



The Rosicrucian Order

# MASTER MONOGRAPH

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# THE CONCURRENCE

This Week's Consideration of a Famous Opinion



¶ The sun as the center of the universe is the consideration of this monograph. However, man as the microcosm—a small universe within a vast—contains within his organism a center which is to his being as the sun is to the macrocosm. The functions of this center, called by the ancients the *solar plexus*, are scientifically described by an eminent physician and mystic, Dr. J. D. Buck. We quote briefly from his book, *A Study of Man and the Way to Health*.



... *The solar plexus and spleen are related together as the true magnetic center while the cerebrum is a co-ordinating center of centers. . . . As shown under the law of differentiation, the complexity of any organ in man is not a necessity per se, so far as the special function is concerned; but is rendered necessary by the complexity of the organism of which it is a part, on the principle of equilibrium and general harmony of the whole individual. . . . In health we inhale and exhale with perfect regularity. This simple process illustrates the whole mechanism of man as a complex being. . . . Sleeping or waking this process goes on. . . . The elements or equivalents of force which maintain this wonderful process are derived directly from the great solar plexus, while the rhythmic power, co-ordinating these activities with all other functions of the body, is derived from the brain and spinal cord through the pneumogastric and cerebrospinal centers.*

—J. D. BUCK, M.D., 1838-1916

To the Members of the Esoteric Hierarchy, Greetings!

If in the past week you have observed the effects of the different periods of the moon on your experiments, you will have accumulated some firsthand knowledge as to why experiments are more successful at one time than at another. During these next twenty-eight days I am not going to give you any additional experiments because I want you to discover which part of the moon's cycle is the most appropriate or effective for you.

Astrologers assert that a few minutes' difference in the time of birth means a great deal of difference in the personality and character of the individual. The truth is that every five or seven minutes, at least, there are certain planetary changes which affect us, and that every seven minutes the whole body is slightly different in its astral and chemical composition. The blood makes nearly a complete circuit through the body in seven minutes, and in seven minutes thousands of body cells have been worn out and have come to the end of their usefulness, dying, so to speak, a natural death, to be replaced by thousands of new ones.

The outer cuticle of the body gives off certain pieces of dead or useless skin every seven minutes. The hair changes, the nails grow, the brain cells are alternately charged and recharged. And the bladder, kidneys, gall sac, and other organs change their functioning within seven minutes and keep doing so throughout the day and night. You are not precisely the same person—now—at this moment—that you were seven minutes ago, and you will be a slightly different person seven minutes from now.

The effect of the moon upon our emotions and psychic centers, therefore, is definite as it changes minute by minute. Each seven minutes a new or a different degree of attunement is created in the psychic centers and glands of the human body. When you find from your observation of the moon-cycle that certain days of the month and even certain hours of the day are better for you in regard to your meditations and your experiments, you will have esoteric information that you will highly prize and appreciate in the future. For this week all I recommend is that you continue your experiments of last week, trying them at least once each day during the week and noticing whether there is any improvement over last week and whether one day seemed to be the best. You will know then whether the beginning of a new moon or the ending of an old one, the first few days of the first quarter or the first day of a full moon is better for you.

Here I want to share without comment a Frater's report bearing on this very subject. On two occasions he experienced effects which seemed to him to be definitely associated with the moon's aspects. It may be that your own observations will yield results equally significant:



"February 9, 1948, Monday: At about 11:30 A.M. my vision became unaccountably blurred. As the minutes passed, the blur increased. Unalarmed, I stopped my work and rested, feeling certain that this was the result of recent psychic exercises. This was not the usual kind of blur experienced in physical maladjustment, but rather something occurring only in the center of the eyesight, with the edges of the sight still unobstructed. Further, I observed that a bright light seemed to be passing across the vision, and that this light was as easily discernible when the eyes were closed. The shape of this light was elliptical, or leaf-shaped, with jagged edges that were especially brilliant. This lasted about an hour and then passed. This was the day of the new moon.

"April 6, 1948, Tuesday, 11:30 A.M.: Had a recurrence of the experience of February 9th. This lasted until about 12:00 noon, and was not as severe. Noticed, however, that along with the obscuring of vision there was a dimming of the physical senses and a consequent strong subjectivity. No physical pains, weakness, or disturbances of any other kind. New moon on the 9th.

"The time period between these two dates was 57 days to the hour, or two full moon periods of 28½ days. It is this fact that leads me to believe that the above was a lunar manifestation. This seems to be excellent corroboration of the teaching of certain monographs of the Twelfth Degree."—Fratr L. N. P., Jr.

Perhaps most of you will recall that in one of the early Degrees you were advised to absorb as much sunshine as possible. It was especially recommended that you lie on the grass or the sand of the beach in the sunlight in such a manner as to permit the sun's rays to direct themselves down through your open mouth and strike the palate and tonsils, or back part of the mouth.

A few seconds of such direct sunlight upon the back of the mouth followed by a few minutes of keeping the mouth closed, and then opening it again and taking a deep breath with the sunlight striking the throat and palate, and repeating these alternate periods half a dozen times within a half hour, once a week in the yard of your home, or even lying on the floor of your room in the sunlight, is unusually beneficial to the various psychic centers of the upper portion of the body.

The sun is not only the source of all vitality, or all life in the universe, but it has a direct bearing and influence upon the consciousness, intelligence, and especially the systematic, harmonious regulation of the various conscious and unconscious actions in our body. Whether we consider the human body as a machine operating along purely mechanical lines, or as a creation having consciousness within it and operating according to the intelligence of this consciousness, the sun is the controlling factor, through its rays and vibrations, of the rhythmic and harmonious control



of this method, and persons giving treatment and constructive help realize that massage and some forms of magnetism radiating from the hands upon the solar plexus will affect the body healthfully and pleasantly.

Ordinary forms of electricity have little if any effect upon the solar plexus despite the fraudulent claims of makers of expensive electric pads.

There is no difference between the electricity in a flashlight cell or a doorbell battery and the electricity that lights your home or runs power-plant dynamos, except the difference of strength. There is no difference in quality. It is not the strength of electricity or electrical vibrations that is important in the human body, but the quality. Ultraviolet rays which give an outer sensation much like electricity are not electrical vibrations but high-frequency vibrations of an entirely different nature. Of all the so-called popular ultraviolet-ray machines at this time on the market for massaging the scalp, the body, and doing various wonderful things, comparatively few can be called true ultraviolet-ray machines. The best and quickest way to get ultraviolet rays is by exposing the body to the rays of sunlight.

Lying in the sun so that it will shine on the solar plexus, or the central part of the abdomen, is an excellent practice. But this is no reason for establishing nudist colonies. People do not have to take ultraviolet-ray treatments in groups, or be completely nude, and they do not have to establish colonies. Swimming without clothing is better than with a bathing suit; but because it is healthful, there is no reason to do it in groups. All in all, the sun's effects upon the body in certain ways must be analyzed and coming monographs will make you well acquainted with the secret regenerative processes connected with sunlight and the sun's radiations.

There is just one more point to touch on this week: To understand how truly the solar plexus is the center of the human body as a human universe. Let us suppose that we have a picture of the human body in front of us. Let us put one leg of the compass on the solar plexus (just above the navel). Let us then draw some circles. We will make the radius of the first reach from about the waistline to the chest; the next from the neck to the thighs in diameter; the next from the head to the knees; the next from the elbows to the calves of the legs; and the last circle from the ends of the arms outstretched to the feet. As men and women grow older, the body begins to break down with wrinkles, disease, weakness, and other general conditions. The breaking-down effects begin at the outer circles, and slowly move inward. First the hands, feet and head begin to show the dried-up wrinkled skin, and certain weaknesses; then the knees and elbows gradually show the effects; then chest and thighs begin to weaken. The central part of the body inside the first



circle is the last part of the human body to show signs of old age. The torso or abdomen and main part of the body of an elderly person seldom looks much different from that of a younger person. In fact, while doing experimental clinical work several years ago in the hospitals of New York, I remember that when parts of the human body were cut up for examination purposes, it was difficult to tell by the torso whether the body was that of a man or woman twenty-five, fifty-five, or seventy-five years old.

Unless disease attacks the inner part of the body, the organs lying immediately around the solar plexus are the last to break down and wear out. Persons who have lived normally and naturally, and free from disease, can reach the age of seventy or eighty without the kidneys, bladder, intestines, stomach, heart, gall bladder, or reproductive organs becoming seriously deranged. Certain creative powers may cease to manifest in specialized ways after middle age, but the reproductive organs do not become completely broken down as physical organs. It is true that many persons have weak kidneys, bladder, lungs, or troublesome intestines long before they reach middle age, but this is not due to the body wearing out normally. It is due to wrong living, wrong eating, wrong drinking, or something of that kind.

Therefore, looking at man as a replica of the universe with the solar plexus as the center, we see the center of man's universe remains active, vital and in good condition for the longest possible time. This is because the regenerative, vitalizing processes centralized in the solar plexus reach outwardly from that point. In the regenerative work with which we are going to deal in the next monographs, we are going to help strengthen the functions and activities of the solar plexus, and other psychic centers of the body so that health and creative power will be restored to the body. In the meantime you can benefit your health and prepare for these by taking outdoor sunshine baths, and especially by allowing the sunrays to shine on your solar plexus for ten or twelve minutes each day, and into the throat for two or three minutes whenever possible.

May Peace Profound abide with each of you.

Fraternally,

YOUR CLASS MASTER

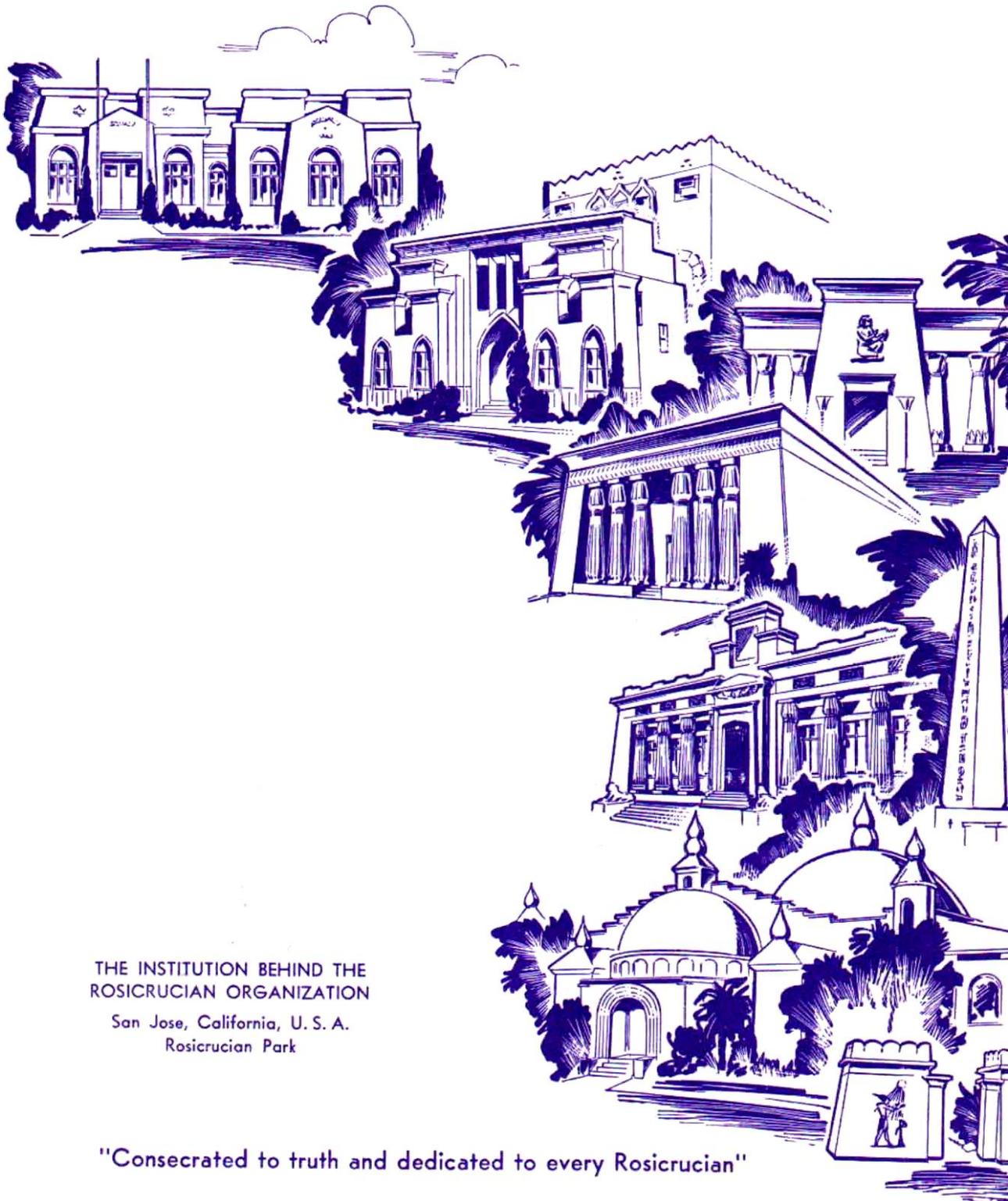


## Summary of This Monograph



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.

- ☞ Approximately every seven minutes the body is changed in its astral and chemical composition.
- ☞ Since the effect of the moon upon our emotions and psychic centers changes minute by minute, observation of the moon-cycle in regard to our meditations and experiments will be valuable to us.
- ☞ The sun is the controlling factor of the rhythmic and harmonious mechanical actions in the body. We should absorb as much sunshine as possible.
- ☞ It is beneficial to various psychic centers in the upper part of the body if we permit the sun's rays to strike the back part of the mouth for a few seconds at a time, repeating at intervals as we take deep breaths.
- ☞ Direct sunlight differs from reflected or refracted sunlight.
- ☞ Ancient mystics considered the sun the center of the universe and they called the great plexus in the center of our bodies the *solar plexus*. Allowing the sun to shine upon the solar plexus is an excellent practice.
- ☞ The organs in the region of the solar plexus are the last to break down. This center of our bodies remains active and in good condition for the longest possible time.



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