop a way to **LIVE** the Truths that you learn. While you are at work, for instance, you may let your thought dwell from time to time on the principles contained in the lessons. While you are at home, or on the street, you may do likewise. That is how you will develop yourself into a Master.

THE HUMAN PERSONALITY—WHAT IS IT?

A. THE HUMAN BODY—AS A PHYSICAL ORGANISM

The human body, as a physical organism (it has other levels of reality), represents the sum of all organized endeavor and ability developed on earth during the earth's entire history. Proof of this statement can be obtained by anyone who will study embryology, as this science shows that different stages of the development of the

human embryo recapitulate organic history. "Everything below man is, in a sense, organized as man."

Every human experience proves that all parts of the body work with and for all other parts. The circulation of the blood is impartial; it serves the least and most inconspicuous cell or part as well as the brain and all vital organs. This is the most perfect example imaginable of the necessity of cooperation in all creative processes. Perfect body condition means perfect cooperation and perfect service. The Human Body will be explained in complete detail in succeeding lessons.

B. THE HUMAN MIND—ITS OPERATORS

Cooperation implies a number of operators, and these the human personality possesses and uses. There are three of these that constitute the Human Mind.

First is the Superconscious Self. This is the original, essential, eternal spark of the Universal or Divine. It is therefore, undying and basically changeless. It is known as "Ego," "Self," and "I am." When "I Am" ascends sufficiently on the ladder of evolution of personality, it consciously reaches out into the Universal, and is the "I Am That I Am," which Moses reported to the people of Israel. This is very Divinity, the Christian God. This Self never came into being, is never annihilated, and is essentially timeless, spaceless, and in all respects known and unknown, limitless.

The second operator is the Subconscious Self, which is the reservoir of Memory. This self is a perfect record of all experiences that "Ego" has passed through on its self-elected journey of accomplishment, called Evolution. These memories are kept in the various vehicles of personality. The lowest in vibration, the only one visible to our physical senses, is the PHYSICAL body. The

higher bodies are known variously as the VITAL body, the ETH-ERIC, and MENTAL bodies. These are invisible and vibrate on superphysical levels. They are none the less real because they cannot be seen by our physical eyes. They are known to be increasingly real by the Wise Ones as they ascend into the higher octaves of manifestation. These vehicles are the filing cabinet, which contains the records of experiences, the sum of which constitutes the tendencies, qualities, and capabilities known as the **Subconscious Self**.

The third operator is the **Conscious Self**. In the human body, we find a vehicle with an unknown capacity for expression. It is true that no one has ever found a limit to man's ability to enlarge his thinking and accomplishment. We find in the individual cells of the body an organized expression and activity of the Subconscious. We find in the body what may truly be termed a great community, with organized headquarters, which transmit their orders to parts, to individual cells, which in turn act and work in perfect obedience to their commanding agent. All this obedience is an expression and manifestation of the powers of the Subconscious, and we call this expression and manifestation the **Conscious Self**.

NOTE: During the earlier lessons, we plan to give you specific exercises and techniques, which you must put into immediate practice. Make them habits. Only thus can you expect to attune yourself to the rhythm of growth and happiness.

In more advanced lessons, when you have mastered these essentials of proper living, you will be prepared to devote your thought to other matters. Then we shall enter together the realm of occultism, and the deeper mysteries of philosophy. In this way, you

will be provided, not only with the means of strengthening your physical body, but also with the enlightenment necessary to the complete regeneration of your soul.

TECHNIQUE

To strike at the roots of your mortal limitations and to raise yourself toward the King of the Eternal Kingdom of God, who is your own Father, to make yourself One with the bigness of God, and thus to end all your sorrow and suffering, you must soar in consciousness beyond the vastness of space until you feel yourself growing less and less restricted—more and more great—as you approach the Infinite.

There is a definite technique for attaining this realization. Begin by standing up straight. Extend the arms above the head. Now relax the arms somewhat, and begin to wave them gently in a semi-rotary, vibratory motion, so that the impulses or waves of the arm muscles can be felt traveling from fingertips down to shoulders. Do this for one minute. Now sit down in a chair and relax. Place your hands in your lap, palms upward.

Close your eyes and peer ahead mentally into the distance . . . miles . . . miles . . . miles . . . Return to where you are sitting and travel now in a downward direction into the earth . . . miles . . . miles . . . Return. Fly upward into rare space . . . past the sun, the stars . . . on and on into the vastness of Eternity . . . Come slowly back again.

You have FOUND YOUR POSITION IN THE COSMOS.

Now close your eyes again. Picture to yourself the inside of your bodily frame. See your brain, commanding all other parts of your body. See your spinal cord running down the lengths of your

torso, past lungs, heart, stomach, liver, intestines, and lower organs. Look deeper, and see the multitude of tiny living cells that make up every bit of tissue in your entire body. Return to awareness of your limbs . . .

You have SEEN YOUR BODY AS IT REALLY EXISTS IN THE COSMOS.

ACCESSORIES

BREATHING FOR ALL VIRTUES

CORRECT BREATHING is yet another step toward the attainment of PERFECT LIFE. All living things must breathe. Men cannot even exist without breathing, for the Breath of Life fills all the atmosphere of the earth and is God in manifestation as PRANIC FORCE. This great force is surcharged with life-giving energy and vitalizes all external creation that receives it. By means of correct breathing, you can **inhale** all of the finer forces, such as life, health, love, youth, wisdom, strength, power, and peace. You can also exhale all that is gross and evil, such as death, disease, hatred, inactivity, folly, weakness, helplessness, and discontent.

The purpose of breathing is to bring oxygen to the bloodstream, and to remove carbon dioxide and poisonous wastes from the bloodstream.

Breathe deeply from the diaphragm, filling the lungs and diaphragm slowly to their full capacity. Always keep the lips closed and breathe through the **nostrils**, for then the air inhaled is warmed before it reaches the delicate tissue of the lungs. Remember that you are taking in the pure Spirit Substance that is your very life. Exhale slowly. Repeat this breathing action in slow rhythm time after time during the day. Your whole being will thrill with this

abiding source of strength. Your real Self will unfold in all its glorious beauty, even as a flower unfolds in the pure air of the forest. Your breathing shall become Rhythmic, independent of emotions.

EXERCISING FOR RELAXATION

One of the most marvelous exercises to relax the body of all tension or rigidity is the following:

Stand erect, feet 10 inches apart. Raise the arms high above the head and stretch the body. Now bend the body 'way over forward, so that it is limp, with the arms dangling. Swing the body gracefully from right to left, at the same time raising the body slowly until you stand erect. Now let the head drop gently, so that the chin touches the chest.

EATING AND DRINKING FOR HEALTHFUL FREEDOM

Inasmuch as every movement that we make, every emotion or thought that we experience, breaks down certain cells and proceeds upon the life-force thus released, we must restore the cells that have been destroyed. We must do this lest some portion of our body waste away and render us incapable of manifesting particular phases of Cosmic Truth. We must know how to select and apportion our building and repairing foods. We can scarcely doubt that other kinds of food should be used with a view to results. A light is thrown upon this complexity by recalling that the entire organic world is represented in the anatomy of man. We must have a knowledge of physiological chemistry leading to an adaption of one's food to climate, environment, occupation, etc. You will be quick to see how greatly such adjustment would further the self-mastery that is

your goal. The body, besides renewing itself upon its nutritional intakes, breaks down its own charged cells to get at their locked-up warmth and energy.

Beware of food-delay in the intestines, which is known as CONSTIPATION. Rather than resort to laxatives and other dangerous artificial means of propelling the waste material through your body, eat instead foods that will proceed naturally and easily as they should. The knowledge of these proper foods and element-combinations is very extensive and may be covered in its entirety only through this whole course.

At this time, you may be instructed first of all to DRINK PLENTY OF WATER. Water is necessary to cleanse the body, perform its functions, and complete its actual content, since about 70% of the human body is water. Drink at least two quarts a day. Drink a glass of water with a little lemon juice in it on arising each morning.

You may also be given the following recipe, which provides an adequate constipation preventive:

Spinach Salad—Thoroughly wash 15 or 20 leaves of spinach and dry them with a cloth. Chop them fine and mix them with Thousand Island Dressing. Add salt to suit the taste. This makes a delicious salad—one that will furnish plenty of body-building material and bulk to prevent food delay in the intestines.

EXHORTATION

The final purpose of life is to do the great work. Proceed, dear student, in the path that lies open to thee. Swerve not, for glory will be thine. Build thy character, thy personality, as the great infinite power directs thee, through knowledge, which ripens into pure wisdom.

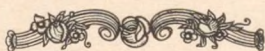
Let thine be the wisdom that ascends into higher realms continuously throughout untold ages, working always toward perfection . . . become thy work. . . .

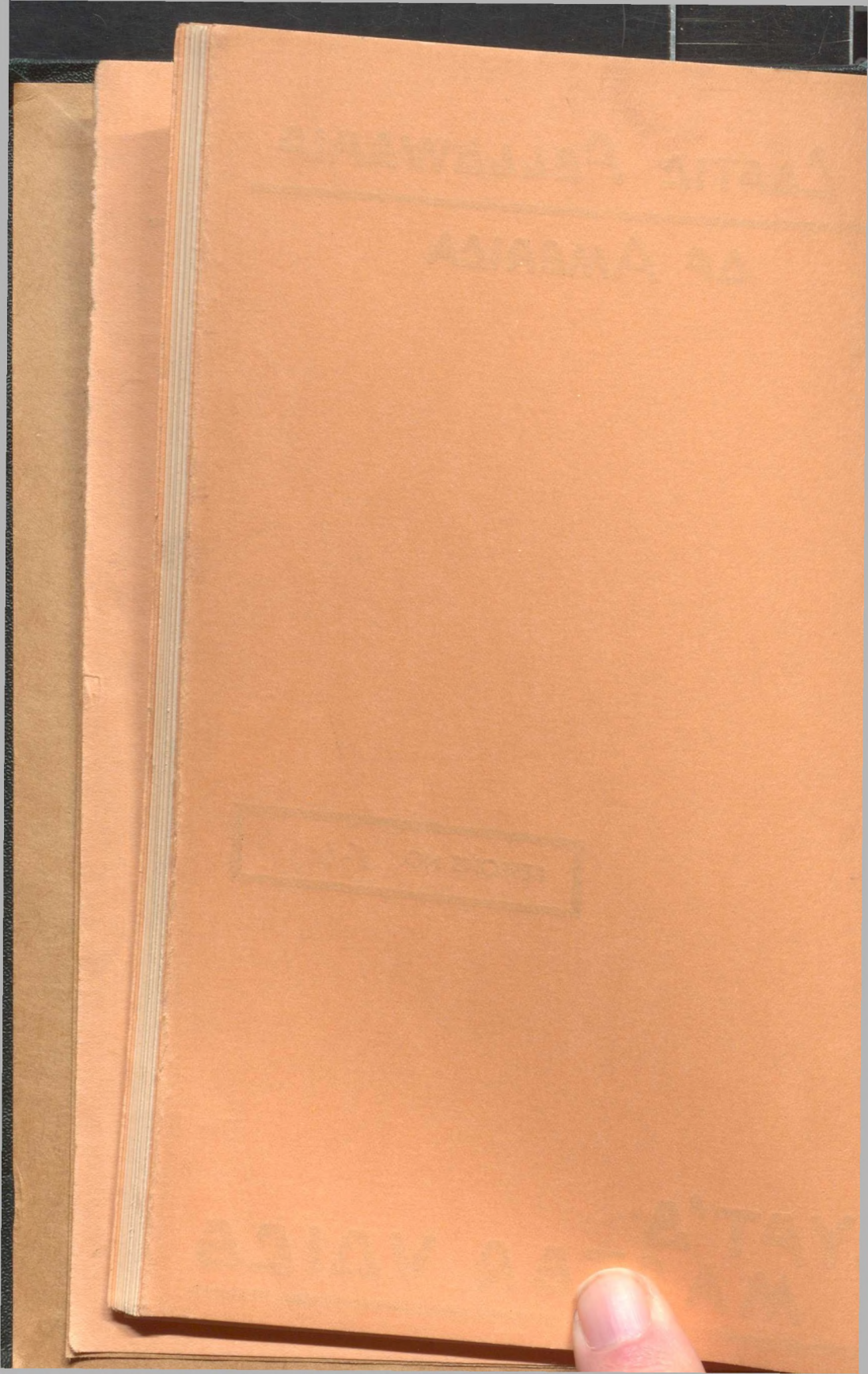
Meditate on the following:

Man's mind and body are channels of the evolution of substance into finer strata . . . a passage-way from the finite to the Infinite.

BIBLE TEXT FOR THE LESSON

"Ye shall know the Truth and the Truth shall make you free."
(John 8:32).







EGYPTIC FELLOWSHIP OF AMERICA

LESSONS NO.

5-6

EGYPT'S MASTER VOICE

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Part One — Rudimenta

Lessons V and VI

"MAN—THE CONSCIOUS MIND"

PERSONAL

INSPIRATION

Hamid Bey's purpose is twofold: to show you the way out of your difficulties, and to show you the method of solving your problems. He does this by revealing their causes. To accomplish this, it is necessary for you to ascend to a higher level of understanding, from which you can look down and see human life in larger measure, as a whole, at which time relationships will take on a new meaning. This new meaning is the beginning of liberation.

You will now hear in Hamid Bey's own words the stirring story of his Temple experience: "When I arrived at the Temple, I entered a new life. I was destined never to return to the old life. I was fortunate in having wise associates who did their best to keep me happy. A fundamental for all correct growth is happiness. They knew that no one can be happy who is not busy. I was taken, accordingly, for long walks by older boys, who interested me in everything I could understand. I was kept occupied.

"My Masters knew the necessity of a dependable foundation for life's activities. They therefore selected and prepared our food according to their best knowledge. As a result, I today have perfect

THE UNITED STATES

OF

THE CONSTITUTION OF THE UNITED STATES

Part One - Introduction

Section 1

THE CONSTITUTION OF THE UNITED STATES

Section 2

THE CONSTITUTION OF THE UNITED STATES

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"My Masters knew the necessity of a dependable foundation for life's activities. They therefore selected and prepared our food according to their best knowledge. As a result, I today have perfect

health and correct body structure. The quality and arrangement of my teeth is perfect. There is plenty of room between my teeth, so that each tooth has its own field of activity without hindrance. This is natural and is the result of correct eating, both of the necessary chemicals and vital quantities. The hardness of my food, which compelled thorough and vigorous chewing to get enough to appease hunger, was a factor very important to my later health.

“Our lives were well ordered. Regularity assured that we gather a rhythm that would automatically assist us in growing. We retired, slept, and arose on time. We were expected to be punctual at our exercises. These were not in any sense repugnant to us. In fact, when a Master saw a student lag in enthusiasm, the situation was changed to insure interest.

“In due season, I was sent out into the surrounding country to beg. The reason for begging was character discipline. We were expected, when our training was finished, to go out into the world able to meet any circumstance that life might offer us without reacting with the common emotions of fear, anger, or timidity. The experience of begging certainly accomplished this. It is what Americans speak of as the “kill or cure” method, but our Masters saw that it cured.

“They examined our heads frequently, to watch our progress in brain development. We were carefully guided in the practice of body control. From that we were taken through a training in the Dome of Concentration, and finally, at the age of sixteen years, I began my specific training to enter the trance, which will be explained to you after you are ready to understand.”

FUNDAMENTAL

THE WORKING OF THE CONSCIOUS MIND

The front and upper portions of the brain constitute the headquarters for the activities of the conscious mind. This is the intellect, wherein reside the faculties of reason, comparison, language, will, and conscious action. The uppermost portion of the brain, at the top of the head, is the residence of the ideals, wherein we venerate that which has attained a higher level of ability than our own.

Toward the back part of the head is a center known as the PINEAL GLAND. This constitutes the center or funnel, through which is poured all possible mental and physical activities or functioning. Man's spiritual development is determined exactly by the size and quality of structure of his Pineal Gland, as is known by those who had opportunity to study the dissected bodies of Masters. To one who is privileged to compare the same gland taken from the head of a very ordinary person to that taken from a Masters, the contrast is so striking with respect to size, quality, and structure that there is convincing evidence of the important function of this particular center.

The Coptic Masters teach that this gland is the MOUTH OF GOD. By this term they mean that all impressions which instigate conduct and motivate the personality must first pass through the Pineal Gland—the funnel through which all is poured into personal expression.

THE HISTORY OF THE UNITED STATES

The first part of the book is devoted to the history of the United States from the discovery of the continent to the establishment of the first colonies. The second part is devoted to the history of the United States from the establishment of the first colonies to the present time.

The third part of the book is devoted to the history of the United States from the present time to the future. The fourth part is devoted to the history of the United States from the future to the present time.

The fifth part of the book is devoted to the history of the United States from the present time to the future. The sixth part is devoted to the history of the United States from the future to the present time.

The Pineal Gland is the center of centers. It is the positive element in man, and all that he is and knows is because of his Pineal Gland. It is also known as the Sixth Sense; it is located at the base of the brain over the cerebellum and the medulla oblongata, above and behind the Pituitary Gland. Occulists know the Pineal to be the "Third Eye," and philosophers have declared it to be the "seat of the soul." It is the creator of memory. It is developed by concentration of the mind, and consequently means better co-ordination of the whole sensory system in the body. What the psychologists call the "pineal type" of person is a mentally alert, physically alive, quick-deciding, quick-moving, "knowing" person. Your whole mental development is controlled by the Pineal Grand. In the mere human "animal," the gland is small, lethargic, and undeveloped. In fact, it is the development of this gland more than an yother that "makes the man." This is the only gland in the body that dare not be touched. If it be touched, the thread of life is instantly severed.

The universe is our personal source, and this is the Infinite. But our personal evaluation shows forth in our Conscious Mind, our Intellect. A high grade, highly-evolved Conscious Mind matures into a type of mental expression or activity known as Intuition. An advanced soul, therefore, is always intuitive. This means that the person's intellectual channels are developed and matured until they open up directly toward the Infinite, where they contact Wisdom straight from the original sources of awareness. Wisdom flows through the channel of the Pineal Gland, where it is caught up by all transportation facilities (with which the body is abundantly endowed) and carried to all parts of the body. Wisdom permeates the body to the point of saturation, and, overflowing in

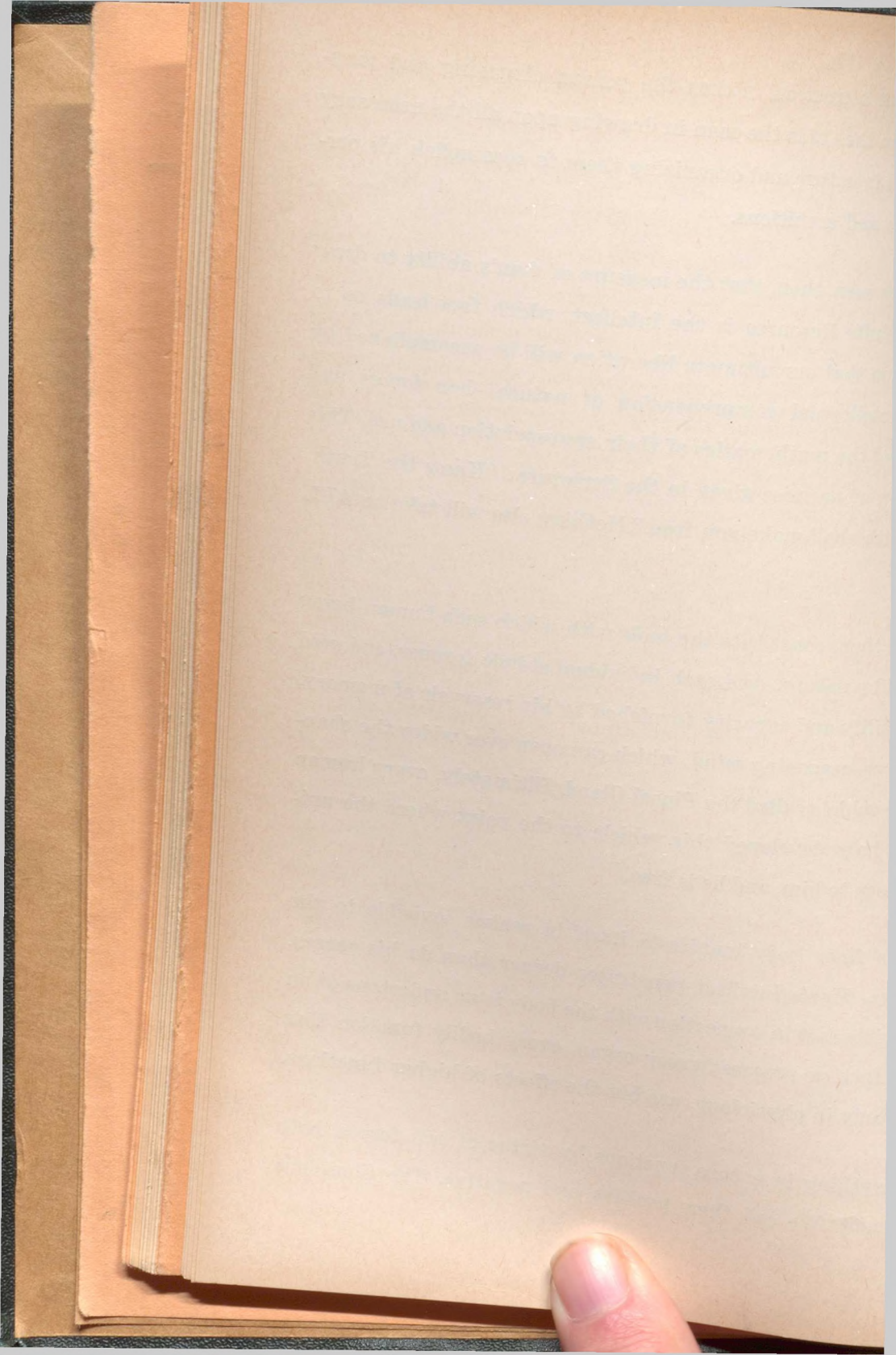
emanations of attraction, makes the person charming and magnetic. Wisdom thus aids the man in drawing upon all the necessary requirements in nature and organizing them to accomplish his personal desires and ambitions.

It will be seen, then, that the measure of man's ability to draw upon the Infinite Resource is the Intellect, which fact leads us to the conclusion that our ultimate liberation will be accomplished by conscious, intellectual comprehension of nature—her forces and resources and the mathematics of their appropriation and use. This IS the haven of promise given in the Scripture: "Know the Truth, and the Truth shall make you free." Nothing else will take us ALL THE WAY.

These, then, constitute the tools with which each human being is endowed by nature. And each individual stands forever, endowed with the ability and capacity furnished by his reservoir of memory, his conscious, reasoning mind, which can open ever wider the channels of the vehicle called the Pineal Gland. Ultimately, every human being will have developed this vehicle to the point where the universe belongs to him, and he is free.

Man's finer body manifests itself in realms invisible to the human eye. Man's intellect penetrates deeper than do his senses. Every visible fact in connection with the body is an undertone of an invisible fact or process; every organ, every bodily function that we can study in physiology, are but the effects of higher functions.

Everything in nature functions by virtue of two forces, both ever-present. We call them **positive** and **negative**. The Conscious



Mind is positive; the subconscious mind is negative, and in between these two forces circulates the universe or force called Magnetism and Electricity. Every cell of the body is filled predominantly with one or the other and performs the functions accordingly. Conscious thought opens the channel or funnel of the Pineal Gland and floods the personality with power. The word "funnel" is appropriate, because it indicates graduation from a very small opening in one end, and enlargement toward the opposite end. It is thinkable that such a funnel can extend into the universe and have no end. Such is the structure and latent capacity of this gland.

It is easy to see where, among people, the dividing line is drawn. It is at the level of CONSCIOUS THOUGHT . . . this is the parting of the way for each of us. The blood becomes charged with thought; the cells are the carrying agents that give command to the body as a whole. As WILL is moved by conviction, which is the product of mathematical understanding, results accrue.

TECHNIQUE

To impress upon you the powerful force that Consciousness is, you must perform some task that requires conscious effort. Careful following of these instructions will show you:

Lift your right arm forward, shoulder high, parallel to the ground with palm up. Close your left hand and place it on your upturned right palm, pressing downward as if your left hand weighed about five pounds. Resist this pressure by tensing the right arm. Increase the pressure of the left hand to ten pounds. **Will** to hold it and increase the tension by willing to send more energy into the

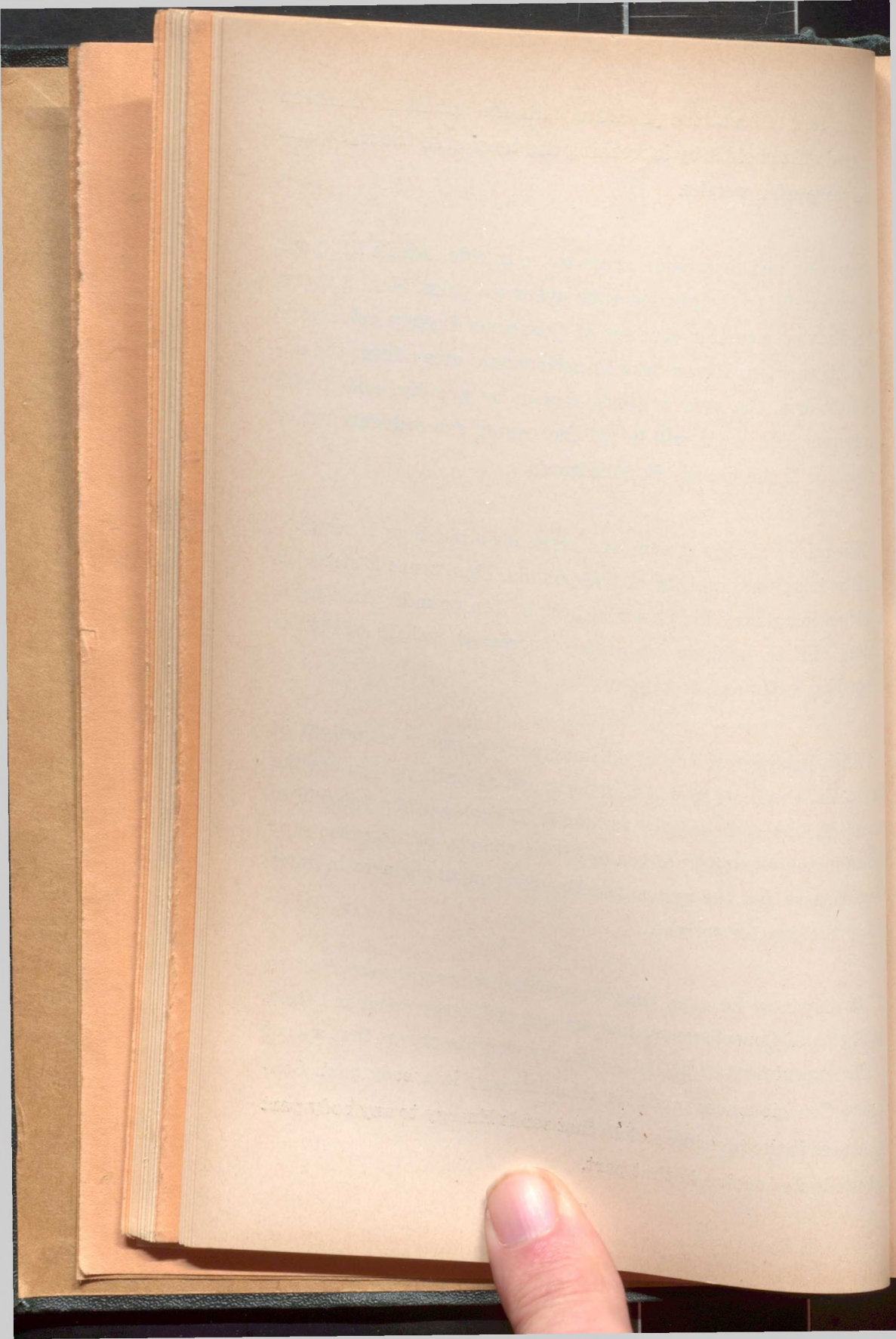
right arm. Now increase the pressure with the left hand to fifteen pounds and will to hold it by increasing the tension in the right arm to hold the greater weight.

Now relax and drop your arms to your side. Again lift your right arm parallel to the ground with upturned palm. Hold it there. Now realize that a certain amount of Conscious Energy holds your arm in this position. If you take Consciousness away from the up-lifted right arm, the arm will fall, drawn by gravity, and it will hang by your side; or it will fall if the nerves are suddenly cut or paralyzed, or if the energy is withdrawn.

Now raise your right arm and tense it as much as is required to hold an imaginary weight of five pounds. Then tense it stronger, to hold an imaginary increased weight of ten pounds. Then tense stronger still to hold an imaginary increased weight of fifteen pounds. Now relax and drop your arm.

When holding an actual or imaginary pressure or weight of five pounds, you have to will to hold it, and accordingly you use the amount of Energy necessary to hold it. Likewise, when you will to hold an increased weight of ten or fifteen pounds, you increase your Consciousness and the amount of Energy sent to the arm in order to hold the greater weight.

It may now be seen that we experience weight according to the degree of Consciousness and amount of Energy spent in lifting it. This experiment of lifting imaginary weights proves that an act of pure Consciousness produces actual Energy in a body part. Consciousness is the invisible switch that sends Energy to any body part and produces tension in that part.



ACCESSORIES

BREATHING FOR CONSCIOUS DEVELOPMENT

The breathing exercise for this attainment consists of a rather long inhalation followed by two short rapid inhalations to fill the lungs with a still greater amount of air, and then a long exhalation. The formula given corresponds to the words "in, in-in, out." Repeat this ten times in succession as an exercise now. Practice this breathing exercise from time to time each day.

EXERCISING FOR CONSCIOUS DEVELOPMENT

Breath is ours with power to inhale deeply, and by this means we are enabled to strengthen and vitalize every portion of the system. Man, so to speak, represents the Tree of Life, whose roots are in the atmosphere, and is able to inbreathe or inhale life in a four-fold sense.

Stand erect. Bend arms, with closed fists, against chest.

Swing hands forcibly in front, as if punching, while saying: "I am Consciousness."

Swing hands back to chest, swing out again while saying: "Consciousness."

Then swing arms in circle, with closed fists, hands crossing
And bring arms down on each side, with closed fists, while saying: "Consciousness."

Then begin to trill with the tongue, at the same time slapping your body with your hands, up and down, all over.

This exercise is splendid if one feels negative toward Reality. It is a great developer of Conscious Power.

EATING AND DRINKING FOR CONSCIOUS DEVELOPMENT

The body may be stimulated by conscious concentration. Proof of this may be found in such experiments as this: A subject is balanced upon an instrument similar to a "see-saw," lying flat upon his back. He is told to think of his feet, and that end of the balance begins to fall. He is told to think of his head, and it reverses, the head part falling downwards. The REASON FOR THIS IS THAT BLOOD FOLLOWS THE THOUGHT—or, more commonly expressed, "Blood follows the attention."

You concentrate upon the larynx to develop a singing voice; for strong biceps upon these muscles, and physical culture instructors have abundantly proved the power of thought in that direction. The pianist concentrates upon the hands for the technical execution. And so on with whatever we may desire to do, but you must be taught the way to do this. "As a man thinketh, so is he."

When we meditate upon Health, we assist the work of metabolism or secretion. The cells are electrified, ionized. In this way, sluggish cells are re-animated to healthy action. It is as if you go to a man struggling with a load and give him a lift. The cellular tissues are energized, stimulated, enlivened, animated—charged with new power through Conscious Thought.

One of the best known foods to develop brain tissue is fish. The following recipe gives you fish in a form that promotes vital conscious action:

MOLDED SALMON SALAD

1 tablespoon lemon juice	1½ cups flaked red salmon
3 hardboiled egg yolks	½ cup minced celery
¼ teaspoon basil	½ cup minced parsley
2 cups lemon gelatin	

When the gelatin begins to congeal, add the lemon juice, celery, parsley, salmon, and basil to half the quantity. Pour some of the plain gelatin into the bottom of the mold and chill. Then cover with a layer of hardboiled egg yolks. Over this, add the salmon and gelatin mixture. Place in refrigerator. When firm, unmold on a bed of escarole. Serve with mayonnaise.

EXHORTATION

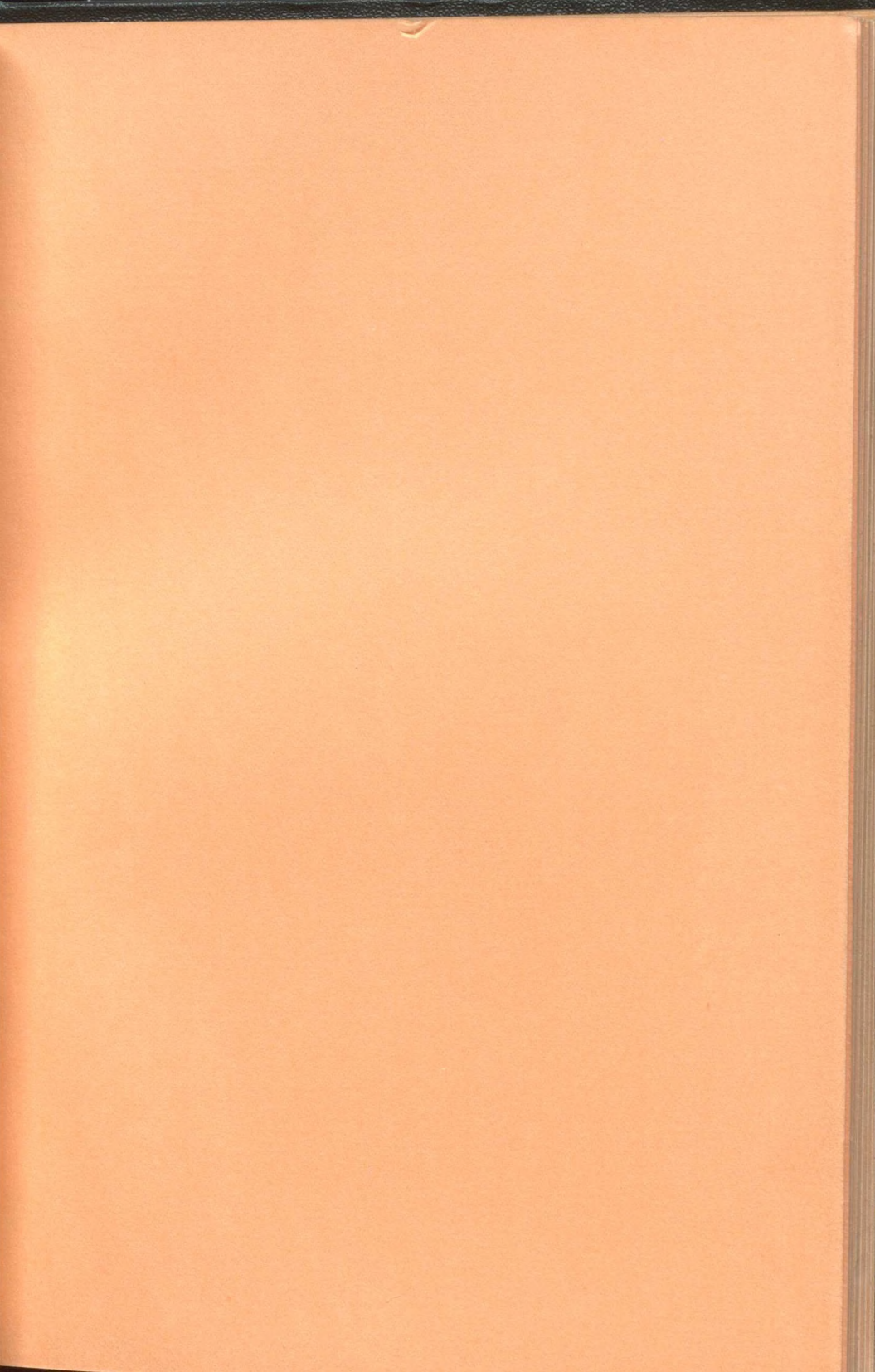
Because of your consciousness, you stand to the universe as a center does to a circle. In this case, you are the center; the circumference is everywhere. Without a center no circumference can exist. The creator is all the presence there is, all the power (force) there is, all the wisdom there is. As nothing can exist outside of the ALL, we arrive quite logically at the wonderful knowledge that "the creator is ALL that there is." Carry the idea only one step farther and, remembering what you have read, you can truthfully affirm:

"Since the creator is all that there is, I am the creator differentiated into the human form."

Know that this awareness is the greatest act of which your consciousness is capable. This is the superb consciousness.

BIBLE TEXT FOR THE LESSON

"Happy is the man that findest Wisdom and the man that getteth Understanding." (Prov., 2:13)

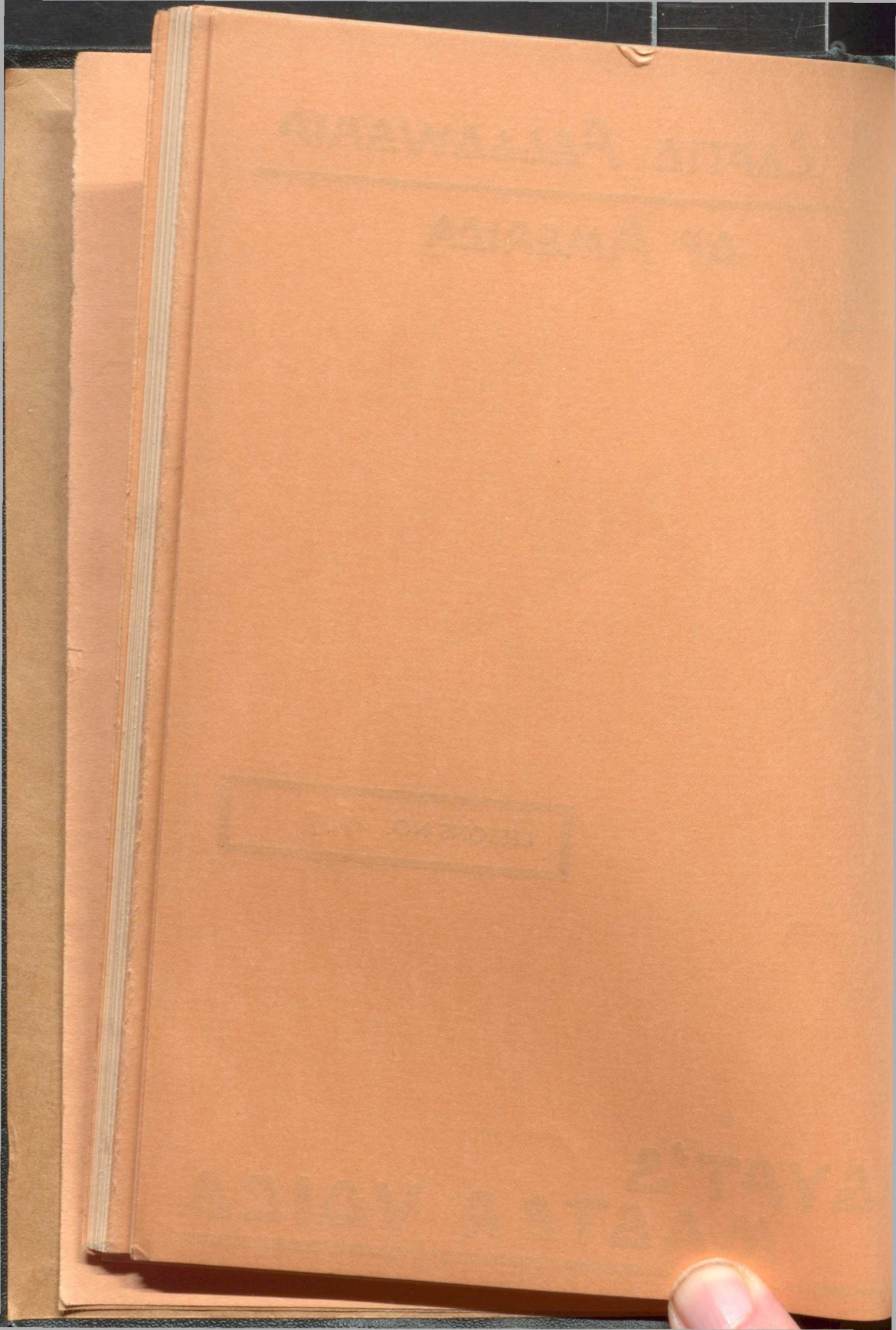




EGYPTIC FELLOWSHIP OF AMERICA

LESSONS NO. 7-8

EGYPT'S MASTER VOICE



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Part One — Rudimenta

LESSONS VII and VIII

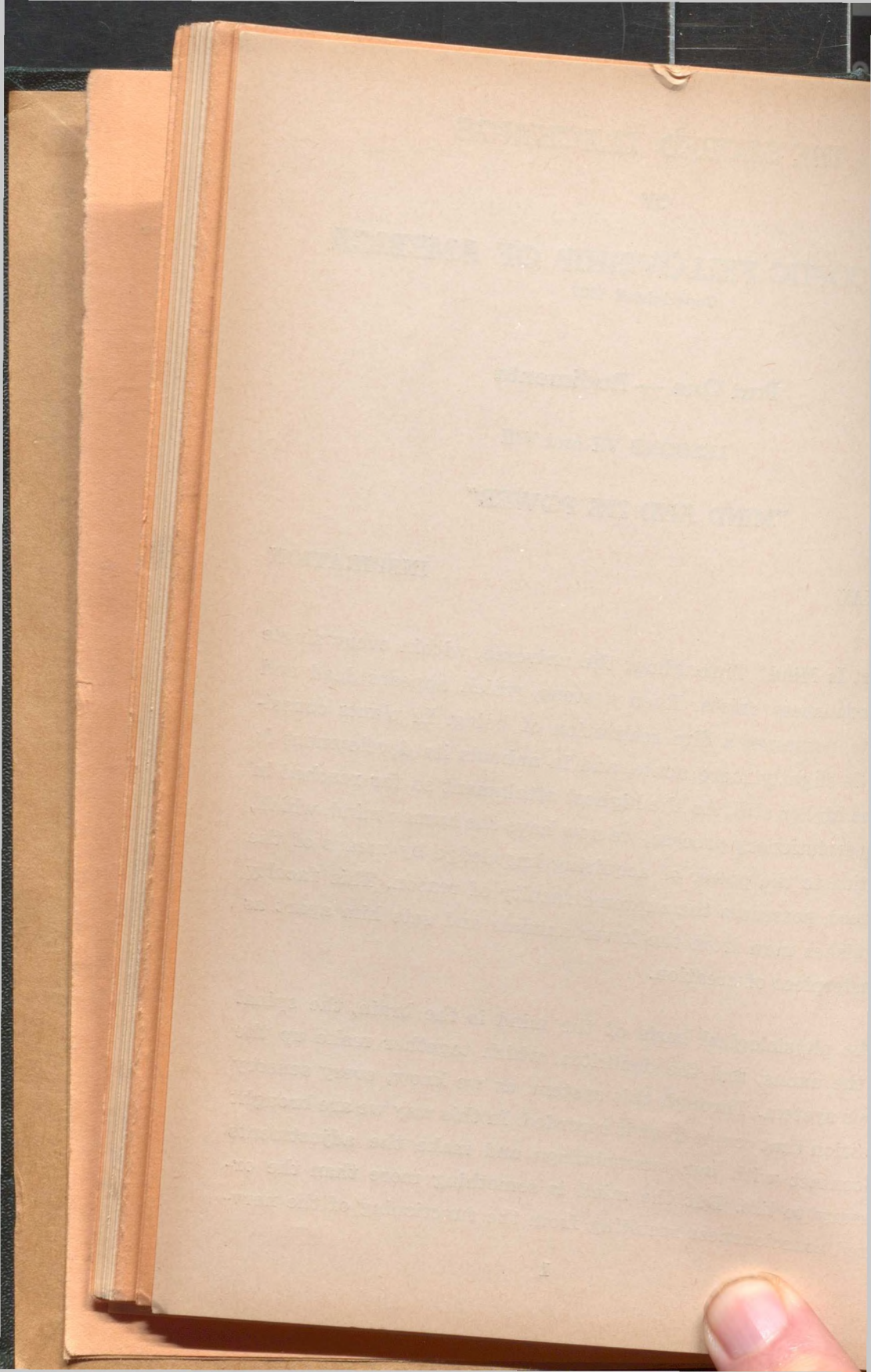
"MIND AND ITS POWER"

PERSONAL

INSPIRATION

What Is Mind? Throughout the universe, within every single cell, consciousness exists. Even a stone, which appears dead and inanimate, possesses a dim realization of being. In plants consciousness is slightly more acute, and in animals its development is of course higher still. As the highest attainment so far reached in the long evolutionary process, we now have the human mind, which, in addition to the power of acquiring knowledge by means of the five senses, possesses the supreme faculty of reason. This faculty distinguishes man from the lower animals and sets him apart as the masterpiece of creation.

The physiological basis of the mind is the brain, the spinal cord, the axons, and the dendrites, which together make up the nervous system. Through this system, as we know, every sensory impression that comes to us is recorded. In this way we are brought into contact with our surroundings and make the adjustments necessary to life. But the mind is something more than the organized consciousness resulting from the functioning of the nerv-



ous system. A dead body may be dissected and the nervous system found intact, but we know that the actual mind of the individual is no longer there. The ability to react has departed, and with it has gone that vital essence that distinguishes a living man from a dead man. Therefore, we conclude that the human body, with its marvelously developed mechanism for perception, is simply the means by which a superior force manifests itself. The mind or soul of man is the instrumentality by means of which cosmic energy gives expression to itself, and operates in the terrestrial realm.

However, this does not signify that man is merely a passive agent, a puppet in the universal scheme of things. Mind is man's direct link with the Creator. In brief, man is a part of the Creator. In a sense, he is God. Though the physical and transient man, as such, is finite, his soul unites him with infinity. The higher his spiritual development, the keener is his consciousness of this relationship. Mind may be said to become soul in proportion to its consciousness of this contact.

In the final analysis, mind is composed of the conscious, the sub-conscious, and the super-conscious. With the conscious mind we perceive what is going on about us, react to current stimuli, and carry on present activities. The sub-conscious mind preserves all of the impressions and experiences that become ours through the medium of the conscious mind, keeping them intact as long as the physical body is inhabited by the soul. The super-conscious mind is the domain of the spiritual. When the soul is making ready to leave the body, all of the lifetime experiences pass from the sub-conscious into the conscious, and finally into the super-conscious

mind. In this way the astral body, or soul essence, departs from the finite form.

Thus we find that mind is a complex phenomenon, marvelous beyond description. Although it is elusive and difficult of examination from a materialistic viewpoint, yet it is for each of us the paramount reality. It is synonymous with life, with being. **To be is to think. To think is to be.** We know simultaneously that we perceive and that we are. Through psychology, a science devised by the mind, we are able to study the mind and analyze it in its simpler aspects and manifestations. In short, the mind can observe itself as well as the outside world, and the scientist, joining forces with the mystic, is steadily increasing the sum of general knowledge concerning this great instrumentality.

SPECIAL POWERS OF THE MIND: By means of reason, the highest faculty that we possess, we are able to evaluate and organize the multitude of sensory impressions that come to us and gradually perceive the underlying laws that govern all things. In this way we have become aware of the inviolable relationship between cause and effect. We find that the axiom in physics declaring that for every action there is an equal and opposite reaction, possesses a universal application. Every phenomenon is the result of a definite cause, and a careless act may bring about consequences of which we do not even dream.

Growing naturally out of the law of cause and effect is the law of compensation, which Emerson treats so extensively in his essay on that subject. "We cannot do wrong," he says, "without suffering wrong." By the same reasoning, we conclude that from

good deeds, good must ultimately come. In a poem on this same topic Emerson says:

“Fear not, then, thou child infirm,
There’s no god dare wrong a worm;
Laurel crowns cleave to deserts,
And power to him who power exerts.
Hash not they share? On winged feet,
Lo! it rushes thee to meet:
And all that Nature made thy own,
Floating in air or pent in stone,
Will rive the hills and swim the sea
And, like thy shadow, follow thee.”

(“Compensation”)

Only a reasoning being could have deduced this law from the apparent chaos of events and activities through which we pass, and other laws apprehended by human reason will doubtless occur to the student as he considers the subject.

It is apparent that through reason we are able to react sanely and intelligently toward a given phenomenon, while through emotion we are likely to demonstrate a reaction that is on a purely physical or animal level. Emotions are not necessarily evil and harmful, but in many cases they may be so, and it is at all times of the greatest importance that our reason govern our emotions. Only thus can we hope for a balanced and happy existence.

Another of the special and extraordinary powers of the mind is that of clairvoyance and telepathy, which has long been familiar to members of the Coptic Order. A Master in this sect can commu-

nicate with another Master at will, regardless of the distance that divides them. The faculty has been so highly developed that they employ it as readily as the average man employs that of reason. By the proper training and application, you, too, my dear student, can learn to converse directly with those who are properly attuned, even though they may be miles away.

SCIENCE AND OCCULTISM

Even scientists of the Western world are beginning to concede the reality of these powers, and Alexis Carrel in his book entitled **Man, the Unknown** asserts that: "The existence of telepathic phenomena, as well as other metapsychic phenomena, is not accepted by most biologists and physicians. The attitude of these scientists should not be blamed. For these phenomena are exceptional and elusive. They cannot be reproduced at will. Besides, they are hidden in the enormous mass of the superstitions, lies, and illusions accumulated for centuries by mankind. Although they have been mentioned in every country and at every epoch, they have not been investigated scientifically. It is, nevertheless, a fact that they are a normal, although rare, activity of the human being."

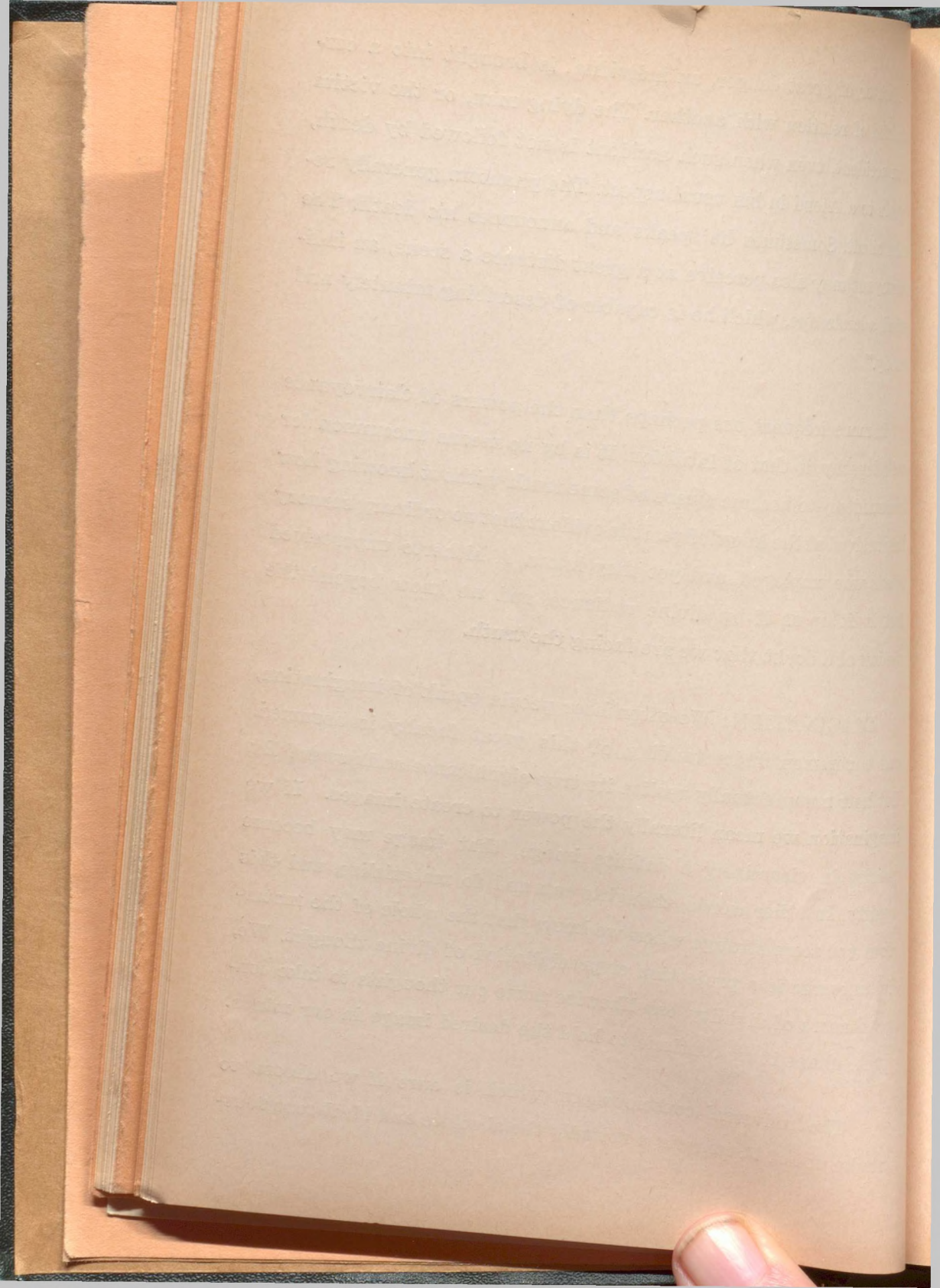
With further reference to this subject, Carrel says: "A clairvoyant reads the thoughts of other people as easily as he examines the expression of their faces. But the words to see and to feel do not accurately express the phenomena taking place in his consciousness. He does not observe, he does not think. He knows. The reading of thoughts seems to be related simultaneously to scientific esthetic, and religious inspiration, and to telepathy. Telepathic communications occur frequently. In many instances, at the time

of death or of great danger, an individual is brought into a certain kind of relation with another. The dying man, or the victim of an accident, even when such accident is not followed by death, appears to a friend in his usual aspect. The phantom generally remains silent. Sometimes he speaks and announces his death. The clairvoyant may also perceive at a great distance a scene, an individual, a landscape, which he is capable of describing minutely and exactly."

In more frequent use perhaps than the powers of clairvoyance and telepathy, is that of intuition. It is by no means uncommon for men suddenly to become aware of some truth without knowing how they arrived at the knowledge. It is evident that no ordinary sensory means was employed, and yet they know. A hitherto unperceived fact is lit up as if by divine radiance, and we know beyond the shadow of a doubt that we are facing the truth.

IMAGINATION: We often hear people speak of imagination, and a common understanding of this great faculty is assumed. But how many actually realize its true significance and power? By imagination we mean literally the power to create images. If we persist in visualizing a definite image, that image may become reality. In other words, thoughts can and do materialize, and this does not seem strange when we know that the whole of the material universe is a projection or precipitation of divine thought. We, as sharers of divinity, can likewise cause our thoughts to take concrete shape if we continue to hold the desired image in our minds.

The universal consciousness, which is ours if we choose to make use of it, comprises not only the absolute and ideal conscious-



ness of the Creator, but also the divine consciousness as manifested through out fellow men. Therefore, if we persistently send, by means of the imagination, a reasonable wish into this all-controlling consciousness or universal mind, we may be sure that we shall attain it. Other human beings in various parts of the world may thus be caused to work with us toward our goal, and we may expect with every confidence to reach it.

But in the creation of our images and the formulation of our desires, we must be guided by reason, and bear always in mind that back of all creations are justice and love. Our wishes must be in harmony with these mighty principles, and we must realize that the good of all is the good of one. Our happiness is intricately and irrevocably bound up with that of the rest of humanity, and our own well being is dependent upon the well being of others. Although we may appear to be separate and distinct individuals, we know now that we possess an essential unity because we are all manifestations of one great creative mind.

CONCENTRATION AND MEDITATION: A knowledge of our mental powers is of little value, however, unless we are able to use them. It is not enough to know that they exist. We must put them into operation before we can hope to realize the promise of our potentialities.

In order to draw directly on the cosmic power that is available to us, we must at times separate ourselves as far as possible from the material world that surrounds us. By taking the proper posture in a secluded place and concentrating simply on the phenomenon of our breathing, we may gradually detach our spiritual selves from

our physical environment and merge ourselves with the universal consciousness of which we are essentially a part. This mystical adjustment is at all times possible to us if we are willing to follow the proper procedure. But we must be patient and peristent, and expect the desired results only when we have done what is necessary to attain them.

Jesus the Christ, who founded the Coptic Order for the preservation of his teachings, retired into quiet places, where he practiced concentration and meditation for the purpose of maintaining the purity of his relationship with the Creator. Just before his crucifixion he spent some time alone in the garden of Gethsemane. Luke 22, 39-41 "And he came out, and went as he was wont, to the mount of Olives; and his disciples also followed him.

40 And when he was at the place, he said unto them, Pray that you enter not into temptation.

41 And he was withdrawn from them about a stone's cast, and kneeled down, and prayed."

Even he, who was our great Master, felt the need at crucial periods of renewing his strength at the fountain of cosmic force and drawing on divine energy for the power to continue in the way he had chosen. Even though he possessed a Master's realization of divinity, he found it wise to seek at times direct communion with the Creator.

You, my dear student, who are still struggling toward a mastery of yourself and your surroundings, must feel a far greater need for that spiritual refreshment that can be achieved only through meditation, and you must feel that you can go to the

SOURCE OF ALL without intermediaries. You yourself are supreme in so far as you care to be. But, in order, to realize the powers that you possess, you must put away the superficial and concentrate upon the essential. Solitude and peace are necessary to the development of the soul, and you must learn to give them a place in your life. Although it may seem difficult, it is always possible to find some retreat from the hurly-burly of daily activity, and you will be well repaid by the subsequent healthfulness and serenity of your mind. With a mind that is properly developed and allowed to function properly, you will be readily able to overcome the seeming difficulties that confront you in everyday life. Think of yourself as all-powerful, almighty, perfect, and whole. You are one with the Creator; you are the Creator. To you nothing is impossible.

Learn to penetrate the clutter of words and theories that becloud the truth while seeking ostensibly to make it clear. When the Bible says that we must become as little children before we can enter the Kingdom of Heaven, it means that we must ascertain the truth simply and directly before we can share intelligently in cosmic being. The mystery that surrounds us is apparent rather than real. The truth is not hidden, and we are not blind. The divine spark within us has a natural affinity for the truth, and we must endeavor to follow this inner guidance.

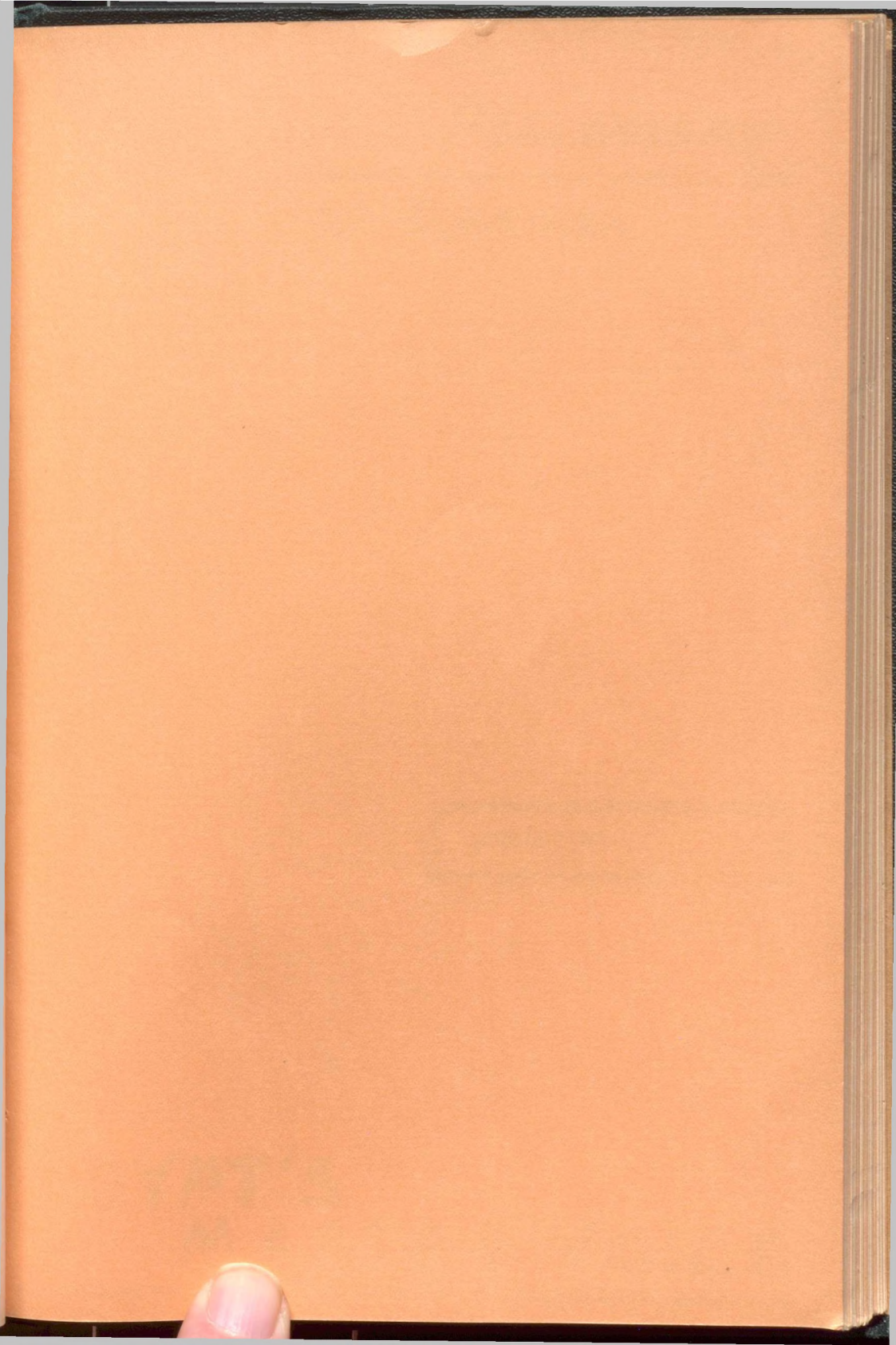
The great poet of India, Rabindranath Tagore, says in his exquisite language of simplicity and beauty:

“Your speech is simple, my Master,
but not theirs who talk of you.
I understand the voice of your stars
and the silence of your trees.
I know that my heart would open like
a flower; that my life has filled
itself at a hidden fountain.”

(Fruit-Gathering, XV)

Truth in its pure and absolute form cannot always be described in human language or expressed in terms of the material, but that is unnecessary when we realize that we have within us the power to apprehend the truth instantaneously and perfectly. We have only to open our souls and keep the pathway clear; the truth will come to us.

Beauty and love, the infinite laws of being, are our laws. Following them, we find harmony and happiness, and take our rightful place in the universe. Denying them, we find only maladjustment and misery. Though it may seem vast and stupendous, the universe is essentially unified. All of its parts are inevitably and closely related, and each part has meaning and significance only in relation to the others. All things are permeated by cosmic energy and cosmic consciousness. Outer forms may change and pass, but the divine essence remains, eternally developing and growing through the law of its own being. The infinite beauty and wonder of the scheme of things dazzles and fascinates us as we contemplate it. Our souls expand with the realization. We perceive that evil is but an illusion of the imperfectly developed mind. The infinite reality is good; the divine pattern that we have within us the ability to follow, is one of perfection. Following the pattern of truth, we shall achieve the infinite freedom that is our destiny. Say to yourself daily, dear student: **"I am infinite goodness, infinite beauty, infinite truth. THE CREATOR AND I ARE ONE."**





EGYPTIC FELLOWSHIP OF AMERICA

LESSONS NO. 9-10

EGYPT'S MASTER VOICE

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Part One — Rudimenta

LESSONS IX and X

"MAN—THE SUPERCONSCIOUS MIND"

PERSONAL

INSPIRATION

People sometimes say they do not like the job they have to work at now. Some even declare that they despise it. All right—try working at it today with greater efficiency, try to do more in a shorter time with less effort and no weariness.

When you retire at night, every night until this thing is finally answered, say to your inner self, your silent partner, your patient, persistent, capable worker, your Subconscious Mind, which has infinite capacity to discover and bring knowledge to you in its ascent to the Superconscious: "Tell me, just as I am awakening in the morning, what this magic thing is that I can do, which will help me to develop my life for my own well-being and the good of the world in service."

Don't be anxious; that spoils it all. Just go quietly to sleep, drifting off into any day dream which appears; do not awaken in the night to see whether your question is answered; just wait, but each morning when you realize that you are awakening, quietly recall your request, then go as nearly to sleep again as you can without effort, and watch your mental field, to find if there be any hint of an answer that seems at all feasible.

Always have a pad of paper and a pencil near so you can write down anything that has a hint of promise, otherwise it may, and probably will, get away from you. Then at high noon, when your mind is keyed to intense practicability, examine your picture, vision, hunch, response, or whatever you wish to call it, weight and estimate its value in the Conscious Mind, with reason and judgment. Not all hunches are practical for daily use, although they may have a value if your needs are different (subtle).

This process does not do away with the censor mind, the reason, the intellect. It brings forth the resources of Subconsciousness at the command of the Conscious Mind, and the Conscious Mind is expected to use accurate judgment concerning the practical use of the ideas proposed by the Subconscious.

Therefore, morning after morning, quietly, confidently, never failing, await your inspiration, and as diligently write it down, and just as diligently censor it, until one day, maybe a week, possibly a month, or even six months may pass without seeming to get anywhere—when suddenly one day something will happen and a sudden inrush awakens you to the answer and its correctness, and you go to work to carry out that hunch with an enthusiasm which changes your entire mental attitude, and therefore the action of your energies. The formula that works for all diligent souls, and one hundred per cent perfectly for adepts, has worked for you to your everlasting benefit.

FUNDAMENTAL

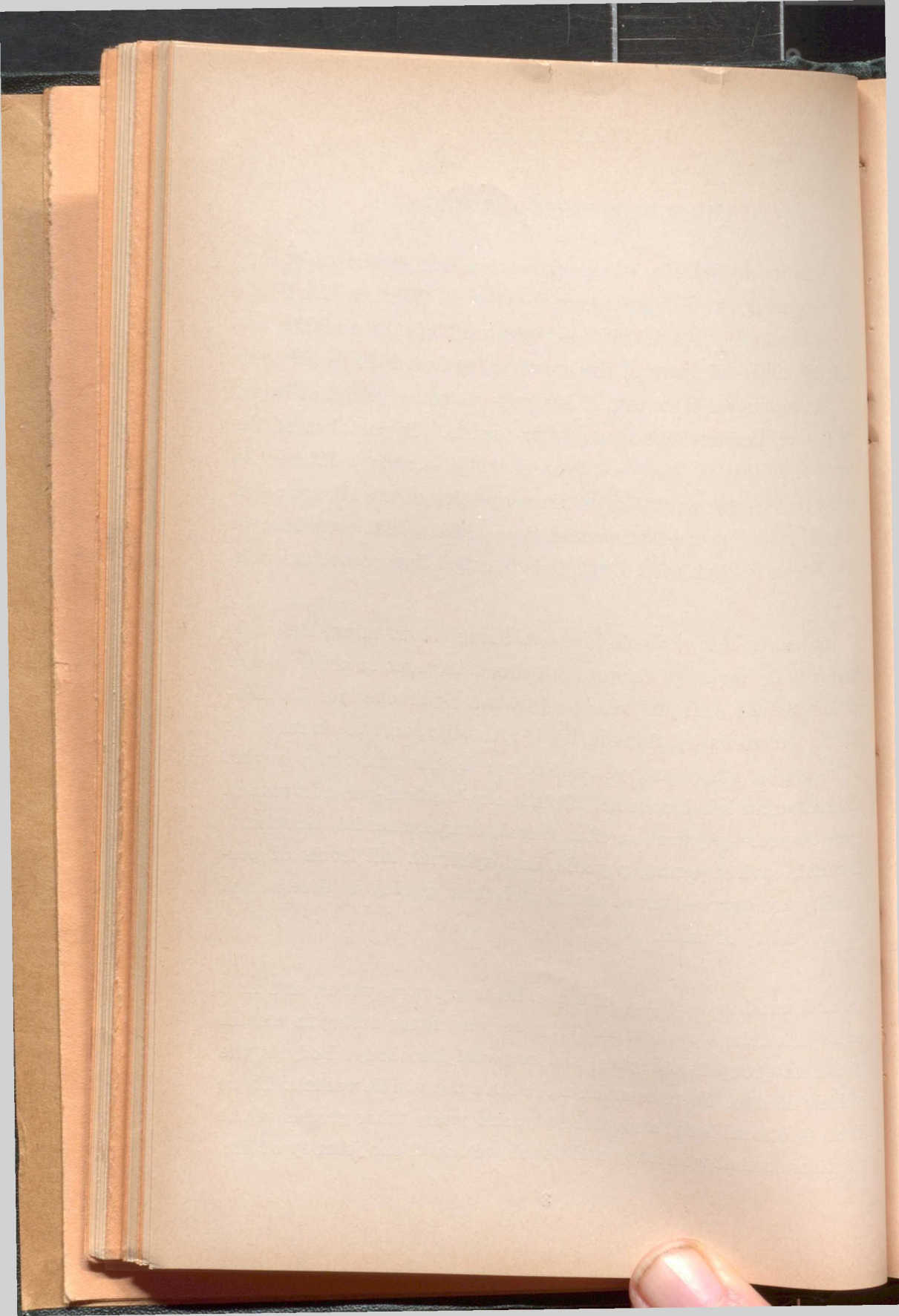
THE SUPERCONSCIOUS MIND

Since we are promised that knowledge will enable us to live life successfully, our first legitimate question is "What is Life?"

Our answer is "I AM." This is Essential Ego, the undying, unchanging, immortal spark of the universe, eternal Infinite Divinity—that which never came into being and will never go out of being, but just IS, timeless, spaceless, inter-cosmic. It partakes of the nature of all that is. Just as a drop of water is always H₂O in its pure state, so do **you** partake of the properties of the all. An ocean of water shows no more properties than a drop. Just so, whatever the universe is, that **YOU ARE**. This is called Superconscious Self.

Life in its last analysis is above thought and mind. But it is not necessary for us to comprehend this statement in order to live life successfully. Our problems begin when Ego steps into the limitations of Personality. Personality is mentality, and life is mind. It is the age-old statement, yet not comprehended, that "As a man thinketh in his heart, so is he." This is one-hundred-per-cent true in every respect—physical, mental, moral, temperamental, emotional, financial, environmental, psychic, and spiritual. All levels of personality are expressions of mind, and their quality is determined by the quality of mind.

All mind is composed of ideas. Ideas group together, and in a sense talk things over, as mental processes. Ideas acting in mental processes group into organs, and organize into body. Body is the vehicle of Ego. There is much more than the visible vehicle. There is an emotional body, a mental body, and many other grades of the mechanism that we occupy and use as we travel our journey of life.

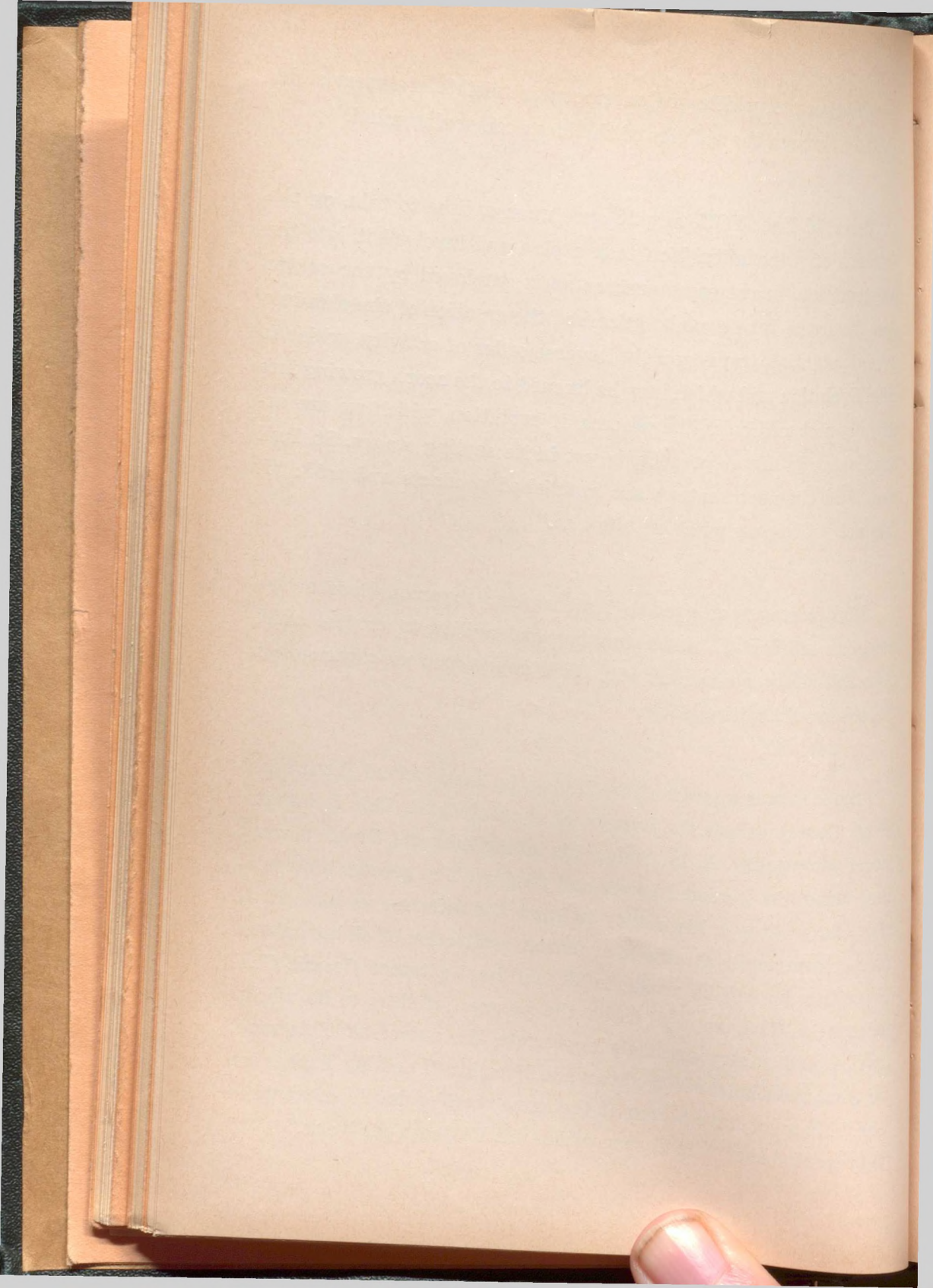


Every level of the vehicle of Consciousness, visible of supervisible, is created through the activity of the ideas composing mind.

Essential Ego, YOU, say fit once upon a time to take on the limitation of personality. You took a plan and involved it into the seed condition, in the same process as is employed by the oak to ripen the acorn. When you had finished the creation of the plan into its seed potential, you began the reverse order of activity, which is called Evolution and which may be likened to the acorn growing into the fully matured oak. The process of evolution, which we are accomplishing in life at present, is yet in its sapling stages. St. Paul recognized the fact that we are unfinished products and said: "It doth not yet appear what we shall be."

Higher stages of growth increase our superconscious awareness, our intellectual understanding and ability to control conditions and circumstances at will. Such superconscious awareness is desired by all aspiring souls.

Since man is a spark of the Divine, he has involved at the heart of his Consciousness the essence of the universal. This is infinite, latent potentiality. As he evolves his latent, inherent Divine powers, they bring him personal power and wisdom. The greater his evolution, the greater is his ability to know the universe as himself. If he ever completely attains in evolution, realization of all his natural capacities, he will be awake in all, and have attained Cosmic Consciousness. This appears to be the purpose of life; to be wholly awake, and superconsciously appreciate the universal. This must be what the Christ referred to when He said: "I and My Father are one." He must have hinted at the same state of development when He reported that "the Father within me, He doeth the work."



TECHNIQUE

When you are able to watch your breath without conscious effort and have gathered a sufficient accumulation of Pranic Force through the stillness of your body, you will lose your everyday Consciousness and ascend to the Superconscious level of Reality. Calmed by your vibrations of peaceful happiness, the breath and heart slow down (in this state it is not necessary that much blood be supplied to the brain). You are breathing deeply and rhythmically—saturating your body with the energies of space. You are beginning to be poised and peaceful.

Sit in a chair and, if you are subject to the vibrations of matter, cross your feet to bring about a neutralizing cross-current. This makes a circle and excludes negative vibrations. The palms open which secures insulation from the vortex of nature. In a corner of your home, create a sacred place for yourself. You may use candles or incense or any other inspirational symbols that you prefer.

First learn posture. Devote some time from now on daily to this accomplishment. Take half of a broomstick; fasten cotton at each end, and place it across your spinal column, directly under the arm-pits—between yourself and the wall or chair. This will assist you in the habit of an erect posture in sitting. Hold this posture 5 minutes for the first two days, 10 minutes for the second two days, and so on, increasing the time 5 minutes every two days until half an hour is arrived at. Half an hour twice a day will be sufficient for the practice. Guard against any movement during posture; see to it that you persist until your body has accustomed itself to an erect, motionless sitting. The more that you assume this position, the more you will be able to project yourself into etheric freedom and

experience the full Superconsciousness. Do not bring it back by wondering what will happen next, but accept the experience without anxiety.

Begin now to direct the attention of the mind to the within. Think of Prana; watch its colors and its dancing light, and know how powerful it is behind the scenes of material events.

Dive deeper still into the Superconscious regions of your mind, and you will come upon the information that will lead you to the realization of things desired.

These Superconscious ascents need not be extended. After half a minute, the mind comes back. For a short interval, think of what you will, for the purpose of relaxation. Then concentrate again, and again enter the region of Superconscious. You will begin to see the way to the realization of **all** your plans and ambitions.

ACCESSORIES

BREATHING FOR SUPERCONSCIOUS DEVELOPMENT

Breath is actually the bridge whereby we pass from the Conscious into the Superconscious level. When you become conscious of your breath, not only do you receive full illumination but you receive strength for your physical body as well as strength for the mental solution of your problem. You enter completely into a Consciousness of breath and that Consciousness will transport you into the light of the higher state of Superconsciousness. Concentrate upon your breath and posture and when you have learned concentration on these you have learned to disengage completely your Consciousness from the physical body.

For producing perfect elasticity of the body so that ascent to the Superconscious level is made easily, the breath is "**in** (long sniff), **out, in, out.**"

EXERCISING FOR SUPERCONSCIOUS DEVELOPMENT

The exercising for this great development is closely connected with the breathing, as described above.

Stand erect, feet 10 inches apart.

Extend arms loosely on line with shoulders, directly in front. swing arms as far to right as possible. The left hand must lie relaxed on the right shoulder, while the right arm is raised and the body is turned to the right as far as possible.

The arm must be relaxed from the elbow, the head turned so as to look at the hand. Take in a deep sniff and hold this position for a second.

Then with both hands swing around in a sweeping manner, forming a circle, as it were, so that the hands will touch the floor, if possible. Exhale forcibly as you swing down.

As you come up on the left side, inhale (long sniff.) Hold for a second, while the right hand is on the left shoulder and the left hand is relaxed and you are looking at it.

Repeat several times. This must be done slowly with as rhythm, as the exercise must correspond with the breath.

EATING AND DRINKING FOR SUPERCONSCIOUS DEVELOPMENT

Through eating an abundance of alkaline foods, either in bulk, or reducing them to juices, or through the process of sun-drying and powdering, we can go far toward arresting physical decay and restoring a condition of Youth to prematurely aging body cells, if, simultaneously, the acid-forming foods are, for a period, eliminated,

and when later resumed, used sparingly. This is a prerequisite for higher Superconscious ascent.

Here is a recipe for just the right kind of food you need to keep your body in its prime condition of good health.

Shred young, small carrots. Put into a steamer with a small amount of water, or cook in parchment paper. When tender, but not too soft, empty onto a platter. Dot with butter, or olive oil, or your favorite vegetable oil, and a few drops of lemon juice. Garnish with endive sprays. Finely minced garlic or a dash of fresh herbs, such as thyme, may be added while cooking.

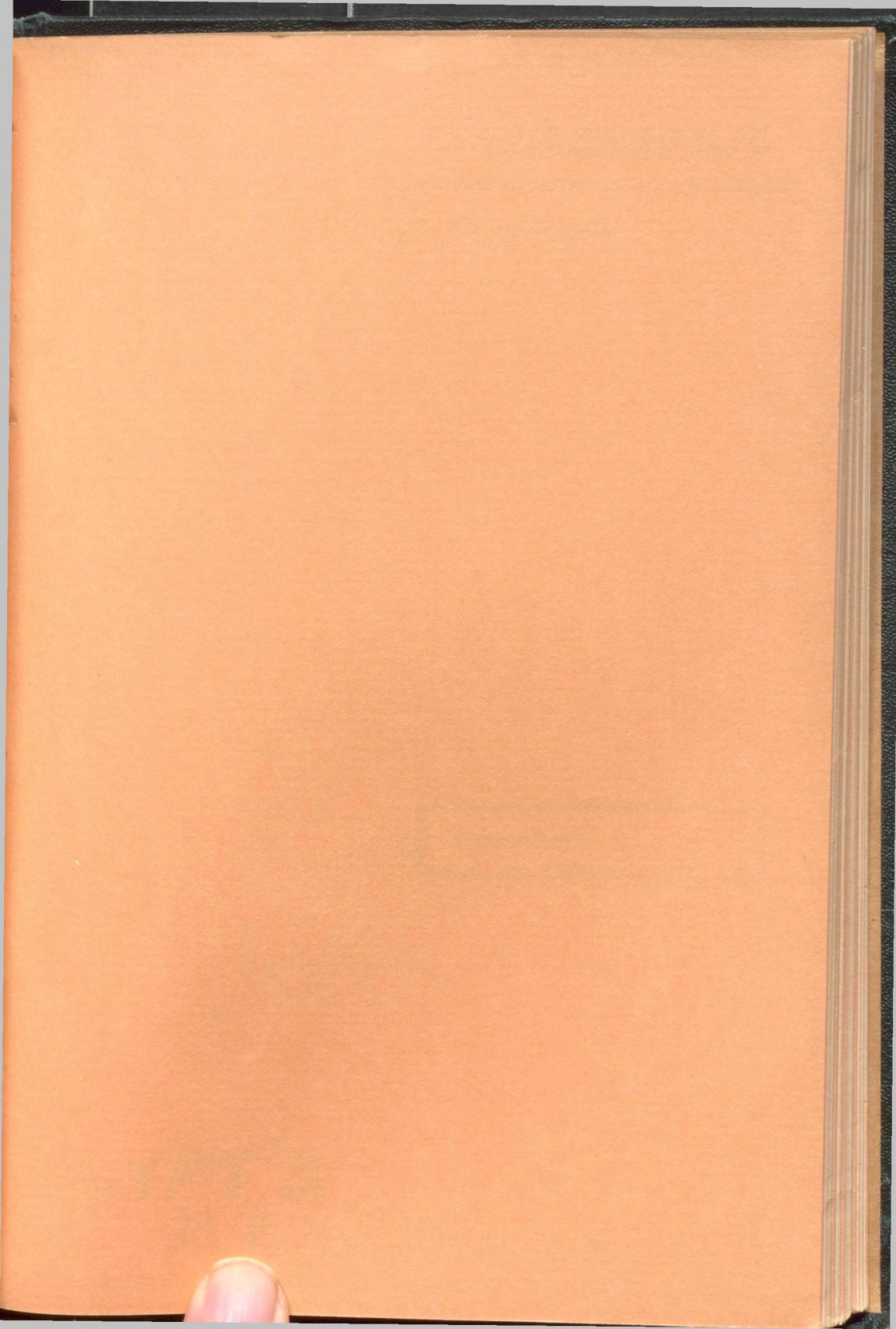
EXHORTATION

No matter what causes it, whenever a little bubble of joy appears in your invisible sea of Consciousness, take hold of it, and keep expanding it. Meditate upon it and it will grow larger. Do not watch the limitations of the little bubble of your joy, but keep expanding it until it grows greater in volume. Keep puffing at it with your breath of concentration from within, until it spreads all over your face, heart, entire body, mind, and over the Ocean of Infinity in your Superconsciousness. Keep puffing at the bubble of joy until it breaks its confining walls and becomes the Sea of Joy.

Silently repeat: "The Ocean of Spirit has become the little bubble of my little Soul. The bubble of my life cannot die, whether floating in birth, or disappearing in death in the Ocean of Cosmic Consciousness, for I am indestructible Superconsciousness, protected in the bosom of Spirit's Immortality."

BIBLE TEXT FOR THE LESSON

"He that getteth wisdom loveth his own soul; he that keepeth understanding shall find good." (Prov., 19:8)

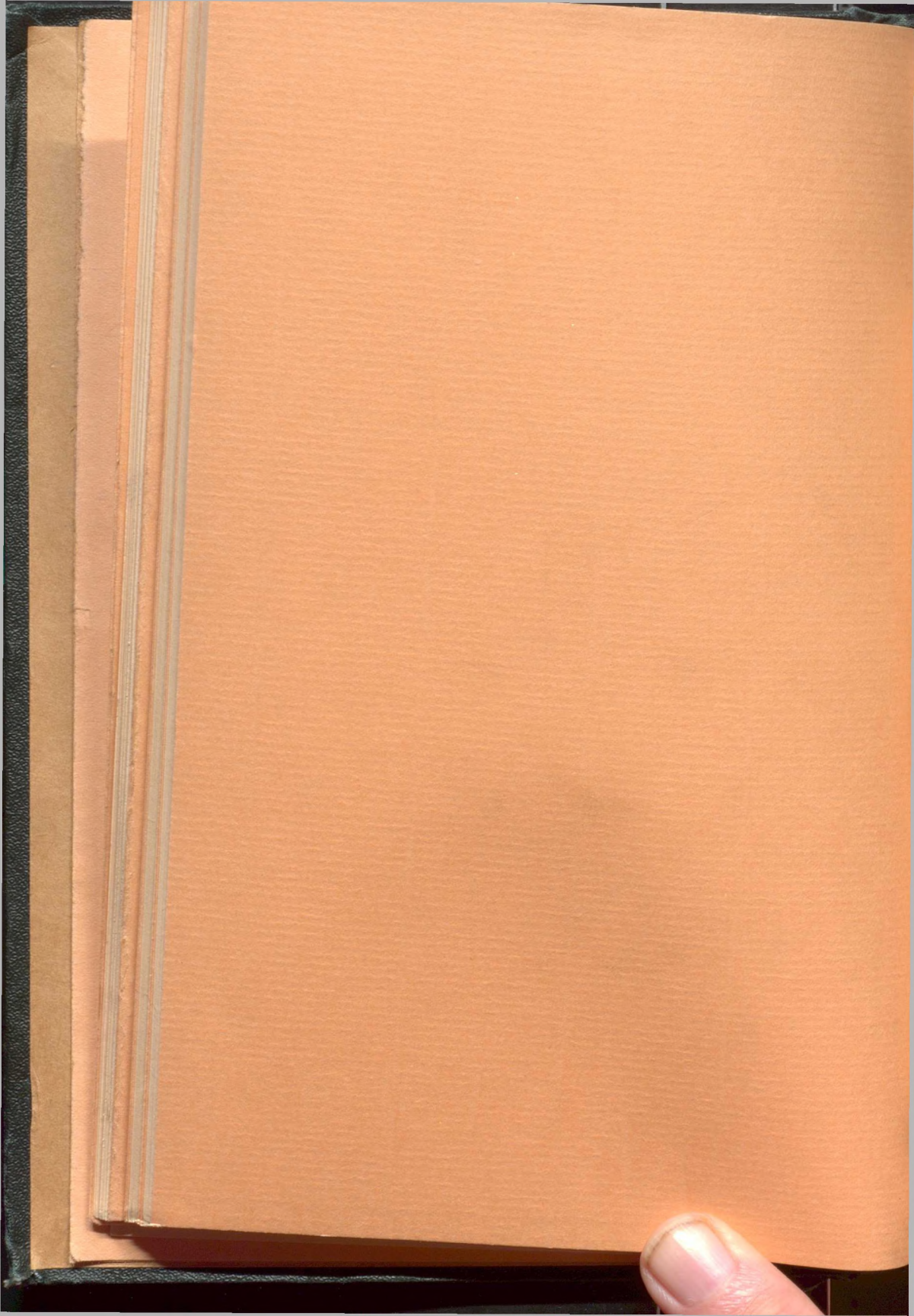


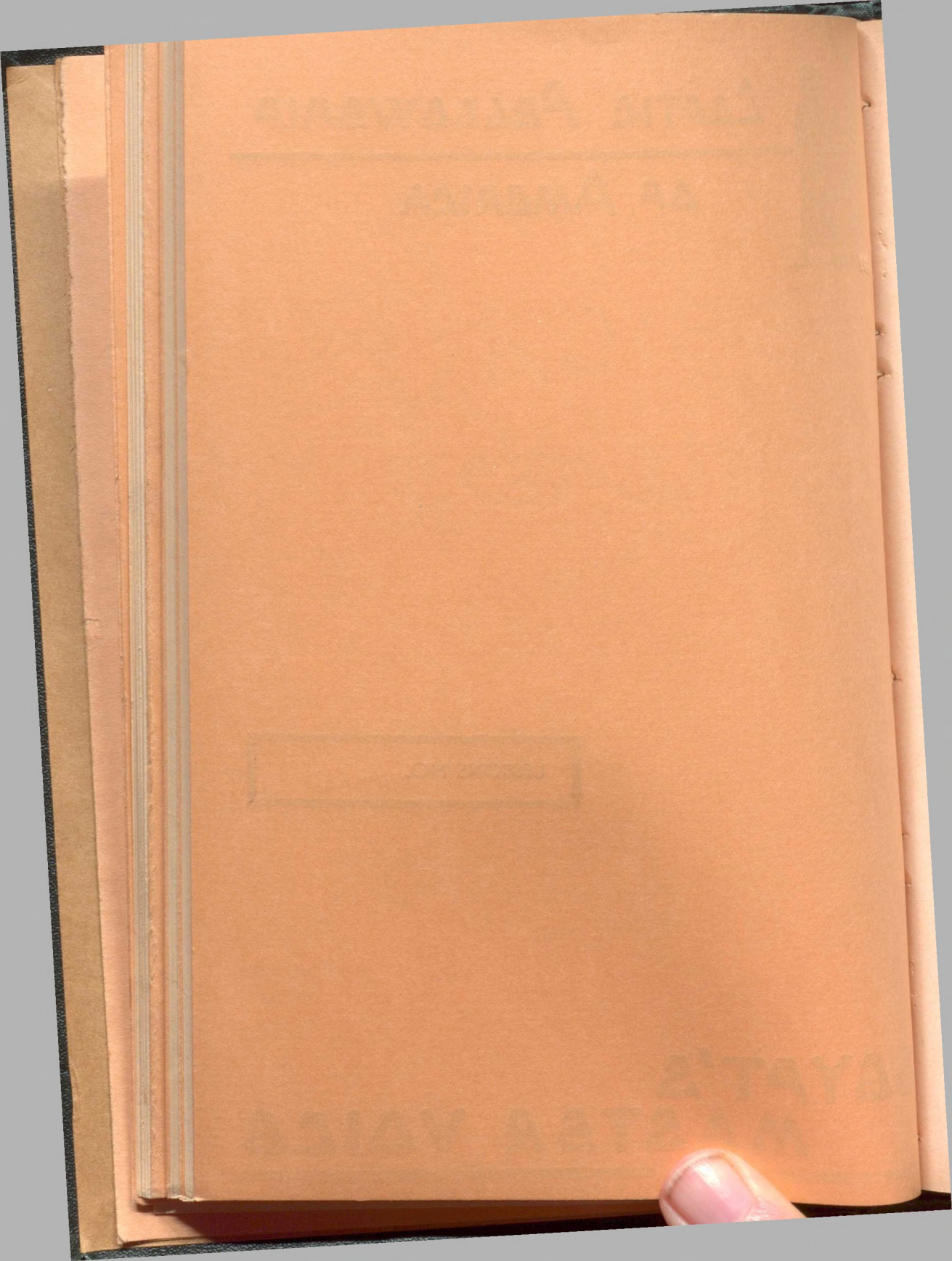


EGYPTIC FELLOWSHIP OF AMERICA

LESSONS NO. 11-12

EGYPT'S MASTER VOICE





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Part One — Rudimenta

Lesson 11 and 12

"MAN—THE SUBCONSCIOUS MIND"

PERSONAL

INSPIRATIONAL

We are where we are, because we are what we are.

You want to be liberated from unhappy, undesirable conditions and circumstances. Since you have the natural, inherent ability to liberate yourself, you have the personal right to freedom the hour that you rise and demand to know how to accomplish this knowingly and intelligently. With the knowledge which you can now receive, the only possible failure will lie in a weak, unstable, and undeveloped will. Decide, therefore, both to know and to do.

There are two classes of folks in this world: those who will be trained by environment, and those who train environment. The first are on the negative end of the pole of life, the others are on the positive. Those on the positive are the knowing ones, and have the long end of the lever. Watch your step!

Grief and regret result from the direction in which we look. Lot's wife turned into a pillar of salt because she stopped and looked back. If she had kept her face turned toward the next goal, the upward and outward view, she would have been free and going to this day.

If life has handed you a lemon, either make lemonade out of it, or discard it entirely, unless you like it as it is. If life has handed you some tough experience, stop long enough to get whatever lesson it can teach you; then remember that it is always NOW, and move on to the next thing, doing your best to rejoice. If you keep on trying to find out the secrets of the universe, you will find your ability to rejoice increasing. There is no other way. Try it now.

FUNDAMENTAL

THE NATURE OF THE SUBCONSCIOUS MIND

The Subconscious Mind is so vast in its depths of knowledge, power, and ability that no one has ever reached its limits. It appears to possess absolute memory. Its memory is not limited to the personal life, as far as experience goes at birth, but it seems to hold within it, highly classified and filed away, the memory of all life, that has been developed on the earth. More than that, it seems to have access to cosmic and inter-cosmic experience and memory. It is through this mind that we can reach the universal. The quality of the Conscious Mind is altered by that inner mind, that deeper mentality, called the Subconscious, which is ageless in its

duration, and, as far as we can determine, infinite in its ultimate quality.

In contrast to the Conscious Mind, there is that other, the Subconscious, which seems to plumb the depths of knowledge, power, and wisdom. Within that mind there are so many forgotten memories, in different levels, merging and melting into one another, that there is no way to express its limits, and there probably are none.

There is evidence that within the personal Subconscious Mind there is rolled up and highly organized the memory of the ages of life's expression, on all planes, in all species. It appears that within man there is everything that is below him. All the physiological and psychological characteristics of lower form of life appear within man.

For instance, the physiologist has made a study of biology, which is the history of life on the planet, including all forms it has taken, used, and discarded since it began the great experiment of evolution countless ages ago. No one can inform himself concerning the findings of embryology and still doubt that each individual of the human kind is a sum total of all that has gone before him.

When you realize that in watching the human embryo you are reviewing the ages unknown, all recapitulated in the brief period of six weeks, the realization is staggering. It signifies that our cell memory contains everything that has ever happened. EVERYTHING is within each human being, a registered cell memory, which

THE HISTORY OF THE
CITY OF BOSTON

FROM THE FIRST SETTLEMENT
TO THE PRESENT TIME
BY
JOHN B. BOWEN

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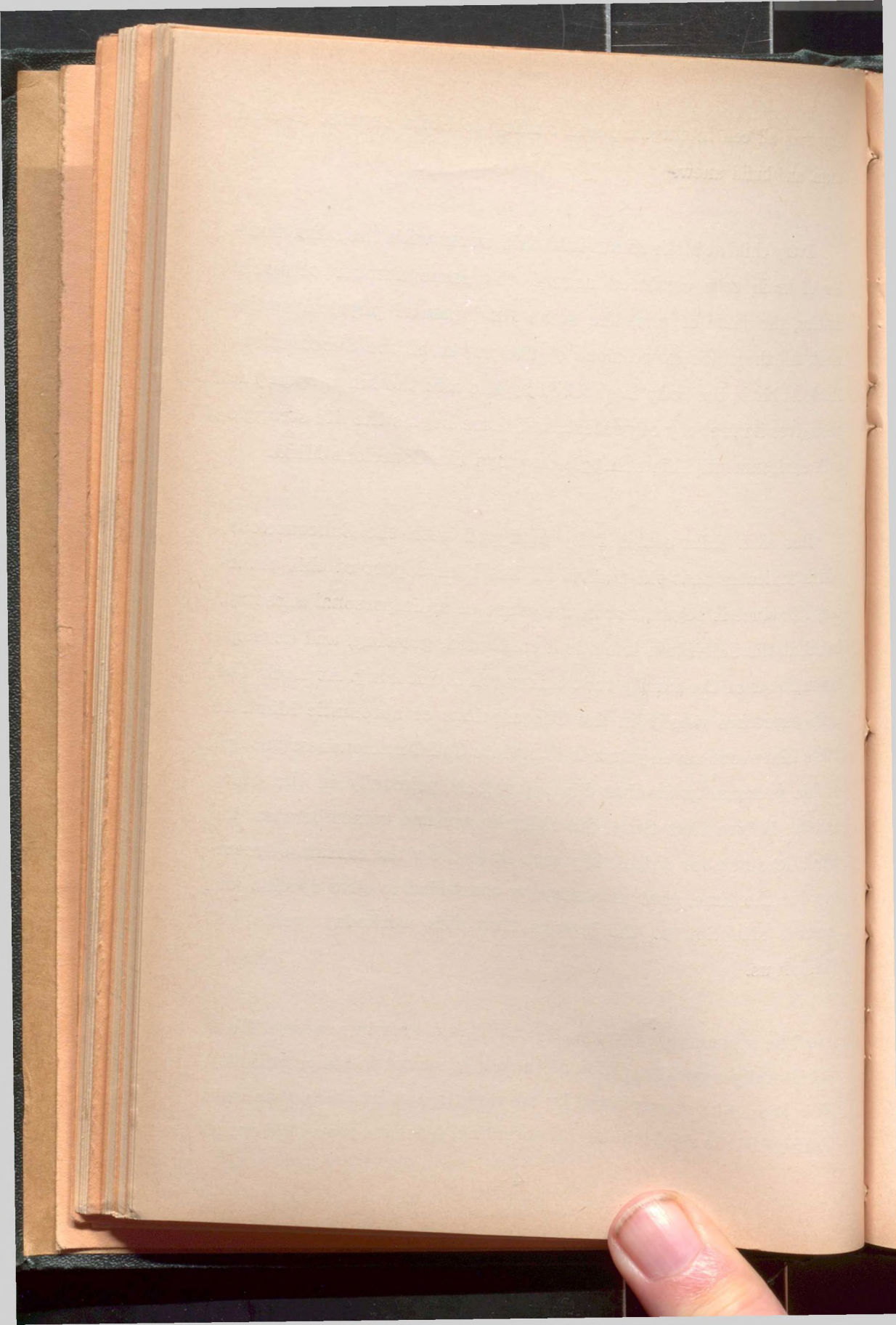
THE HISTORY OF THE
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expresses all cell intelligence and ability to build organs, discard them, and build anew.

Every child at birth comes into this world with the same number of brain cells clustered around the same number of brain centers, the same organs, the same fundamental physical equipment. All these are expressions of the power of the Subconscious Mind. At birth, the body is shocked by the air: the lungs open, the babe gives its first cry of protest, and there begins the life struggle with environment. This struggle develops the Conscious Mind.

But each child comes fully equipped with the Subconscious, which indicates that the individual has been a part of this planetary life since it began, not in the sense of an impersonal ancestry, but that the individual itself is a continued, growing, and developing member of the family that this earth is nurturing. At birth, the child expresses wholly in the Subconscious or automatic Mind. It takes him about seven years to draw into Cell Consciousness enough of his personality so that his interest is primarily in the outer sphere. Before that time, the child knows and remembers as the adult does not, for nature has seen fit to draw the curtain of memory for the time, that man may be compelled to give specific and earnest attention to the lessons that this workaday world will furnish us.

The second seven years, the child is a growing savage. He is not literally a pocket edition of the adult, except in his potentiality. This should be remembered by all parents and teachers, who have the care of the child mind in its unfolding, sensitive years. We expect



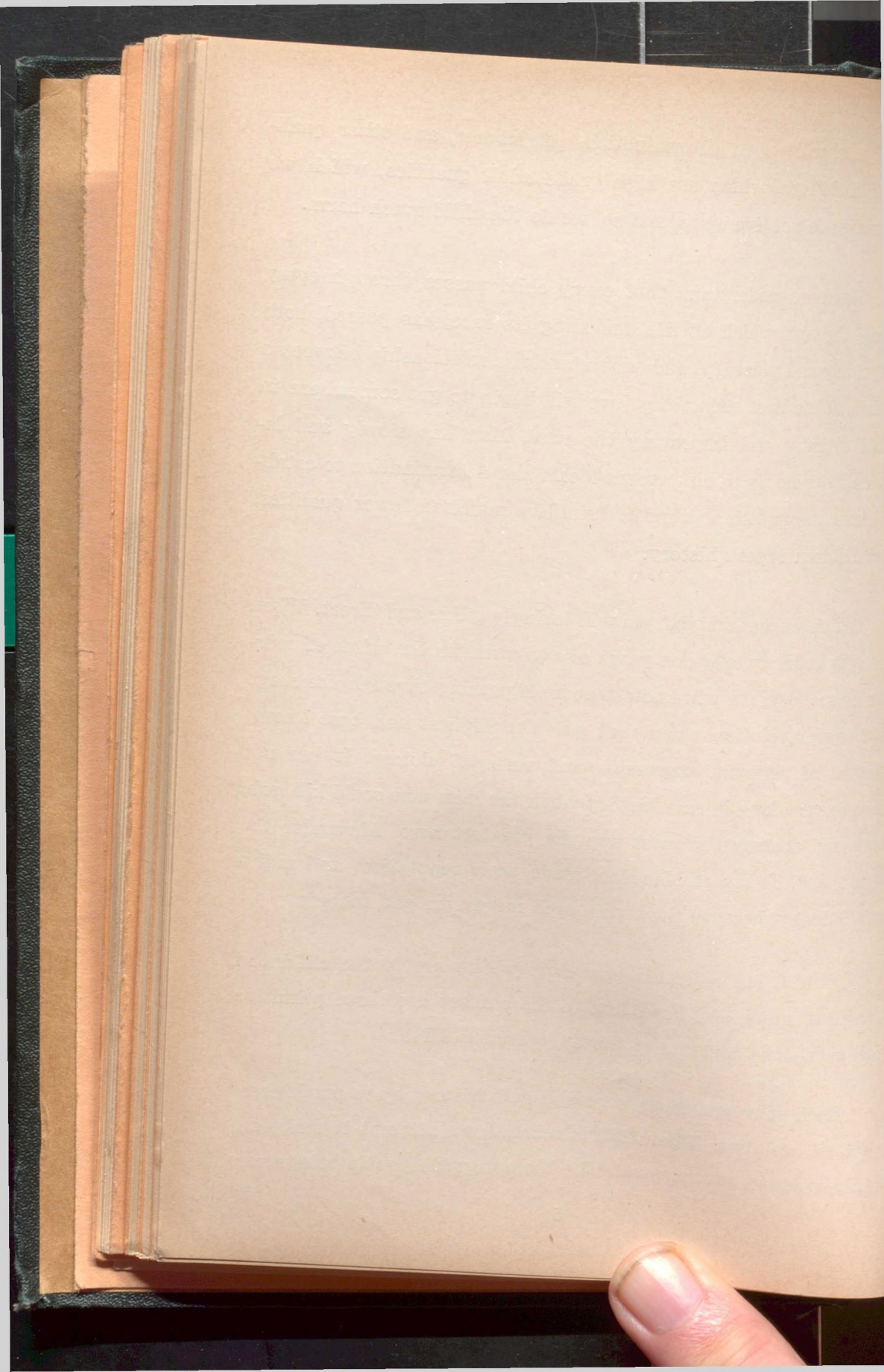
diligence, will power, determination, persistence, and other qualities in children, which are high grade adult qualities, which we ourselves do not live up to, and so, we do the child much harm.

When we understand that every child passes through every grade through which all life, including its race, has passed, both physically and mentally, and understand the relationship between a child and his race mental age, we will begin to get somewhere in child training and improving the race. Man has slowly and laboriously come up to his present ideals and determination to establish and accomplish a purpose. Primitive man had fewer qualities, and children repeat history.

When we understand, we will lovingly guide and direct. When a youth under twenty-one years of age commits the crime of murder or robbery, we will know that he is passing through the stage of human evolution when that was the highest and best known method of personal expression and personal victory. It has not been so very long in race history when the man who could kill, rob, burn and destroy the most was the greatest hero. Alexander the Great, and Phillip of Macedon, made their reputation, and maintain it today, because they were arch murderers and robbers.

All this but indicates how close we all are to the childhood grades of mind, and how close to the surface are those primitive instincts,—the contents of the Subconscious Mind.

Each of us continues to recapitulate history up to our highest peak of evolution. When that is reached, we attempt to make another grade of advancement. The highest grade human beings now



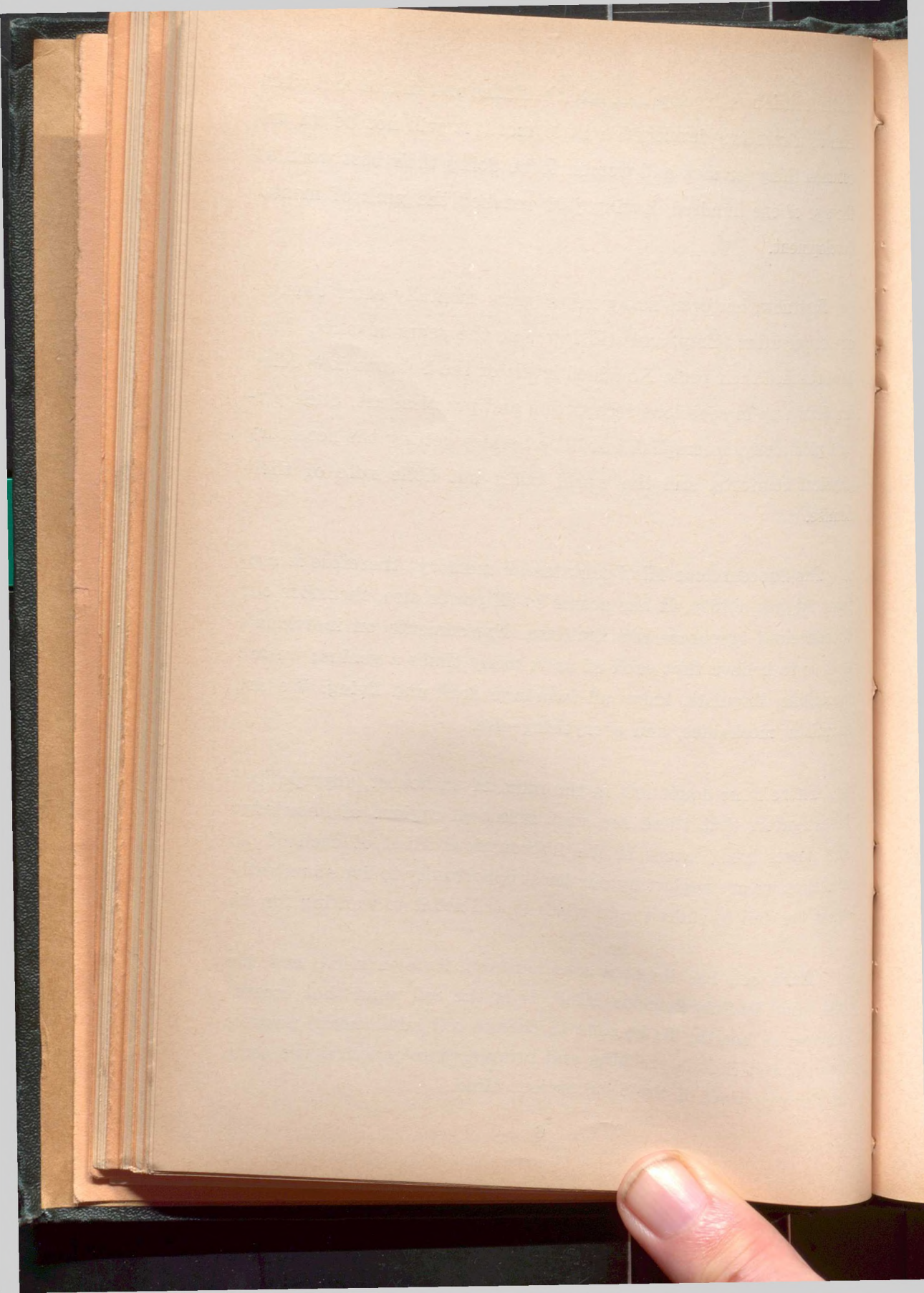
continue their own development into the fifties and sixties, and when man as a race has developed a little more, it will not be an uncommon thing for men and women to be doing their best work at the age of one hundred, having just reached the peak of mental development.

Just now, however, many never grow mentally after twenty-one, fewer after thirty, and still fewer as the years advance. They have reached their peak. No added levels of the Subconscious Mind are drawn up to conscious recognition and practical use. Such persons plod along, accomplish but little besides getting the necessary physical comforts, and the world takes but little note of their demise.

The Subconscious Mind contains all memory; therefore it contains mighty ability. It has access to all power also, therefore our subconscious resources are limitless. Experiments on individuals lead us to believe that each of us is many times a genius; we are musicians, linguists, know all language dead and living. We are chemists, mechanics, and everything else.

There is no doubt left in the mind of an honest, unprejudiced investigator, that there are vast unknown regions of knowledge and power lying latent in the Subconscious Mind of each of us, and that we are neglecting our finest opportunity to live abundantly when we fail to endeavor to reach it and set it to working for us.

Each cell has its own consciousness, its own mind, and the cell mind is Subconscious Mind. It is the cell mind that creates disease or health. To be able to change cell mind means possible health, and that is reaching and bringing into practical use some of the resources of the Subconscious Mind.



These two minds, the Conscious and the Subconscious, must ultimately work together as one, before we can enjoy a unity within the self, which is necessary to ability and happiness. The inherent, fundamental instincts and desires common to all may be at war with the ideals of the intellect at our present stage of evolution, but this will not always be so. Each of us experiences the difficulty of trying to be ideal, but each suffers the same kind of defeat reported by St. Paul when he said, "The things I would do I do not, and I find a warring among my members." The day will come, when we have reached a higher stage of advancement, when our desires, ambitions, urges, and temperamental tendencies will be in line with our highest ideals.

Our Conscious Mind maintains contact with the outside or physical world through the agency of our sense organs—eyes, ears, nose, taste glands, and tactile parts, chiefly the hands. But the Subconscious also possesses the faculty of contacting the outside world, interpreting the finer ethereal vibrations.

When these vibrations are of sufficient importance, the Subconscious Mind releases the message to the Conscious Mind. It is his habit that accounts for our intuitions, premonitions, etc.

When the Subconscious and Conscious function in a state of perfect harmony, one's sense of intuition reaches a degree of perfection that transcends ordinary intelligence. This ecstatic state awakens Supernatural Wisdom and Consciousness of God. Men so inspired become the light-bearers and leaders of forward movements for the uplift of humanity and the progress of civilization.

Later on in the course, the Super-Conscious Mind will be treated at length, and its relationship to the Conscious and Sub-Conscious Minds fully explained.

TECHNIQUE

This harmony between the Conscious Mind and the Subconscious can be cultivated. A person can travel mentally as well as physically, can think pleasant or unpleasant thoughts.

By proper contemplation one is able, through the exercise of will, to induce a state of mind that leads to the Subconscious and that empowers one to tap the main stream of creative power that resides within.

Free association is a good means of inducing a strong, powerful Subconscious development along right lines. Try to resymbolize your Subconscious Mind with the words listed below. Write down all the **pleasant thoughts only** that come to your mind as a result of seeing each of these words. Use two minutes on each. You may be surprised to know how much goodness you can create from any situation, however bad it appears at first:

garbage	wreck	failure	crime
ruin	sin	misery	hatred
death	anger	dirt	fire

Later on in the course the *Conscious Mind* is
modelled at length, and the relationship to the *Conscious Mind* and *Sub-*
Conscious Mind fully explained.

THE CONSCIOUS MIND

This harmony between the *Conscious Mind* and the *Sub-*
conscious can be understood. A person can think naturally as well as
artificially, can think without any special training.

Therefore, the person who is not trained in the
art of thinking, is not a thinker, and this is the reason why the
person who is not trained in the art of thinking, is not a thinker.
The person who is not trained in the art of thinking, is not a thinker.

The *Conscious Mind* is the part of the mind which is
in contact with the outside world. It is the part of the mind
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ACCESSORIES

BREATHING FOR SUBCONSCIOUS RESYMBOLIZATION

To bring the blood stream the purifying elements that aid in this resymbolization, breathe "**in, out.**" Take one deep breath, as you raise the arms to the height of the head. See that the abdomen works out from the navel. The arms will fall of their own weight, if they are thoroughly relaxed. This breath burns up your accumulated waste, and gives your body fresh oxygen. The more air inhaled in a given period, the larger will be the amount of carbon dioxide exhaled.

EXERCISING FOR SUBCONSCIOUS RESYMBOLIZATION

Stand erect, feet 10 inches apart, and let go of every muscle.

Bring hands to chest, raise hands with arms outstretched above head while saying slowly: "I shall resymbolize my Subconscious Mind."

Clasp hands together, very slightly. Lay them on the chest, while saying slowly, "Resymbolize," with head bowed.

Drop relaxed arms to sides, while saying slowly, "My Subconscious Mind."

Bend the body forward from the small of the back, and let head and arms dangle. See to it that there is not a particle of tension or rigidity about the body. At the same time that you drop the body, say: "I shall resymbolize my Subconscious Mind." Do this with eyes closed.

All exercises should be done naturally, without tension.

This mental exercise is done without paying attention to the breath, in order to impress words of resymbolization upon the Subconscious Mind.

EXHORTATION

YOU WHO CRAVE HAPPINESS, BUOYANT HEALTH, SECURITY—

YOU WHO LONG TO BE FREE OF THE FETTERS OF FEAR, WORRY, HABIT, INFERIORITY, FAILURE—

YOU MUST USE THE PRINCIPLES OF THE GREAT MASTERS SO THAT YOU CAN COME TO POSSESS THE AMAZING POWER OF TRAINING AND DIRECTING THAT DEEPER SELF OF YOURS . . . SO THAT YOUR SUBCONSCIOUS SELF WILL DO YOUR EVERY BIDDING . . . SO THAT IT WILL GET FOR YOU THE CHERISHED THINGS OF LIFE . . .

TRAVEL ON, GREAT SOUL, TO THY DESTINY OF SUPREMACY IN THE UNIVERSE OF THY CREATION!

BIBLE TEXT FOR THE LESSON

“For whosoever hath, to him shall be given, and he shall have more abundance.”—(Matt. 13.12).

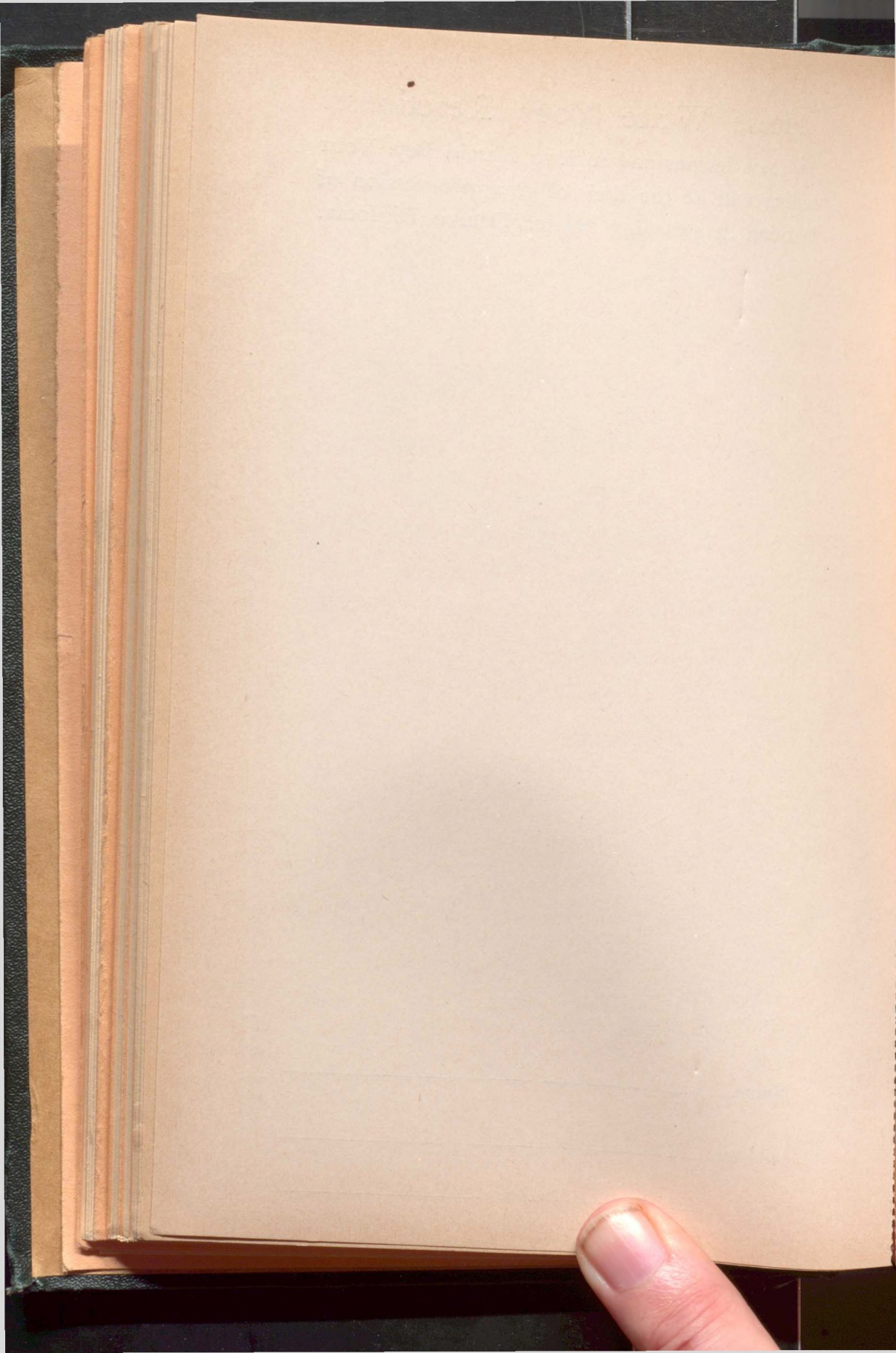
Please Write Your Reactions:

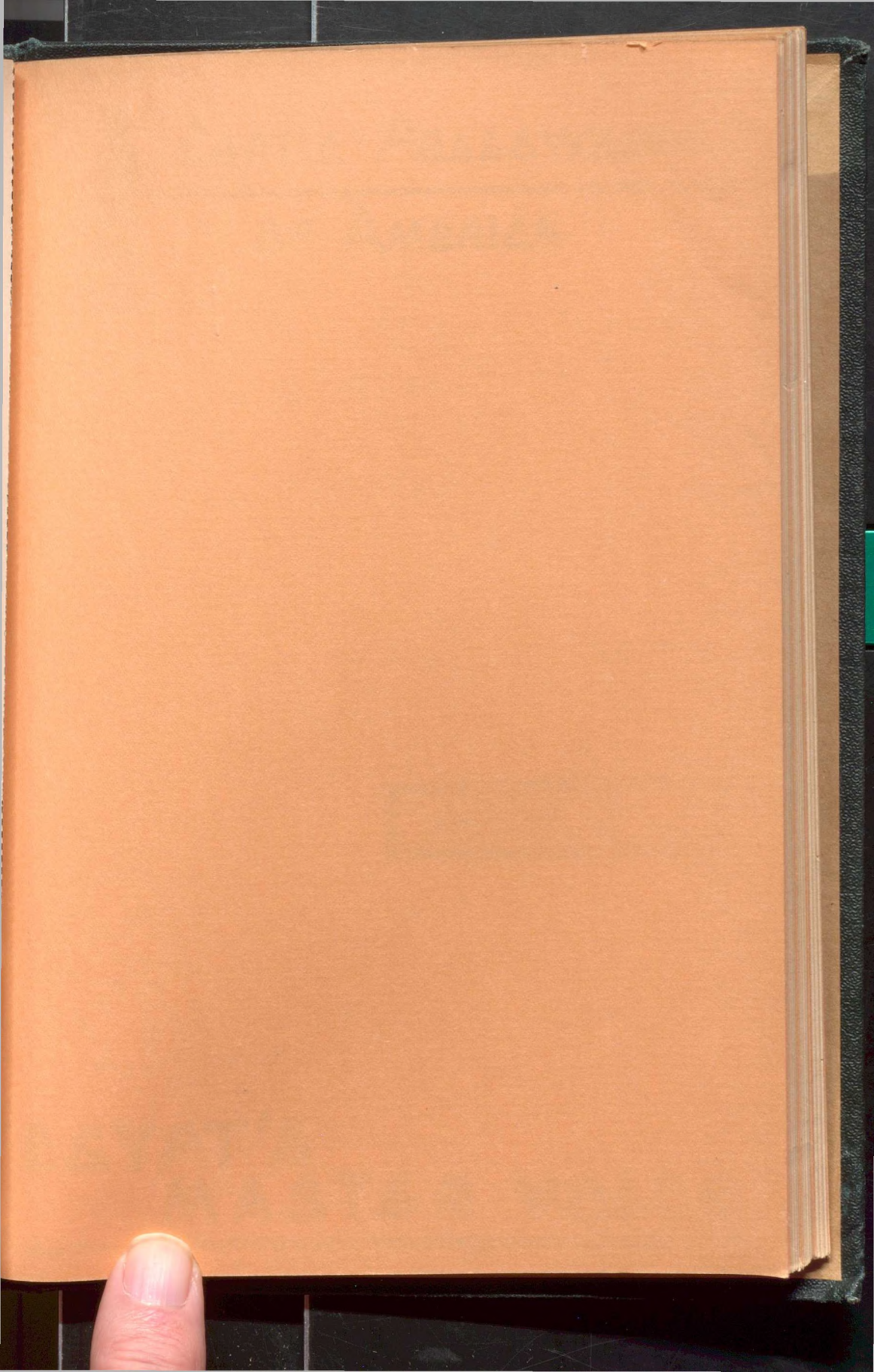
To these lessons and mail to Hamid Bey. Your replies will be the basis of your progression of learning in awarding Master Degree Diploma.

Name_____

Address_____

City_____State_____



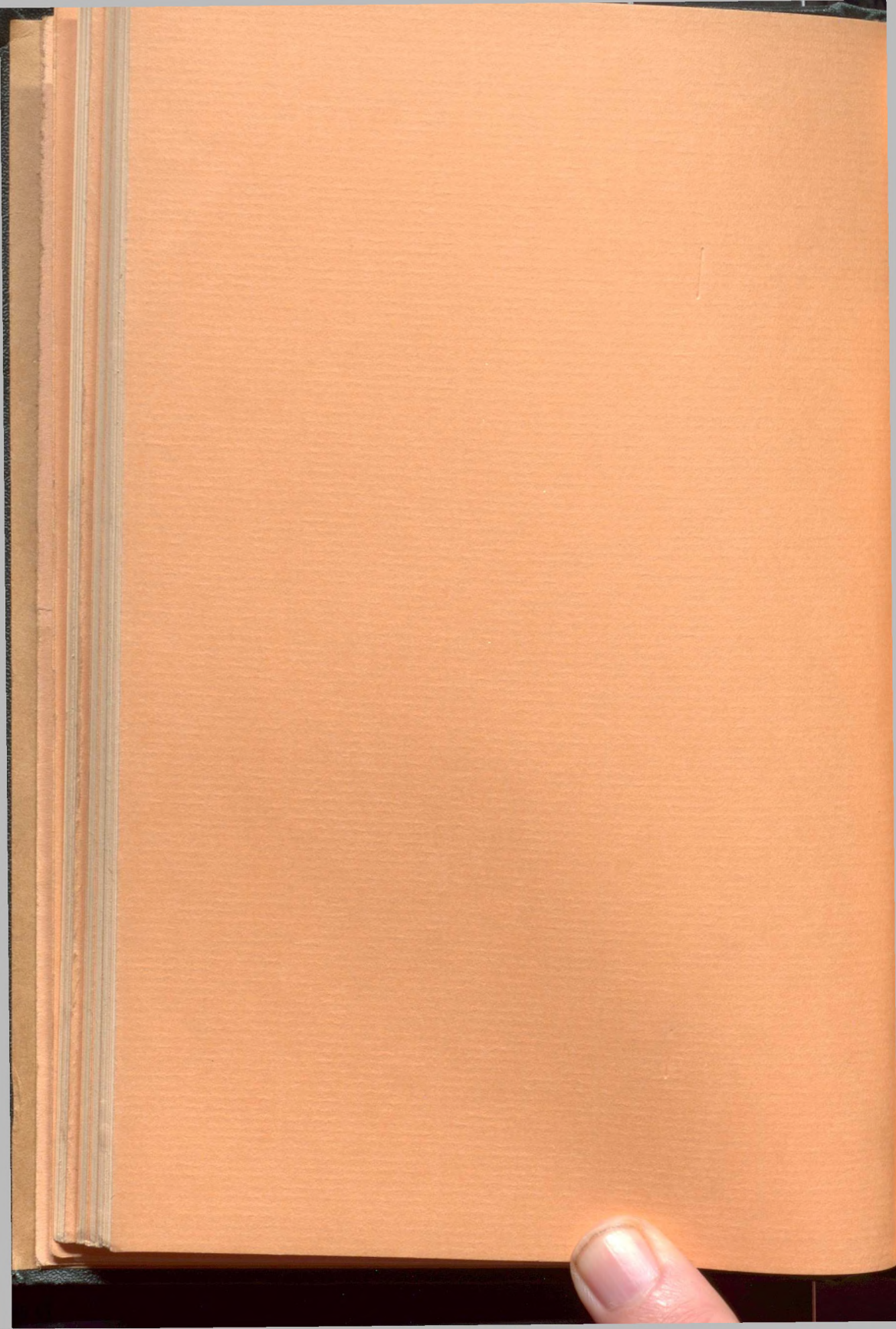


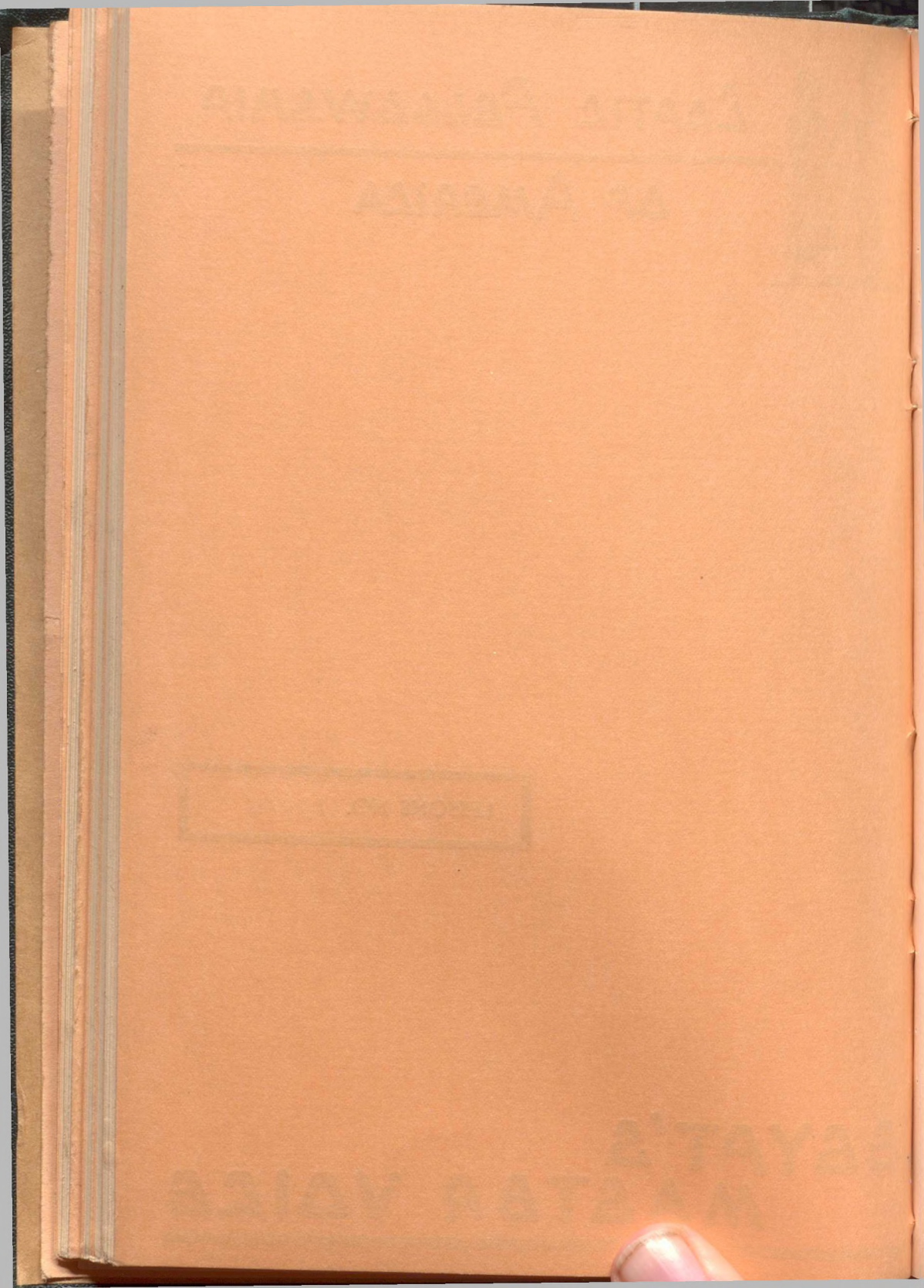


EGYPTIC FELLOWSHIP OF AMERICA

LESSONS NO. 13-14

EGYPT'S MASTER VOICE





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Part One — Rudimenta

Lesson 13, 14

"MAN—LIFE AND LIVING"

PERSONAL

INSPIRATION

When we realize how little of the sum total of reality our senses convey to us, and how little we would know if we had not discovered the microscope, the telescope, the X-rays, and the power of the radio, telegraph, and telephone, we tend to become meek in our judgment of the real nature of the universe and the possible existence of forces, powers, and personalities which our meager imagination is unable to picture.

A little reflection will prove to us that our intellect is very faulty, and our judgment is not always to be depended upon. Time was when man laughed at every step forward, derided every new idea, and even burned the most advanced thinkers at the stake. Why? Just because the intellect had no perspective from which to draw conclusions.

It is observable that the more a person knows about nature and her laws, the more interest will be manifested in any possible new discovery or advancement. Conversely, it is observable that the less people know, the more loudly do they proclaim their views, and make up in noise for the lack of weight in depths of comprehension. They adjust themselves in derision, which gives them a false sense of superiority.

The ultimate quality of the Conscious Mind, when it is developed through reaction to environment, includes Initiative, Discrimination, Judgment, Controlled Imagination, Will, and Desire. These mental qualities can be brought under conscious control in highly developed persons, but in those of lesser development they succumb to an inner power that modifies their activity into something akin to undesired compulsion, in which the human being finds himself helpless.

Intellectual training may enable a man to see the folly of certain actions and thoughts, and yet he engages in them just the same, and is unable to help himself. This shows that very near the surface of mind there is an inner power that may at any time take entire charge of the mind and action.

Just as the physical recapitulates the ages, so does the mental review and re-express the ages of mental unfoldment. And here again we find the recapitulation reviews and expresses in the same order in which Mind of the ages has unfolded. Hence in one individual we can review the ages, and know the past, because it is re-expressed before our gaze.

We, you and I personally, have been here a long time, so long that the contemplation causes us to be weary, and it is not necessary or practical to dwell upon this fact for more than passing comment for enlightenment. Our life is NOW. Our problems of **today** are the practical things that confront us, and these rightly demand our primary attention and solution. To them we must ever turn.

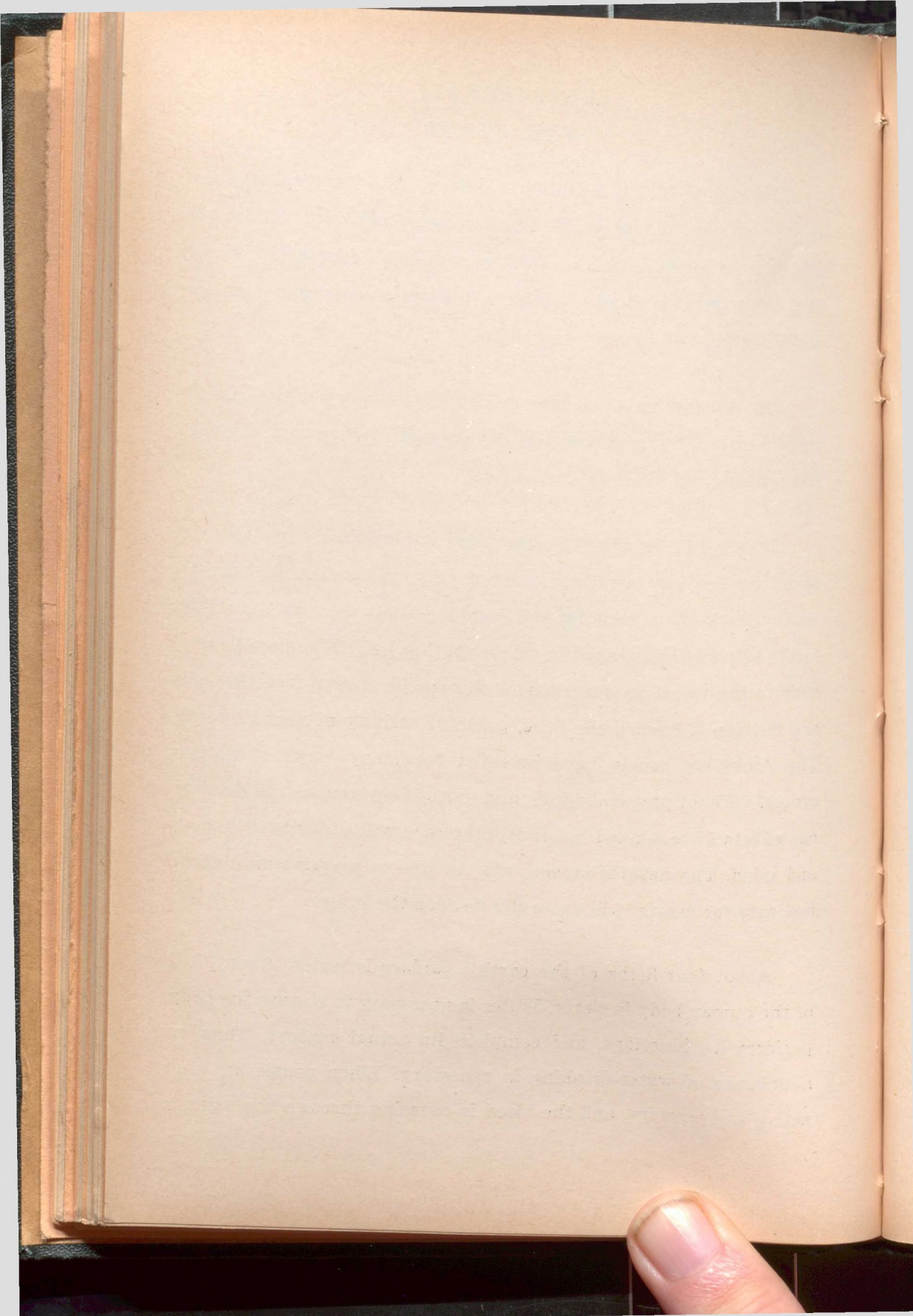
FUNDAMENTAL LIFE PROCESSES

It is evident that if a soul is to descend into the level of physical substance called matter, it is under the necessity of building its vehicle from the materials on that level of life's expression. Therefore, the aspiring student must have instruction concerning breathing, drinking, eating, and exercising.

The air contains an element necessary to body purity; this element is called Oxygen. Oxygen develops the lungs and cleanses, strengthens, and vitalizes the body.

Anyone can develop his lungs and automatically use them to purify the body, by engaging in active play, such as tennis, baseball, hockey, basketball, running and jumping contests, and the milder forms of walking engaged in while playing golf. The play element adds to the value, as interest and enjoyment always free the body and develop it toward the lithe, graceful activity of normal youth. The American people have invented too many ways of getting around without physical effort, and unless they realize the deleterious effects of continued inactivity, the race will suffer both in body and mind. The natural person, who is free to exercise his natural instincts for health, will naturally develop the lungs.

About four-fifths of the earth's surface is water. About 70% of the human body is water. Water is necessary to cleanse the body, perform its functions, and complete its actual content. Thus, an abundance of water-drinking is necessary. When people are very active and perspire, and the blood is coursing through the veins to



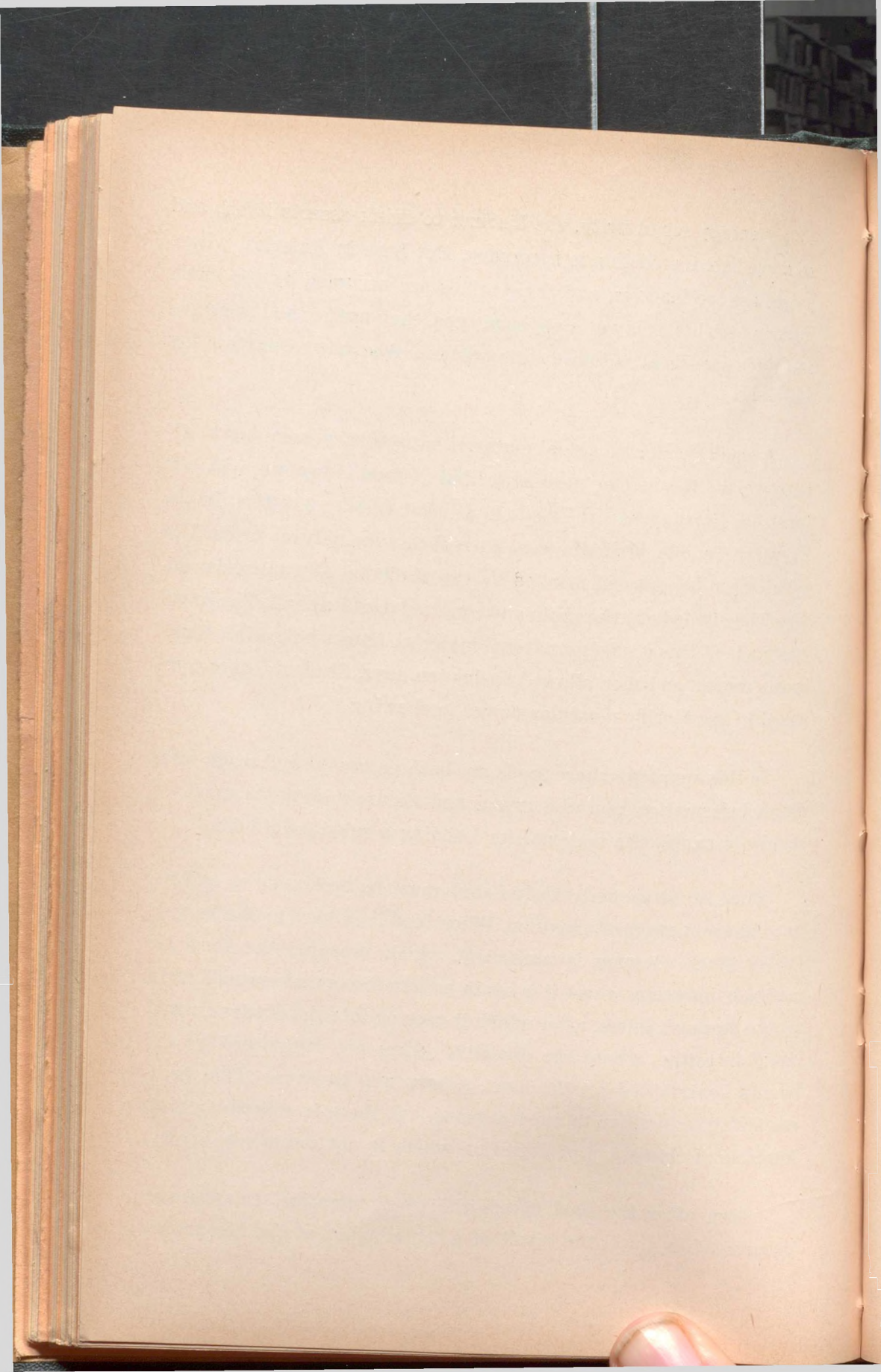
supply energy for activity, the instinct to drink asserts itself, and no immediate instruction is necessary. But here in America, where people are too inactive, and their minds are occupied by too much work and too little play of a physical type, they need to be instructed and given specific attention to this practice. About two quarts a day are necessary.

A small portion of actual material is necessary each day to rebuild wasted tissue. One necessary kind of food is protein, which is furnished in many natural foods in at least small quantities. In the Egyptian Temple, students were furnished with natural foods. The grains were beaten and mashed by the students' own muscular effort. They flailed out the grain and cleansed it of its chaff. The bread was made of this crude but natural material. It was baked into thick brown crusts, and then allowed to dry ten days. Students were compelled to use terrific muscular power in chewing.

In this country, where foods are both processed and made soft, direct information must be given, and nature's elements must be sought to supply the material for building a substantial body.

Food, to be properly assimilated, must be broken down and refined at every stage of digestion. When food is as hard as the Temple bread, much chewing is necessary, which prepares the food for stomach digestion, where it is again broken into a more refined state by the stomach juices, after which it goes on into the duodenum and small intestine, where the digestive juices are reenforced by the agents contributed by the liver, spleen, and pancreas. This process is fairly familiar to most persons, but there is something that happens at this stage of digestion which is not commonly known.

Soon after the food enters the small intestine, an unknown process takes place, the result of a contribution of the Mesenteric

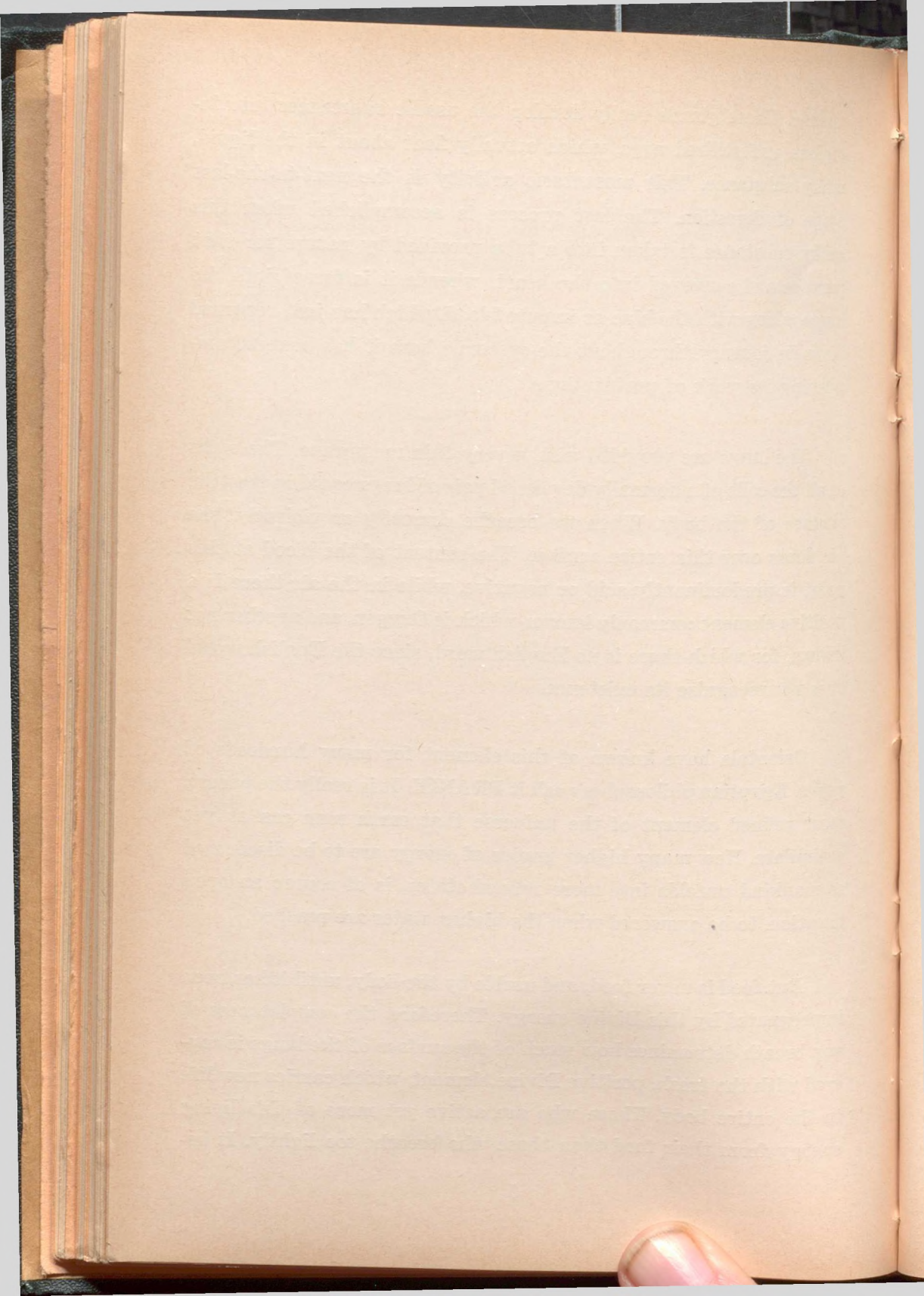


Glands. These glands really develop the usable substances into incipient, unfertilized eggs, which actually float about in the liquid, milky substance. This mesenteric activity is the next-to-the-last stage of digestion. The last process is accomplished when this milky substance is taken into a tube provided by nature for that purpose and conveyed into the heart, whence it is forced into the lungs, along with the blue or impure blood, which has just returned from its journey throughout the system where it has been accomplishing its work of purification.

The lungs are provided with a very thin membrane. The walls of all the cells of a normally developed pair of lungs equal in area the surface of the body. When we breathe correctly or violently, the air floats over this entire surface. The content of the blood at this point is predominantly acid or negative, while in the air there is a positive element commonly known, which is Oxygen, and another not known, for which there is no English word, since the English world does not recognize its existence.

Orientals have known of this element for many hundreds of years. Egyptian philosophers call it PRANIK. It is really the purest, most refined element of the universe that earth man can as yet assimilate. How many higher grades of energy are to be discovered as mankind unfolds into more refined states, is of course an open question, to be answered when the higher states are reached.

But food is never food, and usable by the body, until it has been impregnated by this Divine energy. Therefore, the completeness of any breath determines how much of the surface of the lungs is covered with the fresh, positive Divine element, which carries new life to the entire body. Those who are active get more of this living energy from their food than those who breathe too lightly. It be-



comes evident that it is folly to increase the food supply to gain strength or weight, because no material is food until this all-pervading element, which is the nearest contact man can have with the Divinity, has completely pervaded the lungs through complete breathing. This means that he who does not work dies, no matter how much food is put into the stomach.

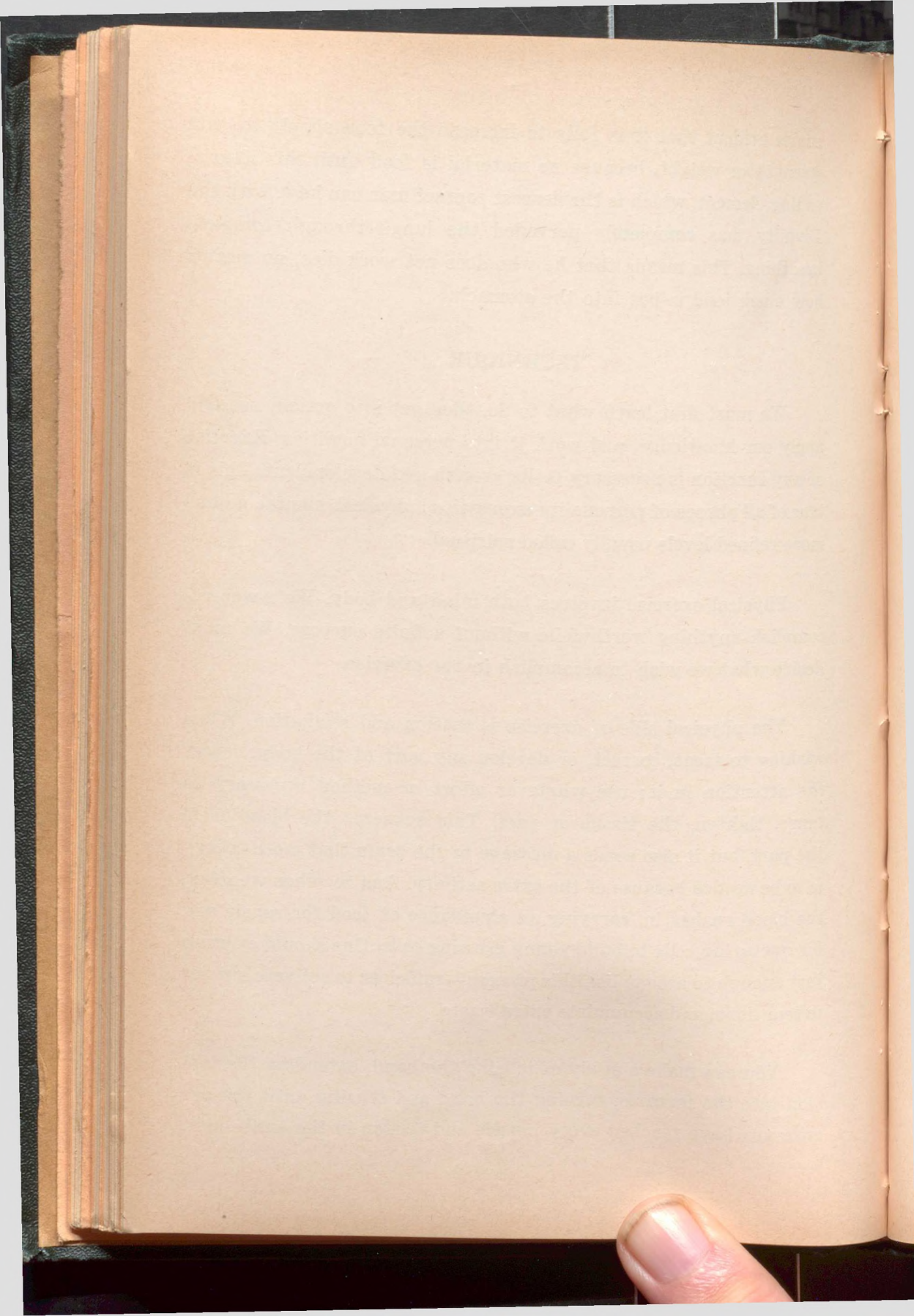
TECHNIQUE

We must first learn what to do, then get into action, use and apply our knowledge, and work it into personal qualities. Exercise of any function is necessary to its growth and development. This is true of all phases of personality expression; physical, mental, and all more refined levels usually called spiritual.

Physical exercise involves both mind and body. We never accomplish anything worthwhile without definite purpose. We must decide what we wish to accomplish in our exercise.

The physical side of exercise is tension and relaxation. When wishing to treat, correct, or develop any part of the body, center the attention in it; use whatever effort or method necessary to tense, tighten, the tissue or part. This squeezes the blood from the part, but it also sends a message to the brain that more energy is to be needed because of the extra activity. And so, when we relax, the blood rushes in, carrying an abundance of food for repair and for nurturing cells to build young growing cells. One should exercise just enough to accomplish this process—sufficient to activate but not to tear down and accumulate extra waste.

You can make a study of tensing the hand, extending the tension into the forearm, turning the hand and tensing until you are sure you have reached every muscle and tendon in the entire arm.

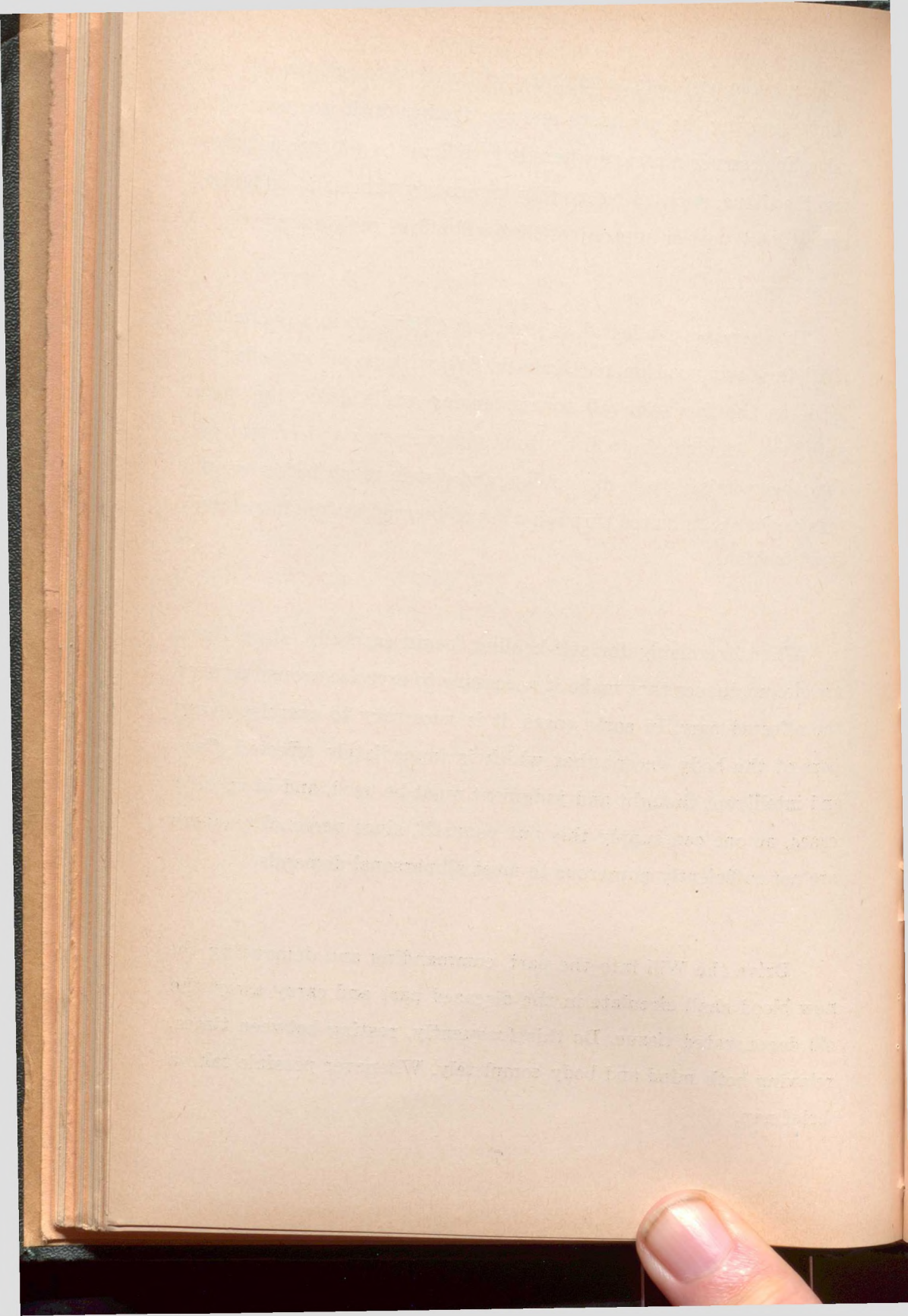


Relax between positions, to allow renewing feed to reenter. Do this slowly, studying the processes and the feeling until you sense the value. You can use massage where it is difficult to get consciousness into the tissue, such as massaging vigorously the scalp, or pulling against a bed post or any object that will afford resistance.

The exercises can be taken standing, sitting, or in any conceivable lying-down position, on the back, flat, with no pillow under the head—on the face,—on all fours, tensing while doing the “bear walk,” etc. Anyone who will try to study processes and results, can vary the exercises from day to day, and obtain much better results than can be accumulated through a set of exercises taken in a stereotyped fashion.

When exercising for self-healing, begin carefully, since there are circumstances that make it necessary to exercise around or near the affected part. In some cases, it is necessary to exercise every part of the body except that which is immediately affected. Care and intelligent thought and judgment must be used, and in specific cases, no one can supply this but yourself, since personal teachers are not sufficiently numerous to meet all personal demands.

Drive the Will into the part, commanding and demanding the new blood shall circulate in the diseased part and carry away the old degenerated tissue. Do this frequently, resting between times, relaxing both mind and body completely. Whenever possible take a brief nap.



ACCESSORIES

BREATHING

The "Joy of Life," breathing, fills the body with vigor and, when practiced faithfully, develops an eager, life-loving physique.

The breath is "**in, in, in, out.**" Repeat twice.

Stand erect, feet 10 inches apart.

Bend arms at elbow, with hands on shoulders. Turn body to right, swinging arms on level with shoulders.

Close hands and clinch, as if about to punch. At the same time breathe in.

Return hands, open, to shoulders.

Turn body to left, without moving the feet.

Swing arms, as you did, to the right; breathe in.

Again turn body to right, breathe in.

Then turn body to left in same manner, and breathe out.

EXERCISING

Exercise builds muscle and energy and endurance. Exercise at first need not be too strenuous. You can gradually acustom yourself to greater amounts of exertion in your exercise. A fine all-'round exercise for persons who usually do not get enough muscular activity in their daily life is the following:

Sitting with feet apart and arms extended to the sides, twist and stretch the body around until the right hand touches the left foot. Then twist in the other direction until the left hand touches the right foot. Practice this exercise for five minutes every day. The increase of circulation that comes from such stretching will add years to your life.

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EATING AND DRINKING

Here is a salad that combines many of the most necessary food elements into a delightful dish:

1 cup cottage cheese	Watercress
1 cup sour cream	Escarole
Radishes	Tomato

Mix cottage cheese and cream. Combine with watercress and sliced radishes. Serve on bed of escarole. Lay sliced tomatoes on top.

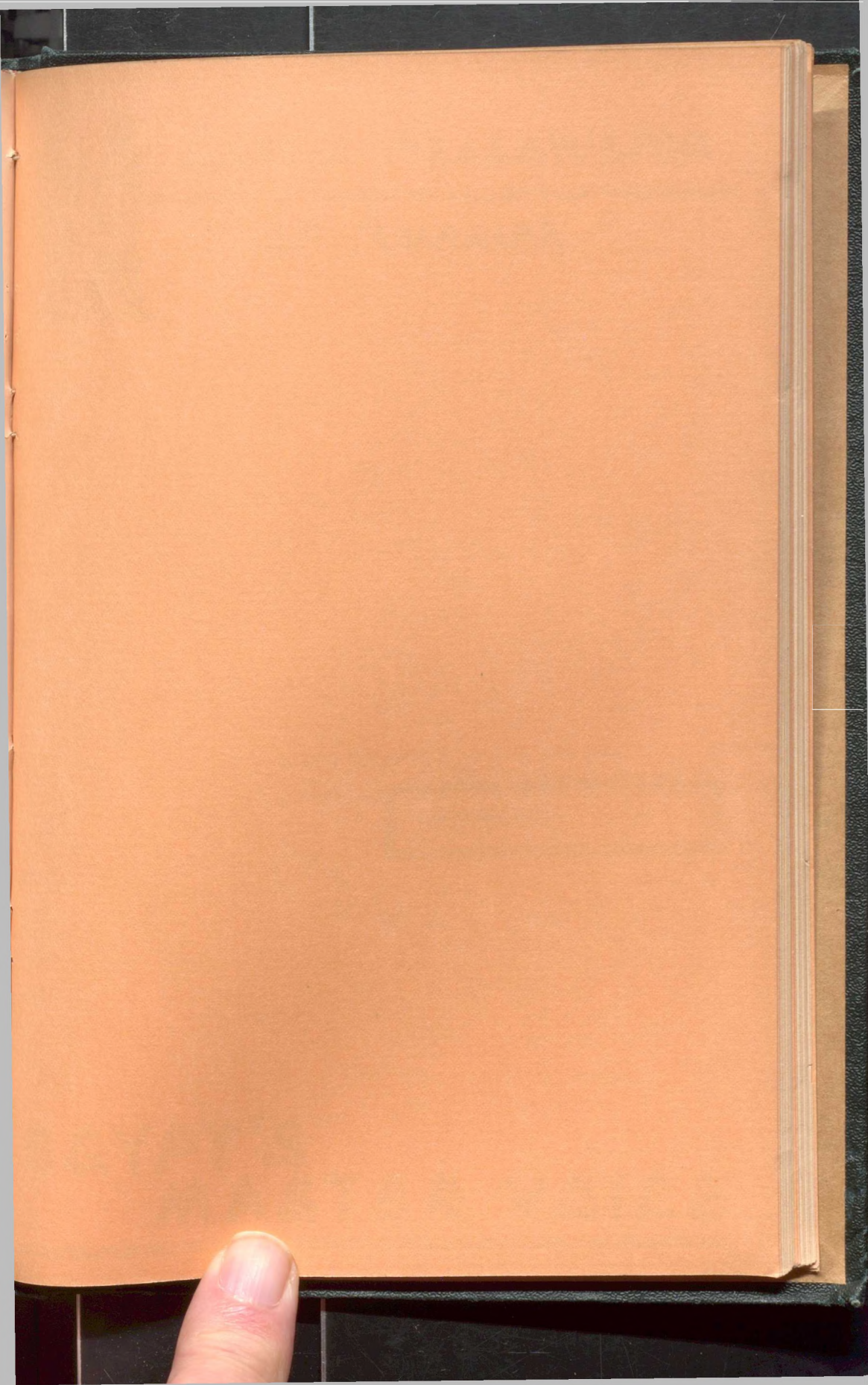
EXHORTATION

LOVE IS THE FILFILLMENT OF THE LAW. HEED THE COMMAND OF THE UNIVERSE, O EAGER SOUL, AND GIVE THY LOVE TO THE OTHER INHABITANTS OF THIS EARTHLY PLANE BY SHOWING TO OTHERS THE SERVICE, THE SYMPATHY, THE COOPERATION, THE UNSELFISH DEVOTION THAT OUR GREATEST MASTER SHOWED. MAKE THYSELF WORTHY TO COMMAND THE POWERS OF IMMENSITY IN PERFECT HARMONY. MAKE OF THY LIFE A MIRACLE EVEN AS THE GREATEST MASTER MADE A MIRACLE OF HIS. THE POWER IS IN THEE TO OPERATE THE UNIVERSE, AS THOU HAST HAD PART IN DESIGNING IT.

BIBLE TEXT FOR THE LESSON

"The thing that hath been, it is that which shall be; and that which is done is that which shall be done; and there is no new thing under the sun." (Eccles., 1:9)

THE HISTORY OF THE
CITY OF BOSTON
FROM THE FIRST SETTLEMENT
TO THE PRESENT TIME
IN TWO VOLUMES
BY NATHANIEL BENTLEY
VOLUME II
PUBLISHED BY J. B. BENTLEY
1857





EGYPTIC FELLOWSHIP OF AMERICA

LESSONS NO. 15-16

EGYPT'S MASTER VOICE



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Lessons 15, 16

"MAN — PHYSICAL EVOLUTION"

PERSONAL

INSPIRATION

WHAT IS EVOLUTION? The dictionary defines evolution as: "the act of unfolding or developing; growth; as, the evolution of a moth from a caterpillar . . . Biol., the gradual development of higher forms of life from a lower stage of living matter; also, the theory concerning this development."

Philosophy, which by its very nature is older than science, first gave rise to the theory of evolution in its broader aspects, and Professor J. A. Leighton, author of **The Field of Philosophy**, attributes this concept to the philosophers of Greece. Heraclitus observed that, "All things flow." Thus the fact of continuous change was noted. Subsequently another student of "things in general" declared that nothing is permanent except change. After the idea of flux was established, the conclusion that this flux was not meaningless logically came into being. Men became convinced that the motion perceptible on every hand had an underlying significance, and the comprehension of this significance became the beckoning goal of assiduous thinkers. Leighton points out that, before the hypothesis of biological evolution was advanced, Herder and Hegel undertook to show that evolution was readily observable in human

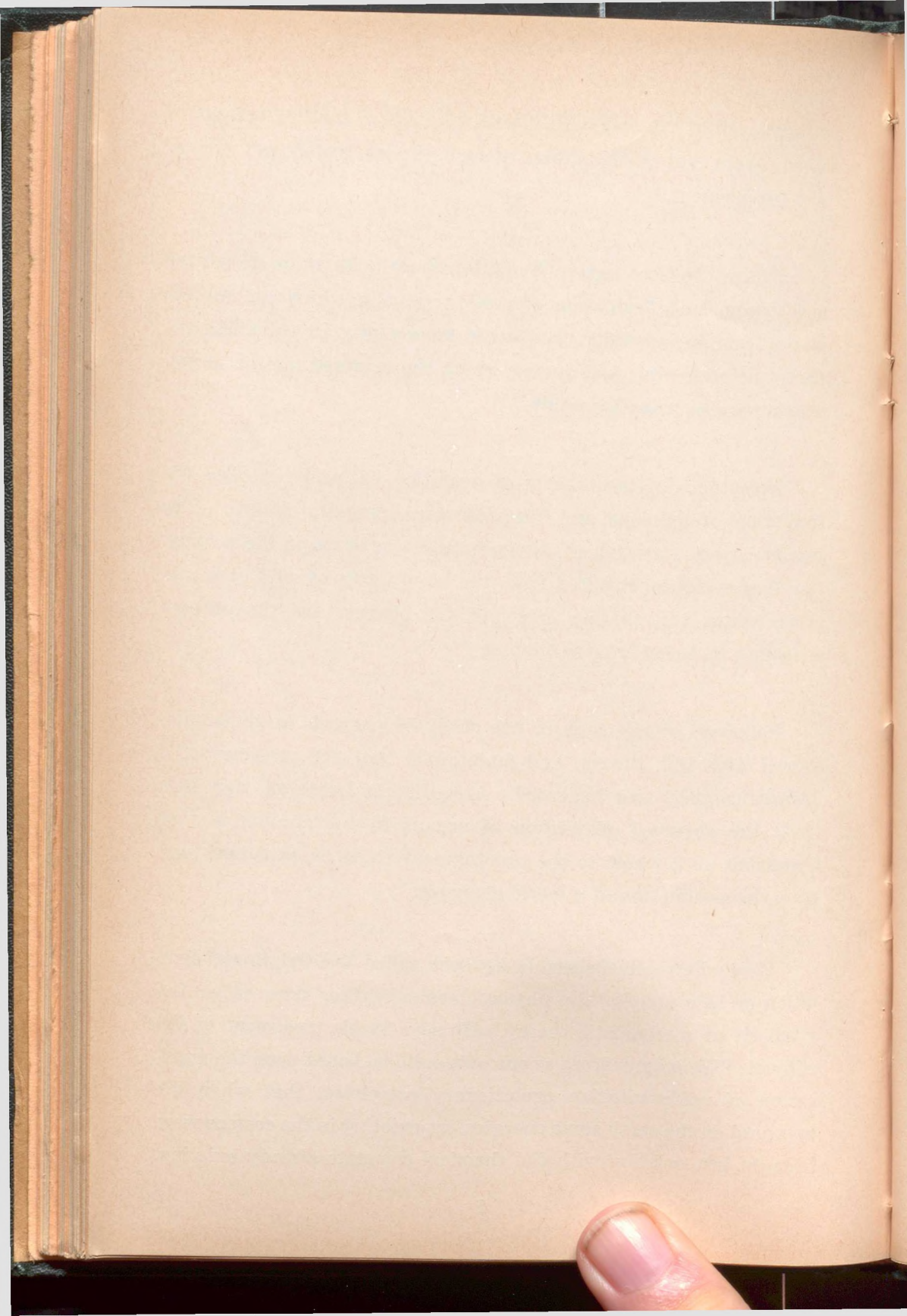
thought, culture, social institutions, etc. That is, they sought to demonstrate that in the affairs of men we can readily see growth and development.

Herbert Spencer says: "Evolution is an integration of matter and concomitant dissipation of motion; during which the matter passes from an indefinite, incoherent homogeneity to a definite, coherent heterogeneity; and during which the retained motion undergoes a parallel transformation."

Acceptance of the concept of evolution naturally entailed the formation of opinions and theories concerning its nature. The mechanistic or materialistic interpretation was based on the assumption that evolution resulted from the blind interplay of forces. In other words, the guiding principle was chance, and the ordered unfolding of being was accidental.

Followers of teleology or the study of purpose, however, disagreed with this theory, and maintained that the presence of a "world-designer" was indicated. According to Leighton, they held "that the observed adaptation of organs to one another and of organisms as a whole to the environment could be explained only upon the assumption of a world designer."

Henry Fairchild Osborn in his book called **The Origin and Evolution of Life** upholds the physicochemical rather than either the vitalistic or mechanistic theory. He says in his treatment of the subject: "We may express as our own opinion, based upon the application of uniformitarian evolutionary principles, that when life appeared on the earth some energies pre-existing in the cosmos were brought into relation with the chemical elements already existing.

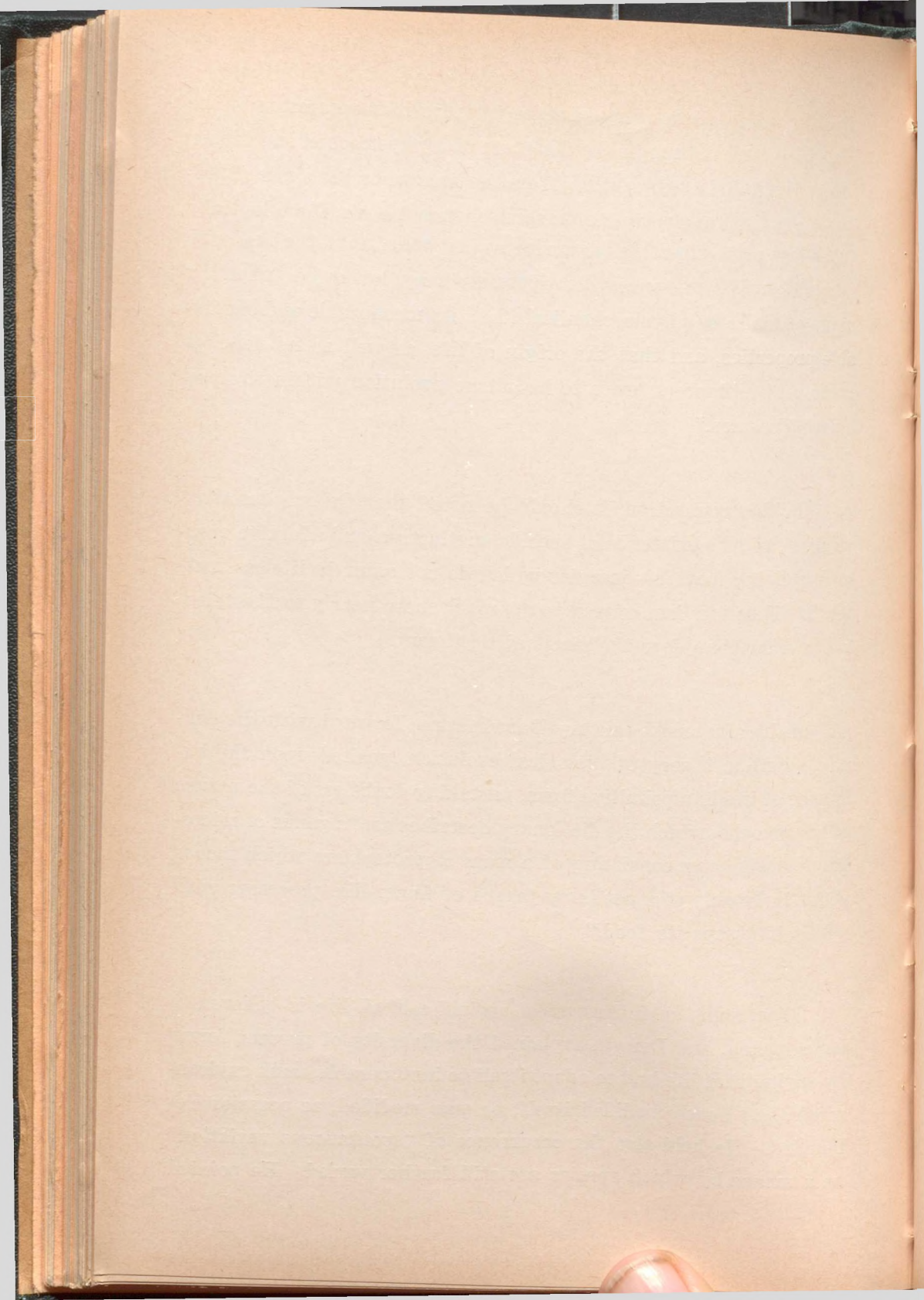


In other words, since every advance thus far in the quest as to the nature of life has been in the direction of a physicochemical rather than of a vitalistic explanation, from the time when Lavoisier (1743-1794) put the life of plants on a solar-chemical basis, if we logically follow the same direction we arrive at the belief that the last step into the unknown—one which possibly may never be taken by man—will also be physicochemical in all its measurable and observable properties, and that the origin of life, as well as its development, will ultimately prove to be a true evolution within the pre-existing cosmos."

(In this connection, it should be noted that Osborn describes vitalism as "the existence of specific, distinctive, and adaptive energies in living matter—energies which do not occur in lifeless matter.") Thus vitalism is seen to approach more nearly to the teleological view than does the mechanistic theory.

In the nineteenth century Darwin came forward with the definite scientific theory of biological evolution, posited upon the existence of life in a primitive form, partaking doubtless of the nature of the amoeba, which the dictionary describes as, "a genus of microscopic organisms, consisting of a mass of protoplasm which moves about in fresh-water ponds by means of finger-like processes with which it grasps its food."

From some such theoretical original cell, all life is believed to have sprung, and Darwin explained the diversity of present forms by saying that life had to adapt itself to innumerable earth environments and hence modified itself, or was modified, as occasion demanded. He held also the occurrence of "spontaneous variation" as a means by which species are still further varied. He pointed



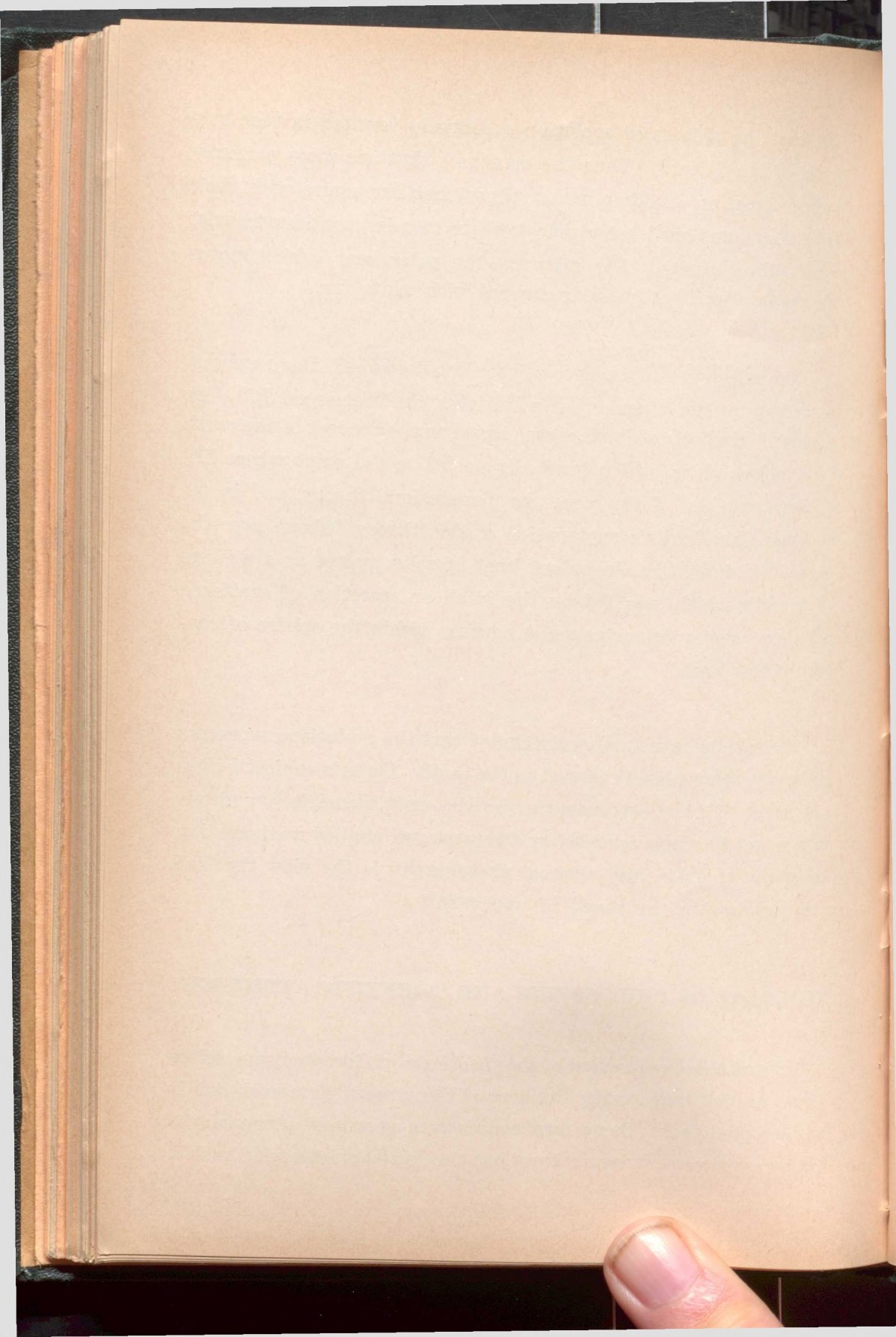
out that the process of evolution essentially resulted in "the survival of the fittest." Thus the creatures that are most perfectly camouflaged, or, in other words, those that harmonize with their background and are least visible to their enemies, continue to exist while others perish. For instance, the polar bear, which moves always in a world of snow, is covered with white fur.

Preceding the appearance of the first living cell, there existed, according to Osborn and other scientists, "the lifeless earth." The nebular hypothesis of Laplace was based on the concept of the earth as a molten globe, which gradually cooled to the point where life became possible. Then came the planetesimal theory, and in describing Chamberlin's explanation of this theory Osborn says the earth "originated in a nebulous knot of solid matter as a nucleus of growth which was fed by the infall or accretion of scattered nebulous matter (planetesimals) coming within the sphere of control of this knot."

Scientists have further concluded that the evolutionary process embraces other planets as well as the earth. On this subject Leighton says: "To the astronomers also the most plausible hypothesis to account for facts revealed by the telescope, applied mathematics, spectrum analysis, and sidereal photography is the view that the solar system in the result of evolution."

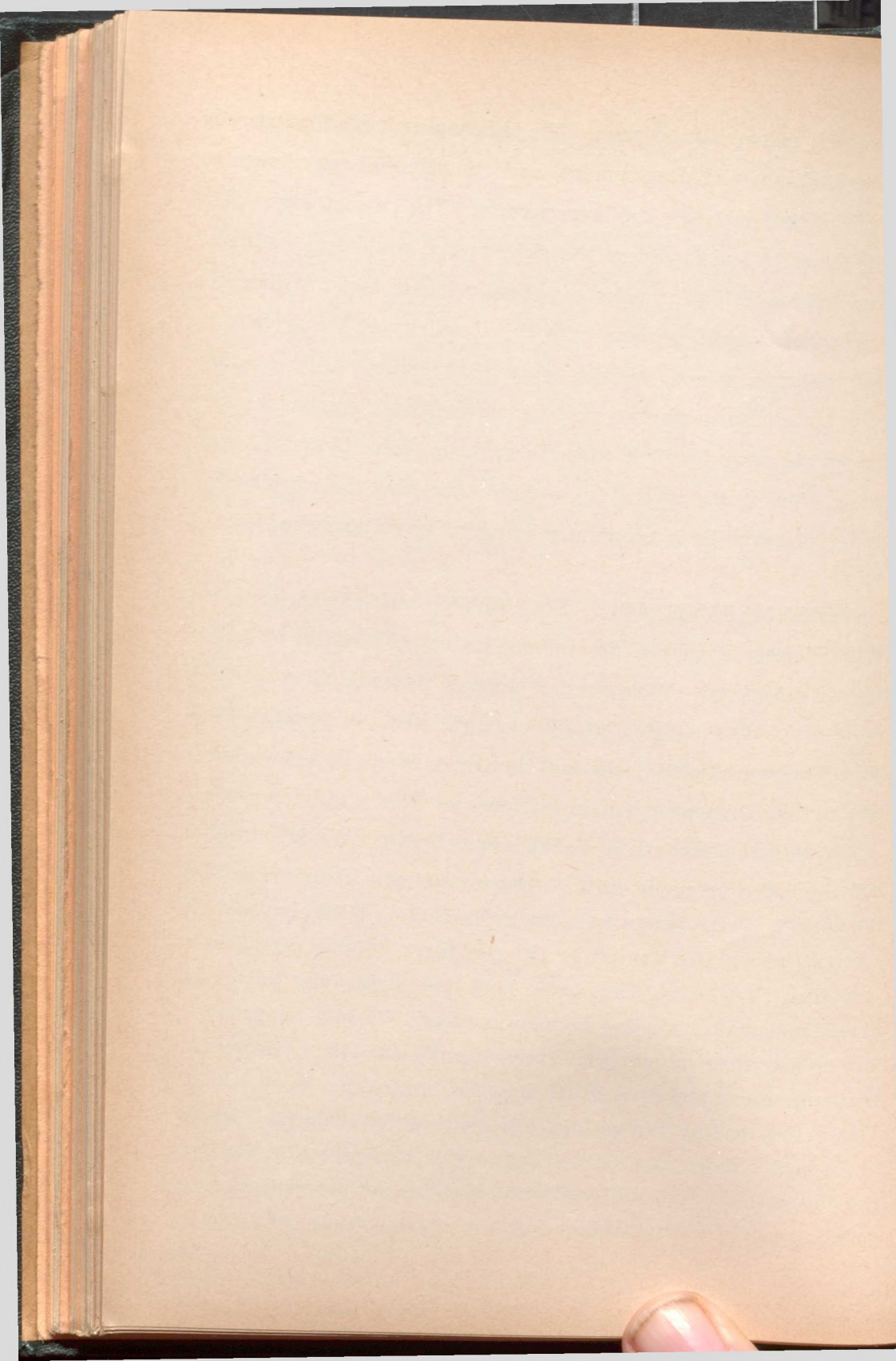
SUMMARY OF PHILOSOPHIC AND SCIENTIFIC ATTITUDES:

From this brief review of the theories of philosophers and scientists, we find that among thinkers of the present time evolution is an accepted fact. Some may concentrate upon one phase of the process and some upon another, but the actual existence of such a



process is no longer questioned. The philosopher holds that there is ordered change and development, and the scientist undertakes to show in detail just how the law operates. The paleontologist digs into the earth and discovers the skeletons of prehistoric animals, from which existing forms have evolved. The biologist studies life in its present manifestations from the simplicity of the amoeba to the complexity of man, and points out that we have before us life in all its evolutionary stages. The embryologist emphasises the fact that in every foetus is recapitulated the entire history of evolution. Thus man's general knowledge concerning the workings of the law of evolution is constantly being increased and clarified.

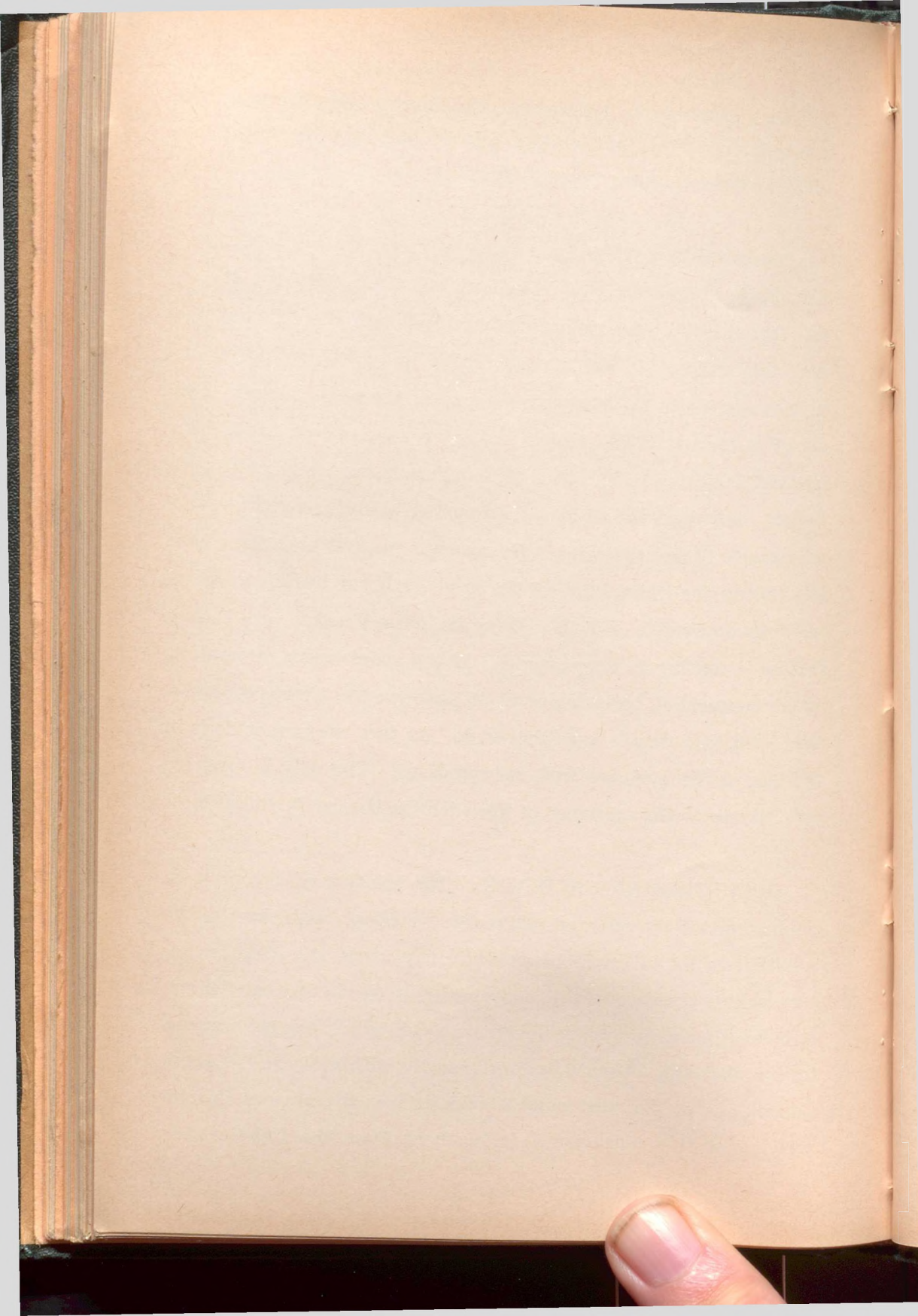
WHENCE CAME LIFE? But both philosophers and scientists of the Western world pitifully fall down when the matter of beginnings is considered. What started things? Whence came the first living cell? What is life? In his excellent work on **Creative Evolution** Bergson, admitting the fact that there had to be a cause, simply describes the reason behind existence as "the original impetus." In **The Outline of History** H. G. Wells says briefly, "We do not know how life began upon the earth." Osborn has as a chapter heading the subject, "Preparation of the Earth for Life." With him, as with other scientists, the concept of the one time "lifeless earth" is a basic one. Yet he and the others hold that amidst the wastes of lifeless matter life one day became manifest. It just happened—how or why they cannot say. Inconsistently enough, scientists at the same time maintain a belief in orderly unfolding, in evolution. That is they believe in a certain uniformity of development. Early in his book Osborn says he will follow this interpretation, and he explains it thus: "The uniformitarian doctrine is this: present continuity implies the improbability of past catastrophism and violence



of change, either in the lifeless or in the living world; moreover, we seek to interpret the changes and laws of past time through those which we observe at the present time."

But how is it possible for anyone to reconcile the sudden and inexplicable appearance of life in lifeless matter with the theory that there has been no violent change? Though the scientist has made this attempt, he has not succeeded in satisfying himself or anybody else as to the underlying cause of the phenomenon. The law of cause and effect, which is the very breath of life to the scientist, indicates to him that life could not have originated accidentally, and yet, with all his experimentation and research, he has been unable to find the cause. He contents himself with the vague idea that in the warm slime of the prehistoric earth life was spontaneously generated. But in so doing he contradicts the very theory that he is seeking to demonstrate. If the spontaneous generation of life is accepted, logic forces us to abandon the theory of evolution. But that we are unwilling to do. In fact, we cannot do it in the face of the evidence that surrounds us. The only alternative is to harmonize the existence of life with the theory of evolution.

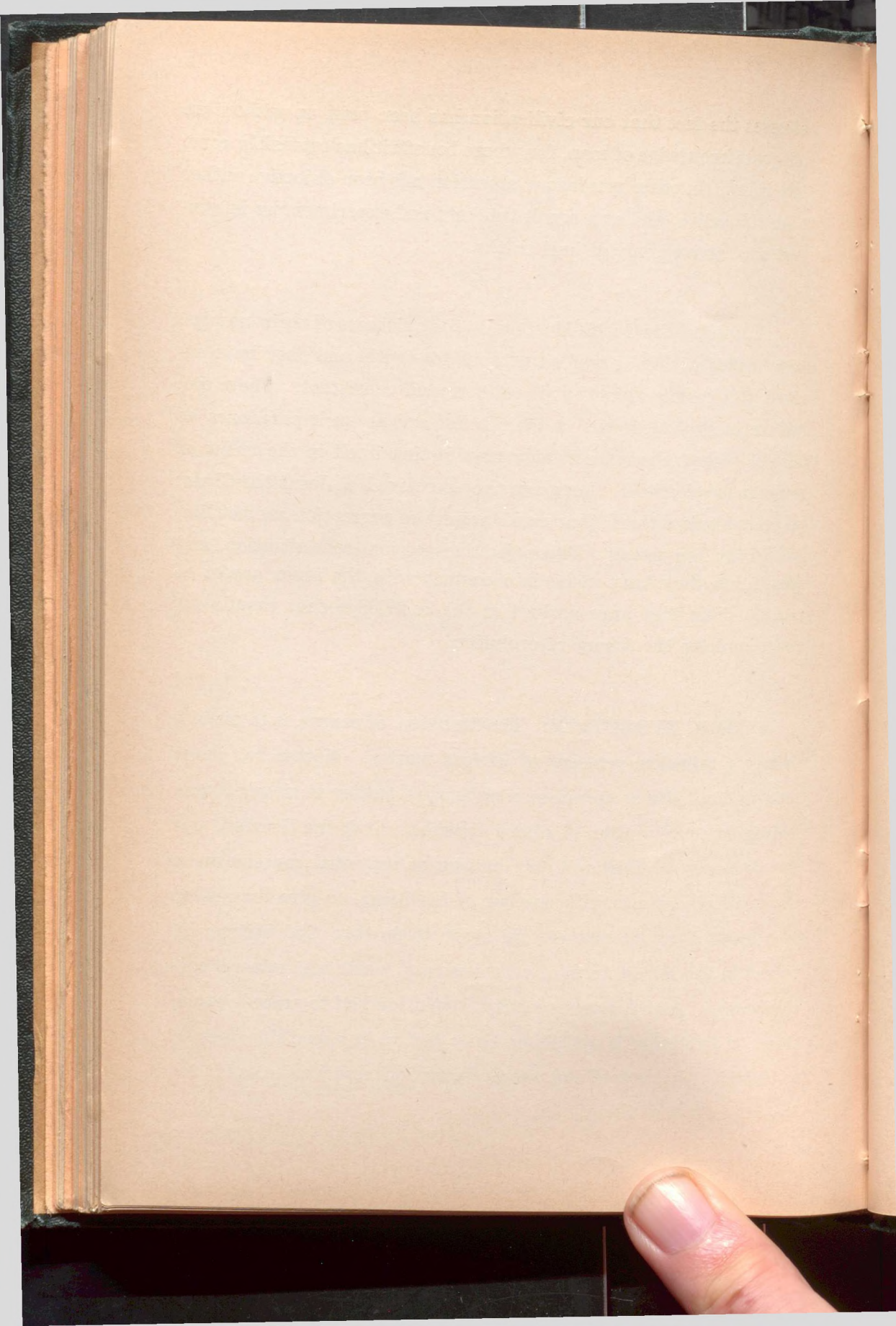
OCCULTISM AND SCIENCE: The solution of the problem can be found if the scientist will merge his efforts with those of the occultist. In his attempts to elucidate the truth, the scientist has been looking always outward, endeavoring to find in the realm of materialism the answers to his questions. Seemingly it has not occurred to him that the ultimate answer may lie within himself. Alexis Carrell, one of the most notable scientists of the present time, is arriving at this conclusion. In his book **Man, the Unknown**, he



stresses the fact that our civilization has been built up without an adequate knowledge of man, for whose benefit it has ostensibly come into being. In other words, our attention has been objective rather than subjective, and as a result thinkers and experimenters in general have arrived only at half truths.

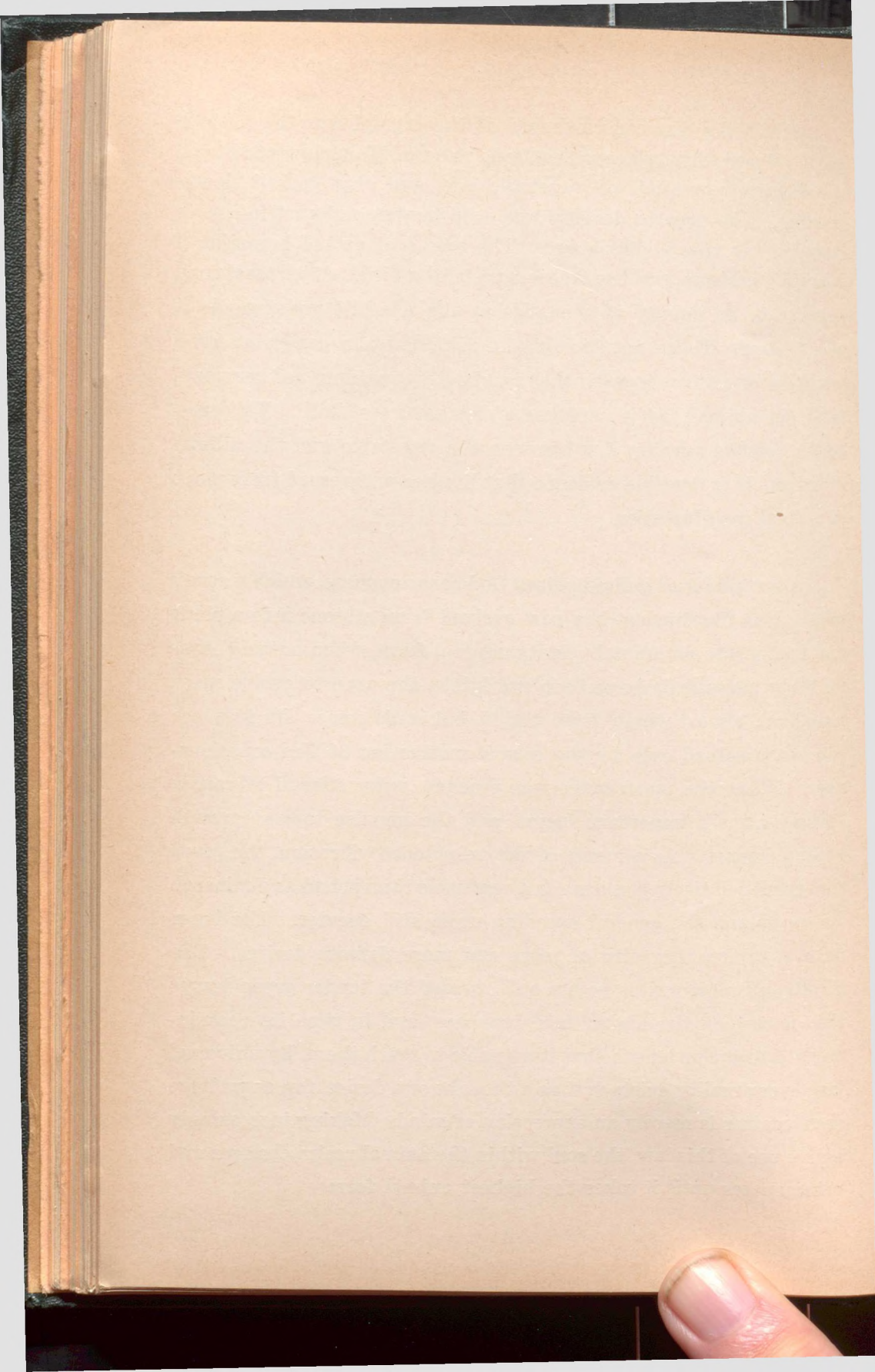
Meantime, the Coptic Masters, in the quietness of their temples, have looked within as well as without for truth, and they have arrived at a cosmic view that is rational and consistent. They, too, believe in evolution, but in their belief are no such paradoxes as that of violent change suddenly manifesting itself in the midst of uniform development. Long ago they perceived, as Jesus the Christ perceived before them, that man's powers of perception are not limited to the five senses. Through introspection, concentration, and meditation they have come into contact with the inner aspect of truth. Thus they have arrived at the knowledge that rounds out and completes the theory of evolution.

COSMIC EVOLUTION: The first step, of course, is to dismiss Osborn's fallacious concept of lifeless matter. Matter has never been without life or consciousness because matter is simply a projection or precipitation of divine thought. God, the Creator, who was formerly in existence only as idea or universal consciousness, chose, in accordance with the law of his being, to give expression to himself through matter. In order to do this, God became involved in the lowest form of consciousness, which was mineral consciousness. As a logical necessity, involution had to precede evolution. If evolution is unfolding, there had to be something present to unfold. That something was God consciousness manifested in the low vibrations of the crystal.



Within the dim consciousness of the crystal was the urge to grow. Hence, through countless eons mineral life struggled toward the higher expression of vegetable life, and this goal it finally reached. The urge to develop was still present and growing more clamorous in this higher stage. The rose dreamed of becoming a butterfly, perhaps, and the tree longed to be a bird. After what may seem to us an infinity of time, life as the scientist understands it was evolved. Today any biologist in his laboratory can point out a low form of cellular growth that is, strictly speaking, neither vegetable nor animal, yet it partakes of the nature of both. This may be termed the missing link between the vegetable and the animal kingdom. It is tangible evidence that life has progressed from plant to animal manifestation.

A certain bit of individualized God-consciousness, which we may take for an illustration, has now evolved from a stone into a plant and finally into an animal. In its mineral form, when outside stimuli must necessarily have been negligible, the urge to evolve must have come almost wholly from within, but it did come. Its presence can be explained only by the cosmic motivation of God-consciousness. When the plant stage was reached, outer stimuli of course became a more important factor, and the impulse toward growth became keener. As a result of the heightened vibration, the given soul spent relatively less time as a vegetable than it had as a mineral. As an animal the general speeding up is still greater. The inner urge is taking the form of more and more definite desires. The giraffe, as some writer points out, coveted the tender green leaves that it saw on the higher tree branches, and in time its neck increased to such a length that it was able to reach them. By universal law, every reality exists first as a thought or a desire, for, as we have seen, matter is merely an expression of mind. Making increasingly active use of this law, the soul within the animal realm changes and reincarnates until it takes the highest animal form.



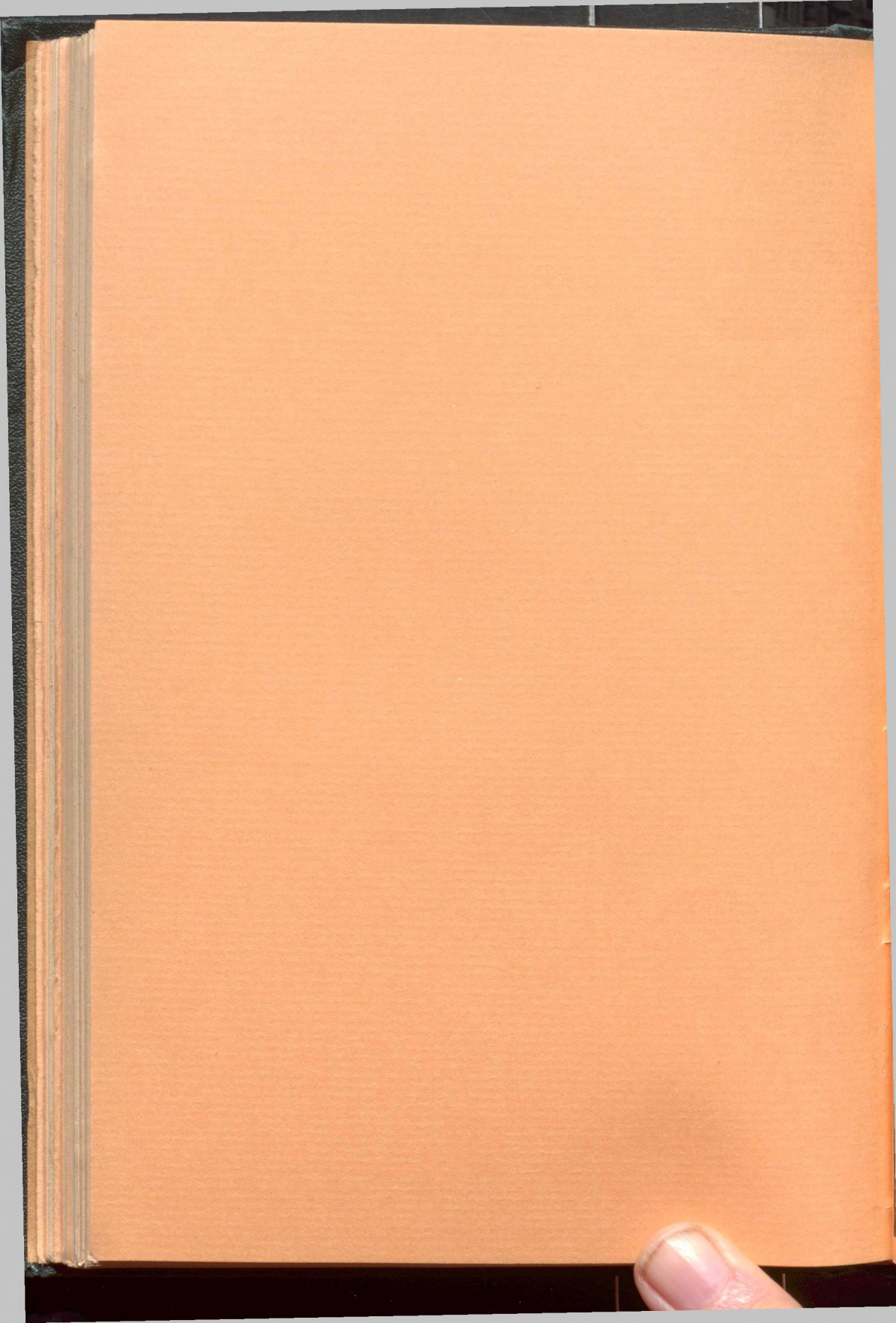
As the climax of the long and tortuous process of its evolution the soul now takes human form, and we have man, a being of infinite potentialities because he is able to realize the full significance of his existence. Freighted with the experiences acquired during billions of years of evolutionary growth, he has arrived at the point where he can comprehend his relationship with God. He is essentially a part of the Creator and may share in God-consciousness in proportion to his desire to do so. No limitations are set upon Him; those he has are self-imposed, and may be eliminated at will. Man is earth-bound only in his imagination. His home is the great universe with all of its rolling planets. He himself is infinity; he is cosmos. He has nothing to fear, nothing to bow to. His allegiance is his own. Realizing the essential unity of all life, the awakened man sees in his fellow beings expressions of that same cosmic force of which he himself is an expression, and a feeling of love for them all springs naturally up within him.

COSMIC HARMONY: Man's thought, evolving within him, has brought forth at last the understanding that he has been growing throughout the countless eons of time toward complete God-realization or God-consciousness. Though in the majority this mystical union is not yet complete, some of the Masters have experienced it. They know through direct contact that the cosmic harmony resulting from this union is the great goal toward which all souls evolve. Few have reached it as yet, but those who have seek to inspire the masses of still struggling souls with the assurance that infinite wonder and beauty awaits them.

THE UNIVERSE IN MAN: So marvelously is man identified with cosmos that each atom of his body is a solar system in miniature, or perhaps we should say systems. Around each positive proton, or sun, revolve continuously numerous negative electrons, or planets. These revolutions take place in space, in apparent vacuum, just as planets in the astronomical universe revolve in what some scientists have termed ether, but what Einstein calls simply a continuum. But this continuum is not a void, the Masters have learned. It is filled with cosmic consciousness. Divine thought, in the form of cosmic rays, penetrates into each tiny atomic universe and dwells there always. Within the brain of man itself is a small circular cavity, which, from a purely physiological standpoint, appears to be a vacuum, but in reality is inhabited by the spirit of God.

Thus we see that, just as the complete history of physical evolution is duplicated in every foetus, so the whole evolution of consciousness is illustrated in the human body, made up as it is of myriads of simple cells, which on one hand are grouped into particular and complex organisms, and on the other may be resolved into atoms, which are the basis of all existence from the crystal upward to man.

But it has been necessary to coordinate mysticism with science and philosophy in order to bring out the full significance of evolution. As we have seen, reason and intellect working alone were able to discover only the objective aspects of the truth. Without the help of the Masters, we still would not know that "the original impetus" was God-consciousness.

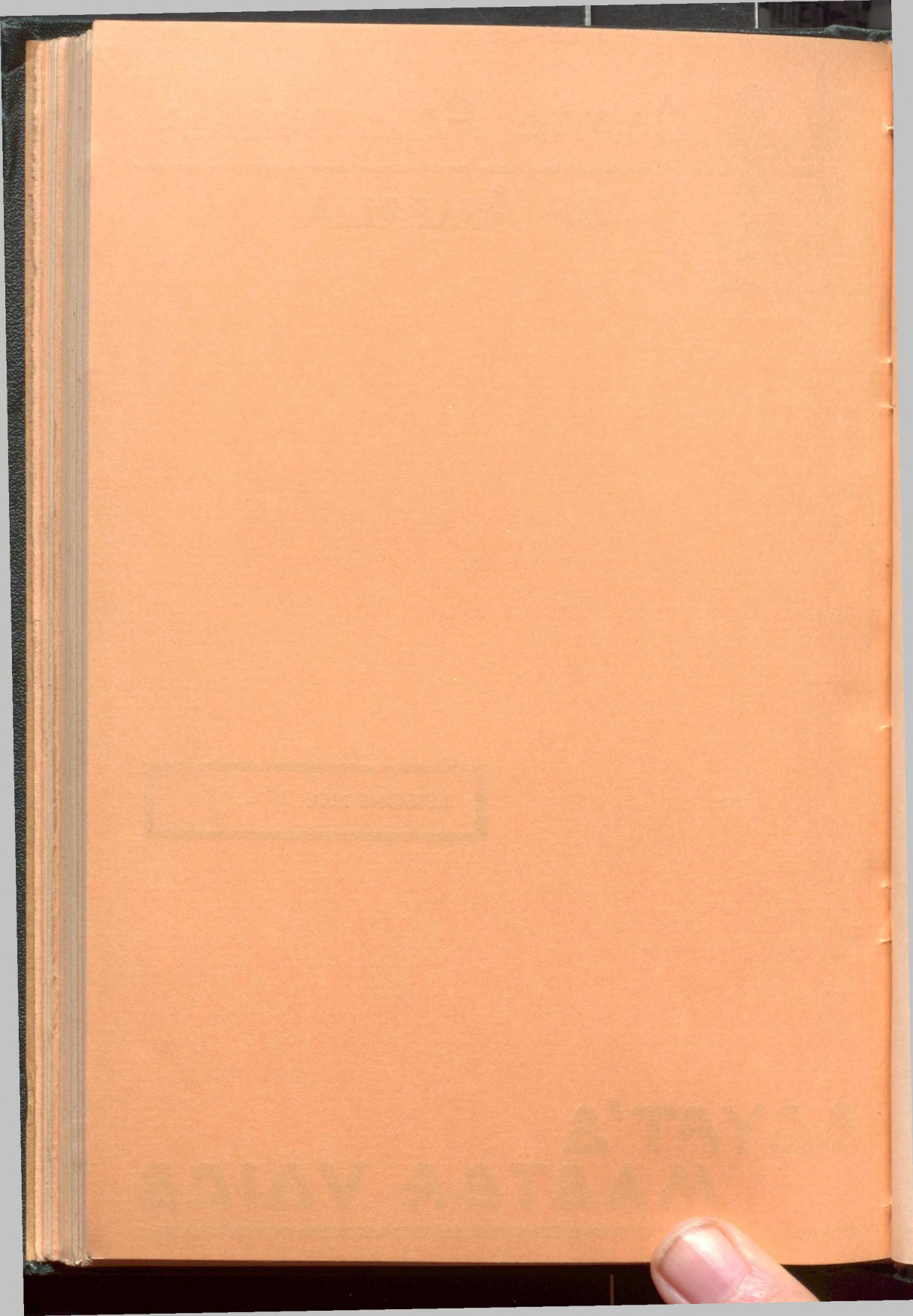




EGYPTIC FELLOWSHIP OF AMERICA

LESSONS NO. 17-18

EGYPT'S
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"MAN — SPIRITUAL EVOLUTION"

Lessons 17, 18

PERSONAL

INSPIRATION

From our lesson on physical evolution we have learned that in every speck of matter there is a spark of intelligence, and this intelligence is in reality the living God. In the stone, of course, God has not reached the degree of expression that he has reached in man; nevertheless, his presence there is just as real and definite as in higher forms. Therefore, the apparently lifeless crystal shares, just as we do, in the universal consciousness. We have seen that the human being of today is the result of slow and tortuous progress over a period of untold millions of years. Just how long it has taken a single living cell in the depths of the sea to develop into man as we know him at present, even the scientists cannot say. But the fact that this marvelous evolution has taken place, is evident to us all.

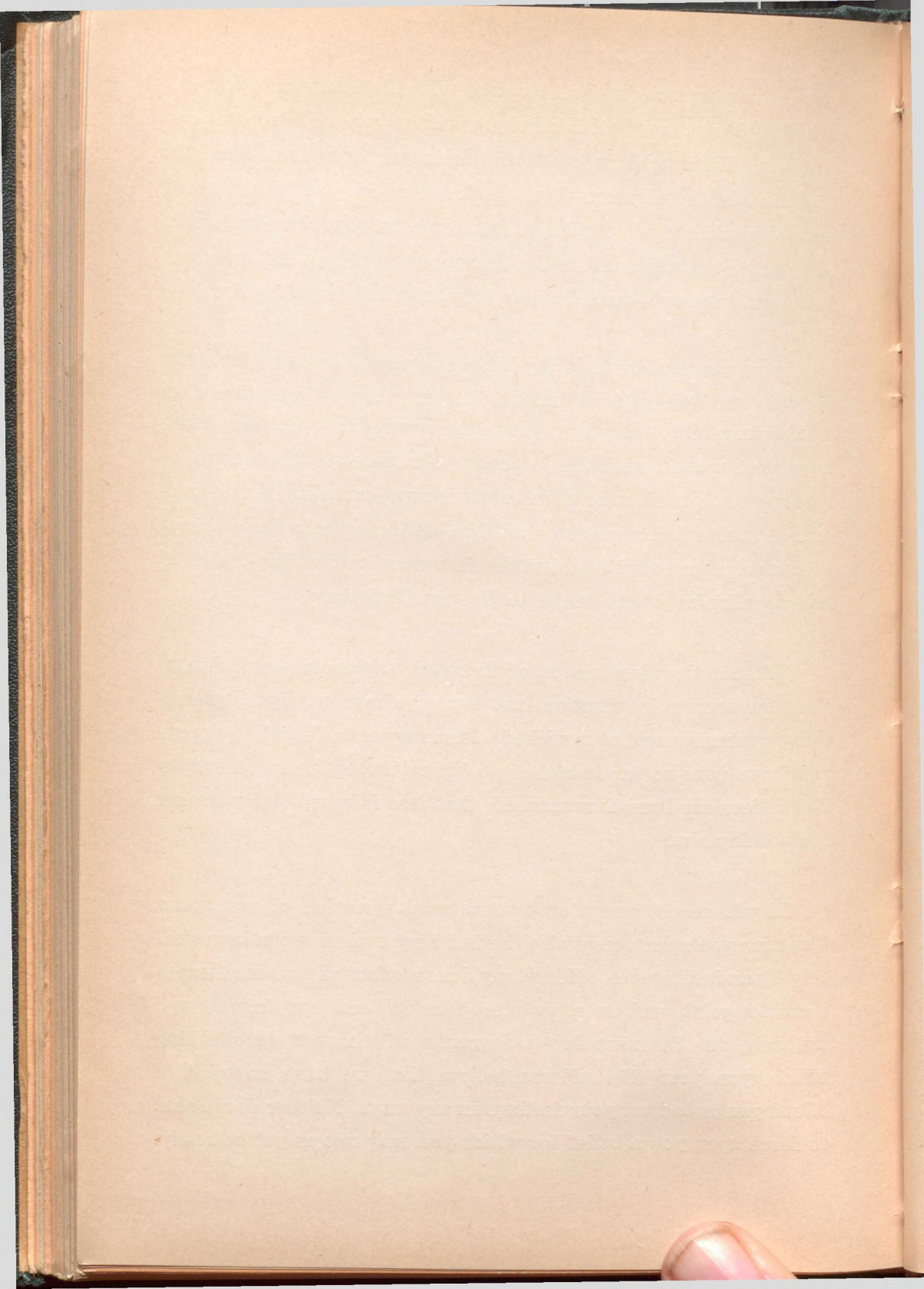
In this lesson we intend to take you back into the cause which lies behind the evolution of the soul of man. To the Western mind, the theory of reincarnation may seem upon first thought fantastic and incredible, and this is not surprising when we consider the existing confusion regarding its interpretation. Naturally we cannot accept something that we do not fully understand, and it is only

proper that our minds should operate in this manner. Although Jesus the Christ taught the doctrine of reincarnation, this important portion of His teachings has been eliminated from the Bible, and Christians of the Western World have accordingly suffered a great loss. The philosophy of Christ has come to you, therefore, in a mutilated form, while in the Coptic temples of Egypt his teachings have been preserved just as they originally fell from his lips.

When we consider that the Bible has passed through forty-six revisions and various translations, it is only logical to assume that changes must have crept in. Since the translators were men, mistakes were more than liable to occur. At the same time, some of these men may have had reasons of their own for feeling that knowledge concerning reincarnation should be omitted. As to these things we can only form surmises, but the fact remains that the truths of reincarnation have been denied to Western Christians.

Without the illumination of thorough explanation and discussion, the term reincarnation has come perhaps to signify something mysterious and even wicked. In many cases, Christian clergymen have gone so far indeed as to brand the belief as poisonous. But, if fear has been thus aroused, that fear is based on ignorance, and nothing else.

If you accept as a fact the material evolution of man, as a Christian you must accept also the fact that evolution can be caused only by an intelligence. Hence, my dear student and reader, here is a crucial point, and we must meet face to face very frankly and sincerely, for the next few paragraphs will have a far-reaching effect upon your life. Please believe that we have no wish to offend you or to hurt your feelings in any way. Neither do we seek to force upon you a belief for which you may not as yet be ready.

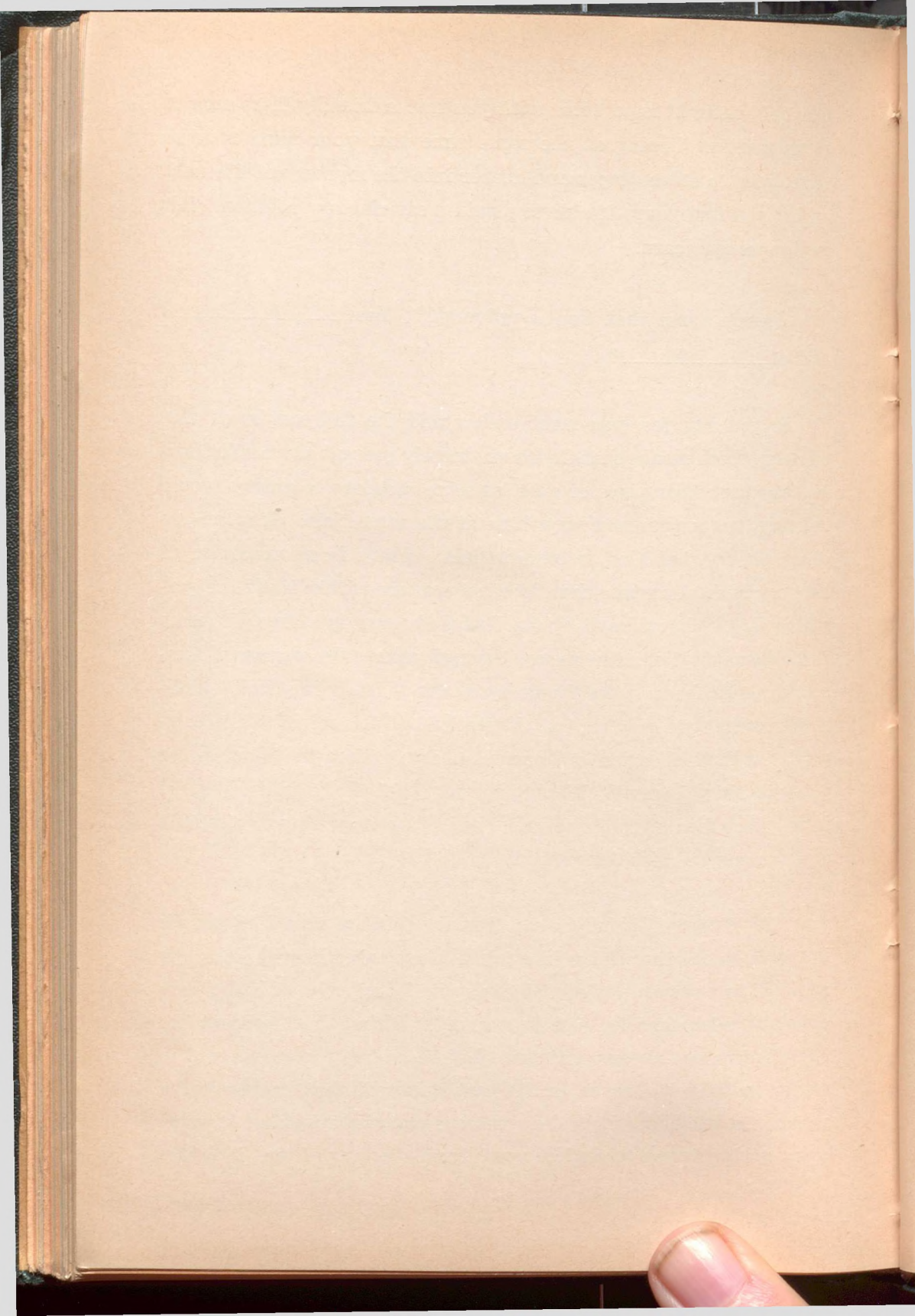


Our only thought is to enter with you into a friendly discussion of these matters, hoping at the same time that your mind may be stimulated to delve deeper and deeper into the mystery of life until at last you find yourself able to attain a satisfactory solution. Let us discuss and learn.

Do you agree that God is universal? Yes.....?
or No.....?

If you say yes, you must understand the full weight of that answer, which means that God is not merely present as an individual in some particular place or spot, as some religious teachings would indicate, but is present everywhere at the same time. It means, in other words, that God is omnipresent. There is no specimen of life, no speck of matter that does not contain within itself the pulsating God. Therefore, it is true that God sleeps in stones, breathes through vegetation, and moves through man. He expresses himself through these varied forms by means of temporary individualization, which we may call manifestations of the spirit. This temporary individualization is of course subject to change. What would you call this change? Would you say that God's individualized intelligence dies when the physical body dies, or would you say that it continues to exist thereafter?

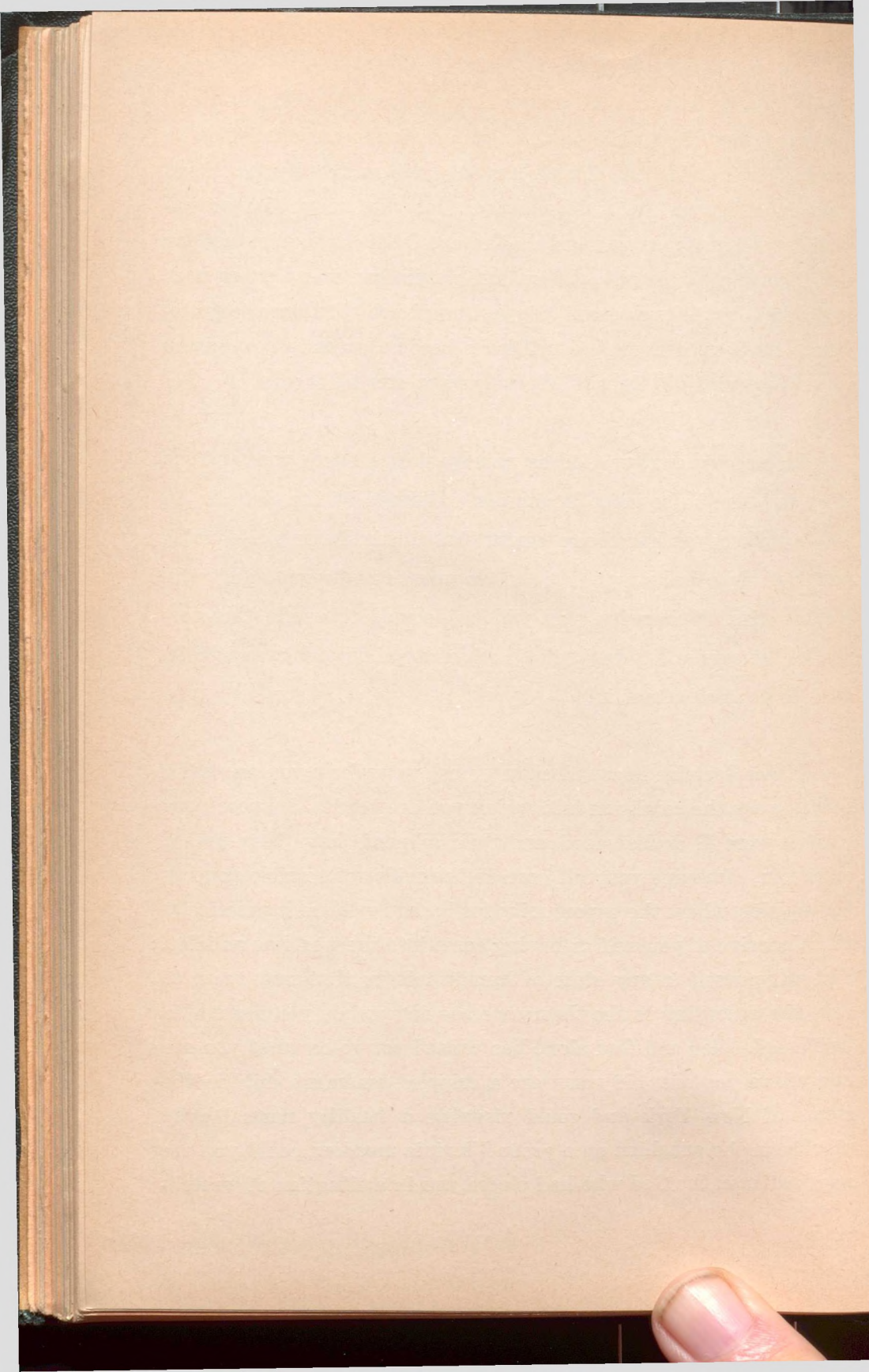
The Western Christians say that the spirit of man does not die but goes on existing either in a joyful place called heaven, which is attained as a reward for good deeds, or in the miseries of hell, where eternal punishment for sins is received. Although at present the church does not always maintain that these two places are real in the actual physical sense, in the past it taught that heaven was a realm of static bliss where the righteous played throughout eternity upon golden harps, while hell was literally a lake of fire, in which



the damned souls suffered forever the torture of the flames. Now, however, since the awakening mind of modern man is refusing to accept this doctrine, the church has begun to modify her teachings concerning heaven and hell, and their concrete nature is not emphasized so much as formerly. However, the idea of reward or punishment after death persists, and people are many times kept in bondage by inference and suggestion if not by dogmatic statement. At best, heaven and hell have become states of consciousness, which mean to the soul eternal joy or eternal sorrow.

Let us now analyze God as usually presented to you, and see if we find him to be what is commonly claimed by the church. In the first place, you have been taught that this is the only life which you live. In other words, it is up to you to make good and gain eternal bliss. Otherwise, you will be doomed to everlasting torment. We cannot but doubt the truth of a philosophy such as this. How do you feel about it?

If this doctrine is sound, may we ask you whom you are going to blame for the condition into which you are born? Suppose your parents were ill or deformed, and their ailments have been passed on to you. Imagine yourself born in the midst of terrible poverty and squalor, where the opportunity for human welfare is practically nil. Conceive of yourself as having come into the world as an idiot. Picture yourself in any state of human misery that may occur to you, yet, according to the theory we are discussing, you are not to be blamed. God and God alone has caused you to be what you are and where you are. If you were a crippled tenement child in the slums of New York and could visualize a healthy normal child playing in the sunshine on a green Virginia meadow, could you see any justice in the God who had placed you in a situation of wretch-

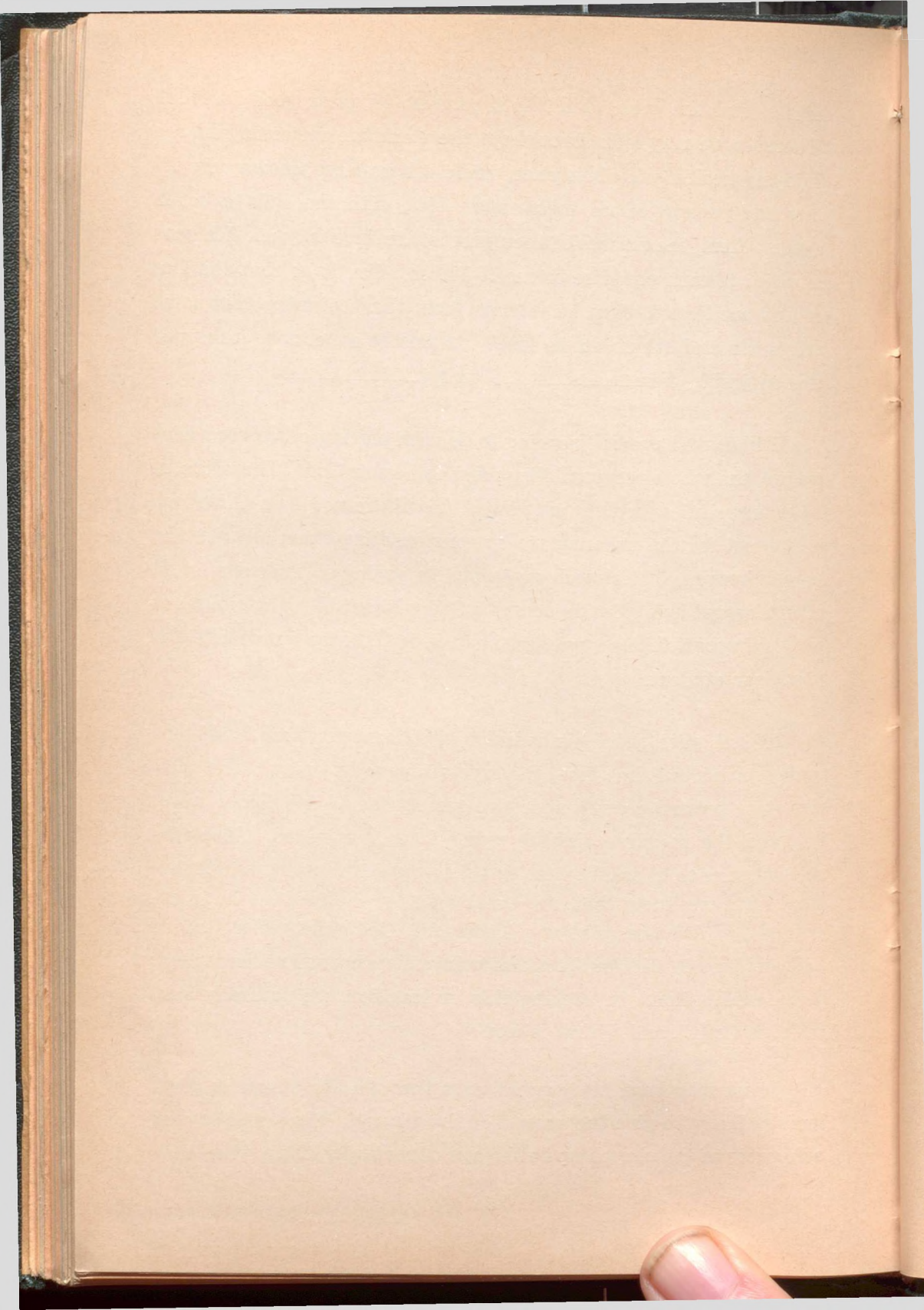


edness, and the other child in a position of great good fortune? Wherever we may look throughout the world we see some who are enjoying health and abundance, while others have known only illness and poverty all of their days. Yet, with the odds so much against them, the masses of the unfortunate have only one life span in which to earn paradise or merit Hades. Can it be that the dice of God are loaded, that he intends from the beginning that some are to win and others are to lose? If this be so, can we look upon God as just? Yes.....? or No.....?

Still, if we have had nothing to do with placing ourselves where we are, the whole responsibility must fall upon God. Therefore, if he be merciful as well as all-powerful, will he not even things up in the end for the unfortunate by compensating them all with the bliss of heaven The church says not. In saying so, it denies a God of justice and love. But to accept a God without these attributes is for us impossible, and we feel that it is likewise impossible for you, dear student.

If God were thus, his individualized consciousness could not have evolved as it has from the crystal upward to man. The positive urge toward growth and development would have been missing, and the negative element would have dominated. The conscious desire to be and become would have been replaced by stagnation. But we know that the exact opposite is true; we have advanced and become greater. Therefore, God must be a God of love and justice, and for the seeming injustices around us there must be an explanation. In seeking this explanation, we naturally ask, "Who is God?", and "What is God?"

Those who have not worked clear through the apparent problem are likely to give the answer of the atheist. Many are devoted adherents of the church up to the age of maturity, then, when they

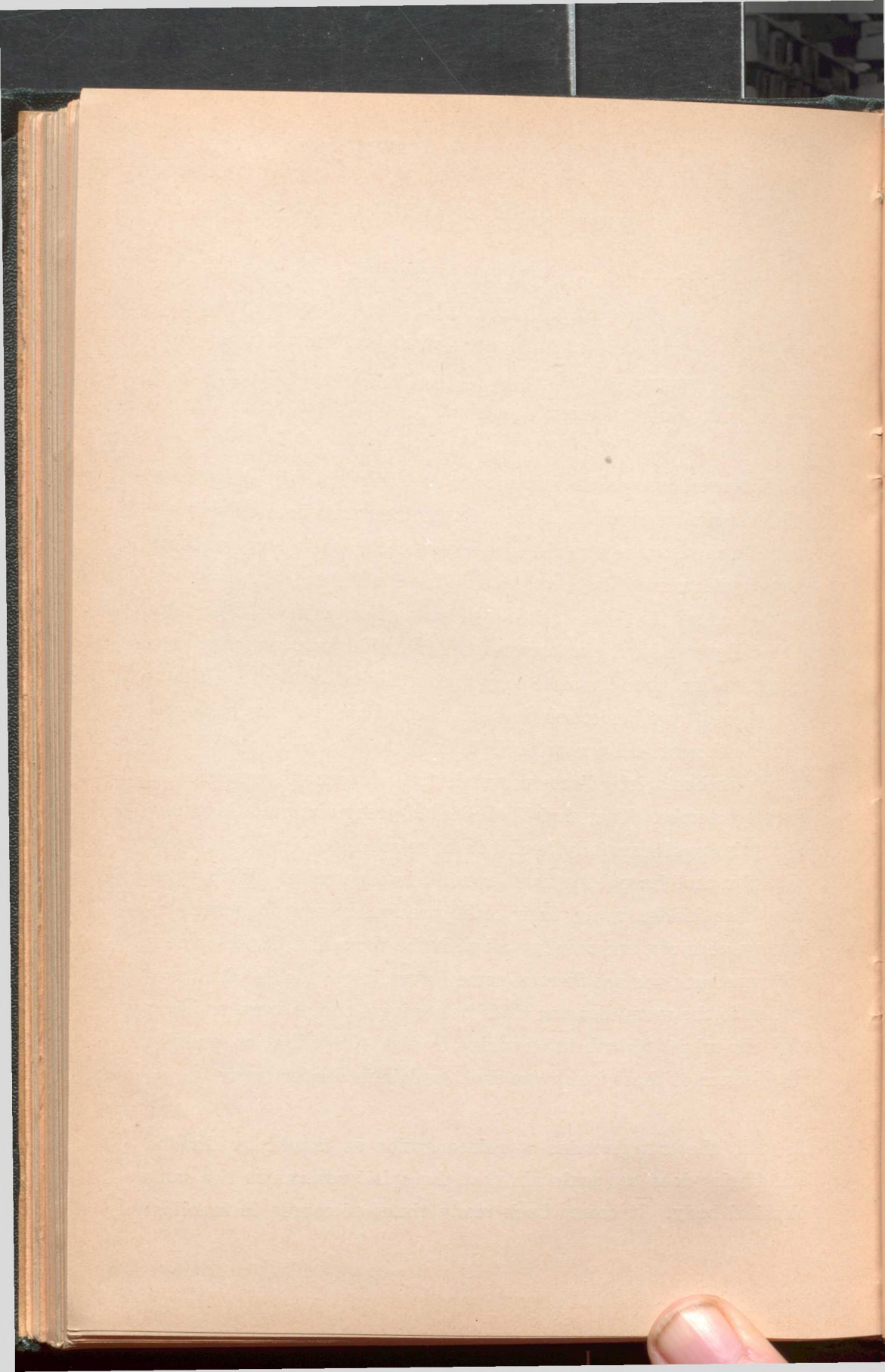


realize the kind of God they have been asked to accept, they react so suddenly and completely that they deny the existence of any God.

But in reincarnation as Christ taught it lies the solution of the whole problem. He gave this teaching directly to the founders of the Coptic order, who for long years cherished it secretly in their temples. Then as people became mentally awakened and ready to receive it, it was transmitted to them.

However, just as Christianity in the Western World has been split into six hundred denominations, so interpretations of reincarnation in the Orient have likewise been varied, and in some of these interpretations may lie the source of the confusion that has arisen in Western minds regarding this subject. For instance, the Pharaohs in Egypt believed in former times that the spirit of man always returns to the same physical body that it has left at death. Whenever needed by friends, relatives, or the nation, it comes back and assumes the cast-off garb of flesh in order to be of assistance. That is why archeologists discover wonderfully preserved mummies in Egyptian tombs. They find the bodies of great masters, kings, and high priests, all carefully buried in huge sarcophagi and concealed in tombs that have been made almost impenetrable. With them have been hidden away their most precious possessions such as jewelry, chariots, and money—all with the thought that the owners will come back and use them at some future time. As an added protection to the mummies and their belongings, curses were set upon any who might disturb the remains or steal the valuables, and the significance of these curses we shall explain in a later lesson.

But the true doctrine of reincarnation as taught by Buddha and Christ does not maintain that the spirit returns to the same physical body. It comes back many times of course to manifest

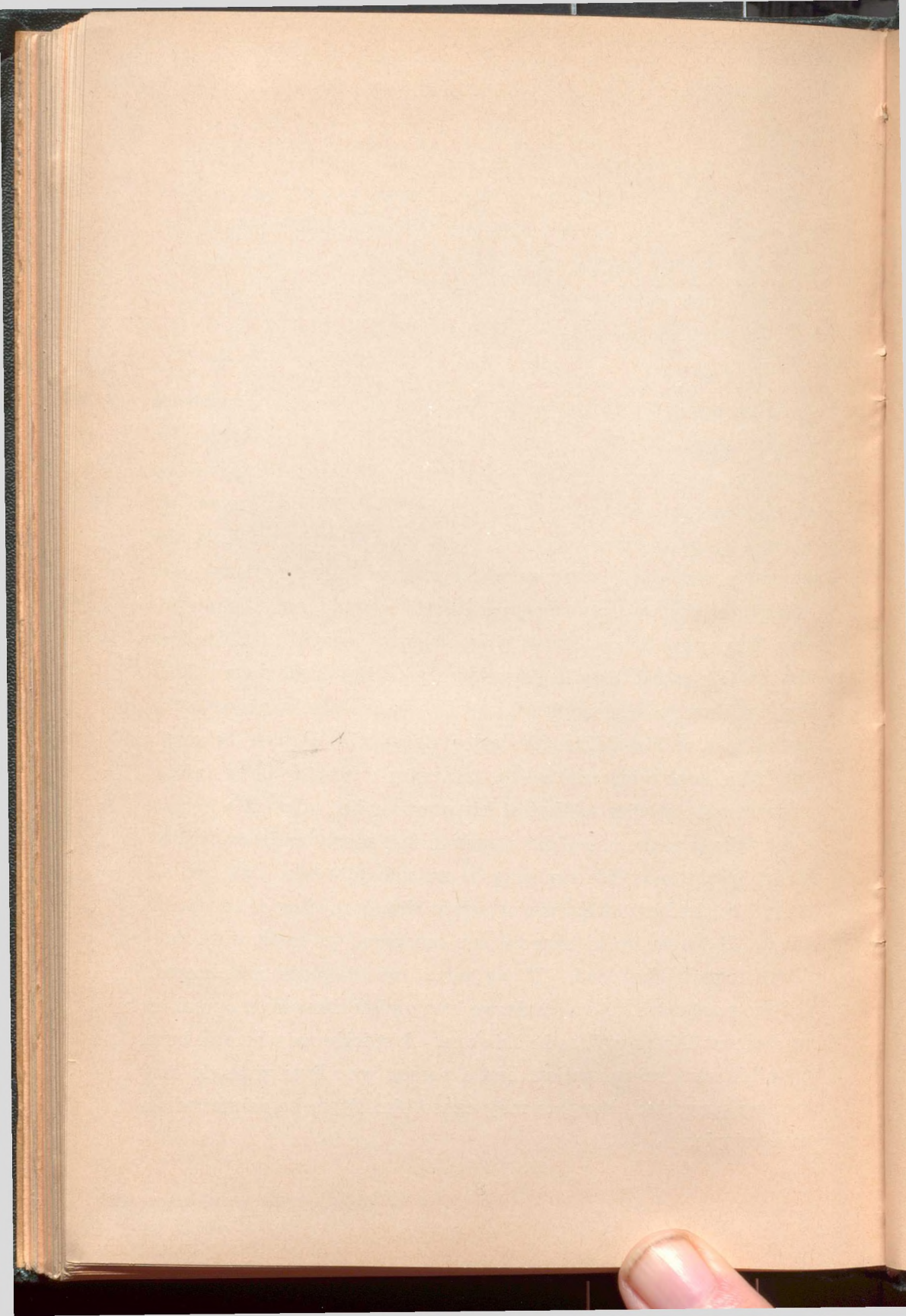


itself in flesh, but each time it inhabits a new body. In fact, each spirit must continue to reincarnate until it has freed itself of all earthly attachments, and become completely emancipated from materialism. Only after that can we hope to enter into that higher state of consciousness which we may call heaven. All thoughts of limitation must be outgrown, and toward all of our fellow beings we must develop an attitude of tolerance and love. Our love must be broad and deep enough to encompass all creeds, all nations, all races. Then we shall truly have earned our right to heavenly bliss, and that bliss, in the form of God-consciousness, will be ours. But it is no simple and easy matter to reach this goal. Yet we can work toward it serenely and confidently, knowing that we have within us abundant power to attain it.

The method of progress that we follow is reincarnation. The term, as you will doubtless recall, is derived from the Latin *in*, and *caro, carnis*, meaning flesh, "a word used to express the manifestation of the Deity in the flesh under the human form." The prefix *re* denotes a repetition or returning. Hence, reincarnation signifies simply a returning to flesh. As we know now, that which returns is the spirit, or individualized God-consciousness. Before a soul can arrive at the point of God-realization and merge again with the universal consciousness, countless passages are necessary, for its awakening is brought about gradually through eons of earthly friction. Through tortuous experience knowledge is slowly, yet thoroughly achieved. The task of the soul is to come into possession of all the laws of being; only thus can it arrive at infinite wisdom and become in fact omniscient. For one kingdom of consciousness alone eight million reincarnations may be required before the soul is able to pass into a higher realm of consciousness. In the mineral stage, where exist the lowest vibrations, progress is naturally slower than in the vegetable kingdom, and by the time the animal kingdom has been reached the process is found to be considerably speeded up.

Surrounding the human consciousness are seven cycles through which it must pass in the course of its development. Souls within the first three cycles are still definitely earthbound and may have to be reincarnated an infinite number of times before they can enter the fourth cycle, where reincarnation becomes voluntary and less frequent. In the sixth cycle souls have lost their individual consciousness, and those which have reached the seventh cycle pass directly into the state of God-consciousness.

This brings us to the realization that death as a monster of darkness does not exist. Death is simply change, the passing of a soul from a physical into an astral body. When this experience occurs all of the events and happenings of the life span are swiftly released from the sub-conscious mind and thrown, much in the manner of a motion picture, upon the screen of the conscious mind. From there they go into the super-conscious mind, and thence outward into astral form. But it must be borne in mind that a person patterns his astral body in accordance with the deeds done in life. If he has been good, struggled faithfully upward, and overcome error to the best of his ability, the astral form will likewise be good, and in his next reincarnation he will enjoy a healthy body and an environment superior to that of his previous life. But if a human being fails to make use of his power to live sanely and beautifully, his lot in the next life can only be an unhappy one. We are all subject to the Law of Karma, which is simply the law of cause and effect. If we desire to improve our condition, we must work definitely toward that end. If we relax, we stagnate and become definitely negative. As a result, we bring misfortune upon ourselves in the next life as well as in this one. A suicide may be still born upon his next reincarnation, and a person who lives wrongly and harbors perverted thoughts may cause himself to be reincarnated as a cripple.

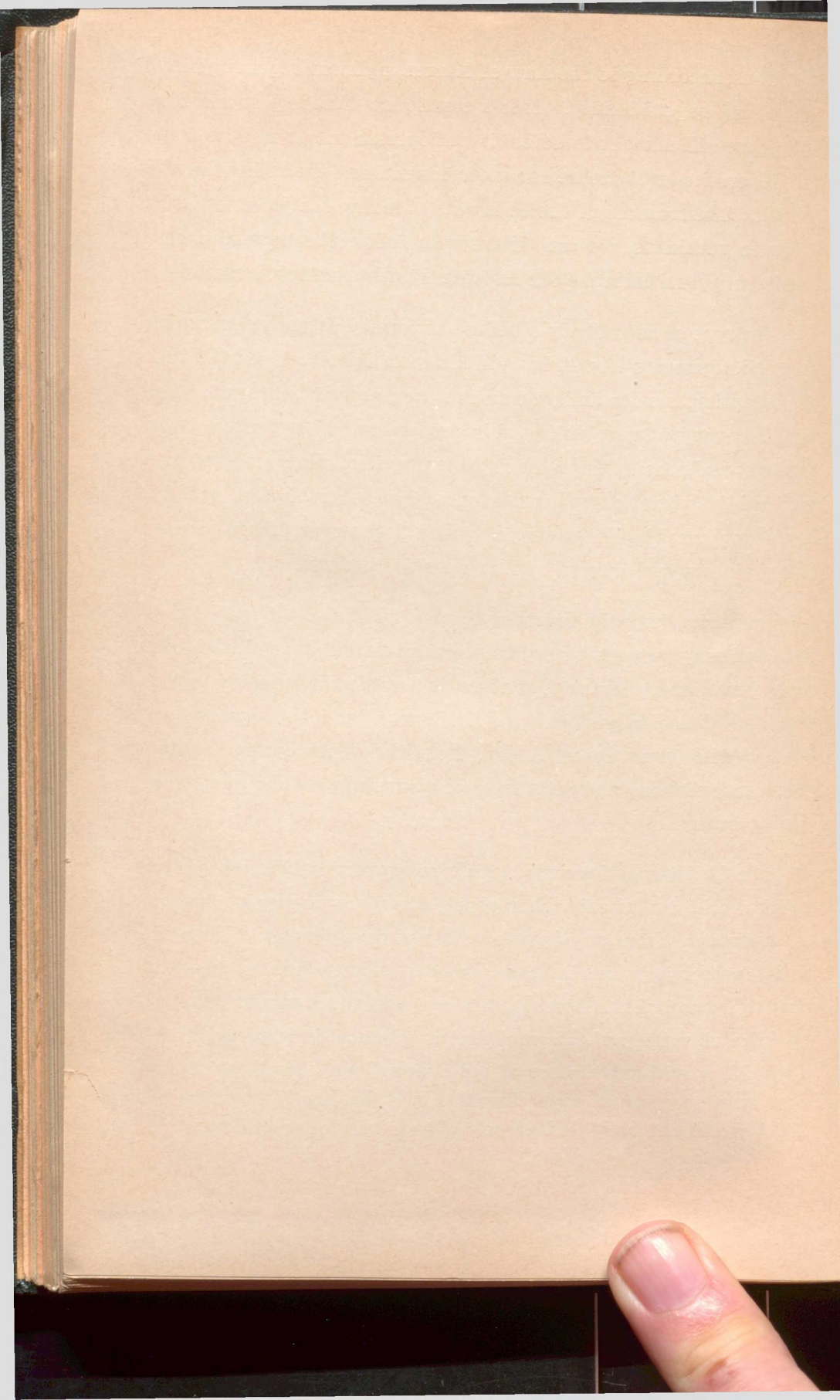


Thus, according to the Law of Karma, ugliness begets ugliness, and beauty begets beauty. It is a cosmic law that is just and fair, and, if we will allow it to do so, it will operate to our infinite benefit. It permits us to choose our environments and the bodies that we inhabit. The freedom of choice is ours. Having the power of God's presence within us, we can, if we will, follow the upward course consistently, and increase our happiness with each reincarnation.

The type of astral body a being has formed actually determines the kind of parents he will have in his next existence. At the time of conception, a man and woman set up a certain vibration. The soul that they attract during this process must necessarily be in harmony and possess the same rate of vibration. Hence, a good soul with a high vibration will come only to persons of high quality. In this way, a highly developed soul is forever protected against being reincarnated through evil or negative parents.

Beginning with the fourth cycle, the soul has still greater freedom, and may respond or not to vibrations from even the highest type of man and woman. But when it does decide upon reincarnation, the choice is planned and deliberate, and the parents are selected with great care. A soul from the upper cycles has outgrown materialism, and returns to earth mainly for the purpose of helping others.

The Christ-consciousness, which makes very infrequent returns to this world, comes only when people are ready to receive wisdom and assistance from an advanced cycle of development. Jesus the Christ, perceiving this readiness, chose to become flesh by means of Mary, a woman of the Essenes, who was literally a virgin. So high were the vibrations of this soul that it was able to impregnate the virgin Mary without the use of male vibrations. Needless to say, Mary was a woman of high character and flawless life; otherwise, Christ would not have deliberately chosen her for his mother.



In the three lower cycles, however, marriage, or the mating of man and woman, is essential to reincarnation, and through it is opened up a highway for the soul's progress. We know also that only through reincarnation can a soul reach the upper cycles of consciousness to which we all aspire. From this discussion, we now comprehend that Christ had reference to reincarnation when he said: "But I say unto you, That Elias is come already, and they knew him not, but have done unto him whatsoever they listed. Likewise shall also the Son of man suffer of them. Then the disciples understood that he spake unto them of John the Baptist."—Matthew 17:12-13.

In Revelations 3:12, we find the following: "Him that overcometh will I make a pillar in the temple of my God, and he shall go no more out: and I will write upon him the name of my God, and the name of the city of my God, which is new Jerusalem, which cometh down out of heaven from my God: and I will write upon him my new name."

In John 9:2-3, there is still another reference to reincarnation when it is interpreted in the light of what we have learned in this lesson. "And his disciples asked him, saying, Master, who did sin, this man, or his parents, that he was born blind? Jesus answered, Neither hath this man sinned, nor his parents: but that the works of God should be made manifest in him."

The deeper you go into the subject, dear student, the more keenly you must realize that the marvelous cosmic scheme of growth and development is based on justice. The universal consciousness that is within us tells us that God is a God of justice. If this be so, we must accept reincarnation as a part of the divine plan. Otherwise how can we reconcile ourselves to the widespread pain and suffering upon this earth? All humanity suffers.

