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THE CONCURRENCE

This Week's Consideration of a Famous Opinion



¶ The benefits to be obtained from regularly absorbing the sun's rays cannot be overemphasized. The positive effects of sunshine may be noted in the aura of the individual. This is interestingly described in the following excerpt from the work of a medical doctor who for more than forty years has pioneered in diagnosing disease by means of the aura.



While this method of diagnosis has not been accorded scientific recognition, its possibilities are being explored by the few.

After persons have been out in the brilliant sunshine several hours, they feel like seeking the shadow. This is Nature's method of getting time to 'work over' the energy from the sunshine.

It is a remarkable fact, that after one has been in the sunshine, and then has gone into a darkened room, the emanations from the entire body seem to be 'all aglow.' At this time it is quite easy for one, not accustomed to 'reading the aura,' to see the emanations of 'steel-blue streamers' coming off the finger tips and other parts of the body. This proves in an extraordinary manner how the sun's energy is absorbed and set into motion after it has had a chance to work.

—GEORGE STARR WHITE, M.D., Ph.D., LL.D., 1866—

(From *The Story of the Human Aura* by George Starr White, M.D., Ph.D., LL.D., F.R.S.A. of London. Pub., Dr. White, Los Angeles, Calif., 1928. Permission has been obtained to reprint this excerpt. The book is out-of-print and the Author has entirely retired from practice and is unable to personally answer inquiries.)

To the Members of the Esoteric Hierarchy, Greetings!

In the early Degrees of our studies you were told that the earth is the greatest magnet known to science. If it were not for the earth's magnetism, many scientific achievements would not be possible. If the earth did not act as a conductor and have certain electrical qualities, radios, telephones, telegraph and electric systems would not function as they do now. And if it were not for the power of gravitation which holds everything to the surface of the earth, our whole existence would be entirely different.

There are subtle forces in the earth that affect our physical and our mental conditions much as the stronger forces affect our physical bodies. Every hour of our existence on the surface of the earth brings about some changing influences. These affect not only our bodies as a mass, but every one of the physical, chemical, material cells of our bodies. Other influences in the earth directly affect our psychic centers, our psychic consciousness, and our mental processes.

Certain locations are beneficial for persons with certain kinds of illness. Arizona is reputed to be fine for those suffering from tuberculosis. Sections of California are also favorable for those having such an illness. Other parts of the North American Continent are good for tuberculosis; some are better for those suffering from asthma or rheumatism and neuritis; and high altitudes, low altitudes, and near the sea prove beneficial to others.

Certain countries are not good for the health in one way, but are good in another way. Living in the Alps or high plateaus of Switzerland is excellent for those who benefit from high altitude and fresh air. The lower parts of Switzerland are good for those who benefit by moderate altitude. The fruits, vegetables, and dairy products of Switzerland are fine, especially the goat's milk and cheese. With all the good air, fruit, vegetables, and even good water in Switzerland, there is one ailment that affects many persons who live there. This is due to the lack of chemical elements in the mountainous region which affects the vegetables and the drinking water—namely, iodine. Those from other lands who live there any length of time, especially before the age of forty, develop goiter.

I have talked with young women who have gone there to attend finishing schools, and who have developed definite signs of goiter before their twenty-fifth year. Those who are forewarned learn to dissolve iodine in the drinking water, and thus make up for what is absent in the soil. It seems an established fact that the absence of iodine in fruits, vegetables, and in drinking water permits the development of goiter. In nearly all parts of the world the soil has a certain amount of iodine which is transmitted through fruits, vegetables, and drinking water. Other countries lack other chemical elements, which results in the lack of development



of certain glands in the body, or causes others to overdevelop or over-function, but this condition does not make so definite a showing as in the case of Switzerland.

Diet has a great deal to do with building bodies and making them healthy. All kinds of vegetables and fruit, both raw and cooked, and various kinds of natural waters, will gradually build a chemical condition in our bodies that will produce a high degree of health. Our modern methods of living, however, have accustomed us to selecting certain fruits and vegetables for which we have developed definite tastes and gradually eliminating others because we have not developed a taste for them. We have believed in natural taste, and one fundamentally agreeable in regard to certain fruits and vegetables.

We think, for instance, that all people like sweets, and so do not develop a taste for them. This is not true. We have to develop a taste for sweets just as we have to develop a liking for carrots, spinach, onions, or any other kind of food. In early childhood the system craves a certain amount of sugar in order to produce heat and energy in the body. Physicians, nurses, and parents always see to it that children get a certain amount of sugar even in the artificial milk given them in infancy. Thus children develop a taste for sweets, which we think is inborn. It probably is true that sweets are more agreeable than bitter things, but on the other hand, one of my sons as a little child cried bitterly at mealtime because we did not give him sliced raw onion which he had once tasted, and evidently enjoyed. Throughout childhood he preferred a raw onion to any delicate morsel that might be offered him.

Among adults there is an inclination toward special foods, especially toward some certain spices. There are persons who prefer vinegar on any salad, and even on cooked meats and in sauces of all kinds. Others are fond of mustard; and still others enjoy jams and jellies.

In recent years the manner in which spinach is advertised indicates that the average child does not like it, and that a taste has to be cultivated on the basis of its health-producing qualities. In the past fifteen or twenty years a taste for raw carrots has developed, whereas years ago people enjoyed eating raw dandelion. Today it is seldom used, and it is the lack of some of these vegetables in our diet that greatly affects our physical, chemical composition. Overeating of them, though, may be detrimental to our health.

To realize how easily the food we eat or that all animals eat can affect our health and affect the chemical composition of our bodies, one need only recall that the average person fond of cow's milk can tell whether the cows have been grazing on clover or on ordinary grass. The clover the cow eats affects the chemical composition of the cow's body to such an extent that



the milk it produces is also affected. If this is true in this particular case, it is true of everything animals eat, as well as what we eat.

In addition to chemical influences, there are the mineral differences in water and food, and there is a difference in the earthly magnetism itself.

Certain spots on the earth in practically every part of the United States, Canada, Mexico, and elsewhere in the world exhibit cross currents of magnetism, producing what agriculturalists have called dead spots. In these spots, sometimes only as large as a room of a house, sometimes as large as an acre, grass, flowers, vegetables, or plants will not grow successfully, if at all.

These dead spots not only affect fruit and vegetables, but also animals, which seem to avoid them. Cats and dogs have been noticed to walk around restlessly and avoid them when they lie down. If a house happens to be built over dead spots, and sleeping rooms are over a dead spot, individuals living in such a house do not get perfect sleep or relaxation, and do not get the utmost benefit from their hours within doors. The average human being, however, does not live in a house more than eight or ten hours out of each twenty-four, and in walking around in other parts of the house will pick up and absorb such energies as are helpful to his health.

In Germany and other European countries cures for rheumatism and neuritis consist of walking barefooted in the morning in the dewy grass. European naturopathic doctors claimed that in this manner the physical body is brought in contact with a magnetic quality that is in the dew. Many persons have found relief through this treatment. Even with the heaviest shoes and stockings, with rubber heels and rubber soles, we still absorb into our bodies much of the earth's magnetism by merely walking on the earth, brick, or stone sidewalks. There is a field, or magnetic atmosphere around the earth that rises three or four hundred feet, possibly more, before it grows less in quality.

As long as we are, therefore, close to the earth, we take into our bodies various qualities of the earth's magnetism and electrical currents. We would, no doubt, absorb more of this magnetic current if we went barefooted, but it is certain that in most cases the necessary amount is obtained without going to extremes.

Allowing the earth's magnetism to be absorbed while the sun also shines upon the face, mouth, and parts of the body is nonetheless beneficial. Lying on the beach or on a lawn so that the sun will reach the tonsils back of the throat will give those psychic centers a very fine tonic.



Holding the mouth open for a minute at a time, allowing the sun's rays to shine directly into the throat, is something that should be practiced by everyone once or twice a month. It should be done at an open window, for when the sun comes through glass, the rays are not so beneficial.

As to the dead spots mentioned, they are sometimes difficult to locate. When attempting to grow lawns, plants, or crops, one will soon discover them; but when houses are built over them, their discovery is not so easy even though their influence is manifest in upsetting conditions. There is no cure for this condition except when slight earthquakes or temblors bring magnetic changes causing old spots to become alive and new ones to die.

Recent investigations seem to indicate that sunspots not only affect the electrical vibrations around the earth, interfering with radio reception and other electrical conditions, but also affect the earth's currents in a manner that causes some dead spots on the earth to move from one location to another.

The Cosmic Ray Machine built in our laboratories during the winter of 1936 and 1937, revealed that even in the city of San Jose there were certain sections where the Cosmic rays seemed stronger than in others. There were certain hours and days, too, when the rays were stronger. This very new field of research will eventually reveal a vast amount of information regarding hitherto unsuspected influences in our lives, minds, and psychic centers. They have as much effect upon our mental and psychic development as upon our physical development.

Next week I will tell you about the influences of artificial light and sunlight, positions in sleeping and eating, in regard to the earth's magnetic currents and in regard to east, west, north, and south. We have touched upon these things previously, but it is good to review them now while on the subject of external influences bearing upon our health and happiness.

May Peace Profound abide with each of you.

Fraternally,

YOUR CLASS MASTER

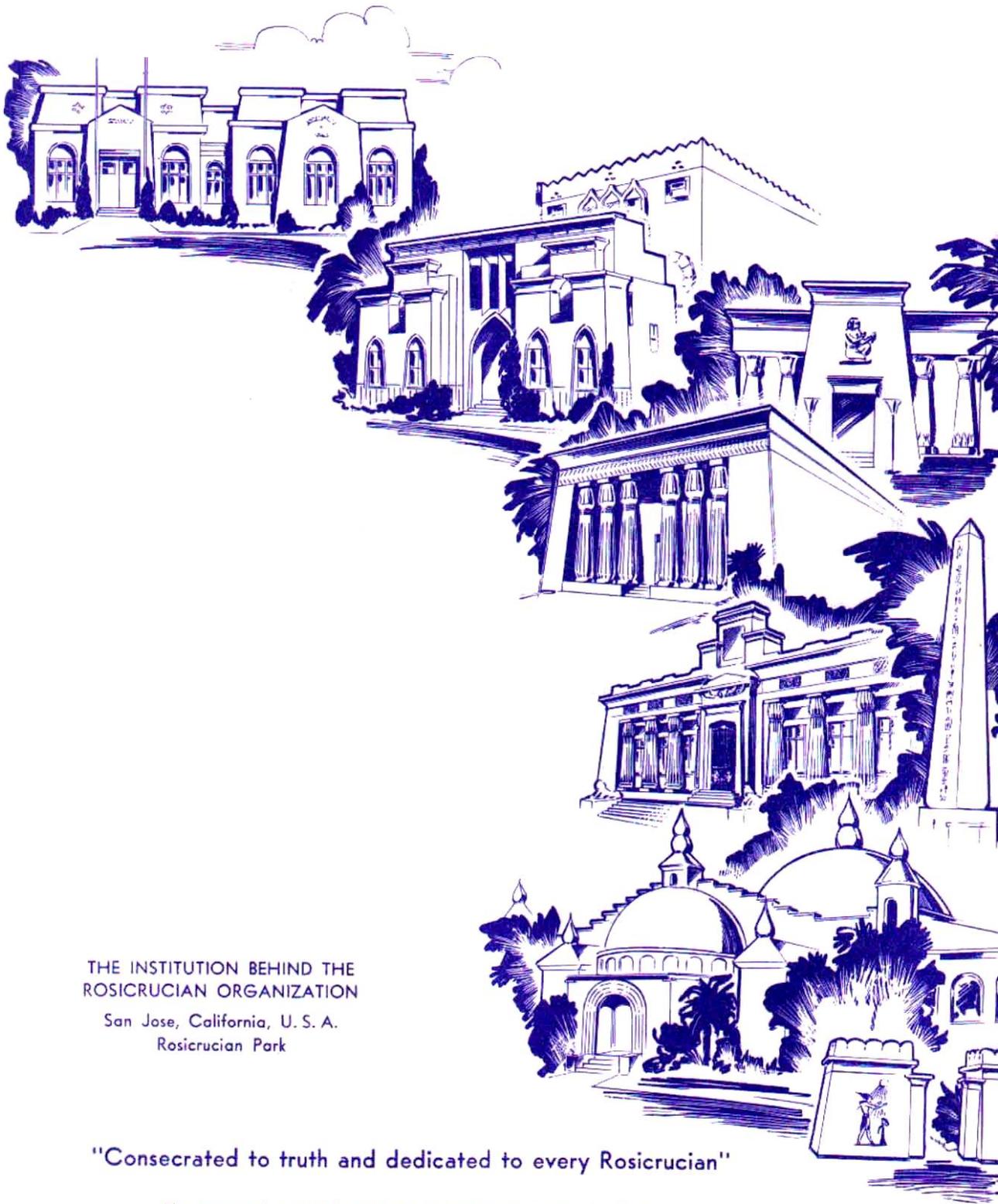


Summary of This Monograph



Below is a summary of the important principles of this monograph. It contains the essential statements which you should not forget. After you have carefully read the complete monograph, try to recall as many as you can of the important points you read. Then read this summary and see if you have forgotten any. Also refer to this summary during the ensuing week to refresh your memory.

- ¶ The earth, the greatest magnet known to science, contains subtle forces that affect us physically and mentally, much as the stronger forces affect our physical bodies.
- ¶ There are geographical influences beneficial to some and detrimental to others; influences relative to the chemical constituents of the soil; the effects of food and water upon the chemical composition of our bodies; as well as the influence of the magnetic atmosphere emanating from the earth.
- ¶ Due to crosscurrents, earthly magnetism is not uniform over the earth's surface, while occasionally there are *dead spots* which affect all living things adversely.
- ¶ Absorbing the earth's magnetism while also deriving the benefit of the sun's rays is a practice which should not be neglected.
- ¶ Cosmic rays likewise influence our lives, minds, and psychic centers, their effect and intensity varying in different locations and at different times.



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