

AE

A M O R C

The Rosicrucian Order

MASTER MONOGRAPH

ILLUMINATI SECTION

This monograph always remains the property of the Supreme Grand Lodge of A. M. O. R. C. It is not purchased by, but loaned to, the receiving member.

Degree
12
Monograph
35

Degree
12
Monograph
35



174

REGISTERED IN U.S. PATENT OFFICE
(ALSO REGISTERED THROUGHOUT
THE WORLD.)
PRINTED IN U. S. A.

The matter contained herein is officially issued through the Supreme Council of the A. M. O. R. C. under the emblem above, which was registered in the United States Patent Office for the purpose of protecting all the "printed, engraved, typewritten, and photographic copies of officially prescribed and copyrighted monographs, dissertations, scientific postulations, philosophical discourses, academic studies, diagrams, illustrations, and charts" as authorized by the Imperator of A. M. O. R. C. (The above emblem and name of the Order are also registered in countries throughout the world.) All matters herein contained are strictly confidential to the member receiving, and are imparted only as an incident to membership. The ownership of, the legal title, and the right of possession to this monograph is and shall remain in the Supreme Grand Lodge of A. M. O. R. C. and it shall be returned to it upon its request. The contents herein are loaned to be used for the sole and exclusive information of the receiving member and not otherwise. Any other use or attempted use does, ipso facto, terminate all rights of the member, and is a violation of the Statutes of this Order. A. M. O. R. C. is the only organization authorized to use the Registered name and symbols, and the Imperator has sole right to grant the use of them to other allied organizations or movements.

THE CONCURRENCE

This Week's Consideration of a Famous Opinion



¶ The balanced personality, which every true mystic makes his goal, cannot be achieved by denying either the spiritual or the physical aspects of life. The Emperor-Philosopher, Marcus Aurelius, whose reign coincided with the end of a great period in the history of the Roman Empire, exemplified in his life this balance between these dual aspects of his being. He affirmed repeatedly the interdependence of the spiritual and the material. The following quotation illustrates this viewpoint:



Everything—be it instrument, mechanism, or utensil—which does what it is supposed to do, is good even though its maker is no longer present. In natural things—those formed by Nature herself—the power is indwelling; and in the universe those things which belong to it have the accord of intelligence. Such power, then, would seem worthy of reverence, for in living and acting in accord with its will, we ourselves would be brought into a like harmony.

—MARCUS AURELIUS, 121-180 A.D.

To the Members of the Esoteric Hierarchy, Greetings!

Like the artist mentioned last week who was hampered in his painting by a screen surrounding his canvas, we find our efforts at improvement made difficult because we have surrounded the inner self through many civilizations and generations of earthly life with a wall of conditions which we must gradually break down.

With all our talk about the development of the inner self, each of us—even after years of study and practice—allows outer customs and habits of thinking to interfere with our inner unfoldment. It is not merely a matter of knowing that the inner self can be free to express itself in unlimited fashion; it is rather a matter of allowing it to have that freedom. If we understood properly the manner of Cosmic attunement and practiced it faithfully, we would soon find marvelous changes taking place in our entire being.

We must not overlook the fact that many things that we have learned about old age and the breakdown of our physical bodies are superstitious beliefs and errors. There is no reason why the physical body should wear out as rapidly as it does, or why disease or other conditions should take hold and make it more or less useless after the seventieth, eightieth, or ninetieth birthday. The same re-creative processes that work so magnificently in our youth and up to middle age, would be as active in the seventieth, eightieth, and ninetieth years as at any other time if it were not for our constant violation of the laws of nature and our wrong processes of thinking and understanding about the whole matter.

If we could maintain in the years after the thirtieth or fiftieth birthday, the same attunement with the Cosmic which a child maintains from its birth to its thirteenth or fifteenth year, we would find that even though we were sixty, seventy or eighty, we would have the vitality and the re-creative powers of a child. Every part of the physical body is remade daily and hourly when everything is working properly within our bodies.

The blood is renewed, the entire skin is renewed; in fact, we have almost all new cells about every seven days. This process of re-creation and regeneration should continue much longer than it does. We alone are responsible for the fact that it does not. But aside from keeping the physical body healthy, renewed, and younger looking, there is another benefit from Cosmic attunement and the proper relationship between it and ourselves, and that is the greater peace and happiness that come to our minds, souls, and inner selves.



Some schools insist that we deny physical and worldly things, and even strive to make the body weak and incompetent, declaring that as we break down the strength, desires, and ambitions of the physical body, we build up spiritual

TWELFTH DEGREE

NUMBER THIRTY-FIVE

PAGE TWO

bliss. These persons proceed to starve the body until it becomes nothing but a skeleton. Some believe that they should torture the body until it no longer feels pain or hunger. They force their arms into abnormal positions, rest upon glass and nails; bury themselves, or allow disease and other things to wear down their physical selves, in the belief that if the physical body becomes a wreck—distorted, abnormal, numb, and atrophied—they attain to a greater degree of spiritual bliss.

Rosicrucians claim that we are on earth in a dual body to enjoy the dual pleasures of life, and that to deny either the physical self its rightful joys and happiness or the spiritual self its spiritual pleasures, is to make the life unbalanced, imperfect, and incomplete. Rosicrucians further maintain that through the joys and pleasures of life in a wholesome, material way, we add to the experiences that the soul is intended to have. We cannot get away from the fact that the soul is in man on earth for some purpose, and that purpose must be connected with the experiences of earthly life.

The soul is not in the body of man for the purpose of being crucified, tortured, imprisoned, and made insensible, for nothing would be gained by that. The soul is incarnated in the flesh not to lessen the power and development of the soul, but to help that development: Pleasures of the flesh and worldly experiences are not sinful, evil, or injurious either to the physical body or the soul within. All of our earthly desires, even those considered selfish, are not evil and should not be cast aside.

We might agree with some of the ancient mystics and philosophers in saying that we should be careful about the dominating earthly desires of our physical bodies, and make sure that our life is not wholly selfish and beneficial only to the flesh; but there is no reason for individuals to look upon all earthly things as wicked. Nor should we feel that the emotions and desires of nature expressed through our physical bodies are for the purpose of tempting us.

We hear much about the "temptations of the flesh" and preachers and moralists tell us that man's fall from grace into wickedness is due to the temptations of the flesh. Hunger which drives persons to hard labor to satisfy it is not an evil thing, even though some may perform evil to satisfy it. Hunger is a natural urge. God has instilled that emotion, created that positive sensation in our bodies in order that we would not neglect to feed and nourish them.

So it is with many if not all of the desires of the flesh. They have their origin in perfectly proper, normal, divine desires which God has created and instilled in the human body. It is when we indulge these desires to excess, pervert them, or use wrong means to satisfy them that they become evil; but to condemn the flesh, or the consciousness of the physical self



because of its desires and necessities, is to attempt to correct the principles which God created and put in us. On the other hand, there are also desires and wishes of the inner self. There is hunger, ambition, the urge and longing for many things on the part of the inner self.

These things we may easily neglect and still keep the physical body normal. We neglect many of the inner urges and desires of the soul, and still attain money and with that money buy worldly pleasures, and think we are enjoying all of life. That is precisely what happens with most individuals; it is only when the physical body breaks down and can no longer enjoy worldly pleasures that many begin to seek after spiritual pleasures.

What Rosicrucians are attempting to do, and what these monographs especially are trying to do, is to rebuild and re-create a balanced condition between body and soul, between mind and brain, and between earth and the Cosmic. How this rebuilding, this re-establishment of the true relationship is carried on, is difficult to describe and understand by the outer self. Attunement with the Cosmic is one phase of it, and that is what we are dealing with in this Twelfth Degree.

For that reason, the exercise of discovering your musical note should be continued. Add to it if possible the visualizing of a color that seems to come to you in connection with it. That color may belong to your musical note, or it may be the complementary or harmonic color of it. You will find it interesting after you have hummed or intoned the note to close your eyes and see if it creates within your consciousness a color or an impression of a color. You should be able to associate yourself with one of the colors of the spectrum and with one of the musical notes as well. If you will do this several times a day during the coming week in periods of meditation I am sure that you will be balancing the inner and outer selves. In this connection, I want to refer again to the spiral and the solar plexus mentioned in previous monographs.

In some Oriental countries, the solar plexus is referred to under many mystical names, being but seldom revealed except in their secret teachings. In America, some students of psychology and some public lecturers, having heard of these Oriental references to the solar plexus, have tried to fathom its mystery. They have worked out some psychological experiments for concentrating on the solar plexus as though it were some point in the body that was in immediate contact with the Cosmic and that by concentrating on it one could bring out of the Cosmic anything desired.

I think we have made it plain in past monographs that the solar plexus is a great nerve center consisting of a combination of contacts between the spinal nervous system and the sympathetic nervous system, and, therefore, it is



TWELFTH DEGREE

NUMBER THIRTY-FIVE

PAGE FOUR

closely related to the psychic body. It is really a great center of both the physical and psychic bodies, but as little is understood about its psychic side as about its physical side. It is not the seat or exact center of all of the human emotions as many people believe, but it does have some connection with the centers of human emotion, and, therefore, in a sympathetic reflex manner any emotion that disturbs the human consciousness will have some effect upon or through the solar plexus, and this in turn will react upon the psychic centers.

It has been found through actual tests that when the human aura begins to extend itself and to project out into space, apparently the last part of the aura to leave the body pulls itself away from the center of the body near the solar plexus. And it has been found that at transition, when the soul force has been visible while leaving the body as a hazy substance rising up from the body, its last contact seems to be with the solar plexus.

We shall find in our experimentation that the vibrations of the psychic body, especially those which are affected by sound and color, have centers or connections with the center in the solar plexus. To prove this to yourself, I wish you to do the following things which will greatly help in strengthening, not only the psychic self within you, but the physical and mental selves and help to tune and tone your health and give you greater mental and psychic power.

Whenever you find it convenient each day—especially in the evening—to sit down alone and be relaxed for a little while, put your hands together with just the ten finger tips touching each other in front of your solar plexus, which is just above the navel. Hold your hands so that the palms are toward your body and about three or four inches away from your body with the fingers widened apart and the ten finger tips touching each other. Then take several deep breaths, exhaling slowly, and finally on the third deep breath—while holding it—concentrate on the power within you to converge around the solar plexus. If you are sitting in a very dark room, you will notice a haze of light, very faint, forming itself between the solar plexus and your hands. After the third or fourth day of this experiment the haze between your hands and body should be fairly bright, luminous enough for you to see it in a very dark room.

May Peace Profound abide with each of you.

Fraternally,

YOUR CLASS MASTER

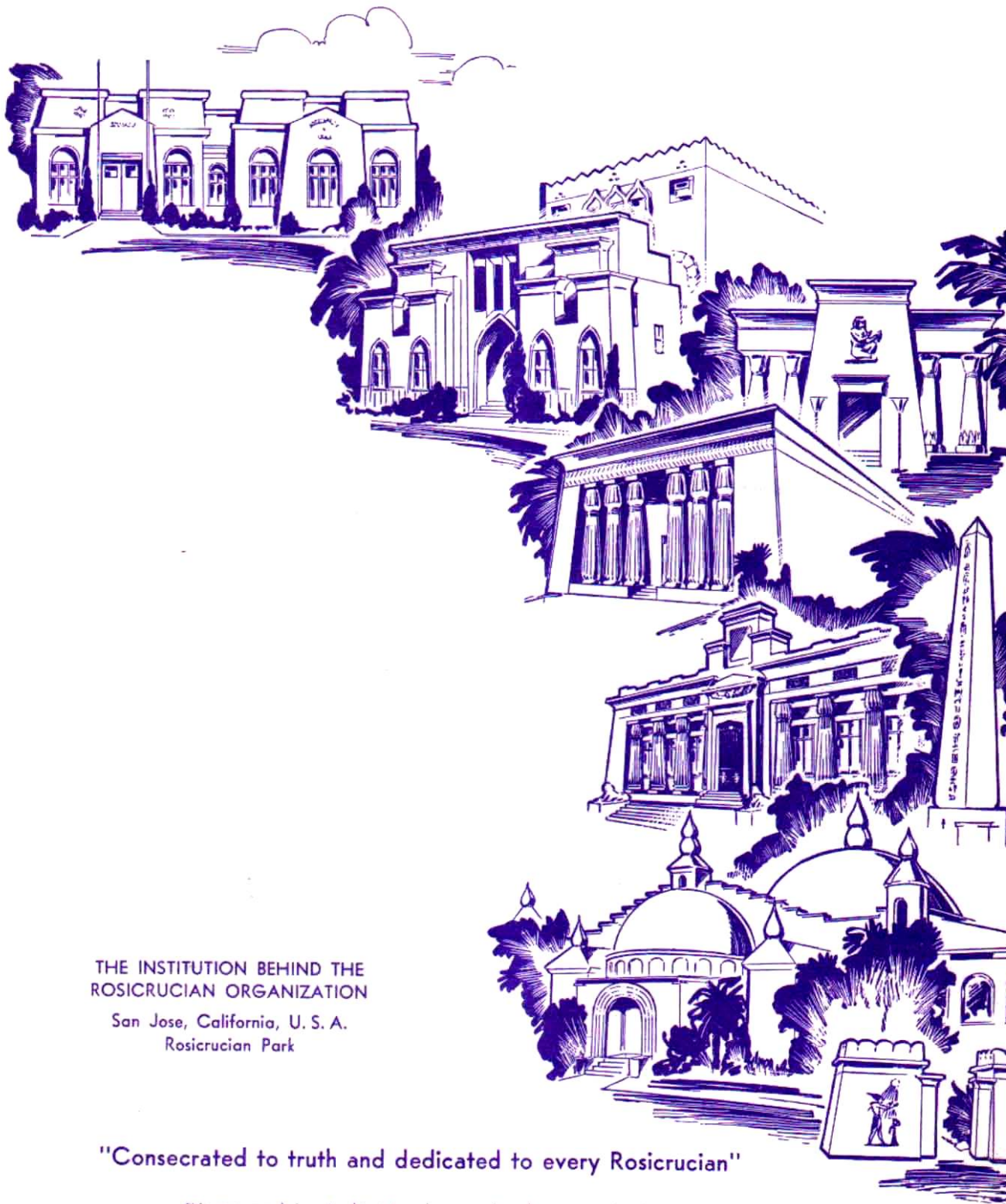


Summary of This Monograph



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.

- ¶ Our constant violation of the laws of nature and our wrong thinking prevent the re-creative processes from continuing to work properly in our bodies after middle age.
- ¶ Rosicrucians believe that man should enjoy the physical pleasures of life, as well as the spiritual ones, since his life on earth contributes to his soul's experiences.
- ¶ The exercise of discovering your musical note is helpful in re-establishing a balanced relationship between the outer and inner selves and the Cosmic. This practice should be continued, with the further addition of visualizing the color that belongs to your musical note.
- ¶ Experimentation will show that the vibrations of the psychic body, particularly those which are affected by sound and color, have centers of connection with the solar plexus.
- ¶ To strengthen the psychic, physical, and mental selves, practice sitting with the hands together and spread fingers touching each other in front of the solar plexus, breathing deeply and exhaling slowly. After the third deep breath, concentrate on the power within you to converge around the solar plexus.



THE INSTITUTION BEHIND THE
ROSIKRUCIAN ORGANIZATION

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

"Consecrated to truth and dedicated to every Rosicrucian"

This monograph is not subject to sale or purchase by anyone. A sale or purchase may make the seller and purchaser subject to civil liability.