



A M O R C

The Rosicrucian Order

MASTER MONOGRAPH

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THE CONCURRENCE

This Week's Consideration of a Famous Opinion



¶ From our Rosicrucian training we have benefited physically and spiritually. We recognize our experiences to be necessary ones, and with the understanding that is now ours we can concur with the following statement of a mystic-physician of the past century whose works are familiar to many Rosicrucian students.



The body of man then is a human form in which to unfold divine attributes—a way-side inn in the upward journey of the soul. We may study man to some purpose if we will, and learn the meaning of life, and the destiny of the soul. To do this we must honor every truth by use, and learn here as elsewhere by experience. Blind superstition and ignorant credulity have had their day, so has materialistic science. A diviner science awaits him who places truth above all things, for all truth is divine. The true, the good, and God are one. Man learns these as he learns to know pain and pleasure, by experience.

—J. D. BUCK, M.D., 1838-1916

To the Members of the Esoteric Hierarchy, Greetings!

I promised last week to take up another esoteric principle with you. How many realize what is actually meant by the words "esoteric principle"? Throughout our monographs we speak of laws, rules, principles, and similar things. Nature's laws affect our bodies, our minds, our customs and our habits. God, in the beginning of time, decreed certain fundamentals. They are divine laws whether we call them that or merely consider them common-sense, sane and rational arrangements. "Thou shalt not kill" is not only a divine law, but also a common-sense law that communities of intelligent men and women would have adopted even if God had never inspired it in the beginning. Of course, there are exceptions, and man is justified sometimes in killing, even human beings. Therefore, it must be the motive back of the killing that is important. To kill in self-defense, or in order to have something to eat, or for protection in some way, is entirely different from killing out of a sense of envy, jealousy, anger, hatred, or greed.

Nature's laws are always common-sense laws. The law of nature that provides rain and moisture to enable vegetation to grow in the soil is something that scientists in laboratories have found is a chemical necessity. If nature had not arranged to supply the earth with rains, dew, fog, and other forms of moisture, man would have had to invent ways of watering or irrigating the soil. Nature's method of having the warmth of the sunshine in the spring, summer, and fall help things to grow, is another very practical regulation. Alchemists discovered it to be a chemical principle, for heat causes many changes that cannot be brought about in any other way.

Within our bodies we find many sensible laws in operation. Nature provides that when we need food, we feel hungry, and that the sensation of hunger will be uncomfortable, and so annoying that we will eat to remove the sensation. If nature had not made such a provision, men and women might forget to eat and put it off until it would become necessary for a physician to prescribe food. Even the smallest animals or babies feel uncomfortable when they do not eat, and therefore seek for food just as some animals travel long distances to find salt. Animals do not need books, newspapers, or doctors' advice to know that their bodies must have salt. Natural instinct urges them to seek it. The same is true regarding thirst, sleep, rest, and exercise.

We forget that these same laws within the body also relate to other things. As the laws of nature urge us to rest and exercise, food and drink, so they urge us to love and happiness, entertainment, companionship, friendship, and the opportunity to help others.



If we attempt to analyze the divine laws and nature's laws, we come to a place where they begin to be veiled, seeming to pertain to something of the soul or of the inner self

instead of just the outer self. Here is where neglect enters. Man may not neglect the laws of eating, drinking, sleeping, or resting, but he may neglect many of the others that relate to the inner self. These laws relating to the growth, development, and progress of the inner self are in our Rosicrucian study called esoteric laws.

Unless the inner self is given the same kind of necessary nourishment that the outer self is given, the inner self will starve, become weak and unable to function. The inner self does not require the same kind of food or drink, rest, exercise or entertainment, that the outer self requires. One kind of motion picture may greatly amuse the outer self because of its ridiculous, absurd, or amusing incidents of our worldly life. Another picture dealing with travel or customs in foreign lands, or with the emotions of the heart and mind, may entertain and instruct the inner self because it deals with things that constitute food and vitality to the inner self. Many have found strength for the inner self through reading the Bible or attending church and worshiping. Every sincere individual will find spiritual and psychic help through prayer. Talking with God is as strengthening for the inner self as an afternoon spent with a friendly companion is helpful to the outer self. It is difficult to make many understand this.

The Rosicrucian teachings emphasize the requirements, needs, and necessities of the inner self—of the psychic self, of the soul, of the divine self within us. These teachings and practices, rules and exercises, are intended to build up a strong inner self that will equal the strong outer self and permit the inner self to function and do the things that it should do. We cannot deceive ourselves into believing that the strong, magnetic, intelligent, successful, and happy human being is a person who has a strong brain, who is acquainted with many languages and much history, who has strong muscles, a strong back, and much nerve energy. If we take the history of the world's strong men such as Sandow, and others who have been able to break a piece of iron in their hands or to lift enormous weights, we will find that all of them had magnificent muscle development, magnificent bodies, and a great amount of nerve energy. Not one of them lived to be very old; not one of them ever was extremely happy. They had overdeveloped the outer self but completely ignored the inner self.

On the other hand, those of the opposite type who spend all of their wakeful hours in prayer and meditation, who neglect to eat the proper food, to take the proper exercise or to build up the physical body properly, and who concentrate all of their time and effort on developing the "spiritual side" of themselves overlook the proper balance. All of us are supposed to contribute something to the development of civilization and the general good of all. Hundreds of ascetics, or religious fanatics, in India and other parts of the Orient, lying in filthy conditions, or tortuous and painful positions, think only of spiritual purification. They are



of no value to themselves or to the world. They are not taking care of their offspring nor contributing any help to their parents, to the community, or to the world at large. Most of them die before they have reached old age because of starvation and disease which have wasted their bodies.

The Rosicrucian studies have been trying through all of the various Degrees to help you balance your life and carry out acceptably all of nature's laws as well as the divine and esoteric ones. The esoteric laws you have been receiving, especially in the last year or two, have been for the purpose of developing that real Inner Self. It constitutes the personality that will survive beyond the grave. It is the vital psychic self that comes to your rescue in times of disease, accident or injury, and enables you to help others, and make your life one grand song of happiness and joy. You in this Degree may not have all of the worldly things you want, or all of the worldly happiness that you should have and want to have. There is one thing certain, and that is, that you are not lopsided in your development. You are not poor and poverty stricken, in want of food or clothing, nor are you in want of spiritual or intellectual understanding, of companionship, friendship or guidance.

You have gradually developed an inner self that is more or less complete. I do not think that any of us have reached the stage where we are perfectly developed inwardly or psychically. We still have time to reach a higher degree of this, and in the meantime we are developing the inner self to an extent beyond the development of the average individual. We do have companionship—the companionship of the unseen members, the officers to whom we can go for advice, help and sympathetic understanding. There are millions who do not know any individual to whom they can speak about their trials and problems and find a sympathetic understanding. They would give a great deal to know somebody, or a group of persons, who would cooperate sympathetically and offer them love and help in their trials and tribulations. You do have guidance and help from this organization, from its officers and members, and you do have interesting instruction coming to you. In addition, you have the exercises, lessons, laws and practices that are helping you gradually to build up that inner self even though you do not have daily manifestations of how greatly the inner self has been strengthened.

The esoteric principle which I want you to use this week is that of sitting for a few minutes when you are tired, at home or in your office, and relaxing for just five minutes. Fold your hands together in your lap so that the fingers all touch each other. Close your eyes and turn your thoughts inward as though trying to feel the existence of the inner self. While thinking about the inner self, that mind or consciousness that you cannot separate from yourself, take a deep breath and hold it as long as you



can. As you exhale slowly, hold the thought that the consciousness or self within you is expanding and reaching out into contact with the consciousness of the Cosmic.

This is a simple little process. It takes only a few minutes each time, and you should try it once or twice a day no matter whether you are in an automobile or public conveyance, or whether you are at home or in your office or even in a theater. It will rest your body. The deep breath will help the air in your lungs and help your blood, but the esoteric effects will be the most important. You will not attract the attention of anyone by doing it, even in a public place. Just clasp your hands by interlacing the fingers of both hands and letting the hands lie in your lap. Sit comfortably and relaxed, and then think of the inner self as being a spiritual body inside of you, or as the consciousness in your body. Then take a very deep breath through the nose with the mouth closed. Hold it as long as you can comfortably, not with any strain, and exhale it slowly through your mouth without making any noise or whistle. As you exhale and feel the air going out of your body and out of your lungs, visualize your inner consciousness as expanding and reaching out to attunement with the Cosmic Consciousness.

Just do it once at each sitting, and you will feel afterward, when you begin breathing regularly again, that you have had a perfect tonic and perfect attunement for a few minutes. Right after each such breathing and exhaling, you will feel a warm glow come through your body. Your mind will be clearer; more than likely you will receive some impression, or some helpful idea. You may solve some problem or receive the answer to some question you have had in your mind. Now try this for the week, and in the next monograph I will touch upon another similar exercise.

May Peace Profound abide with each of you.

Fraternally,

YOUR CLASS MASTER

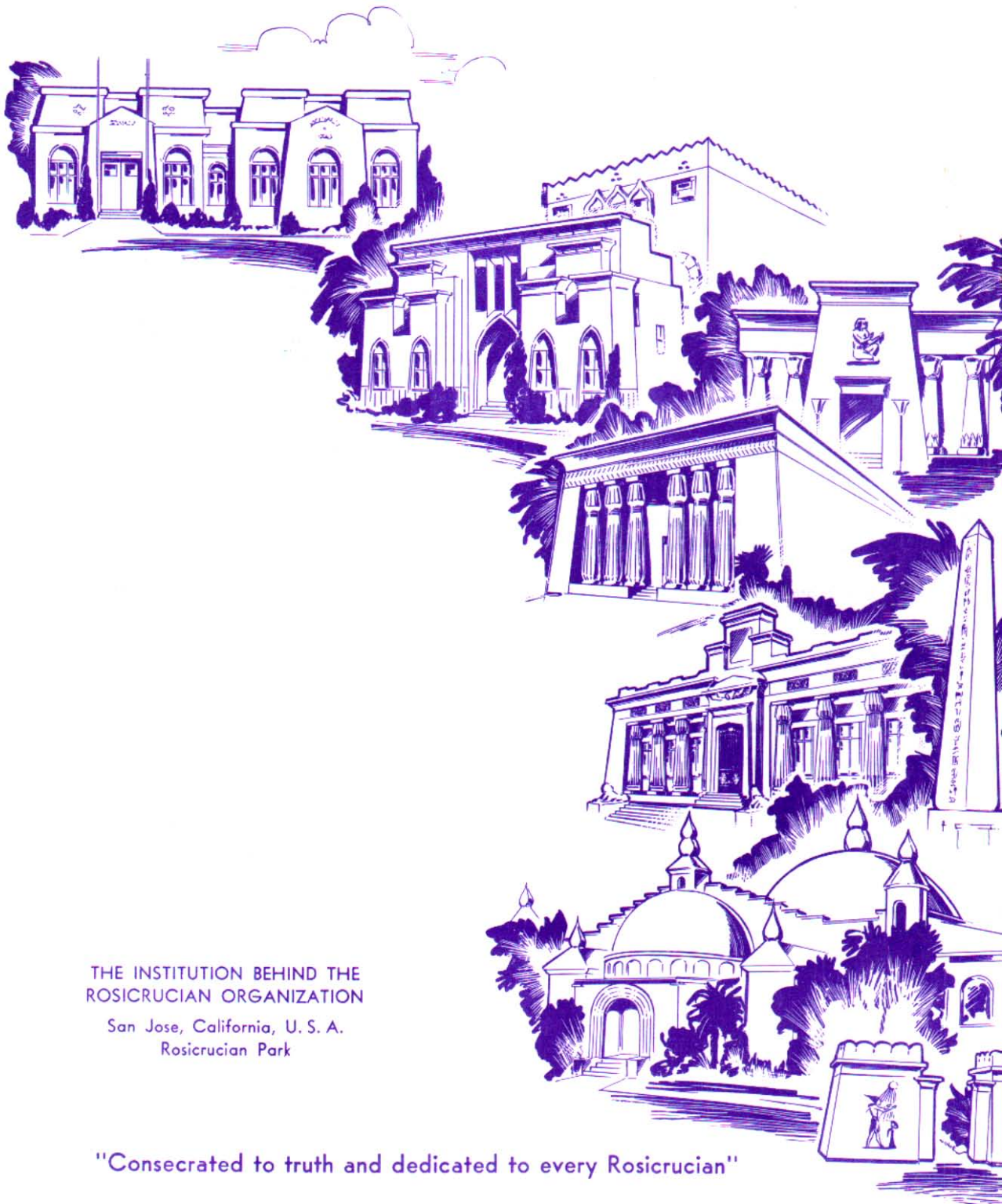


Summary of This Monograph



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.

- ¶ Nature's laws are always common-sense laws.
- ¶ Laws relating to the growth, development, and progress of the inner self are called *esoteric laws* in our Rosicrucian study.
- ¶ The requirements of the inner self are as important as those of the material outer self.
- ¶ The Rosicrucian studies have been trying to help you balance your life and carry out acceptably all of nature's laws as well as the divine esoteric ones.
- ¶ Members of the Order are fortunate in that gradually they develop the inner self and achieve a balance between the dual aspects of their being.
- ¶ This week while meditating in an attempt to feel the inner self, take a deep breath and hold it as long as possible. While exhaling slowly, hold the thought that the consciousness of self within you is expanding and reaching out to attunement with the Cosmic Consciousness.



THE INSTITUTION BEHIND THE
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