



The Rosicrucian Order

MASTER MONOGRAPH

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THE CONCURRENCE

This Week's Consideration of a Famous Opinion



¶ Application of Rosicrucian principles and practice of the exercises given in these Degrees tend to develop the physical and psychic auras. The development and strengthening of both are necessary for complete protection from upsetting electrical effects outside the body.



As Rosicrucian students we are obligated to do all in our power to attain that vital state of health necessary for producing and maintaining a radiant aura. The excerpt below, (quoted from *Man in the Mystic Universe*, published, 1901) emphasizes this idea.

Such is man; . . . a wonderful self-electrifying, vibrating magnet, which influences all other like magnets brought within its field. . . . Regarding ourselves as intellectual magnetic forces, it surely behooves us to make the chemical and electrical laboratory in which we dwell as perfect as possible. We should clear out the waste products, keep the wires intact, keep a full force of well-nurtured operatives at every station, that all the messages may be flashed along the wires to their destination instantly. Such should be our aim and main interest, for no amount of wealth and honors can be compared to strength, vitality, magnetism, and power, constituting a perfect human magnet.

—LEONIDE KEATING

To the Members of the Esoteric Hierarchy, Greetings!

We shall now consider the best methods of protecting ourselves against influences that tend to hold back our psychic development, injure our health or our mental attitude, and affect our general physical and psychic condition. We cannot successfully protect ourselves against bad influences if our bodies or minds are weak. The best way to combat disease is with health, and the best way to approach it is through knowledge of what constitutes health.

If we assume that no one is more than seventy-five percent perfectly healthy, we must admit a twenty-five percent weakness of some kind somewhere in the body. This twenty-five percent may not consist of only one wrong condition. It seldom does. There are generally more. No doubt in most of us, however, much of that weakness is due to the condition of the blood—not just to a poor circulation or heart condition, but to the very quality of the blood itself.

Some of this weakness may be caused by inherited tendencies toward disease, more or less permanently present in the genetic make-up of cells in the blood stream and other haemopoietic (blood forming) tissues. Such conditions resulting from inherited predispositions may be so minor, as far as general health is concerned, that physicians may pay little attention to them. These tendencies may ordinarily remain dormant and may only become significant and active by the presence of other diseases which weaken the whole body.

Other causes of weakness in the blood and body are constipation and poor digestion, brought on by impure or improper combinations of foods. The manufacture of blood from food and water is a complicated chemical process that man has not yet been able to duplicate in the laboratory. However, in order to have perfect blood made in the body, man would have to arrange his diet in accordance with a highly specialized chemical formula. He would not simply have to pay attention to proteins, fats, starches, calories and vitamins, but would as well have to pay attention to such things as the right percentage of iron, phosphorus, lime, and other chemicals entering into the manufacture of blood. Such a diet would become complicated and perhaps unenjoyable, to say the least, and the average person could hardly be expected to live up to it for more than a few weeks.

However, an absolutely perfect blood system does not appear to be essential for the average requirements of daily life. In fact, no one has ever seen perfect blood. The blood standards in medical science today refer to "normal" and "average" conditions, rather than to "ideal" or "perfect" ones.



Wrong or improperly digested food weakens the active and defensive qualities in the blood stream; so do drugs and alcohol. Poor health can also result from ulcerations of the

teeth or infections in other parts of the head or body; these secondarily can result in skin eruptions, rheumatism, neuralgia, and other aches and pains.

A person suffering aches or pains difficult to locate would do well not only to have his body examined but also to have a careful blood test in addition to a urinalysis and a sputum test. These are as important in revealing conditions in the body as is an X ray.

When a person is normal, however, and free from serious aches or pains, he can protect himself against influences that keep him from developing psychically.

In the first place, a radiant aura will protect us from magnetic and electrical effects outside the body. Without an aura we would all be sick, weak, and unhealthy. Fortunately, most of us have a fairly good aura. It may not be visible to psychic sight; it may not manifest itself in any particular way, but it does insulate our bodies from the effects of magnetic influences around us that upset our normal condition.

Those who have weak auras, we call "negative" in character and nature. In shaking hands, they are limp, lifeless, and devitalized. Their eyes and complexion always give evidence of weakness. They are generally slender or underweight; tire easily; are always complaining of minor conditions; seldom sleep well; are not able to eat everything; easily catch cold; constantly pick up "germs"; and, in general, appear to be almost lifeless. We recognize these persons everywhere because although there are only a few of them out of every hundred persons, they generally stand out by their appearance and their behavior. They lose interest in life; do not dress attractively, act unpleasantly, and are constantly bemoaning their situation in life. They are truly victims of all kinds of destructive and unpleasant vibrations. Even their mental processes are sluggish because they have lost so much interest in life that they no longer attempt to keep up the intellectual side of their existence.

The other seventy-five or eighty of the hundred, however, do have an aura indicative of their health and their psychic development, and it is this aura that is an important factor in keeping them well and vital.

The greater the extent of the aura, the more vital is the health and the more protected is the individual against all kinds of outside influences. This is like saying that if you are healthy you will have a strong aura and if you have a strong aura you will be healthy. That is true. A person with a strong aura should be healthy because it takes a healthy person to have a strong aura. Nevertheless it takes more than health to produce an aura satisfactory in every sense of the word. A person may be so healthy,



vital and full of energy that his aura is like a dynamo; but that aura is all of a physical nature and may not have any psychic qualities in it at all. Such a person may protect himself through his aura against many of the magnetic influences radiating from the earth and from around him, but he cannot protect himself against all of the psychic influences that might affect him.

To have a good psychic aura, nonetheless, one must have a good physical aura as a fundamental basis. In other words, you can have a good physical aura from a vitalized physical body without having much of the psychic quality in it, but you cannot have an aura that is highly developed in the psychic qualities unless there is a strong, healthy, and vital body back of it to produce a strong physical aura.

The real purpose behind the monographs you have been studying for the past few months has been to help you develop your psychic aura in many ways; at the same time, the exercises given were designed to arouse and put into use the regenerative processes in your body.

The visible aura may not extend more than eight or ten inches around the body, but there is an invisible aura that reaches out to affect the auras of others.

Throughout the day, we come in contact with those whose auras are inharmonious with our own. They immediately cause a depletion of vitality and psychic power. If you live with or meet such a person frequently, something must be done to protect yourself against this drain upon your vitality.

The moment you come into their presence you begin to feel one of two things: either a weakness or a feeling of repulsion. You may wish you could run away from their influence. This is not necessary at all. The thing to do in all cases where persons are affecting you in some unpleasant manner is first to take a deep breath and hold it. This will tend to give you an extra amount of vitality. While holding that breath, concentrate on your solar plexus with the thought that the extra amount of vitality is going to all of your psychic centers and fortifying them. This will strengthen your aura to such an extent that the vibrations or aura of another will not reach and affect your psychic centers for at least half an hour. If the contact or association lasts longer, the process may be repeated.

Other types of persons may not affect your aura and psychic centers so much by drawing upon them, as by sending forth poisonous ideas or thoughts which bombard you, through their spoken words, or through their unspoken words, or through thoughts that they hold while in your presence. Of course, a really developed psychic person will not permit his mind to be affected this way by the mental impressions or thoughts of another, but to make sure that such a thing cannot happen when you are in the presence of someone who is de-



liberately trying to affect your mind, all you have to do in such cases is to pause for a moment or two and concentrate on your inner self with the thought that you are not going to receive impressions and that you will maintain your own ideas and convictions. This need only be repeated every few hours if you are in the presence of such an individual for a long time. Then, while the other person is near you or talking to you, or perhaps trying to argue with you that you should believe this or that, or making insinuations and other remarks with double meanings, all you have to do is to think constantly to yourself, "I will maintain the integrity of my own convictions."

There are other contacts, too, which warrant special thought and with these I shall deal in the next monograph.

May Peace Profound abide with each of you.

Fraternally,

YOUR CLASS MASTER

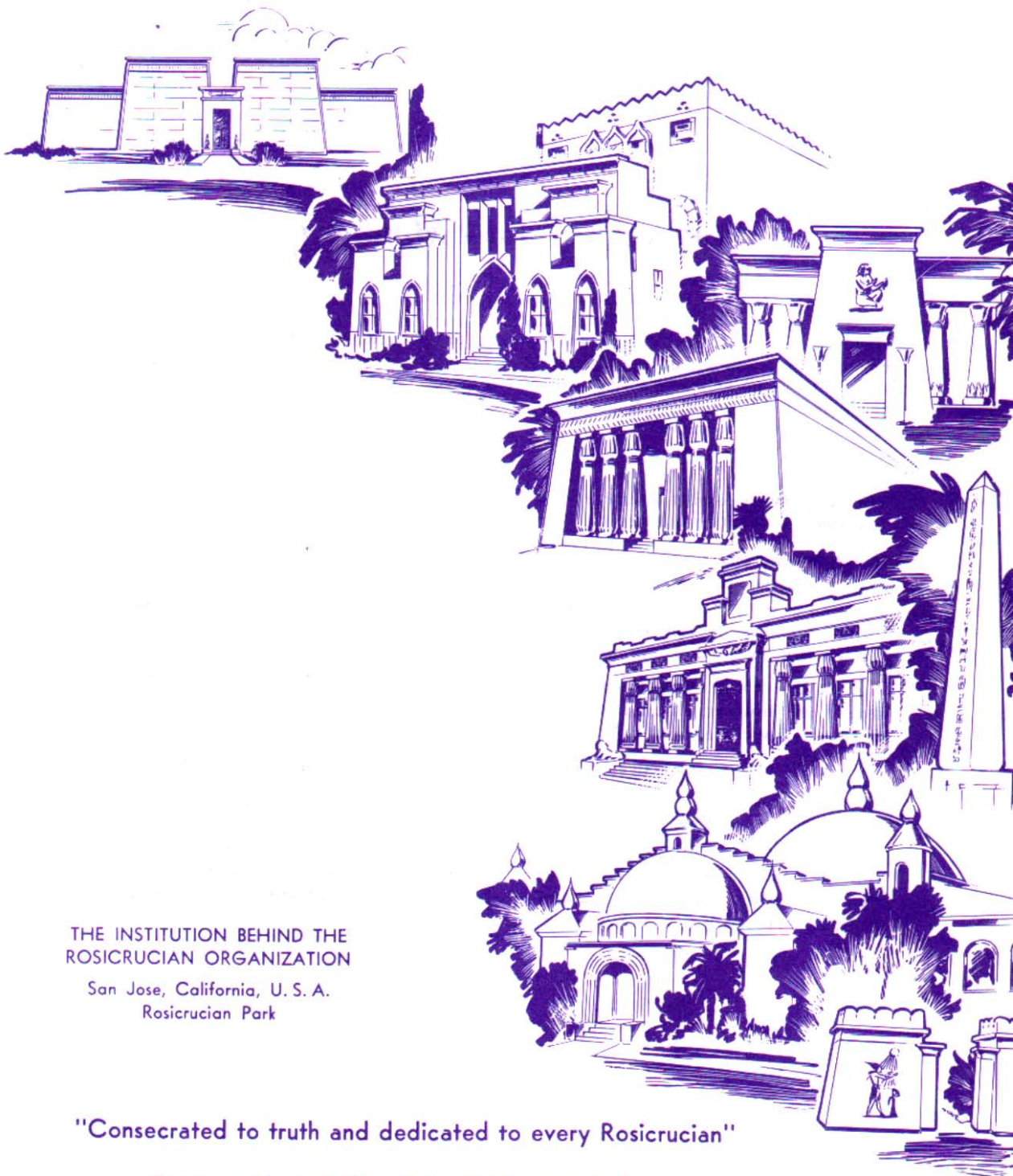


Summary of This Monograph



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 best way to combat disease is with health, and the best way to approach it is through knowledge of what constitutes it.
- ¶ If we assume that no one is more than seventy-five per cent healthy, the remaining twenty-five per cent weakness generally results from a combination of several wrong conditions. Ten per cent may be due to bad quality of the blood, and two or three per cent of this ten may be caused by inherited tendencies toward disease, constipation, poor digestion, or impure and improper combinations of food.
- ¶ A radiant aura will insulate our bodies from the effects of upsetting magnetic influences around us. However, an aura purely of a physical nature is no protection against certain detrimental psychic influences.
- ¶ The exercises given for activating the regenerative processes of the body also develop the psychic aura.
- ¶ To protect yourself for at least half an hour against a drain upon your vitality or other unpleasant effects resulting from contact with those whose auras are inharmonious with your own, take a deep breath and hold it, meanwhile concentrating on your solar plexus with the thought that the extra amount of vitality will reach and fortify all psychic centers. Repeat the process if the contact lasts longer.



THE INSTITUTION BEHIND THE
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