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The Rosicrucian Order

# MASTER MONOGRAPH

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# THE CONCURRENCE

**This Week's Consideration of a Famous Opinion**



¶ Although we spend approximately one third of our lives in sleep, until comparatively a few years ago science paid little attention to this interesting condition. In this twentieth century, however, believing that all phenomena must necessarily be in agreement with and belong to the order of nature, some eminent scientific minds in their investigation of supernormal phenomena have devoted considerable investigation to the subject of sleep in both its physical and psychic aspects. We quote a scientist well-known in this field of investigation.



*The most interesting phenomena connected with sleep are dreams, which have received so much attention of late years. Theoretically, also, sleep is the time when there is a certain dis-connection between the physical and the 'astral' bodies; and certain it is that many interesting manifestations occur in that borderland state between sleeping and waking. It is at such times that many submerged impressions seem to rise, and we have much evidence that deferred telepathic impulses also tend to float upwards into consciousness at these times. Further, there are numerous cases on record in which the sleeping person has 'appeared' to another individual at a distance.*

—HEREWARD CARRINGTON, 1880—

(Reprinted from *The Story of Psychic Science*, by Hereward Carrington, by permission of Ives Washburn, Inc., Publishers, New York City.)

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To the Members of the Esoteric Hierarchy, Greetings!

Comments are already beginning to be received from members of this class regarding their experiences while carrying out some of the recommendations of recent monographs. Of those concerning the vessel of water to be kept in the sleeping apartment at night, one soror's experience may be helpful.

Since this soror lives far enough away from the Grand Lodge to make it necessary to depend solely upon the lessons rather than upon friends or lodge masters for her guidance, she conscientiously tries every experiment, exercise, or principle before writing for additional information. In many ways, then, she is the typical home student, and for this reason her comments on what might make some point clearer, or on the results of her experiments, are of interest.

In a recent report she said that in her attempt to follow the practice of having water in her bedroom at night, she had put the water in a vessel in her room near a window. After our advice she had moved the vessel to the opposite side of the room where the moisture could not escape without circulating through the room first. The difference noted was immediate. She writes that she is now sleeping more relaxed and restfully than heretofore.

This is a point to keep in mind, for if the vessel of water is kept near a window, it will do scarcely any good in the manner in which we want it to. Not a great deal of moisture rises from the water during the night, and if it easily escapes out the window, it will leave little or none at all in the room. Be sure, therefore, that the vessel of water in your room is placed where the vapor cannot escape without rising and floating through the whole room.

This soror's experience has been repeated by many others, for there have been numerous references in members' correspondence to the restful sleep and tonic effect enjoyed as the result of having water in the sleeping room. Quite a few as well have reported that they have given consideration to the position of the bed and have found it to be an important factor in the matter of restful sleep.

Sleep is a necessary element in maintaining health. Surprisingly enough, however, little mention is made of it these days by those who should be most aware of it. Instead they place emphasis upon diet, vitamins or glands. These are important adjuncts to health, but sleep is equally so. Fully a third of our lives is spent in sleep—or should be; so when considering the matter of health and the best means of maintaining it, the part played by sleep should not be forgotten or minimized.



It may be that the true purpose of sleep has not been understood and for that reason it has been regarded as an

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interference with more interesting and important activity. Both the young and the extremely busy are inclined to regard sleep as something to be put off—or resorted to if there is nothing else exciting to do.

Those eight hours devoted to sleep, however, are so important to the maintenance of health that if wrongly spent or interfered with they can undo all the good accomplished by careful consideration of the other sixteen hours of our day.

Eight hours of sleep have become established as the normal amount necessary for us to recover all that we have lost in the sixteen hours of wakefulness. They are nature's opportunity to correct and undo wrongs done during the sixteen hours. They give the creative, vitalizing powers of the body and the Cosmic an opportunity to heal, cure and build up. We are too inclined to think of sleep as merely rest.

Resting during those eight hours is only one small point concerned in the law which has made it necessary for man to sleep. We might easily divide those eight hours of sleep throughout the day by stopping every two hours and resting one. At the end of the day we would still have worked and labored sixteen hours and rested eight; but eight hours of rest broken up in this manner would never equal eight hours of continuous sleep in the proper manner during the night.

The idea of sleeping at night, however, is not merely to rest the mechanical and physical part of the body. It is not as though the body were a piece of machinery, which after a certain number of hours' operation needed to be stopped and left idle to prevent its wearing out. Naturally, rest is one purpose served by sleep but it must be remembered that, important as it is, it is not the only one.

In the first place, daytime sleep cannot have the same value as nighttime sleep, nor can daytime rest bring such complete benefits to the body as sleep and rest at night. Giving the body a chance to rest during the dark hours accomplishes more than just resting the body. After sunset, especially during the dark hours of the night, certain Cosmic forces radiate toward and through us more creatively and beneficially than during any of the daylight hours.

Half an hour before sunrise and after sunset, as well as during the daylight hours while the sun is shining, all the Cosmic forces are of a positive potentiality. During the night the Cosmic radiations produce an opposite reaction. They produce in the body a negative potentiality necessary to the repair of worn-out tissues and blood cells, to the building up of the health and vitality, and permitting the reconstructive and creative activities in every part to be operative. For this reason alone, a good rest during the night is always more beneficial than the same amount of time, or even more, during the day.



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It was always the contention of the ancient mystics that the soul attuned itself more completely and harmoniously with the Cosmic or Universal Soul during the nighttime than during the day. This is undoubtedly why many of the uneducated and superstitious believed that the souls of the departed were more easily seen and contacted during the night than during the day. They were also convinced that strange forces and powers in the universe released themselves at night and withdrew themselves during the day.

These old beliefs were based upon experiences garnered over a long time but inadequately understood. It is well known, for instance, that persons extremely weak from disease, and approaching the borderline of transition, very often pass away during the darkest hours of the night, particularly between midnight and sunrise. It is said that during those hours the body is more completely relaxed and the soul more easily freed should the body be in a condition where it is ready to release the soul.

On the other hand, so many reconstructive forces operate in our bodies during the nighttime that hundreds of diseases reach their crises during the night. If patients suffering from serious diseases are aided in some way in having a good night's sleep, this will do more for their recovery than medicine, drugs, or any other kind of treatment, even more than any amount of rest during the day.

It is due to his awareness of these factors that the mystic has respect for the proper degree of rest and relaxation during the nighttime hours. There should be, on the average, seven or eight full hours when the body can be relaxed perfectly, the physical machinery be slowed, and all the forces of energy entering the body can be devoted to curative and healing work.

During the daytime it is necessary that these same forces and energies be used for business and social purposes. When we are awake and busy, physically and mentally, a great amount of energy entering, or being built up within our bodies has to be used for mechanical operation and muscular strength. Thus there is little or none left for the body and brain to use in healing work.

Cosmic attunement is more complete during the night—especially if one is well, relaxed and sleeping in the proper position. The mystic, therefore, welcomes the nighttime hours for two reasons: First, for possible psychic experiences; and second, for recuperation. I would have you keep these things in mind throughout this week. In the next monograph I will tell you of other means that can be used to keep the body well under strain of both psychic and physical activities.



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.

- ¶ Be sure that the vessel of water in your room is placed where the vapor cannot escape without rising and floating through the whole room.
- ¶ Sleep is as necessary an element in maintaining health as diet, glands, or other factors which receive greater emphasis because the true purpose of sleep has not been understood.
- ¶ Half an hour before sunrise and after sunset, as well as during the daylight hours while the sun is shining, all the Cosmic forces are of a positive potentiality. At night certain Cosmic forces radiate through us more creatively and beneficially, producing a negative potentiality necessary to the repair of worn-out tissues and blood cells and permitting the creative activities in every part of the body to be operative.
- ¶ The soul-personality attunes itself more completely and harmoniously with the Cosmic or Universal Soul during the nighttime than during the day.
- ¶ There should be, on the average, seven or eight full hours when the body can be relaxed perfectly, the physical machinery be slowed, and all the forces of energy entering the body can be devoted to curative and healing work.
- ¶ The mystic welcomes the nighttime hours for two reasons: First, for possible psychic experiences; and second, for recuperation.



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San Jose, California, U. S. A.  
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