



The Rosicrucian Order

# MASTER MONOGRAPH

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# THE CONCURRENCE

This Week's Consideration of a Famous Opinion



¶ Offering our services, our psychic selves and soul personalities to God and the Masters during sleep is a mystic practice of utmost importance to our spiritual unfoldment. From earliest times the spiritual aspects of sleep have been recognized. In the following quotation, we note the importance attributed to sleep as early as the 2nd century A.D.



*The soul has a twofold life, a lower and a higher. In sleep that soul is freed from the constraint of the body, and enters, as one emancipated, on its divine life of intelligence. Then, as the noble faculty which beholds the objects that truly are—the objects in the world of intelligence—stirs within, and awakens to its power, who can be surprised that the mind, which contains in itself the principles of all that happens, should in this its state of liberation, discern the future in those antecedent principles which will make that future what it is to be? The nobler part of the soul is thus united by abstraction to higher natures, and becomes a participant in the wisdom and foreknowledge of the Gods.*

—IAMBlichus, 2nd century A. D.

TWELFTH DEGREE    NUMBER ONE HUNDRED AND TWELVE    PAGE ONE

To the Members of the Esoteric Hierarchy, Greetings!

Continuing our discussion of what would constitute the best daily routine and program for those who are in this class and who want to get the most out of life, let me say that in addition to the preparations for the nighttime period of each day there are certain things that should be done during the daytime. In my last talk I outlined what you should do each night in preparing to retire. I did not deal with the things that could and should have been done prior to retiring—that is, during the earlier part of the evening—but began the day's routine with the last-minute things. I explained that you should put some water in an open vessel and have it so placed in the room that it might easily evaporate and keep a certain degree of moisture in the atmosphere and that you should drink a glass of ordinary water as the last thing before lying down.

Now I want to touch upon your last-minute thoughts before falling asleep. No mystic, and certainly no Rosicrucian privileged to be a member of the esoteric Hierarchy, will fail to do two things before allowing himself to go into a state of unconsciousness or sleep.

First, as soon as one is comfortably in bed and relaxed, with eyes closed and all lights out, there should be a few moments of mental review of what has been done or accomplished, or at least tried, started, enjoyed or experienced during the day. Perhaps two minutes of this kind of review of personal activity will cause you to visualize momentarily the outstanding things experienced. Then a prayer should be mentally or vocally directed to God, thanking Him for the privileges of the day. Certainly the privilege of life itself is one of the greatest, regardless of illness, pain, or suffering that might have accompanied it. The fact that we have been conscious and have enjoyed the privilege of being mentally and physically active for another day is something for which we should give thanks.

This is not an attempt to exaggerate the privilege of life, for there is no greater or more magnificent fact in the whole of the universe than that one is living. You may look upon each day as being so much the same as others that you can see no particular reason why you should be thankful for one day any more than for another. You may take the attitude that because life is the long gift of God and hundreds of millions of human beings enjoy it that it is just a natural thing—a quality or condition which comes to all.

One need only stop and think of those who are ill and in pain, or who are on the border of transition, to realize that each of them would give almost anything to have one day like the one we enjoyed yesterday or today. There are millions of people lying in hospitals or in sickbeds in homes who would give almost anything they possessed to have the freedom from illness,





TWELFTH DEGREE NUMBER ONE HUNDRED AND TWELVE

PAGE TWO

pain, and disease or torture of some kind, freedom such as you enjoyed in the last twenty-four hours. The time may come, too, when you will lift up your thoughts to God and plead to be permitted to live. We are prone to forget and place little value on the thing we already have and which we have possessed for a long time. Few appreciate perfect health until they are suddenly brought face to face with illness and pain; then perfect health seems a rare and desirable thing indeed. The mystic, though, should be aware at all times of the fact that consciousness and vitality, in fact, life itself is a blessing from God. Each day that we are alive and active is an opportunity, a blessing, and a privilege.

Unless we show our appreciation to the giver for the gift, the giver may fail. It is an unwritten law in the esoteric book of life that continuous acceptance without due appreciation and thankfulness is bound to bring about a secession of the privilege or gift. It is not a matter of "unless you thank me for what I have given you, I will not give you any more." It is rather a law of the Cosmic world that unless we show and feel appreciation for what we enjoy, including life, we do not attract more. It is not that life is deliberately denied because we didn't thank Him, but it is because we ourselves break the attunement and the harmonious relationship between ourselves and the divine consciousness when we indifferently fail to express our appreciation for any privilege we now enjoy.

So the first thing to be done after reviewing the day's events is to utter a few words of appreciation and thankfulness to God for life, health, and the opportunities that the day afforded. No matter how the day has been, there have been opportunities, and unless we express our appreciation and attune ourselves with God and the Cosmic forces, we will not attract more days of such health and soundness.

The second point to be attended to is to offer your services, your psychic self and your soul personality to God and the Masters in the service of humanity in any way possible while you are asleep. It is possible in this way for the psychic self to carry on many forms of humanitarian activity while the body sleeps. These are two important items for routine practice, for it is the mystic's hope that day or night he may enjoy the opportunity of serving. His last prayer and his last thought at night should be such as to provide an ever-available channel of service. It might be helpful to share with you a prayer which I have used successfully. You may wish to vary it or make it a model for one of your own.

"God of the Universe and Father of all beings, I am thankful for the day that has just closed, and there is appreciation in my heart for the life in my body, the activity of my faculties, and the opportunities I have had to use them to gain wisdom, to grow in experience, and to serve my fellow men. While I





TWELFTH DEGREE NUMBER ONE HUNDRED AND TWELVE PAGE THREE

sleep and my body rests, I offer myself, the spiritual self within me, to God and the Masters to use as they may desire in the still greater work of carrying out the activities on earth of the Heavenly Hosts. In peace and divine appreciation I offer myself in the work of our Father who art in Heaven."

After such a prayer—spoken audibly or mentally, close the eyes and mind as one would a book, with a sense of joy, happiness and attunement with God and the universe.

One never knows which night may be the final one of this earthly incarnation. Those who enjoy perfect health cannot be sure that tomorrow will not bring an entirely different state, perhaps sudden release through transition. There have been occasions when events have happened so rapidly that the individuals concerned have not had time to pray, or even to collect their thoughts. In their anxiety and disturbed state, they have been unexpectedly plunged into transition with no prayer of thankfulness for the life that is closing. For that one reason alone, every mystic wants to close each day in the utmost of peace and harmony, with perfect attunement with God and complete repose of the soul and mind. Then if any disturbance or definite change should follow, there will be no regret, and the soul will continue to sense its perfect attunement even though the body is distressed.

I am not talking as an alarmist or asking you to anticipate transition; yet because for the years past, you have gone to bed at night and have arisen in the morning in perfect health, there is no assurance that this will always be so. Since more transitions occur during the night when the body is relaxed than at any other time, it is only rational to be always spiritually and Cosmically prepared for what is after all the inevitable event in the life of each of us.

No true mystic fears transition. The only fear or regret that anyone should have is that today might close without our having attuned with the Cosmic and made preparations. I trust that every member will feel as I do since any hour may be the last one of this incarnation.

Naturally we each hope for an opportunity to say farewells and to give others assurances of our hopes and fearlessness; but as for what will occur and what lies beyond the borderline, I have no fear, no doubt, and no questions to ask. I have sensed enough, seen enough, and realized enough of what lies in the spiritual world to know that it is beautiful, endless, filled with the rewards earned and punishments deserved. I am happy in the work that lies before me. I do not look upon transition as the end of anything except perhaps my weaknesses and errors here which I am sure the spiritual period of development will enable me to purge from my consciousness. I look upon transition not as an end—but as a beginning. I am





TWELFTH DEGREE    NUMBER ONE HUNDRED AND TWELVE    PAGE FOUR

not eager to have that beginning come too quickly; but I am ready for it whenever the time arrives.

Such an attitude places upon us the obligation of being appreciative of what we have, and of being ready to serve in the future. We should not wait until night to be thankful for any benediction or blessing that comes in the morning or afternoon. We should be appreciative when blessings occur so that each hour and each minute we are giving thanks as spiritual compensation for what we have received. This need not be with ostentation or with ritualistic formality. We do not have to go into a church or cathedral, or even into our sanctum, to say thanks for each blessing that occurs. As I walk along the street, or from office to office in Rosicrucian Park, or contact persons and places from moment to moment, I feel appreciation rising within me that need not be uttered in words as long as I sense it psychically and spiritually and know that I am not unmindful of the obligations which each benediction and blessing brings. If each of you will do the same thing throughout the day, you will keep yourselves attuned with the peace and harmony of the universe and you will prevent many annoying and unhappy occurrences.

Now we have discussed how the day should be closed and we should prepare for the hours that we are asleep. In my next talk, I shall tell you what should be the beginning of your daily routine and program.

May Peace Profound abide with each of you.

Fraternally,

YOUR CLASS MASTER



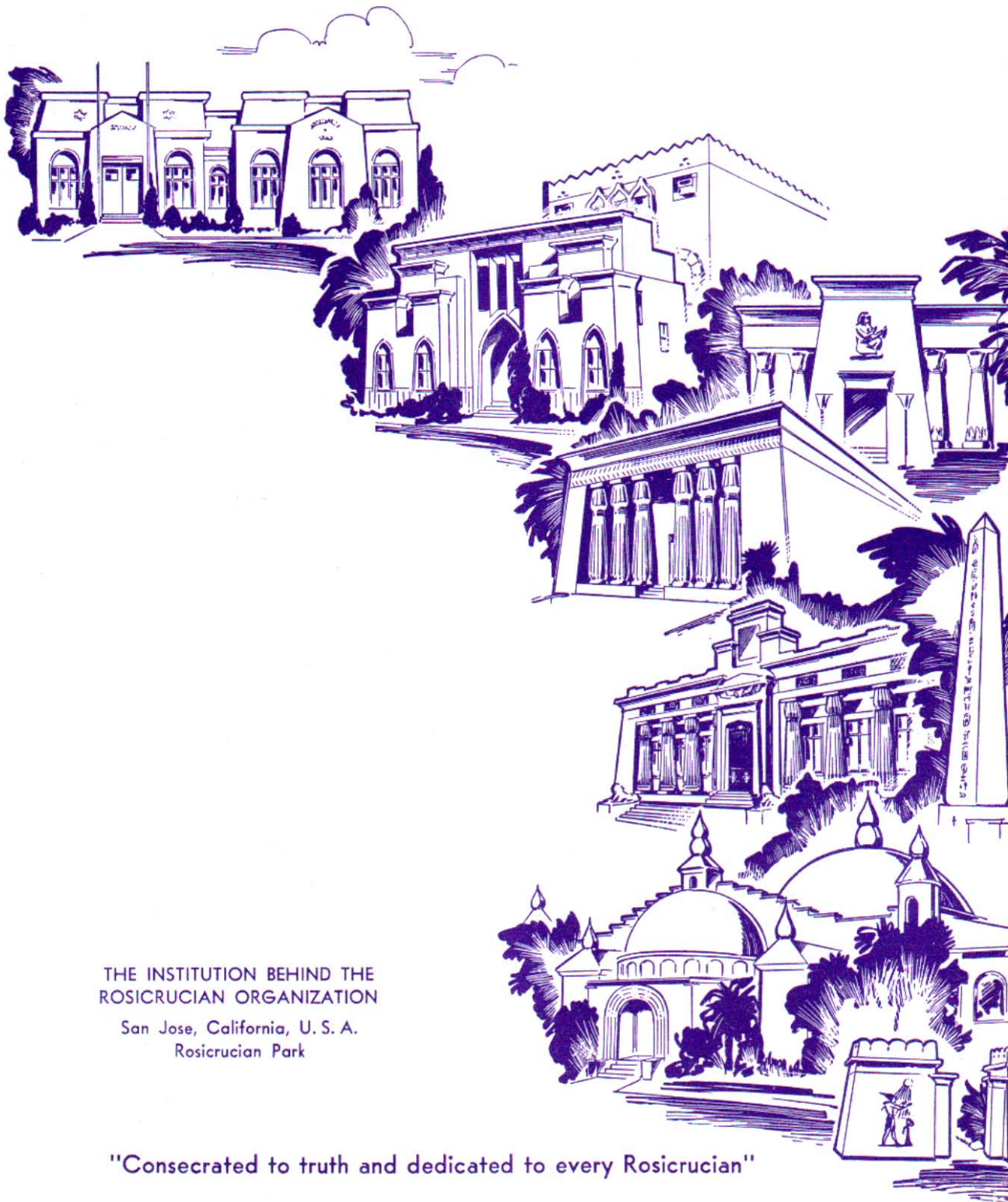
## Summary of This Monograph



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.

- ¶ In addition to the preparations for the nighttime period, there are certain things that should be done during the daytime as part of the daily mystical routine.
- ¶ Continuing with the nighttime program, however, in addition to drinking a glass of water and placing a vessel of water in bedroom, after one is comfortably in bed, relaxed, and with the lights out, there should be a mental review of the day's events, followed by a few spoken or silent words of appreciation for life, health, and the opportunities of the day.
- ¶ Also, one should offer his services, his psychic self and soul personality to God and the Masters in the service of humanity in any way possible during sleep.
- ¶ No true mystic fears transition. The only fear or regret that anyone should have is that the day might close without his having attuned with the Cosmic or prepared himself for any eventuality.
- ¶ Each of us has the obligation of being appreciative of what he has, and of being ready to serve in the future. Being appreciative psychically and spiritually of our blessings should be a continuing feeling and not one to be experienced only at nighttime.





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