

Objective: REBIRTH

By

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INSPIRATION MAGAZINE

P. O. Box 116

VISTA, CALIFORNIA

THE QUEST FOR REALIZATION

EVERY Easter we re-evaluate the purpose of our human pilgrimage. We lead such busy lives that we are always in danger of hazy thinking and uncontrolled living. This yearly self-analysis affords us time to clear away the congestions and the accumulations within our beings and auras, that we may re-visualize the actual goals of our life span. Through a really consecrated Easter Event we learn how to improve our life work and our developing characters.

Our objective for this Easter experience is *rebirth*—a complete change-over and new beginning. To an awakened observer, Nature repeats herself each year, always with more meaningful emphasis. We, too, shall recapitulate all that we have earlier evaluated regarding man's fulfillment of his foremost objective. Our inner endeavors shall not be self-conscious, nor formalized, but instead, sincere and direct attempts to apply the objective, *rebirth*, to our daily individual living.

Many levels are represented in every gathering of spiritual thinkers. Remember that these statements are addressed to those who are the most in earnest. Some may not be able to live from the depth-level of

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the *ideal* student; therefore they should extract whatever they can appreciate, and apply such gleanings to their own growth.

At the start of each new day, we should brighten and sharpen our spiritual tools of reception. We need to enter our classroom daily in the vestments of reverence, sincerity, and humility. Instead of books, chalk, and pens, we bring ready minds, eager to receive the training of Spirit.

In the afternoon of each Holy day, take time to ponder again what you recall from your morning's devotions. That which is helpful and stimulating should be immediately incorporated into deliberate practice. Restate these incentives in your own words as entries in your waiting notebook. At reflection times, prior to retirement, review in your mind's eye your whole day. Note where your consciousness became "thinned out" to surface thinking, and where your living became automatic. Try to preview tomorrow's similar situations during which you can correct today's disappointments. Record as clearly as you can the *Bright Periods* in which your soul responded instantly to a word, a mental picture, an awareness of your soul's aspiration, or a reception of spiritual power. What new vision or enlarged perspective found birth through you? At what period did you realize best depth-communion with God-

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Presence? How well did you maintain this contact in the moments and hours which followed?

Early Christianity was well acquainted with the Innermost teachings which the Christ gave His most devoted followers in preparing them to be conscious partakers of the Holy Wisdom.

There is much in the early writings of Christianity which gives evidence that men were trained for the ageless experience of initiation or illumination—and that they were taught separately from the masses even after the Ascension of the Lord Emmanuel. Paul gives hint of there being present in his group, some who had passed the trials of initiation. "We speak wisdom among them which are perfect."

Ignatius, Bishop of Antioch, said: "For I now begin to be a *disciple* and I speak to you as my fellow disciple. . . . For even I, though I am bound and am able to understand heavenly things, the angelic orders, and the different sorts of angels and hosts, the distinction between the powers and dominions, and the diversities between thrones and authorities, the mightiness of the eons . . . and above all the incomparable majesty of Almighty God—though I am acquainted with these things, yet am I not therefore by any means perfect, nor am I such a disciple as Paul or Peter." (From *Epistles of Ignatius*)

Until we are again one with the Pristine Spirit of

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God, there will always be Centers or places where Guardians of the Sacred Wisdom will keep the Flame of the Spirit lighted and burning.

Thus from the dawn of time until this very moment, the Sincere Ones desire not a belief in God, but a *realization of Him*. It is these eager ones who are observed by the Invisible Guardians of the Trust and who qualify to receive illumination if they pass the tests which precede the unveiling of the Light.

The Logi wish all men to receive enlightenment. Initiation brings illumination and the responsibility of service to the race, for which each man and woman came into the world.

When man has come to the place where he desires conscious realization of God, he stands before the Gates of Illumination. Ere they will open he will need to change his character, habits, and desires.

The stupendous hour for which every soul consciously or unconsciously seeks must arrive when "God moves upon the waters" of man's stilled consciousness. Every overcoming and every strengthening of devotion is needed for that moment when the gates of the soul open to the worshipping mind. *In a second*, God's Presence and Power are known with such clear, pure, and joyful perception that eons of groping efforts seem insignificant.

The first encounter with Reality leaves us breath-

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less, spirited, and reoriented in a way wholly unfamiliar to our former rhythm of being.

Throughout these momentous Holy Days, learn, to pray as wholeheartedly for fellow pilgrims as you do for yourself. For yourself, and for all other students, desire increased receptivity of consciousness and fidelity in moment-by-moment application.

In his lecture entitled, *In the Changed Conditions of the Times*, Dr. Rudolph Steiner remarks, "Look back into your life . . . and pay less attention to what interests you . . . and much more to those figures who have come into contact with you, educating you, befriending you, assisting you—perhaps helpfully injuring you. One thing will become evident: how little reason a person really has to ascribe to himself what he has become. Often something important to us is due to the fact that one person or another came into contact with us at a certain age, and perhaps without knowing it himself drew our attention to something or other. How little occasion I really have to occupy myself with myself! How immeasurably richer my life becomes when I cast my glance over all those figures which have entered into my life! We free ourselves from ourselves when we carry out such a survey. . . . After surveying the vast treasures bestowed upon our soul life by the persons we meet or have met, the next step is to acquire the capacity of

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confronting each contemporary human being and each new acquaintance in such a way that there appears at once to us a picture of what otherwise would manifest only after many years in a backward survey."

Be quick to respond to a perception of certain steps or conquests which will empower and fortify you in the living of the life you have always desired to experience.

We aspire to become *alive in God*! We have earned insight at an unbelievable cost in self-training. We now desire to see and know God in the full freedom of His spaceless Being, and this quest for a realization of All of God will guide our steps upward from the stage of Preparedness to the Threshold of Illumination.

Think of the changes enlightenment brought to such men as Count Leo Tolstoy, George Washington Carver, Thomas R. Kelly and Rufus Mosely. Thomas R. Kelly, referring to his experience of rebirth, said: "I have had, this summer, a refreshment of spirit so amazing, so sweet, and so prolonged as to go clear down to the roots of my being. I have been literally melted down by the love of God." Kelly wrote these words to his teacher, Rufus Jones, in 1938.

There are higher Arches ahead through which the Spirit must pass. Victorious souls, like St. Francis of Assisi, Gandhi, Kahlil Gibran and Kagawa, who have

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traveled through several cosmic consciousness arches, give us courage for our own travels.

Initiation is an immemorable occasion which comes to every man. Through its vast training have passed the heroes, leaders, and teachers of the world. Those who have received some degree of illumination, even though they may not yet be fully perfect or complete, are used as interpreters between the Infinite Spirit and individual men. Their realizations point to an inner universal quest and attainment which is available to all.

“Eye hath not seen, nor ear heard, neither hath it entered into the heart of man, the things God hath prepared for them that love Him.” (*I Cor. 2:9*)

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WE CAN enter new fields, simply by thought. Meditations may become the factor of our transcending time and space to breathe in the Eternal. The aspirations of our daily contemplation should be directed toward the solar systems as well as higher dimensions. What inner poverty we know until our interest soars in every direction of God! This is the age of cosmic discovery, of intuitive unfoldment and self-realization. Meditation is a gateway through which we enter a limitless Threshold. In it we should be attentive to the delicate impressions coursing by in search of fertile hearts. In quiet, dedicated moments, our Sisters and Brothers of more Radiant Spheres attune us to greater heart-throbs of universal love.

Not only does meditation widen the arc of our thoughts, but it acts as the mystic path-maker, opening the way to other Destinations. Those who do not have periods of searching thought are apt to stand still. In silent moments our inmost Self urges us to beautify, widen, and improve the inner and outer scope of our existence. It prompts us to move, step by step, steadily closer to our main goal in life—*rebirth*.

One progressive friend found that she had merely

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to wish definitely for something, in deep thoughtfulness, and this realization would come into her life. She meditated on increased spiritual vision, on deeper insight into the Spirit of Truth, and on the use of faith. In every way she was inwardly enriched. She began to respond to some of the cultural forces she had hitherto overlooked. Her observations and intuitions brought her greater happiness. On the outer plane these longed-for gifts blessed her: a lovely Chinese lamp and shade, a wire-haired terrier, and an airplane trip to a far-distant city and return. Few persons are balanced in their inner and outer accomplishments. Some strive for spiritual grace but their outer environment and affairs remain unproductive. Again, many are merely interested in material acquisition while their spiritual natures are dwarfed. Equal attention must be given to every phase of being, if we would achieve well-rounded, integrated growth.

Should we lack the certainty as to the rightness of our decisions, we are advised, "Lay open thy works unto the Lord and thy thoughts shall be directed."

The proper leading shall come in the Silence when we have relaxed to the extent of receptivity. To vision the glorious progress of which we are inspired builders; to meet Eternity on the horizon of clarified thought; to fuse the present with the future—these powers, *and more*, are attainable through meditation.

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Our aspirations and highest desires need reflection daily. Our labors, studies, and habits should become the preparation for achievement. Not realizing the importance of our spiritual and practical efforts, a few might seek to check us. Requiring no sympathy, nor encouragement, we must advance in the direction of our Goal. How well the ancients knew the tests for every devotee! That was their reason for the reminder, "Be ye therefore strong and let not your hands be weak, *for your work shall be rewarded.*"

Our task is almost stupendous, for it involves every phase of being, from the innermost to the outermost circumference of experience. It necessitates a continual communication with our Inner Self, a gradual clarification and training of the mind, a wise control and use of constructive emotions, and right care and development of the body. These departments of our *Self* require individual attention, yet their purposes must converge in uniform symmetry.

In this incarnation we can so alter, correct, and transfigure our existence that it can be a Beacon to others. It is worth a lifetime's work to achieve! And only in the march toward improvement will we find peace and joy.

HOW TO IMPROVE YOUR AURA

MAN is encircled by a most interesting nimbus which serves as an index to his general welfare.

It indicates the state of his health, his cardinal interests, and the degrees of his spirituality and mentality. In its field are stationary as well as flashing archetypes and thought currents of assorted designs.

The aura is altered when the individual undergoes a change in his outlook and actions. There are persons who make very little improvement in their basic attitudes in ten or twenty years. Their auras contain the same proportions and similar thought patterns as of a decade ago, or longer.

One type of student among spiritual groups possesses a "chameleon" kind of nimbus which is affected by every vital group or individual with whom he comes into contact. This type derives its tones of thought and feeling from others so that when they relax and are quite alone, their aura appears limpid and colorless. These become the copyists and the imitators among men.

Another group of persons have sound and strong basic personality structures. Until they learn to respect spiritual realities, they emanate quite vivid forc-

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es which, even in negative moods, have novel images. When they learn to think constructively and then unselfishly this group will build towards consistent inner changes which will be noticeable in their auras.

The human aura is the individual's field of radiation. It is a spheroid (egg-shaped) with radiations from man's entire Being entering its field. In an average person who lives a worldly life with no regard for spiritual values, this orbit extends approximately from fifteen to twenty-four inches completely around the individual's physical body. A thinking person who has begun his spiritual search adds inches to the orbit around him as he develops through vital changes within himself. An advanced soul is usually encircled by an aureole of colorful Light which extends at least thirty-six inches or more from the outlines of his physical form.

All the active vehicles of our consciousness experience circulation and radiation. Into our auras our etheric bodies are constantly vibrating their surplus of vitality. In a healthy person the band of energy, representing the etheric body, should extend from eight to twelve inches into the aura. If the band becomes any narrower, health is impaired and, instead of these upward darting lines of energy, we have waves of energy which somewhat resemble feeble heat waves.

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According to one's use of his emotional nature and his depth of feeling is his astral body well developed. In an average type, the band of radiation representing the astral body would be the widest of any auric band which appeared. The spiritual student who is highly developed will radiate emotional energies which extend about twelve inches beyond his etheric band into the aura. The emotional vehicle creates the most colorful "charges" of all the observable vehicles. The predominant colors are determined by the particular emotions being entertained by the individual.

Nearly everyone, with the exception of a genius such as Einstein, possesses less mental radiation within the aura than etheric or astral force, simply because as a humanity we are now only beginning to cultivate the mental vehicle. However, as soon as it is exercised, and well developed, as in the case of an advanced Initiate, it will exceed the extensions of the astral emanations. Ordinarily the mental body is represented by several inches beyond the outlines of the lower bodies in an average non-thinking person, and by about ten inches of auric radiation in the studious spiritual student or teacher. The color of mental vibrations are yellow; almost an orange-yellow in the worldly type, gradually becoming brighter and lighter in tone until a lemon yellow is reached in the advanced soul.

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Our souls are seldom contacted and for that reason in most persons there is only an aureole of blazing Light denoting the causal body's presence. As spiritual consciousness unfolds, this edge of Light slowly widens until an inch, two inches, and then more width is visible. Most students know very little actually about this vehicle within man's composite Being until illumination. When enlightenment is earned he receives flashes of Its reality, and very gradually he gains greater access to Its kingdom.

The total aura with various oval bands of color can be said to be man's inner rainbow. In unthinking persons this rainbow is made up of dark or very brilliant shades, denoting instinctive and emotional forces of intense degrees. There is very little Light in such auras. We might say, they are like 15-watt electric light bulbs. Individuals of high development contain so much brightness around them, it is as though a 100-watt lamp were always lighted inside them. Their astral emanations will rarely contain intense shades as they achieve greater self-control. About them will circulate frequencies which vary from bright to pastel colors. The paler hues never indicate weakness of emanations, but rather vibrations of the highest order that are active on those levels available only to man's superconsciousness.

We need always to bear in mind our responsibility

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toward others in regard to our own auric outpourings. Strong-minded souls usually exert such an effect over those not as strong mentally or spiritually that they cause their auras to expand and while they are with these younger brothers and sisters, they condition them to think and feel with similar opinions. When the strong person leaves, the younger members' auras contract to their normal dimensions and with these contractions their ability to think on levels higher than they usually do, likewise ceases.

Sometimes this rule works the opposite way. A forceful person will exercise a stronger will than does his gentler friend who is functioning on levels above him. The gentler brother's aura will contract when he is with his opinionated brother, and he will be less able than normally to express himself, thus giving his companion a poor opinion of his behavior.

We impress persons, homes, and objects with auric radiations whether we are aware of this or not. Until we are self-controlled, unbiased, and unselfish in our thinking, we shall need to place a ring-pass-not of Christ Light around our auras every twenty-four hours in order that we may not infect or contaminate anyone with our emanations if they are as yet unregenerate. Should someone ask us for counsel, or some simple instruction in which we are informed and controlled, we may comply with his request, realizing

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that he may experience an expansion of his aura while with us, but that it will later contract again until he has learned how to live above his ordinary level.

There are thought forms so vital that they outlive man. When a dominating individual has lived in a home many years, his or her aura will continue to overshadow the place until it is spiritually exorcised. Even the articles such a person has used or worn should be de-magnetized ere other individuals use them.

New homes and new objects, clothing, fountain pens, and other articles, will by degrees be sensitized to our own radiations. If we are unfortunate enough to still have dark moods, it would be better for us not to infect the home with our currents. We should, at times like these, go outdoors to practice methods of self-emptying, followed by the conscious reception of cleansing Light wave-lengths which free us from low-grade thoughts and moods.

There are happy ways by which we can improve our auras and their contents. Since whatever we sincerely contemplate enters us and becomes a part of us and our currents, we should exercise a vigilant discrimination over what we entertain in the habitation of our interest. When freed from routine labors, we should release our thoughts to dwell on special qualities we desire to cultivate. Think creatively about

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the quality *Patience*, for instance. Try to recall persons in public life or whom you have met socially, who had this endowment. How did they manifest it? Then, think adventuresomely how patience originates in man, by what means it is strengthened, and what particular accompanying gains flow out of its activity. Reflect too on how you can begin to cultivate this nature and keep it amidst trying circumstances.

Make it a habit to busy yourself constructively mentally whenever it is possible to do so. Try to think difficult propositions and problems through in your own way. Read more intelligently. Do all you can to fully use your "gold mine" of intelligence. Such procedures not only improve your reasoning powers and your character, but your mental auric radius as well.

Make a continuous effort to purify, refine, and ennoble your feelings. An instinctive force may set off an old reaction of fear, aggressiveness, or irritation, but you can take these low-formed emotions and raise the fear into faith, the aggressiveness into patience, and the irritation into understanding. Persistent aspiration towards complete emotional control will bring about improvements within, from the first earnest attempt.

Encourage yourself to actually *observe* more of the Beautiful, however partial, however fleeting the Insight. Character is beautiful, so too are Nature, art,

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and music. Encourage yourself to express creatively, even though you only have time enough to arrange cut flowers, or to partially redecorate a room. Be alive artistically. Read good literature and inspiring poetry.

Listen creatively to music which portrays the Im-mensity Consciousness. The *Grand Canyon Suite* by Ferde Grofe is of this kind; and Tchaikovsky's ballet of *The Sleeping Beauty* accurately describes the joyous feelings active in the highest region of the astral world as well as the rich melody ever-present in the Soul's dimension.

To have more vibrant auras we need consciously and intelligently to improve and increase our health radiations. By diligent training we can strengthen our physical instruments to such an extent that we become immune to disease. Nature can do so much to cleanse and retone our radiations if we will seek her Sanctuaries as regularly as we do our churches. As soon as we enter a lovely area of the outdoors our auras expand and our etheric bodies increase their circulation. We need much contact with fresh air and sunlight which can be ours if we will do more walking.

Let us endeavor to make it a life habit to eat wholesome foods, avoiding excesses of starches and rich desserts because they are not vitalizing, but death-dealing. For everyone who desires to achieve and main-

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tain better health in the physical body, we suggest taking an inspiring refresher course on intelligent food habits by reading a current book written by a recognized authority on dietetics.

We are complex, composite beings whose requirements include a mastery of the inner as well as the outer dimensions of living. It is equally as important for us to increase our mental and spiritual powers as it is to strive for steadfast physical health. When we speak of our Beings, we are referring to a series of expressions of consciousness—body, energies, emotions, thoughts, and creativity, each of which has its uses, its needs, and its improved and widened possibilities. The aura, however, is not a vehicle, or a faculty; but it is a radius of influence, and ours is the obligation of keeping it healthy, glowing, and sensitively impressionable to the Highest.

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RECENTLY during the gathering of pupils in Quest-haven Chapel for regular morning meditation, a question was asked of the Master Gamaliel regarding the basic steps everyone must take in order to achieve enlightenment. The Great One, who has come to us through our Wayshower, the Lord Christ, answered this question with living words which present an invaluable challenge and aid to all who seek rebirth, or illumination:

“In brief, the inaugural steps to enlightenment are those which refine, purify, discipline, and invigorate the physical and inward bodies and sensibilities. For this reason, much work is urged upon you for your acceptance of that which comprises character unfoldment. For this reason you are led to a revision of your food habits and the types of entertainment you enjoy. Even your speech, your gestures, the placement of your voice, the manner in which you walk, the conditioning of your thoughts has much to do with the hastening and the completing of your inner preparedness for earth’s most transforming event.

“To us the most needful requisite by which we judge a probationer’s fitness, or a disciple’s readiness

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for further advancement, is his readiness on every plane for the great Illimitable Visitation.

“Many of you are ready mentally and spiritually for illumination, but you remain unready in your physical forms and in your astral bodies as well. Until you learn to wield refining, purifying, spiritualized Will-Forces into these lower vehicles, you could not stand the impact of those velocities which are focused upon you at the momentous hour of initiation.

“I have been speaking generally. Now I must specify for your better understanding. For everyone who approaches conscious or direct Knowing, there is the intuitional recognition that a certain amount of increasing self-sacrifice, voluntary purification, and complete self-surrender is essential. This impression grows upon you and upon any probationer as he nears, in alignment, that preparedness by which his bodies can know the torch—the intensification of Light. We find it difficult to discover on earth, even among the most well-intentioned probationers, and sometimes even disciples, the willingness to practice self-sacrifice of their fond, pet habits; and the surrender of their known detriments.

“Sometimes all that is required for the attaining of the open door into the Kingdom of Light is for a man or a woman to be able in deepest dedication to say

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'no' to his appetite, to say 'Be gone from me forever!' to the animal magnetism of personal attractions that appeals to the sensual nature of human beings.

"To a few who have an eager and a trained control of their lower natures, the willfulness of pride and of self-centeredness on the emotional and mental planes locks the door to their innermost discoveries.

"There are no secrets, my pupils. This you must have known yourselves — that illumination comes when the atoms of each vehicle of consciousness have been clarified to a certain point of intensification, which is determined according to the initiation.

"For that reason, we urge upon all our pupils entertained feelings, aspirations, and adorations of God-Light. You must be in love with God-Light more than you are with yourselves, your appetites, or your material interests, or the bondage that earth holds over you, before you become a citizen of the Kingdom of Light through illumination.

"Remember, for most, all that keeps you back from the Light is the curtain of your own indecisions. You are unwilling to part with the wayward things, the temporal, wispy glammers of outward attractions. You are more fascinated by them than you are by your adventure into Light. Those who find the quest and achieve its conquest are probationers who turn disciples because expectation runs high in them—the

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ardor of readiness has already purified them of all these earth-binding elements, and they stand, to a given degree, purified of earth's hold.

"Any event can precipitate enlightenment, as you have often been told by your teachers—a crisis, a voluntary sacrifice of the lower in favor of the higher, an unselfish deed, a beautiful morning, an elevated state of consciousness. The act, the motivation, or the circumstance which sets off the forces of enlightenment are less important from our standpoint than the conditioning of deliberate expectations and inner preparedness on the part of the novitiate.

"Do not be troubled about the ardor required for the intensification of your interest, your worship, your surrender. Neither should you consider as burdensome your labors for Light. Does not the child come into the world after the Mother's patience of nine months, and work of delivery? Did not your rare flower develop and blossom again and again upon a vine which had been nurtured by the slow watchfulness of the loving gardner? The joy of one flowering is more important to him than months or years of tending the vine. So must you consider the breaking through from one barrier to another dimension. Think only of *emergence* and let your soul be filled with gratitude for whatever in qualities of self-conquest or purification can take you to these bound-

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aries of new worlds and new altitudes of consciousness.

“Again from our threshold we watch the auras of probationers and disciples, until we observe that every vehicle has, to the limit of the individual’s understanding, been as readied and as cleansed as he can make it. And then we wait for that circumstance to bring him upliftment. Occasionally we will precipitate causes which will lift him into a very receptive mood and then at the proper moment when all his vehicles are aligned and all expectant, do we send into his aura a strong thermal beam of enlightenment. Everybody meets that Light with greetings and with supernal joy. In our world there are always two attendant Masters in addition to the Guardian at the first initiation. The stream of enlightenment issues, through conscious direction and love, from the Lord of all the religions of this planet, Lord Emmanuel, our Christ.

“At the second initiation, there may be three Masters present, the third one being a full representative of the Christ. It could even be the Lord Emmanuel, if certain conditions made it right within the pupil that He attend the ordination of this experience.

“At the third initiation, the disciple-pupil receives not only the impact of the thermal beam of enlightenment directly from the mind and love of the Lord

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Emmanuel, but he likewise knows at-one-ment for the first time consciously with the Lord of the World who is not of earth, whose name among us, as you know, is the Prince of Many Summers, or Sanat Kú-mara, the Venusian. His is the love baptism which mingles with the strong acceleration of the thermal beam.

“At the fourth initiation, the pupil receives confirmations of blessings from all the Council of Masters, because he is soon to take his place among them, and they know how arduous will be his path between the fourth and fifth stages of enlightenment.

“At the fifth initiation, which is Masterhood, there is a conscious experience in sight, hearing, and attendance in person in Shamballa to which the spirit of the advanced Initiate has been taken. Here he not only sees all his Brothers attending him in his great ritual of accomplishment, but then he likewise knows through sight, through at-one-ment, the conscious receiving of new commissions from the Planetary Logos and behind Him, the strong beam of the Solar Logos—for now he stands a Sun-Initiate, and is under orders not only from his older and more advanced sisters and brothers, but his Supreme Instructor from whom he must be worthy to take orders at any time—the venerable, majestic, almighty Lord and Logos Osiris, the Sun Logos.

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"These words, my pupils, are for you to consider and re-consider. The difference between the acceptance and rejection of the Light is sometimes no more than your backward glance into the shadows from which you should have long ago emerged. Know that by your facing the Light you will meet that which the shadows and all those vague dreamings can never even suggest to you—that joy which is from the Source and expresses the supreme and everlasting happiness and power of the Infinitely Highest!

"Work well. Be faithful. Give attention to the recollection that we are watching you, companioning you far more frequently than you know. God enrich you, my pupils!"