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The Rosicrucian Order

MASTER MONOGRAPH

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THE CONCURRENCE

This Week's Consideration of a Famous Opinion



¶ Paracelsus, physician and alchemist of the early sixteenth century, produced many laborious works which today remain unintelligible to the uninitiated. To the advancing student, however, he offers both information and inspiration. We quote briefly from one of his references to the Philosopher's Stone.



... For if you would make it of its proper material, which can be perfectly learnt from the circumstances pointed out, you must form, multiply, and increase it as a separate thing in its adaptation, which without such adaptation cannot be done. In this instance Nature has left it imperfect, since she has formed, not the Stone, but its materials, which are impeded by accidents, so that it is not able to produce these effects which the Stone, after due preparation, is able to produce. Such material, without preparation, is, so far as regards the Stone, a mere fragmentary and imperfect substance, which has in it no harmony whereby alone it could be called perfect, or serve the human body for healing purposes. ... So the Philosopher's Stone, which should renovate Man no less than metals, if it be freed from its superfluous accidents and established in harmony with itself, performs wonders in all diseases. Unless this be done, all your attempts with it are in vain.

—PARACELSUS, 1493(?)—1541

To the Members of the Esoteric Hierarchy, Greetings!

Undoubtedly you have heard and read in our literature and in general occult and mystical literature about the Philosopher's Stone. According to all ancient references appearing in public writings, it would seem that most of the Rosicrucians and mystics, and certainly all of the alchemists, spent most of their lifetime trying to find the Philosopher's Stone. We are never told in this public literature whether the alchemists found it, what it was, or what it would do. There are a few references in some books of symbolism and occult literature which indicate that the Philosopher's Stone was a chemical or alchemical composition. There are other references to the fact that it prolonged life, cured disease, prevented old age, and performed various other miracles.

The average Rosicrucian of today knows little or nothing about the Philosopher's Stone. We do not use the term any longer because it is only a symbolical name. It was used in ancient times to hide the real name and purpose of its use. Today we have many practices and exercises in our various Degrees that were used by the alchemists and mystics in connection with their search for the Philosopher's Stone. I now want to tell you a little more about its real purpose and its relationship to our present work.

All references to the Philosopher's Stone indicate that its use had something to do with the maintenance of good health and rhythmic living, as well as with the prevention of old age and the breaking down of certain organic functionings in the body. Of course there were some writers of mystical stories who were neither mystics nor Rosicrucians, who thought that perhaps the Philosopher's Stone was some magic piece of mineral that rejuvenated a person or made him young again; but this is not all of the truth.

We know today that the most frequent cause of disease and illness in the human body, and the most usual reason for premature old age is an unbalancing of the chemical elements of the body. Modern physicians and scientists have discovered much about the chemistry of the body. A great deal of what they have discovered has been by searching through the ancient writings of the mystic physicians and doctors of the past. This very common condition among civilized people today is called acidosis.

This does not mean just what some medical announcements and radio advertisements tell us—that we are eating too much acid. It does mean, however, that the dietetic equilibrium or balance of our diet has been upset and is being upset by the things we eat. It means that our blood is not in a good condition. This results in many of the important organs of the body functioning wrongly and producing disease, or hardening of the arteries, breakdown of the



liver, kidneys, and gall sac, and of the stomach and intestines. It is the starting weakness that leads to premature old age.

There is one thing that keeps the body healthy, normal, and looking young and active. That one thing is the rhythmic harmony of the Cosmic working through our systems. While it is true that the material part of our bodies is made up of the chemical elements of the earth, and the Vital Life Force in the blood comes from the Nous in the air we breathe, it is also true that the functionings of various parts of our bodies are regulated and controlled by Cosmic rhythm. In recent years we have heard much of a kind of music called swing music. It is a form of rhythmic music that has a swing to it that is very natural to us, and therefore appealing to us because it has about the same rhythmic motion that the Cosmic powers produce in our bodies.

The blood in our veins and arteries circulates rhythmically, the heart beats rhythmically, the lungs move rhythmically, the intestines have a rhythmic motion in order to function properly. This is so with nearly all of the organs. This fundamental rhythmic motion in different forms inside of our bodies is not controlled by our brain or by our outer thinking, because we do not stop to give any thought to the beating of the heart or the movement of the lungs or any of the other parts of the body. These things are what was described in the early Degree monographs as involuntary actions, over which we have no direct control or need have no direct control. They are controlled and are influenced by the rhythmic flow of energies from the Cosmic that circulates through and around our bodies.

When our diet becomes abnormal and when the chemical elements in our bodies become unbalanced through having too much acid in our systems, the rhythmic functionings of our bodies are interfered with. Whether we call this condition acidosis, dietetic inequilibrium, or inharmony, makes little difference. The ancients would have said that we needed the Philosopher's Stone to regulate our systems and to attune our chemical bodies with the rhythmic chemical laws of the universe.

To these ancient alchemists the Philosopher's Stone was a combination of mineral elements that our bodies require in order to be properly balanced from the chemical point of view. The old alchemists and mystics soon found, however, that more was needed than the Philosopher's Stone and the eating of proper food elements. They sought the attunement of the inner self with the Cosmic, especially the attunement of the solar plexus with the rhythm of the Cosmic to bring about a more alkaline condition in the body and to bring about a greater degree of rhythmic harmony.



In our Sixth Degree monographs we tried to make plain to you the necessity of proper eating. We did not give you any specific diets because this cannot be done unless a very care-

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ful individual analysis is made of your system, for no two persons are exactly alike. Diets published in books or given over the radio or in advertising matter help only about one person out of ten because those kinds of fixed diets apply only to certain types. There were some fundamentals given you in the Sixth Degree that all mystics have found necessary and that you must live up to if you want to have a sound healthy body. You must eat, for instance, certain green things that contain vitamins, elements, chemicals, and minerals necessary for the body. You must eat foods that have lime and pepsin and iron in them, or your blood and system will be lacking in these necessary elements. Another important factor is that you must chew the foods you eat and have the saliva flow freely. It is well-known that not one of us can make the saliva flow freely just by concentrating on it or commanding it to flow. The only way we can make the saliva flow is by thinking about or imagining we are eating some tasty food or something that appeals to us. Then we say these foods or pictures or thoughts of foods cause the mouth to "water." That is an important fact about all dietetic systems. Unless you eat foods that are pleasant and agreeable to you, they will do you no good, no matter whether a scientist or a physician or anyone else prescribes them.

The eating of certain kinds of tasteless wafers and the drinking of certain mixtures of chemical elements such as wine tonics and similar things, unless they are really tasty and you enjoy them, will do you no good. The reason is the saliva will not flow in the mouth properly and the other acids will not flow into the stomach and into the intestines.

When the saliva does not flow properly through proper chewing of food and the eating of food that appeals to us, and when the bile does not flow properly and the pancreatic fluid does not flow, we are very apt to become unbalanced chemically and to become too acidified in our chemical composition. All kinds of troubles can result, especially troubles coming from indigestion, poor blood, improper functioning of the liver, kidneys, gall sac, and so forth. These result in bad effects upon the arteries and the muscles and finally upon the tissues. Wrinkles form, the hair turns gray, and old age seems to move on very rapidly. At the same time, we become nervous and lose a great deal of vital energy that we should have.

This week I want you to take the first step in a process of toning and balancing your body in the way that the old alchemists did with the Philosopher's Stone. That first step is after a few minutes' relaxation or concentration just to concentrate for about five minutes on your solar plexus, or the region of the solar plexus. The solar plexus region is just slightly above the navel or around the navel and inside of your body, not just in the surface skin. It is where hundreds of important nerves of the sympathetic nervous system meet and unite. These nerves all are branches of the various



psychic centers and glands of the body. Any influence upon the solar plexus, then, causes a stimulation of all the nerves leading to it, as well as to all the nerves leading to other psychic centers and glands.

While concentrating your mind upon the solar plexus, try to think that your whole body, and especially the solar plexus, is vibrating in harmony with the vibrations of the universe and the rhythm of the universe. By concentrating in this way on the solar plexus for four or five minutes, you should begin to feel a warmth in that part of your abdomen, as though there were an inner warmth or magnetic glowing of some kind. It will not be strong but you should be able to notice it if you are sitting quietly and in perfect relaxation.

Five minutes of this every day for the coming week will start the process of toning and attuning your body in rhythmic harmony with the Cosmic. This step, coupled with others that I will give you next week and the following week, will help to make your body as well as your consciousness properly attuned with the Cosmic. It will bring a brighter look into your eyes and more vitality into your body and better health. It will gradually make a great improvement in the functioning of some of the organs in your body and help to cure many chronic conditions. Even if you think you have no ailments or diseases, or are too young to be concerned about your body's becoming old, the exercise will provide you with definite benefits and may surprise you. After all, even young people, and those who seem to be perfectly well, do have inner ailments and conditions that may be improved. Such conditions even when not serious do interfere with clear thinking and psychic functioning, and certainly they are not conducive to a peaceful mind and the proper vitality.

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.

- ¶ References in occult and mystical literature indicate that the Philosopher's Stone was a chemical or alchemical composition and that its use had something to do with the maintenance of good health and the prolongation of life.
- ¶ Acidosis, indicating a poor condition of the blood, is common among civilized people and has been found to be the most frequent cause of disease and illness and of premature old age.
- ¶ The rhythmic harmony of the Cosmic is the one thing that will keep the body healthy, active, and young.
- ¶ Abnormal diet causes imbalance of the chemical elements in the body and interferes with its rhythmic functioning.
- ¶ In addition to the Philosopher's Stone, which to the ancient philosophers was the correct combination of mineral elements required by the body to give it proper chemical balance, attunement of the inner self with the Cosmic was found to be also necessary for maintaining health.
- ¶ This week's exercise concentrating upon the solar plexus will begin the process of toning and attuning the body in rhythmic harmony with the Cosmic.



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