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The Rosicrucian Order

MASTER MONOGRAPH

ILLUMINATI SECTION

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THE CONCURRENCE

This Week's Consideration of a Famous Opinion

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¶ The health-giving properties of water are to be almost immediately noted when its use as indicated in our monographs has become a part of the daily program. The mystical significance of water and the spiritual benefits to be derived from it are, however, equally important, and in all sacred and mystical writing this fact is clearly emphasized. We quote from a familiar source.

When I behold the external water, I am forced to say, 'Here in the water below the firmament is also contained water from above the firmament. But the firmament is the middle, and the link (dividing line) between time and eternity, so that neither one of them is the other. By means of the external eyes, or the eyes of this world, I see only the water below the firmament; but the water above the firmament is that which God in Christ has instituted for the baptism of regeneration.'

—JACOB BOEHME, 1575-1624

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To the Members of the Esoteric Hierarchy, Greetings!

It is quite possible that the emphasis in earlier monographs on the use of water as part of the daily routine of the mystic may have recalled to many the saying that "cleanliness is next to godliness." Indeed, in such cryptic homely phrases, mystics often sought to encourage habits in others that would be conducive to mystical results. Such practices when made habitual did bring about customs which were generally beneficial even when they were not recognized as parts of a mystic's regimen.

A letter received some time ago substantiates this point and perhaps throws new light on the matter of our present concern. It reads: "Living in India as I do, I noticed with particular interest the emphasis placed on having a bowl of water in the sleeping room during the night. This caused me to believe that a great many, if not a majority of people in Europe and North America, are not accustomed to having a bowl of water in the bedroom during the night. This would seem strange to the average mystic or mystical philosopher of my country.

"I have heard that in the congested areas of your larger American cities the bedrooms do not have the proper airing, especially at night when the occupants are sleeping. We who live in the country and open sections of the Orient, especially those who are mystics, philosophers or students on the path, cannot understand how anyone can live or sleep either during the day or night without absolutely fresh air in the bedroom, or in the living rooms. Even if we had only a minimum of fresh air in our sleeping rooms at night, we certainly would have the open vessel of water. Without water in the sleeping room at night, no one can be healthy; nor can he properly attune himself with the Cosmic forces and powers that bring health, vitality, and spiritual development."

Our frater's comments would no doubt shock many by their criticism of our Western-world manner of living. To others, they might seem naive in the value they assign to water, growing as they might imagine out of the lack of a convenient water supply in the dwellings. To the mystic, though, especially to the Rosicrucian, it must be evident that here we have a true mystic's recognition of water as a necessary spiritual element. Such a regard for water is well-nigh universal among mystics and supplies the answer to our first question as to what should be part of our daily program of proper living.

It must be evident, too, that from the beginning of our Rosicrucian studies, the importance of water in mystic practice has been pointed out. Almost daily some Neophyte writes of his delight in discovering the benefits he has found water to give in overcoming functional irregularity and in supplying a tonic effect to the system.

No doubt, hundreds of students who discovered the importance of water in their Neophyte studies are today continuing to reap the benefits of a practice started then. So much a part of their routine has such a practice become that they would not think of retiring without a final glass of water.

I like to think that every member in our Order has adopted this habit to the extent that he simply cannot go to sleep unless he has had his drink of fresh water the last thing before retiring. I like to imagine it to be as impossible for our members to lie down and go to sleep without that final glass of water as it would be for the average person to lie down and go to sleep with all the lights in the room burning. The effect of water in the system during the night is a beneficial and vitalizing thing, physically, mentally, and spiritually. It has proved equally beneficial, as our frater from India attests, to the psychic condition. It is for this reason that mystics there as well as elsewhere have made the practice a time-tested ritual.

Specifically answering the question, therefore, as to what we should do as a daily program, I would certainly recommend that everyone now in the Hierarchy take into his bedroom, along with his glass of drinking water, some vessel or bowl filled with fresh water, to remain there throughout the night. This vessel should contain a quart, at least a pint, of fresh water—just ordinary, fresh water. The vessel should be left uncovered so that the water is exposed for evaporation.

Putting the water into a bottle would not allow sufficiently rapid evaporation during the night; therefore a bowl or a vessel with an opening of five or six inches across the top should be used. Whether it is a serviceable pan or a fancy porcelain, agate, silver, enamel, or glass vessel makes no difference. The esthetic nature may be better satisfied with something decorative; but the prime consideration should be only to have fresh water in sufficient quantity to allow for constant and generous evaporation during the night.

This vessel should be freshly filled each night and left in the sleeping room, neither too high nor too low; certainly not too near an open window. Placed in a corner of the room opposite a window, it will serve perfectly as a purifier. You may not be able to notice in the morning that a great amount of evaporation has taken place, but you will find that some of the water has evaporated. Regardless of what may be argued to the contrary, evaporation of water creates a condition beneficial to sleep and health, especially so far as psychic and spiritual unfoldment are concerned.

During the night, psychic or Cosmic contacts made will be increased and strengthened because of the moisture in the atmosphere. Because the practice is not the usual thing, especially in the West, it would no doubt be wise to say nothing

of the reasons for your use of water in your bedroom. To do so would be merely to involve yourself in explanation which might not be understood or appreciated. Whenever it seems necessary to say anything, it will probably be sufficient to say that you have merely discovered that your sleep is more restful when an open vessel of water is standing in your bedroom.

Past monographs have told you that the alchemists and mystics of ages gone by discovered water to be one of the primary solvents, one of the great purifiers, and one of the mystic elements, important to all phases of mysticism. You have been told, too, that human beings are creatures of water. Our bodies are composed of nearly eighty percent moisture, and our systems evaporate moisture constantly. Furthermore, we could not live if it were not for the moisture in the air and in our bodies. That our breath produces moisture can be proved by breathing on a glass. That our auras produce moisture can be proved by many scientific tests.

It should not be considered strange, therefore, that the psychic part of ourselves draws upon the open water in our sleeping rooms at night. Two or three months of practice in sleeping with an open vessel of water in the bedroom will demonstrate in improved health, clearer thinking, and the tonic effect on the vitality. In fact, the experiences that come will in time convince you that water is just as essential in your bedroom at night as anything else that you may provide, including heat, coolness, a comfortable bed, fresh air, darkness, and so forth.

Water is, then, the first of the things that I would suggest as a permanent feature of your daily mystical program. Begin this week with the water and you will almost immediately note the improvement. In our next lesson, I will mention another feature of the daily program that should not be any more difficult to carry out than that of the water.

Each night, then, when you prepare for sleep, you are to do two things: First, place an open vessel of fresh water somewhere in your room away from the window, uncovered, where it can evaporate; second, drink a glass of fresh water just before getting into bed. The water in the vessel should be changed each night. It may remain in the room throughout the day; in fact, it would be a good plan to put fresh water on your sanctum table whenever you carry on any experiments. Each time you use the water in your sanctum, though, and each night, you should put fresh water into the vessel. Do not allow the water to stand from one day to another. Now let us see how consistent you can be in this very important feature. To the degree that you are consistent and regular about it, you will derive very definite benefits.

It is perhaps just as well to tell you now that startling changes will not occur. You will have no sudden or momentous psychic experiences merely because you have begun the practice of keeping an open vessel of water in your sleeping room at night. Benefits will gradually accrue, however, and subtle changes will take place. Your sleep will be sounder and your rest more refreshing. You will awaken in the morning, too, with a better sense of well-being and a clearer sense of the abiding unity and harmony of all things.

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.

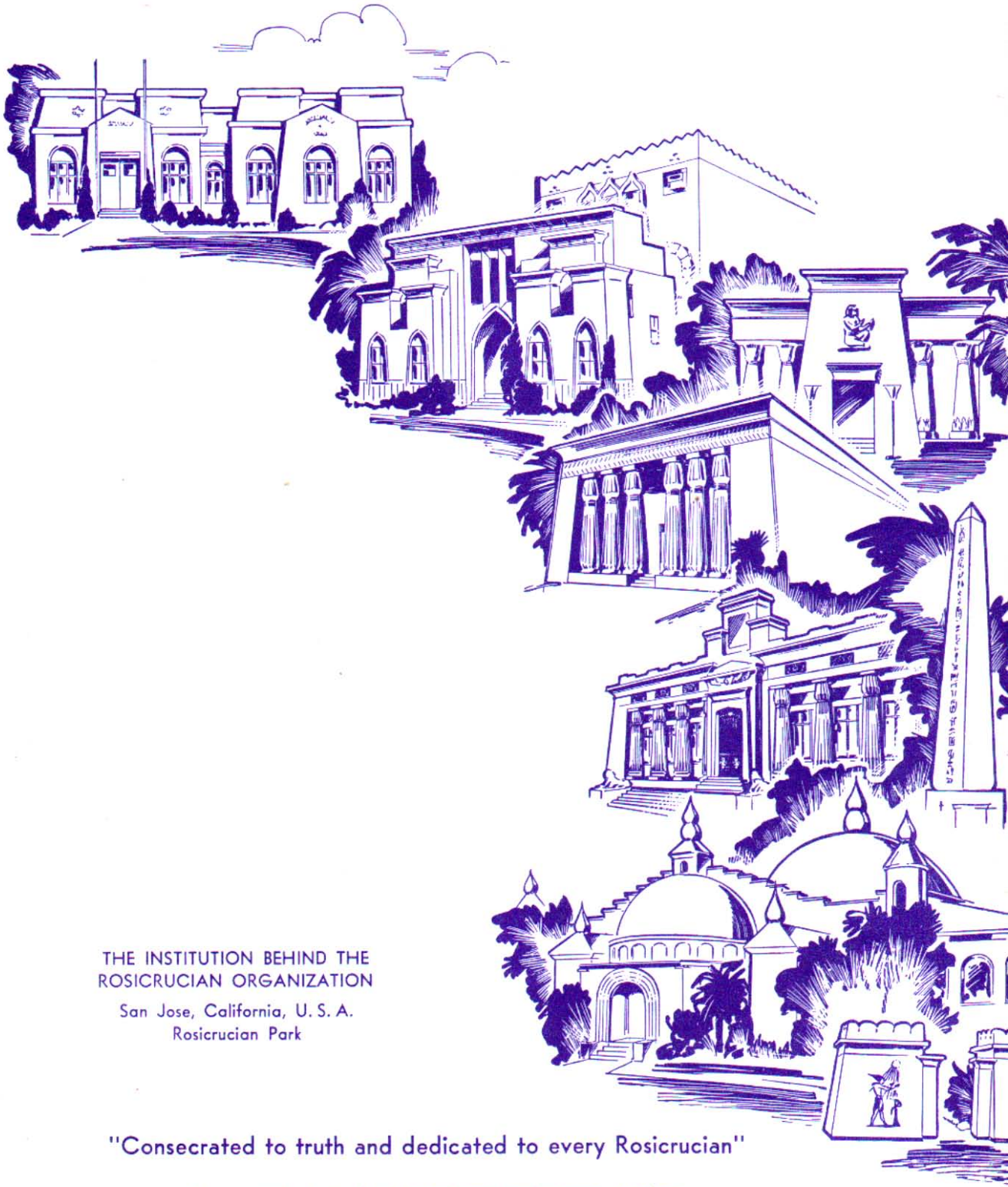
¶ **Mystics have sought to encourage habits in others that would be conducive to mystical results and bring about customs of a generally beneficial nature.**

¶ **The importance of water in mystic practice has been pointed out from the beginning of our Rosicrucian studies, and every member has been encouraged to adopt the habit of drinking a glass of fresh water immediately before retiring.**

¶ **It is recommended that everyone now in the Hierarchy take into his bedroom, along with his glass of drinking water, a vessel of fresh water to be left there throughout the night.**

¶ **Evaporation of water creates a condition beneficial to sleep and health, especially so far as psychic and spiritual unfoldment are concerned.**

¶ **Water is just as essential in your bedroom at night as anything else, and is, therefore, the first of the things suggested as a permanent feature of your daily mystical program.**



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