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The Rosicrucian Order

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THE CONCURRENCE

This Week's Consideration of a Famous Opinion



¶ The relationship between color and the emotions is now commonly accepted. Not so generally recognized, however, is the affinity between color and man's spiritual nature. Through application of the principles which we have been taught, the aura is strengthened and the various colors refined and intensified. This is indicative of the spiritual unfoldment that is taking place.



The region of Religious aspiration, pointing heavenward, is the sun-realm of the human soul, and the most luminous of all, being in a person of noble and spiritual nature of an exquisite golden yellow, approaching a pure and dazzling white. The front brain being the realm of Reason and Perception, manifests itself naturally in the cool and calm color, blue, while the love principle, typified all over the world by warmth, finds its natural manifestation in the red. Such faculties as those of Ideality, Spirituality, and Sublimity, combining as they do both thought and emotion, radiate the violet, or the union of blue and red, while such faculties as Patience, Firmness, Integrity, and Temperance, have more to do with coolness than with heat, and have a predominance of blue.

—EDWIN D. BABBITT, M.D., LL.D., 1828-1905

To the Members of the Esoteric Hierarchy, Greetings!

I hope that during the interval since our last talk you have discovered how effectively you can protect yourself through an aura strengthened by concentration and deep breathing. Although you may have considered the matter one of experiment so far, it would be well to make it a practice to rely on, for aside from its value in special situations and when faced with unusual conditions, it has a definite part in the whole process of psychic awakening which we are now attempting to bring about.

It will certainly be evident that deep breathing will strengthen the aura; and that a strongly developed aura is necessary for the proper functioning of the psychic faculties with which we are now concerned. It must be evident, too, that however extravagantly certain mystic writers of the past described the psychic area in the forehead, they were well aware of the importance of what they spoke of as the third eye. References to it are numerous and although they are often colored by a quaint fancy, they still show that however inadequately the ancients described the third eye according to our judgment of scientific description, they were well acquainted with its psychic potentialities.

It has been pointed out that Homer's one-eyed giants, the Cyclops who lived a pastoral life and inhabited caves in Sicily, were not to be identified with the Lemurians or the Atlanteans although they had, as the authors of mystical stories must have wanted to make plain, a certain psychic ability in common. Even early Rosicrucian records referred to strange people inhabiting islands in what we now know as the Grecian Archipelago and they may have been the same Cyclops of whom Homer wrote. According to stories current about them, they worshipped gods and goddesses to whom they built temples. They were said to have been so highly evolved that one by one they disappeared and became spiritual beings.

That certain unusual conditions did prevail in this section of the world is further indicated by the claims made centuries later that the great Master Kut-Hu-Mi had a secret temple on one of these islands where he communed with those evolved beings who had entered a purely spiritual realm of existence.

A picture, with which many must be familiar, entitled The Isle of the Dead, recalls these strange islands again, for it was said to have been painted after the artist had found the ruins of an old temple on one of these islands and there witnessed mystical ceremonies. Since no living persons could be found there, the artist called the place in his painting The Isle of the Dead.



Fact and fancy have been so intermingled in the stories reaching us that they are hardly to be separated. Myth and

legend, which were a way of imparting instruction among initiates and others mystically trained, many times became fact or superstition to later generations. Thus, to some the Cyclops became "The sons of heaven and earth," the original gods of mythology whom Apollo punished for making thunderbolts. As "factual" evidence of their existence there are the uneven stone walls of ancient cities named after them, Cyclopes.

Remembering that it was always the ancient mystic's practice to hide his teaching in a pleasant or fantastic tale, we can be certain at least that the central area of the forehead was thought of as particularly sensitive psychically—so much so as to be referred to as a separate organ. Although no such physical organ can be said to exist in man today, it is possible that it once did, and through nonuse has atrophied in the evolutionary centuries which separate modern and primitive man. This is almost certain, for it has been proved that certain areas of the sympathetic nervous system approximately where this psychic organ was said to have been located are extremely sensitive and can be developed for psychic use.

There is but one way to accomplish that development, however, and that way is simple—regular and systematic concentration of thought on the forehead. In fact, our somewhat roundabout approach through rehearsing the fact and fancy surrounding man's possession of a third eye has already stimulated us to some thought and this thought has begun to have its effect. If you will sit quietly for three or four minutes each day bringing your consciousness to focus on that area just above the nose in the middle of the forehead, you will gradually begin to feel a pleasant sensation centering in a spot about the size of a United States' quarter dollar.

When you are alone and relaxed, take a deep breath and hold it for as long as is comfortable before expelling it. Do this three times so that your lungs, blood, aura, and consciousness are vitalized. Then bring your consciousness to focus on the middle of the forehead. Imagine the area to be a brilliant red brighter than the color of blood. If it is easier, imagine a circle of red paper pasted on your forehead with this color streaming into the area behind it. This may be more successfully accomplished with the eyes closed. After a minute or so a sensation of warmth will be evident in the area and your consciousness may be stimulated. Impressions or even visions may flash momentarily through the consciousness. This is the beginning. A second attempt at another time will increase the effect.

The experiment will need a week or ten days for complete success; so do not become impatient with the slow results. In fact, whatever occurs will be of momentary duration so do not be concerned that you are not able to stabilize your thoughts or impressions. Be content even with a sensation of warmth or a greater degree of awareness in the area and continue the exercise conscientiously



twice a day. The color you choose need not be red, but one of the primary colors will be easier in the beginning, and the same color should be used for several periods before changing.

I think it proper to tell you that there is something more back of these experiments with colors than the simple fact that they will make a great improvement in some of your psychic centers. These color experiments and exercises are very important and necessary, but it would be a mistake to say each time what is back of the lesson so far as the future is concerned, and thus tempt students to do the exercise, not for the present good but for some future benefit.

Often I have felt that if students knew just what was eventually to come in some future exercise based upon the present ones, they would give more thought and care to the exercise. In fairness to yourself and your best interests and in fairness to the Order which expects much of its higher-degree students, you should practice each weekly exercise as though it were the last one you would ever receive, and as though there were nothing more to come from it other than the immediate benefit from practice of the exercise itself.

I do want you to understand, however, that these color exercises will not only improve the development and activity of psychic centers in your body, but will also assist in reawakening certain functions and activities of your subconscious memory. This memory you will find necessary in the process of establishing and bringing into present-day comprehension some of the contacts made during your past incarnations. In other words, I am gradually leading you to a point where you will be able to work out with me a system that will help you recall more definitely or in a systematic way, some of the outstanding incidents of your past incarnations.

Do not, therefore, look upon these exercises lightly. Just recently I had a letter from a Rosicrucian in Europe who has a friend studying our American monographs. He said that this friend showed him the American monographs, and he was astonished when he read the systematic outline of the exercises that the Eleventh and Twelfth Degree monographs contain. He said that he remembered years ago that he had had to file a petition or plea with the Grand Master of his jurisdiction for permission to go to visit the Rosicrucian Lodge in Paris to hear one of the great Rosicrucian masters describe the third eye exercises that you are now receiving.

He said such teachings were considered the most important of all esoteric exercises, and were given with great secrecy and surrounded with a great deal of mystery and mystical explanation. The mystery surrounding those lectures was not alone for the purpose of encouraging members to be sincere and regular in the practice of them, although that is certainly necessary. The times in



Europe were such as to make absolute secrecy a must. Even today in some places our members are not permitted to meet openly. Beyond this, however, is the fact that Rosicrucian masters have always been aware of the psychic development possible through regular use of this exercise. My Rosicrucian correspondent said he remembered that the members in that Paris Lodge, with whom he was in contact for three or four weeks during his visit, reported that they found the exercises with the colors the most marvelous of all esoteric principles they had tested.

I will not tell you more at this time, but very soon we will go into the early stages of this new and very fascinating plan that can only be explained after you have reached this stage in your studies with the Order. During the coming week, faithfully continue your practice of this first step in the new series of experiments which are being given for the first time to mystical students in the Western world. A notebook may be kept of your experiences but you should make no comments whatever about the experiments to members in the lower degrees.

May Peace Profound abide with each of you.

Fraternally,

YOUR CLASS MASTER

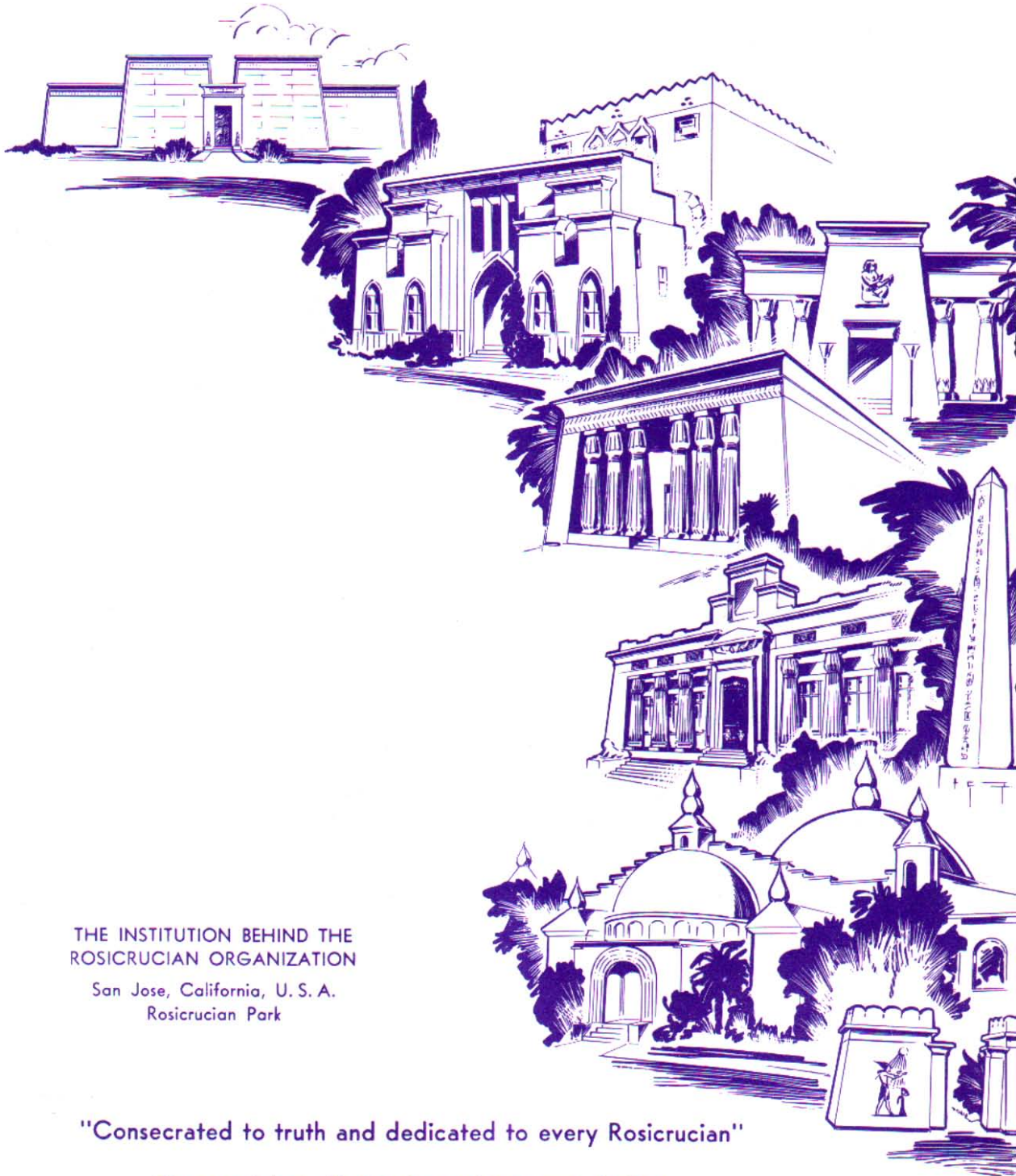


Summary of This Monograph



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 ancients were well acquainted with the psychic potentialities of the third eye.
- ¶ Stories current about highly evolved people, perhaps the Cyclops about whom Homer wrote, inhabiting the islands now known as the Grecian Archipelago, probably have some basis in fact. This is further indicated by claims that the Master Kut-Hu-Mi had a secret temple on one of these islands.
- ¶ Regular and systematic concentration of thought on the forehead will bring about a gradual awakening and development of the third eye area for psychic use.
- ¶ An experiment which should be successful after a week or ten days' practice is to visualize a spot—red or any other of the primary colors—in the middle of the forehead, concentrating upon this spot twice daily for three or four minutes.
- ¶ These color exercises will not only improve the development and activity of psychic centers in the body, but will also assist in reawakening certain functions and activities of the subconscious memory.
- ¶ These exercises must not be taken lightly, but should be practiced faithfully.



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