



The Rosicrucian Order

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142



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# THE CONCURRENCE

## This Week's Consideration of a Famous Opinion



¶ Johann Wolfgang von Goethe, the greatest and most versatile figure in German literature, became deeply engrossed in both the objective and subjective aspects of the phenomenon of color. He was convinced of its underlying mystical significance. We quote briefly from his *Theory of Colours*.



*That, lastly, colour may have a mystical allusion, may be readily surmised, for since every diagram in which the variety of colours may be represented points to those primordial relations which belong both to nature and the organ of vision, there can be no doubt that these may be made use of as a language, in cases where it is proposed to express similar primordial relations which do not present themselves to the senses in so powerful and varied a manner. The mathematician extols the value and applicability of the triangle; the triangle is revered by the mystic; much admits of being expressed in it by diagrams, and, among other things, the law of the phenomena of colours; . . .*

—JOHANN WOLFGANG VON GOETHE, 1749-1832

To the Members of the Esoteric Hierarchy, Greetings!

I have received many comments recently, by correspondence and in personal interviews, regarding the thyroid exercises contained in these higher Degree monographs, and have noted with distinct pleasure that the comments come from individuals of widely varying types. For example, a German frater of about forty years of age and connected with seafaring activities, who spends a great deal of time at sea, said that for years he had been bothered with throat trouble, catarrh, and nasal conditions. After a few weeks' use of the thyroid exercises, all of the inconvenience and pain ended, and he is now feeling better than he has for years. He said that once a month he devotes ten or fifteen minutes to a repetition of those thyroid exercises.

A member from Chicago informed me that for years she had been studying music to improve her voice. She had had a number of voice experts working with her to get a certain quality and fullness of tone, but all had said there was something wrong with her throat. Although she had been to nose and throat specialists, they had done little to help. She said she followed faithfully the thyroid exercises without giving any thought to the fact that they might help her voice, but after the third or fourth time she had practiced the exercises, she noticed a difference in her singing. When she went to her voice teacher on the fourth day, he was amazed at the change that had taken place. Now not only her teacher but other singers with whom she associates at times state that her voice is clearer and has a greater fullness and resonance than it ever had.

I have had a number of letters from women who reported that for years they had noticed a tendency toward a fullness in the throat, and were fearful that goiters were developing. However, each of them said that soon after using the thyroid exercises the fullness began to reduce, and now there is no trace of it. I do not know how many have written that these exercises have cleared the head of certain sinus troubles, greatly improved their hearing, relieved them of headaches, peculiar noises in the head and ears at times, and even rheumatism. Nearly every member had some report to make of physical improvement in regard to nervousness or general chronic conditions.

The thyroid exercises were not given as cure-alls or as miracle workers, but you were told that they would have a very beneficial effect on certain glands and psychic centers, and that these in turn through the stimulation received would improve both the health and the psychic unfoldment.



I sometimes feel that members here in the United States especially look upon exercises as more or less unimportant adjuncts of the monographs, put in either to impress, fill



space, or otherwise make the monographs more interesting for the time being. Such is not at all the case. The exercises are an integral, necessary and important part of the teaching. As was indicated in the correspondence referred to in the last monograph, the exercises with our European brethren were considered important enough to warrant special conclaves where their explanation and practice could be under the care of a special master.

Whatever instruction a member might have been given while working alone or with another member as instructor, those things essentially keys to esoteric practice were reserved for such time as the individual member was prepared to receive them. Then it was necessary for him to journey to some central place where with those equally ready he might have expert instruction. The changes in the manner in which this cycle is permitted to function so far as presentation of the teachings is concerned have not in any way affected the age-old and fundamental importance of the exercises, especially those for the higher Degrees.

Recently in looking through some very old Rosicrucian books and manuscripts of a secret and veiled nature, I saw a symbolical reference to the eye exercise in your last lesson. It was illustrated by a little picture of the All-Seeing-Eye surrounded by an aura of four or five different colors. It was stated that in this Eye, and in these colors, lay concealed one of the greatest esoteric principles of the Rosicrucian work. I know that hundreds of Rosicrucian teachers and students have seen these manuscripts and looked at that picture of the Eye with the colors around it, wondering what the key to the symbolism was.

They realized that somewhere in the higher Degrees a full explanation would be given, but they could not get it until they reached the proper point of the teachings. Even in some of the old books issued by Francis Bacon and his associates, there is a symbolical and allegorical reference to this eye exercise without saying anything more than that it was one of the hidden keys to psychic unfoldment. And more than once I have read in some old manuscripts that "the time will come when thousands shall see the great eye approaching from space." This would mean nothing to a person who had not had these exercises, except to arouse his curiosity and hope and expectation. But now you are having the exercises.

As I said last week, this exercise is going to lead to something very interesting but I must wait until I feel sure from reports and conversations with other members who are in the same Degree of study and are doing this same exercise, that a certain degree of unfoldment has taken place. Every member does not develop in precisely the same way, but there is a general average with all of you even when you are not aware of it. You may feel at times that no progress is taking place within your psychic self, but I know that if you are doing the exercises a certain amount of development is tak-





ing place. Sooner or later it is going to manifest itself in things you will try to do, in emergencies, and in connection with other exercises and experiments.

Before continuing with additional steps in our "third-eye" experiment, it should be recorded—however unnecessary and even ridiculous it must seem to members of the higher Degrees—that Rosicrucians do not believe that an actual third eye will develop in the center of anyone's head as a result of these experiments. Our concern is not with a physical organ but with a sensitive area in the forehead that may be stimulated to psychic activity.

While I am on this point, I might mention that some members do not have the very best results at first with some of the experiments; later they have unusually good results. Some unknown factor, or Cosmic or psychic law, determines that certain individuals shall not succeed so readily in some exercises as in others. Many slow in achieving any success with exercises of projection, were proficient in nearly all others. Naturally they felt discouraged but six months or a year afterwards they found themselves able to do the projection exercise as efficiently as those who had been successful from the start.

The present exercise in regard to the development of this special area of the brain and consciousness will help in the matter of projections, in the matter of healing, in developing intuition, and most of all in furthering the processes of regeneration. Every week visitors to Rosicrucian Park report that since they have been in these higher Degrees and have practiced diligently the exercises, they have become younger-looking and more active and vital. After all, if the blood and general vitality of the body are normal and vitalized, such things as wrinkles, blotchy skin, sagging muscles and other evidences of debility and old age need not appear. It is equally natural to expect our exercises and experiments to result in tangible physical as well as mental and spiritual benefits.

This week the color suggested for use in your concentration is yellow. This color will give a very pleasing sensation to your consciousness as you are developing it. I want you to try to think of a yellow not as light as lemon nor as dark as orange—that clean, brilliant yellow used in Chinese robes and art objects.

There is an impression in the minds of some students of mysticism and occultism that yellow is an unfortunate color, some believing it to indicate jealousy, bad health, and a number of unfortunate things. That is absolutely absurd. It is true that an aura wholly yellow would indicate a very active mind, or one that is analytical in the extreme. Jealousy might be present, too, for it is generally accompanied by a certain amount of analytical thought, but it does not follow that every time a person is using the mind for





keen analysis he is jealous. So, while yellow in the aura might indicate that a person is keenly analytical and that a person might be jealous, it does not follow that every time there is yellow in the aura the person is jealous.

You cannot be jealous without being keenly analytical, but you can be keenly analytical without being jealous. It is also true that when a person's aura stays wholly yellow day by day and week by week, the health will not be good because an overamount of mental activity continued for days and weeks affects the health. Mystics delivering speeches have a yellow aura while they are talking because they are highly analytical and momentarily become purely intellectual beings. Because yellow emanates from intellectual activities, the aura will become vividly yellow during an intensely intellectual discourse. The moment those persons stopped their discourses and began to meditate upon spiritual things, to give healing treatments or to perform spiritual demonstrations, the yellow aura changed gradually to one of a violet or blue and violet light. Thus, it is a mistaken idea to think that yellow represents jealousy and bad health.

By dwelling upon the color yellow you develop the intellectual, intuitive, analytical qualities of your brain and your psychic mind. These are necessary in connection with a great deal of your development and psychic functioning. From time to time in the future you will find it necessary and convenient to return for two or three days to meditation on the color of yellow in order to keep that intellectual side of your nature more or less developed all the time. Nevertheless, yellow coming from some external source, such as light, or walls or draperies, is not peaceful or helpful to the psychic consciousness during concentration. (See Monograph No. 138 of the 12th Degree.) Concentrate this week on the color yellow in the same manner as described in last week's monograph regarding the color of red.

Remember that mystically yellow represents supreme intellectuality, a balanced functioning of both mind and brain, or the psychic as well as the brain activities of your consciousness. This color is important, for it has a vital effect upon toning and balancing your aura and all of your psychic centers.

May Peace Profound abide with each of you.

Fraternally,

YOUR CLASS MASTER



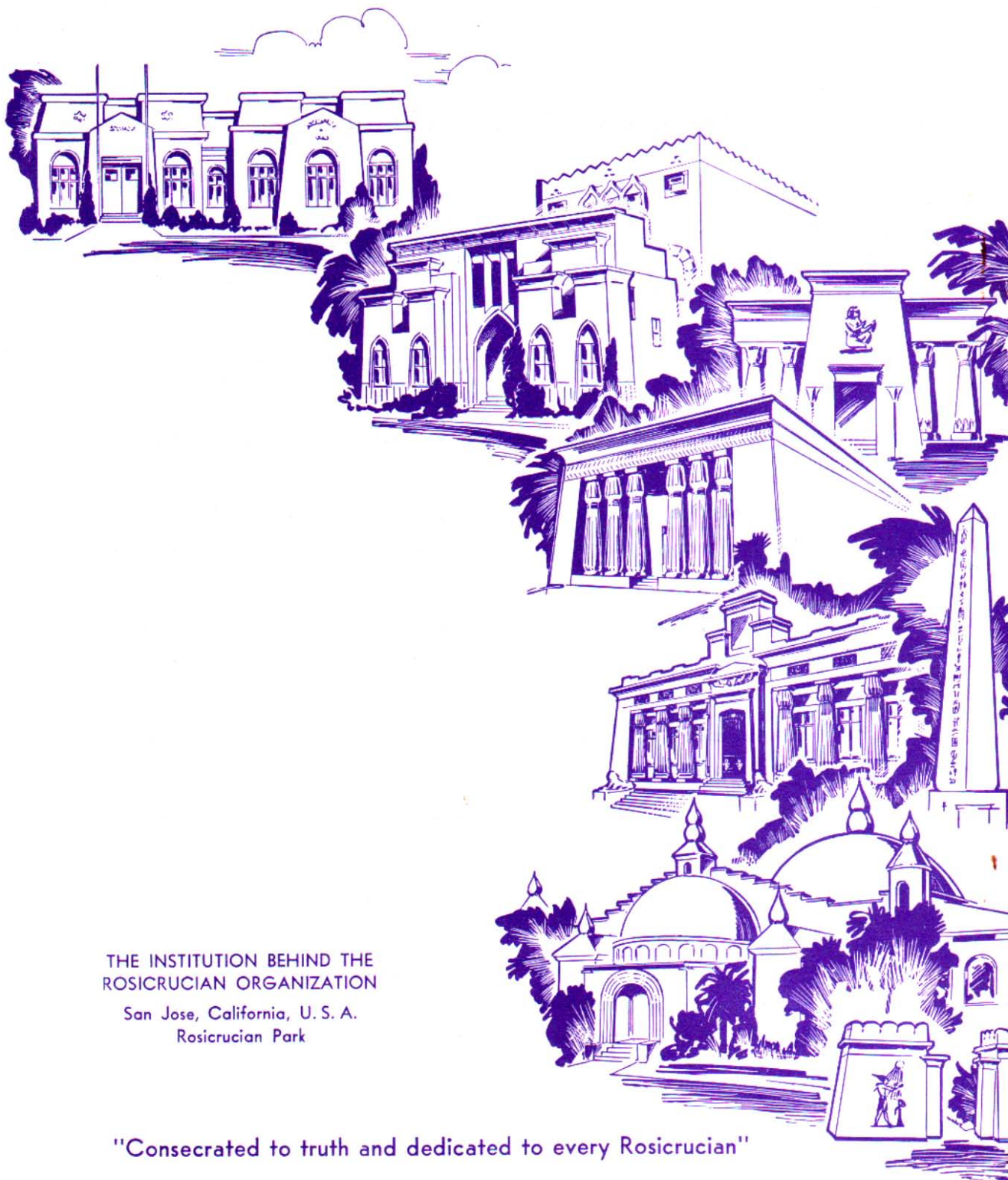
## Summary of This Monograph



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.

- ¶ Benefits to be derived from the thyroid exercises have been fully substantiated by reports from members.
- ¶ The exercises given in the monographs are an integral and necessary part of the teaching.
- ¶ Formerly those things essentially keys to esoteric practice were reserved for such time as the individual member was prepared to receive them and then given to him through personal instruction.
- ¶ The sentence, "The time will come when thousands shall see the great eye approaching from space," would be meaningless to anyone unfamiliar with the third-eye exercise.
- ¶ Every member does not develop in precisely the same way, but there is a general average that is maintained with all members.
- ¶ Our concern is not with a physical organ but with a sensitive area in the forehead that may be stimulated to psychic activity.
- ¶ The present exercise will help in projections, healing, the development of intuition, and in furthering the processes of regeneration.
- ¶ This week the color suggested for use in your concentration is yellow, which mystically represents supreme intellectuality, a balanced functioning of both mind and brain, or the psychic as well as the brain activities of your consciousness.





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San Jose, California, U. S. A.  
Rosicrucian Park

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