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The Rosicrucian Order

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THE CONCURRENCE

This Week's Consideration of a Famous Opinion



¶ The importance of asking the Cosmic to impress us with the things we are to do cannot be too strongly emphasized, for we are thereby enabled to keep our thoughts and actions constructive and meaningful. Our potentialities for service are accordingly enlarged and we become more and more efficient channels for divine expression. Man's responsibility for his actions, words, and thoughts is significantly expressed in the following quotation.



Thoughts untranslated into speech are thoughts lost for humanity; words unconfirmed by acts are idle words, and the idle word is not far removed from falsehood. Thought formulated by speech and confirmed by acts constitutes a good work or a crime. Hence, whether in vice or virtue, there is no speech for which we are not responsible; above all, there are no indifferent acts. Curses and blessings invariably produce their consequence, and every action, whatsoever its nature, whether inspired by love or hate, has effects analogous to its motive, its extent, and its direction.

—ELIPHAS LEVI, 1810-1875

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To the Members of the Esoteric Hierarchy, Greetings!

In my last talk to you regarding the day's esoteric program, I discussed those things to be done at night to insure perfect rest and an opportunity to serve the Cosmic while you were asleep.

I want now to discuss the day's program, beginning with your arising in the morning. The average member, no doubt, retires before midnight, and awakens sometime after six o'clock. The hour of arising is not so important as what is done after awakening, whether it be at seven or later.

Your awakening may be sudden or gradual. For the sake of your health and nerves it is better never to jump out of bed hurriedly. The sudden change from complete relaxation to unusual activity upsets the rhythm of the heart and the tranquillity of the nerves, and may therefore be detrimental. Much is gained by lying still for half a minute after awakening even if the alarm is ringing, or someone is calling you. If you can stretch your arms and legs a little, and lift the back and thighs from the bed by resting on the shoulders and heels, it will be helpful in preparing the body, and especially the heart and nervous system, for its task of carrying you around.

It takes considerable energy to lift a hundred or a hundred and fifty pounds, and that energy has to be created within the body. While asleep, your heartbeat slows down considerably. This is necessary in order that the heart may also have some relief from its daytime task. The lungs and other functionings of the body are likewise partially suspended or slowed down, and the nerve energy flows less freely through the body. Jumping out of bed too quickly, therefore, is like getting into an automobile, and starting off in high gear without bringing the car gradually up to that speed. It strains the whole mechanism and can be decidedly injurious.

Having stretched and got up, you should stand directly facing the East—where the sun rises—near an open window. Take three or four deep breaths, holding each one as long as you can, and exhaling slowly. Close your eyes, and while still facing East, utter a brief mental or verbal prayer of thanks for the coming day and life itself. The wording is not important but until you formulate your own, you may want to use the following:

"God of our hearts and Creator of all creatures, I give thanks for life and the return of consciousness; for another day of opportunity to learn and grow in Thy wisdom, and to serve my fellow man to Thy glory. Inspire me to do rightly. Speak through the still small voice to warn me of my errors, and let my hands and heart do what is right and helpful to all humanity."



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Having thus attuned yourself for the day, and having put yourself into conscious contact with God and the Cosmic you will feel that you are now a worker in the vineyard, a guided and protected child of the universal laws. You may now proceed with whatever other morning preparations you have adopted.

There is another item you may add to your program without delaying yourself greatly; you may sit for a moment in meditation. If the Cosmic has a message, an inspirational thought, a suggestion regarding the day's work, you are ready to receive it. In connection with this period of reception, think of the Cosmic as being a kind of universal information bureau. In this brief meditation, appeal to that information bureau to impress you with the important things that you are to do.

I have found it helpful to liken the experience to my stopping at the information bureau and saying to the clerk, "Now what things are planned or what am I to be particularly interested in and concerned about?" I remember on one occasion my "information" was to write a cheery message to a very close friend from whom I had not heard in many weeks. I did so, and later learned that it was the last letter he ever received from anyone. He was ill, and that letter helped him through his last hours. Had I failed to write that day, he would have passed through transition wondering why I had not contacted him, and without the help that I could give him mentally and spiritually.

At various times the Cosmic has impressed me with certain matters of a personal nature that should be attended to. Often, too, the information has been prophetic, telling me to prepare for a meeting with several persons of considerable importance, or of a telegram that would require a carefully-thought-out answer.

In any case, this morning preparation does enable one to attune with the Cosmic and to open the way for new Cosmic impressions that may be ready to come. We little realize how many times the Cosmic would communicate with us to our advantage if we would only give it the opportunity by opening our consciousness to receive such things. So many members in their reports express their regret that they had not known even a few hours earlier about the occurrence of some important event. Others have wondered why the Cosmic did not impress them to send a certain letter, carry out some business matter, or to do something which they had forgotten. They seemed to think that the Cosmic should have intervened deliberately and without their asking to give them the information it wanted them to have.

At times extreme measures will be taken to impress us with necessary information because of its importance. While listening to a radio program one evening, a member said the telegraph company called him on the telephone to read the following telegram: "Have not heard from you. Is anything wrong?"



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Then the name of the sender was read. Instantly, the member realized that the sender of the telegram was the secretary of a large concern to whom he had promised to send a contract or an agreement within a certain date. Unless he mailed it that very night it would lose its value. As he posted it, he was pleased that the telegram had come to remind him.

The next morning, however, when the telegraph itself was delivered, he found that it was not from the person he had thought but from a cousin who was planning to visit him, and who had wanted to assure himself that his visit would be convenient to his host. The name of the cousin was not remotely similar to that of the man who he had thought sent it. He called the telegraph company and asked whether a message had come from the concern in question. He was assured that no such telegram had come and that such an individual's name had not been used when they telephoned the message to him. His only explanation was that the Cosmic had used that method to get the message to him.

Sometimes, however, the Cosmic will cause a picture to appear when you are not concentrating on what the Cosmic may be trying to whisper to you. I remember that one time when reading, the type on the page suddenly began to form different names, and one name particularly seemed to stand out among the dancing letters on the page. The name had nothing to do with the story and was not printed in the book anywhere.

It was the name of a person whom I contacted immediately by telephone. I learned that he was trying at that very moment to locate me and let me know that an important matter needed my immediate attention. Every student for this reason should stop, not once but two or three times during the day, and concentrate on the Cosmic as though he were lifting a telephone receiver to his ear in order that his contact with the Cosmic remain constant.

After this morning meditation, proceed to breakfast. If you are accustomed to saying a few words of appreciation at the breakfast table for the food you have, and asking God's blessing upon it, you should carry out this idea. The mystic will never partake of a meal anywhere, especially at the family table, without uttering mentally or verbally a few words of appreciation before arising from the meal. Whether he may feel that the proper time for words of appreciation is at the beginning or end of the meal, the mystic and Rosicrucian will say at least, "We thank thee, God, for this food."

I have told you in other lectures that many of us out of appreciation for the luxury and conveniences we enjoy have thanked God for the man who invented beds. A bed—almost any kind of bed—is a luxury, and an object for which one may very well feel grateful when he considers the uncomfortable, unclean,



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and unhygienic conditions under which some unfortunates exist, denied fresh air, comfortable beds with clean linen, and a protected and safe place in which to sleep.

However one breakfasts—whether on fruit or heartier fare—it should be only sufficient for one's need. Since we are not dealing with diet at the present time, it is only necessary to say that having made the foregoing preparations and breakfasted, one is ready for the day ahead. In my next talk we shall consider other features of the day's program.

May Peace Profound abide with each of you.

Fraternally,

YOUR CLASS MASTER

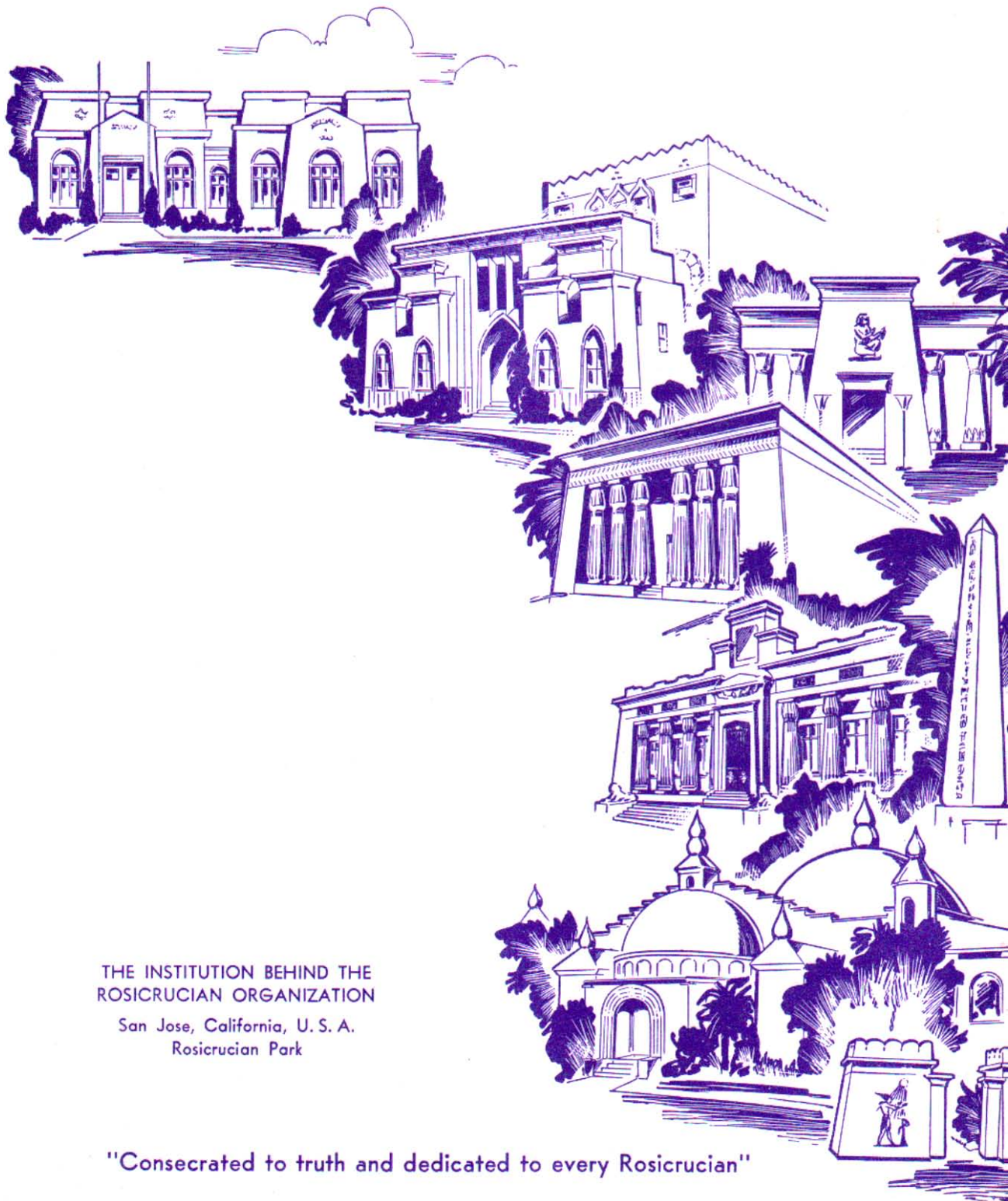


Summary of This Monograph



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.

- ¶ The day's program, beginning at the moment of awakening, should commence with a moment or two of stretching to prepare the body for its task. Never jump out of bed hurriedly at the moment of awakening.
- ¶ After you get out of bed, face the East and take three or four long breaths, exhaling slowly; close your eyes, and utter verbally or mentally a prayer of thanks for the coming day and for life itself.
- ¶ Afterward, you may sit for a moment in meditation, thinking of the Cosmic as a kind of universal information bureau, and ask to be impressed with the important things you are to do.
- ¶ After meditation, proceed to breakfast, mentally or verbally giving thanks for the meal.
- ¶ Having completed the foregoing preparations and breakfasted, one is ready for the day ahead.



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