

The INNER TEMPLE

A Sacred Lesson

on

INITIATION



COPTIC FELLOWSHIP OF AMERICA

3256 Velma Drive,

Hollywood, Calif.

THE INNER TEMPLE
(Sacred Lesson on Initiation)

HOW TO ATTAIN SELF-REALIZATION

Anyone who must take the advice of another to guide his endeavors is always subject to possible misinformation and misdirection. Only those who know how to contact wisdom directly from its original source can be increasingly free from this fault. Ability to understand the nature of the universe and the personal part which we play in universal unfoldment is the only dependable power possible for any of us.

The methods of transcending the need of a teacher are therefore being released in order that you, dear student, may rise above the need of personal advice.

Every advancing student finds that there is a Great Plan which is working out into actuality and progressing toward perfection, motivated and sustained by Infinite Intelligence and Infinite Power. This Intelligence is called by many names but we call it God or Good. We shall ultimately know that everything which happens anywhere at any time, to us or to anyone else, is a necessary factor to accomplish this ultimate design and that everything is good whether our limited sense awareness reveals the fact or not. Our lives have but one ultimate purpose and that is helping to accomplish this good. Our bodies are externalized expressions of all that we have personally accomplished to date. We can, therefore, see the wisdom of endeavoring to develop a useful brain and nervous system.

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Note: This is a personal lesson for you and should not be shared with anyone.

TECHNIQUE FOR OPENING SPINAL CORD CENTERS

Centers of Psycho-Spiritual consciousness and energy called light-petalled lotuses or ray-decked star blossoms or chakras are situated in the primary and secondary nervous systems - the brain and spinal cord - and unique technique for the opening of these centers is given at the end of this lesson to help you in awakening the brain cells and in strengthening the nervous system.

The chakras, or astral lotuses, or spinal cord centers, correspond to the vital plexuses of the body and instructions will be given regarding the controlling of the functions of these plexuses. Sacred energies are lying dormant in the centers. The practice of the technique given will awaken the coiled, sleeping energy in the coccyx center and send it towards the brain, resulting in a balanced mind and hastening the spiritual and mental regeneration and rejuvenation of the student. The reason for this is that the energy fertilizes the nervous system and transmutes the life force into the radiant spiritual force. Thus the proper practice of raising this force helps to prolong life.

Sometimes students criticize breathing exercises of the Eastern countries fearing that the people of the Western hemisphere are so constituted that instead of being helped they will become nervous and, therefore, should avoid taking them.

Our answer is that all advanced students know there is nothing which within itself is bad. Everything has its purpose and accomplishes that purpose in its proper place. We must increase our discriminating ability by adding to our knowledge concerning our personal needs as well as our immediate and remote possibilities of unfoldment. This discrimination should give us the knowledge of (1) what to use, and (2) in what quantities.

For example, we must realize that a certain amount of sunshine is good but a sun bath continued too long becomes destructive.

INNER MEANING OF SYMBOL REVEALED

There is a symbol which is seldom explained to those who are not members of Occult Societies. It is a picture of a high mountain which rears its peak higher than anything about it. On its highest surface is a smooth and placid lake. On one side of this lake is a waterfall which is produced by the overflow of the waters of the lake. Near this waterfall is a small boat in which there is a man, dressed in red. The waters of the lake are carrying the boat toward the waterfall and the boat and the man in it seem helpless to cope with the current created by the overflow. Without help he seems doomed to destruction.

On the land near by is a woman, dressed in blue. She holds a rope which is attached to the boat and is in the act of pulling the boat back to safety.

Overhead, shining from a clear blue sky, we find the sun shedding its light and warmth on the lake and all about it.

The symbolical inner meaning of the picture is:

1. The sun symbolizes God or the inner spiritual quality of man.
2. The water represents this spiritual quality of God personified as man.
3. The waterfall signifies the flow of mental energy which falls down along the spinal cord and gives existence to physical growth and sensation.
4. The physical body is represented by the mountain.

In other words, the spiritual qualities of God have descended, first, as mentality; second, as energy; third, as body; and fourth, as ego consciousness, which is represented by the man dressed in red or the woman dressed in blue. The color classifies

the degree of consciousness, blue symbolizing love, and red, sensation and excitement.

Woman represents spirituality, dressed in her garment of blue. As she holds the rope attached to the boat in which her other half is threatened to ride to destruction, she portrays to those who know that she is seven times more spiritually and intuitively awake than her male partner.

Among other things, this symbol is designed to teach the selected and thinking few who really aspire to wisdom and who are perpetually willing to raise their consciousness and turn their gaze to the spiritual sun, the great secret that the energies of the body obey in their action the processes of the mind. When the energies are turned downward through physical intrigue, they are turned into sex expression or they are applied to such emotions as fear and anger which destroy both mind and body.

Most people are ruled to a great extent by their environment and adopt the manners, customs, and morals of those about them until they automatically ripen in their personal evolution to the place where they see the value of making conscious, purposeful endeavor to accomplish something better than the average unthinking person.

USE OF INVISIBLE POWER

To help in your spiritual awakening not only should the technique which follows be given due consideration but conscious, mental effort should be made each and every day to think constructively at all times and under all circumstances. By so doing the spiritual force will be drawn upwards to the brain. Therefore, everyone should seek to benefit himself and others. We can never escape the Law of Attraction for that which we allow our thoughts

to dwell upon, in seeking, we shall find. If we are continually looking for the Creator's handiwork, we shall very soon realize how much we gain by continually searching for the good, the beautiful, the harmonious, the perfect, in ALL things, in ALL places, at ALL times, and by the withholding of all unloving criticism. This ATTITUDE must take absolute control, absolute possession. It must be the very life of our innermost soul, not an external Rule of Life. We have it in our power to perfect ourselves and eventually, to transform ourselves completely but it must be done from WITHIN, in the Temple of Silence, through the power vested in the Higher Self or Christ Consciousness. "Be ye transformed by the renewing of your mind."

Every time we refrain from disparaging criticism, suspicious judgment and uncharitable thoughts of our fellowbeings, we are one step nearer to the unfolding of spiritual truths. Why? Because when we have won this battle with ourselves, we are happy, we feel inspired and uplifted. In these moments of inspiration we ascend rapidly into the realization and significance of PEACE, LOVE, and LIGHT. At such times take a little time to "Be still" and enjoy a few moments of real meditation and you will awaken powers within your soul which have hitherto been dormant. By so doing the opening of the Spiritual Eye will be hastened and you will glimpse the realities of LIFE and the unrealities of the DREAMWORLD.

It must be thoroughly understood and realized that this is entirely INNER WORK for the change takes place WITHIN, in "the secret place of the Most High," the trysting place with God which is hidden from outer sight. When we thoroughly clean a room, we move everything, clean and polish everything, and discard broken and

wornout articles. The windows are cleaned and fresh curtains are hung in place. So is it with the Inner-Renewing Process. The only visible thing (to those who have eyes to see) is the tranquil expression which shines forth through the eyes, for the illumined soul or intelligence shines through.

We have been taught that the faculty of Sight or Perception is one of the five physical senses with power all its own. But as we travel along The Path we discover that Spiritual Sight is the Soul of Man which thinks, perceives, and sees the thought out-manifest. In other words, The-Power-Supreme "fathers" the thought and expresses through the Christ Consciousness. Then we become aware that the projection of our thoughts has caused them to become visible. As we meditate on this fact, we realize that if we nourish our Soul or Intelligence with God-given thoughts of love, charity, respect, homage, reverence, and devotion, IT becomes keenly alive, active, strong, and healthy, and the powers of perception are intensified.

The feeding of the Soul is an individual matter and we gradually learn as we walk The Path not to allow ourselves to be enthralled by the impressions of the outerworld which we contact daily. They cannot touch us, cannot annoy or disturb us in any conscious way because as we feed and train our mind to recognize the Voice when IT is speaking, accepting the real and rejecting the false, we have cleared the way for our Intelligence, our Real Self, to express the newly developed Inner Power which will henceforth point the way to meet all negative conditions. Only what we experience within determines our attitude towards the world impressions. Only when we have nourished our Soul with spiritual food, trained it, and thus learned to control our emotions and

ideas, can we completely and successfully contact intimate relationship with the outer world of shadows.

A few moments should be set apart each day in which to withdraw into the Inner Chamber of our being, where all personal affairs are forgotten, and the din and confusion of the world are unheard. In this silence we should listen to the Inner Voice and receive new impressions, new counsel with which to be fortified and renewed so as to go forth again into the commercial world of make-believe and meet the host of snares and temptations we must of necessity contact. Turning to the Self, the I AM within, strengthens and entrenches IT more securely than ever.

But there is one point which must not be overlooked. You, dear student, must not blunt yourself to the world. You must not seek solitude. It is necessary that you meet your fellowmen for interchange of ideas. It is necessary that you contact the vicissitudes of the physical world and necessary also that you take relaxation through constructive channels. If you blunt yourself to enjoyment you become as a plant which has used up all the life-giving properties in the soul and from the sun's rays. By contacting the many experiences of life you learn self-mastery. But remember that in the process of learning you must not monopolize the wisdom thus gained but you must share it and use it for the good of humanity. By so doing The Path will be ever open before you. Anyone who seeks for himself alone will be enticed from The Path and selfishness will eventually remove him entirely. This is the immutable Law of Compensation and must be strictly observed before you can be One in more than name.

Every idea which does not become an ideal for you destroys a power within your soul; every idea which becomes an ideal creates

within you a vital power.

Tradition says that when King Solomon received the gift of an emerald vase from the Queen of Sheba he filled it with an elixir, one drop of which would restore health and prolong life indefinitely. A dying criminal begged for a drop of the precious fluid but Solomon declined to prolong a wicked life. He also would forget or prefer not to open the vase to get out even a single drop when good men asked for it. Later, when he himself became ill, he bade his servants to bring him the vase and much to his disappointment he found that the precious elixir had evaporated.

No doubt many of you who read this little story will wonder that Solomon could have been so foolish to allow the precious fluid to evaporate without benefiting anybody. But are not many of us guilty of such folly every day? What difference is there between Solomon and those who refuse to give sympathy, words of cheer and encouragement to those who are in trouble? Are they not bottling up their Higher Self? Are they not allowing the centers along the spinal cord to remain closed?

Mankind - both men and women - possess an elixir more potent than the fabled liquid of Solomon, one drop of which not only prolongs life but also carries radiance into the midst of gloom, beautifying it and transforming it. This elixir - love, sympathy, kindness, goodwill - is wholly dependent on its outflow and is the potential fluid which nourishes life and glorifies humanity. If we keep the vase that contains it tightly corked three hundred and sixty-four days of the year, we may find when we open it on the three hundred sixty-fifth that the fluid has evaporated.

RHYTHMIC UNFOLDMENT

Those of you who read these pages are ready to make an

independent grade of development. The following exercise may, therefore, be carefully, conservatively, and diligently used to attain such illumination as will render you independent of any secondhand information concerning the requirements of nature on her various levels for rhythmic unfoldment.

PRELIMINARY PREPARATION FOR EXERCISE

Precede the following Prana or Life Force Exercise by moistening the interior of the throat with a very small portion of olive oil or any vegetable oil. Do not swallow any of it. Simply allow it to moisten the throat.

Take your seat, facing the East, first having placed a woollen blanket on the seat of the chair and underneath your feet. Keep the spine erect; the shoulder blades parallel to each other; chin parallel to the floor; chest out; abdomen in; hands in lap near junction of thigh and abdomen; palms up; feet crossed; eyes closed with eyeballs turned upward and gaze fixed between the eyebrows without strain. Then make the following prayer:

Heavenly Father, make my heart Thy garden of joy
and happiness, Thy temple of peace.

May the radiant lights of the Spirit illuminate the
pathway of my life, uniting my soul and mind into one
thought of love.

May the perception of such enlightenment guide me
in the fulfillment of my thoughts and desires.

May the fragrance of Thy presence be ever manifested
in my life.

Peace!

Peace!

Peace!

CONTROL OF PRANA

FIRST INITIATION EXERCISE

Begin by thinking that the spine is a hollow tube from the coccyx to the point between the eyebrows. Then expand the throat and breathe in without jerks, pulling from the bottom of the imaginary "tube" steadily all the way to the point between the eyebrows to the sound of "Awh" deep in the throat. This fills the tube with a full volume of fresh, cool, prana, like cool water. At the point between the eyebrows turn the flow backwards, over the top, through the brain and over the back of the vertebrae, treating it like a fine thread of warm water falling over the back of the spine to the trickling sound of "ee" deep in the throat.

This exercise is not effective without the sounds.

The course of prana and breath must be felt passing from the coccyx and traveling upward through the imaginary hollow "tube" of the spine and through the brain to the point between the eyebrows. It should then be reversed, coming back through the brain and down over the outside of the vertebrae until it again reaches the coccyx.

The exercise should be practiced 14 times without stopping, every morning before breakfast, and every evening before dinner or before going to bed. It should never be practiced on a full stomach or when the student has any pain or sickness in the body. Under no circumstances should it be practiced more than 14 times unless permission to do so is given to you by your teacher. With each 14 times of this initiation exercise properly practiced, a whole year's natural evolution in health of body, mind, and soul is attained - one year of spiritual development.

A chart is given at the end of the lesson which shows how the

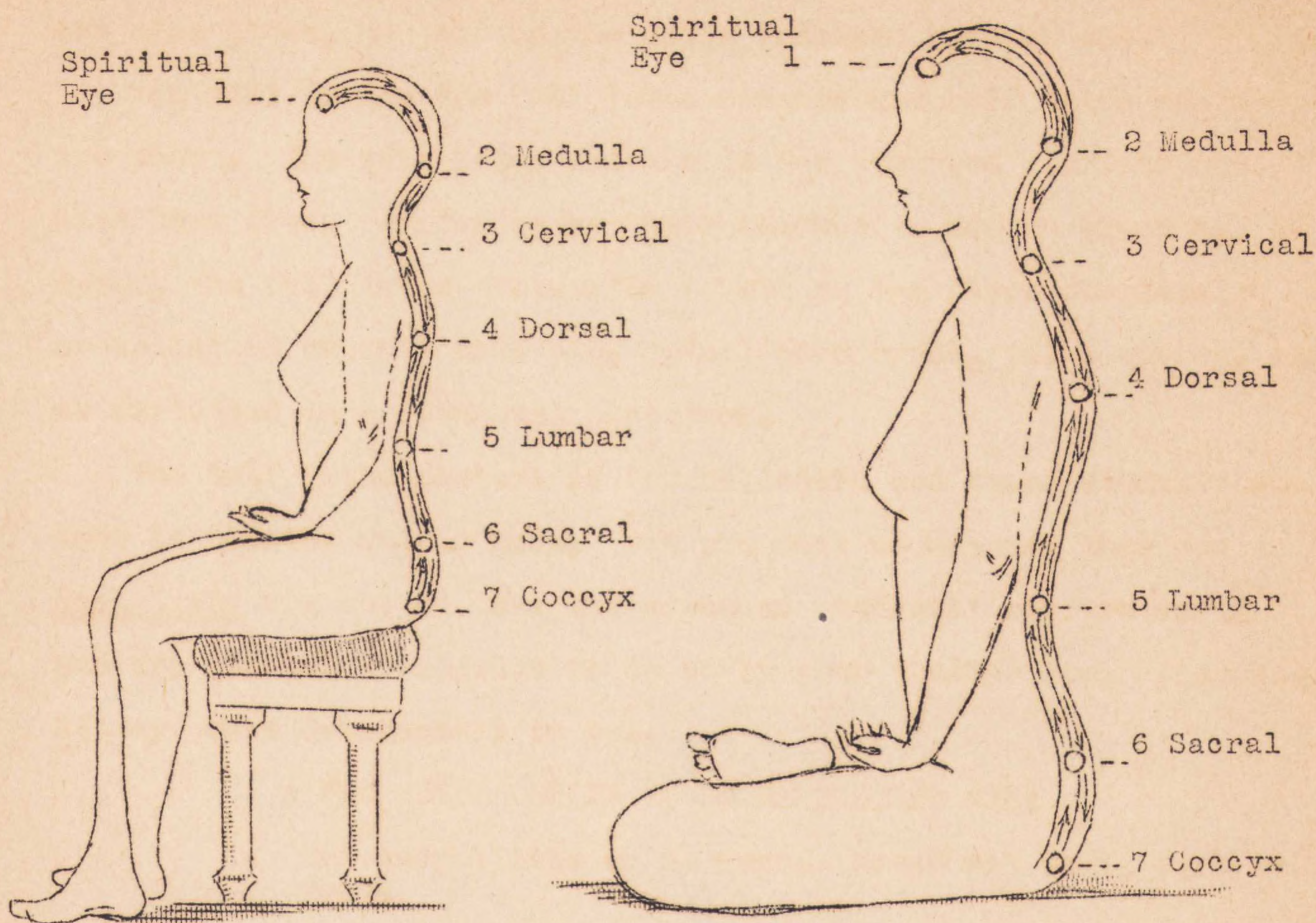
breath should go up and down the spine. The names of the centers are also given, as well as the color released by each one.

You will notice the full lotus posture and half lotus posture are shown. The full lotus posture is for advanced students who have been given permission by their teacher to use 28 breaths. As shown, the full lotus posture is to sit on the floor completely cross-legged as Orientals sit, spinal cord erect, palms upward, etc., as explained in a foregoing paragraph.

The half lotus posture is for beginners and those students who take 14 breaths and no more. But you must understand that you positively are not to take the advanced students' posture until you are granted permission to do so by your teacher for, otherwise, it may prove detrimental to you.

A FEW SIMPLE RULES TO BE REMEMBERED ARE:

1. Eat very little or no meat. Never eat beef, pork or veal.
2. Partial fasting is beneficial.
3. During inhalation, when taking the initiation exercise, a slightly cool current must be felt.
During exhalation, when taking the initiation exercise, a warm or tepid current must be felt.
4. After oxygenating, the body becomes so charged with current that it gradually begins to live more by Cosmic Energy and less by food.



Half Lotus Posture.
Posture for beginners and
those taking 14 breaths.

Full Lotus Posture.
Posture for advanced students.

COLORS RELEASED BY EACH CENTER

- | | |
|------------------|--|
| 1. Spiritual Eye | - White |
| 2. Medulla | - Bright yellow - Light blue - Light red |
| 3. Cervical | - Light blue - Pink - Purple |
| 4. Dorsal | - Dark yellow - Light green - Purple |
| 5. Lumbar | - Dark blue - Pink - Gray |
| 6. Sacral | - Dark green - Dark blue - Dark red |
| 7. Coccyx | - Dark red - Dark yellow |

Dear Student:

It is a comforting realization that the Over-Ruling Power can never in one single instance fail. The Great Purpose, the Great Plan, is under the government of the Great Architect and everything is working out that Plan with unerring precision.

LAW OF GROWTH

One's earning capacity for spiritual attainment is increased in proportion to the amount of attention one gives to the learning of a given task or lesson, and to the application of that knowledge.

With blessings,

Yours,

THE COPTIC FELLOWSHIP OF AMERICA.