



A M O R C

The Rosicrucian Order

# MASTER MONOGRAPH

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# THE CONCURRENCE

## This Week's Consideration of a Famous Opinion



¶ In Plato's *Symposium*, Eryximachus, the physician, gives a practical explanation of harmony and rhythm not only in their relationship to medicine but to all aspects of life. The application of the principles of love, or the reconciliation of opposing elements, is the chief concern of the Mystic. The following quotation from this famous dialogue concurs with our teachings:



*In the body, good and healthful elements are to be nourished, bad ones neglected. In music a like cancelling out of opposites is to be practiced; hence Heraclitus' statement that the One is united by disunion, like the harmony of the bow and the lyre.*

*Since it would be absurd to say that discord is harmony or that harmony is made up of elements still in opposition, what Heraclitus no doubt meant was that harmony consists of notes differing in pitch being balanced harmoniously by music's art—on the grounds that harmony is symphony and symphony is agreement. Clearly, there could be no harmony if they still disagreed, since you cannot out of opposing elements effect an agreement of disagreements. In like manner the short and long elements of which rhythm is compounded although differing are made to agree. So as in medicine and these other cases, music achieves reconciliation by making love and unison grow up. Music then is concerned with the principles of love in their application to harmony and rhythm.*

—PLATO, 427 (?)–347 B.C.

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To the Members of the Esoteric Hierarchy, Greetings!

I am receiving some fine letters from members of this Degree, praising the changes taking place in their health and in their general worldly and spiritual conditions. Already they tell me they are seeking through the Cosmic certain material and physical benefits which they honestly feel should come to them as a cosmic blessing. They realize that these things are blessings and not rights; so with the proper attitude of mind, they are asking for and evidently receiving benefits.

I am always glad to have reports from those in this Degree who have had outstanding experiences and of course such questions or suggestions as will help in improving the instructions of this Degree. Bear in mind that each of you represents the Hierarchy or inner circle of the Order and that your lives are not to be judged by your present situation or your present affairs but by what the future holds in store for you and what the possibilities are in the future. Through the studies and exercises during the past year or two, certain instincts have been awakened and quickened that will manifest themselves strongly in any crisis or extreme situation. You are no doubt becoming aware of the improvement taking place in this regard.

Having told you how important it is to bring into your life those material benefits that will add to your happiness and contentment and your greater opportunity to serve and to be of benefit to others, I want now to speak of another side of this matter. There must be a continued spiritual unfoldment and development along with your material growth and development. The recent exercises for attuning yourself with the Cosmic should not mean the neglect of the opportunity of developing spiritual benefits as well.

One of the most important steps in connection with visualizing and blending your musical note is to add the harmony of rhythm. Nearly every physical functioning in our bodies moves in rhythm with the movement of the universe. The entire body should feel this rhythmic movement.

Orientalists many centuries ago discovered this law, and the mystics of the Middle Ages developed it highly. When one visits the Orient or the Near East, one sees the important part that rhythm plays in keeping mind and spirit in cosmic attunement. In nearly all of these countries the students do not sit at desks or on chairs but spend much of their study time sitting on the floor with their legs crossed swaying their bodies from side to side in rhythmic motion all the time they are reading or listening to someone else read. It looks strange, and might be uncomfortable for us, but there is great benefit in having the entire body in harmonious rhythm with the universe.



This week, after having attuned yourself with a musical

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note, remain relaxed in your chair. Do not sway your physical body, but with your eyes closed visualize your psychic self swaying from left to right. Do this for only two or three minutes, and do it slowly; then concentrate on the Cosmic and the great invisible kingdom of heaven. In a few minutes your physical body may begin swaying slightly from side to side, but do not emphasize this, only keep thinking of the slow movement of the psychic self within you. Let the swaying be very slow, from right to left to right again with about half a second between the points of your swaying. The rapidity, as long as it is not too fast, makes little difference, but whatever speed you start with should be kept to steadily so that your swaying is regular and not irregular.

Five minutes of this, sitting relaxed and allowing the self within mentally to sway from side to side like the ticking of a clock, will awaken certain psychic centers and help put you in excellent vibratory attunement with certain cosmic forces. If during this time you wish to hum, keeping the tune in time with your swaying, it will be helpful, but in a few minutes you should allow your mind to dwell upon the beautiful things in life, upon the things you need most, upon good health and regeneration.

With these things in mind while swaying, you will find yourself becoming attuned with the source of a great supply of energy and vitality, and you may later find some of your hopes and dreams coming true in a gradual manner. I will be glad to have reports, or very brief comments in regard to the mystical sensations you experience through this swaying. Some members in this class will undoubtedly find in this matter of rhythm the one link they have been seeking in connection with these esoteric exercises.

I have already explained that dancing had its origin in the temple rituals, and temple rituals always included some form of rhythmic motion. In many schools, as well as in the churches and temples of the Orient, students and worshippers sit upon the floor with crossed legs and sway their bodies slightly as they read, chant, or repeat parts of the ritualistic services. This was the origin of dancing, and dancing originally expressed the rhythm of the emotions within the body.

You should become well acquainted with this rhythmic motion because it is helpful in keeping the mind and body in a harmonious relationship with the Cosmic. I have already referred to the fact that many of the functionings of the human body are rhythmic. Not only is the circulation of the blood and the heartbeat rhythmic and harmoniously timed, but motions in various parts of the body and in various organs are also rhythmic. The mind is most easily thrown out of harmony and out of rhythm with the rest of the body; therefore we should make it our business to see that the soul and the mind are kept well balanced and in rhythm.



It is not necessary to sway the body physically as in dancing, or as the Orientals do when sitting in their temples. One may sit upright in a chair and still sway the body psychically and rhythmically in harmony with the Cosmic without moving sufficiently for the average person to observe it. However, when one is alone and unobserved, it is beneficial to sway the body physically from left to right for one or two minutes, slowly, and in harmony with the Cosmic rhythm. Experiment to determine the rate most agreeable to you. Such side-to-side movement aids the digestion and the functioning of many of the organs of the body. It is also good for keeping the muscles supple and the body graceful and well poised.

You will find a rate of swaying that appeals because it seems to keep you balanced and gives you a sense of attunement with something beyond and above yourself. When you find this speed or rate of rhythmic motion, you should use it each time. Do not bend forward and backward, but always sideways from left to right, and right to left. It does not make any difference whether you start to the left or to the right, nor does it make any difference whether you end on the left or the right. If you have opportunity for only one minute of it, that is better than not at all.

While swaying, keep your eyes closed and your thoughts turned upwards toward the bright heavenly spaces above you. This elevation of the consciousness will bring a very beneficial effect during the exercise. If you can hum your musical note at the same time, or a tune centering around your musical note, this will help you to keep your rhythm. This exercise should be done at least twice a day, as an addition to your usual meditation period morning and night.

I regret that in recent months a few members in this Degree who were of considerable age have passed through transition. In each instance the reports of those at the bedside have been very interesting indeed. These persons in passing on were aware of the crisis in their lives and had neither fear nor any feeling of regret regarding the passing.

One of those who recently passed on had anticipated living a few more years even though he was quite old and had worn himself out greatly through a strenuous life on a ranch in Texas. Others of his family had passed on and he was alone. He made a disposition of his property and worldly belongings, not forgetting the Rosicrucian Order which he loved so greatly. In the wording of his will one can easily see the influence of his Rosicrucian studies. He was prepared to cast off this mortal form and become regenerated in the spiritual world, ready for another incarnation here. He knew that his next life would be easier and better because of the things he had done in the last few years here on earth in accordance with Rosicrucian principles.



Each of us should keep in mind that the end and purpose of Rosicrucian studies is not simply to make this life happy and successful, but to lay the foundation for what is to come. We often observe how some persons are born to good fortune, and others are born with many handicaps. There is every reason to understand this because if we close this life in the proper way, we make it easier for ourselves in the next incarnation.

Take for example those five children--the quintuplets--born in Canada in 1934. The father and mother were in very ordinary circumstances socially, financially, and otherwise. They had other children; but the unusualness of the birth of five children at one time attracted the attention of a physician who devoted his life unselfishly to their proper care from the day of their birth. This resulted in nation-wide publicity.

Then see what happened! During the early part of 1935, "The Dionne Quintuplet Guardianship Act, 1935" was enacted by the Ontario, (Canada) Legislature, appointing the Minister of Public Welfare of Ontario as Special Guardian of these five children. This was the first time in modern history that such a thing had been done. It lifted these five children out of a mediocre position in life to one where they had opportunity, all the necessities, and most of the luxuries of life, with perhaps greater worry and concern than ordinary individuals.

The other children in the family--their brothers and sisters--did not share in this except as these five divided their benefits with them. Hundreds of children born in and around that part of Canada are going through life without any of these benefits. What was the cosmic purpose in selecting these five to receive such bountiful protection on the part of the Canadian Government? They were not born "equal with all others," as we are often told, for the only thing equal about them was the divine essence in the bodies of all children. Somehow, at some time, somewhere, these five children were either associated together in a past life or individually and separately faced the necessity of learning the same cosmic lessons in this one.

Each of us likewise is on the threshold of some cosmic change, either transition or a worldly regeneration, that will improve our place in life. By appealing to the Cosmic for the help you need, through your devotion and study, your loyalty and sincerity, you are putting yourself in a position to be benefited before your transition.

For this reason, your life is in your hands as far as its happiness, peace, and contentment are concerned. Use all of our principles in attuning yourself with the Cosmic and in building up that association and harmonious relationship that will help you receive the blessings of life. At the same time, do your utmost to share these and to bring happiness and good fortune into the



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lives of others. This constitutes a part of the regenerative process-  
es that will help you here in this life and assure you of certain  
benefits and glories in the incarnation to come.

May Peace Profound abide with each of you.

Fraternally,

YOUR CLASS MASTER



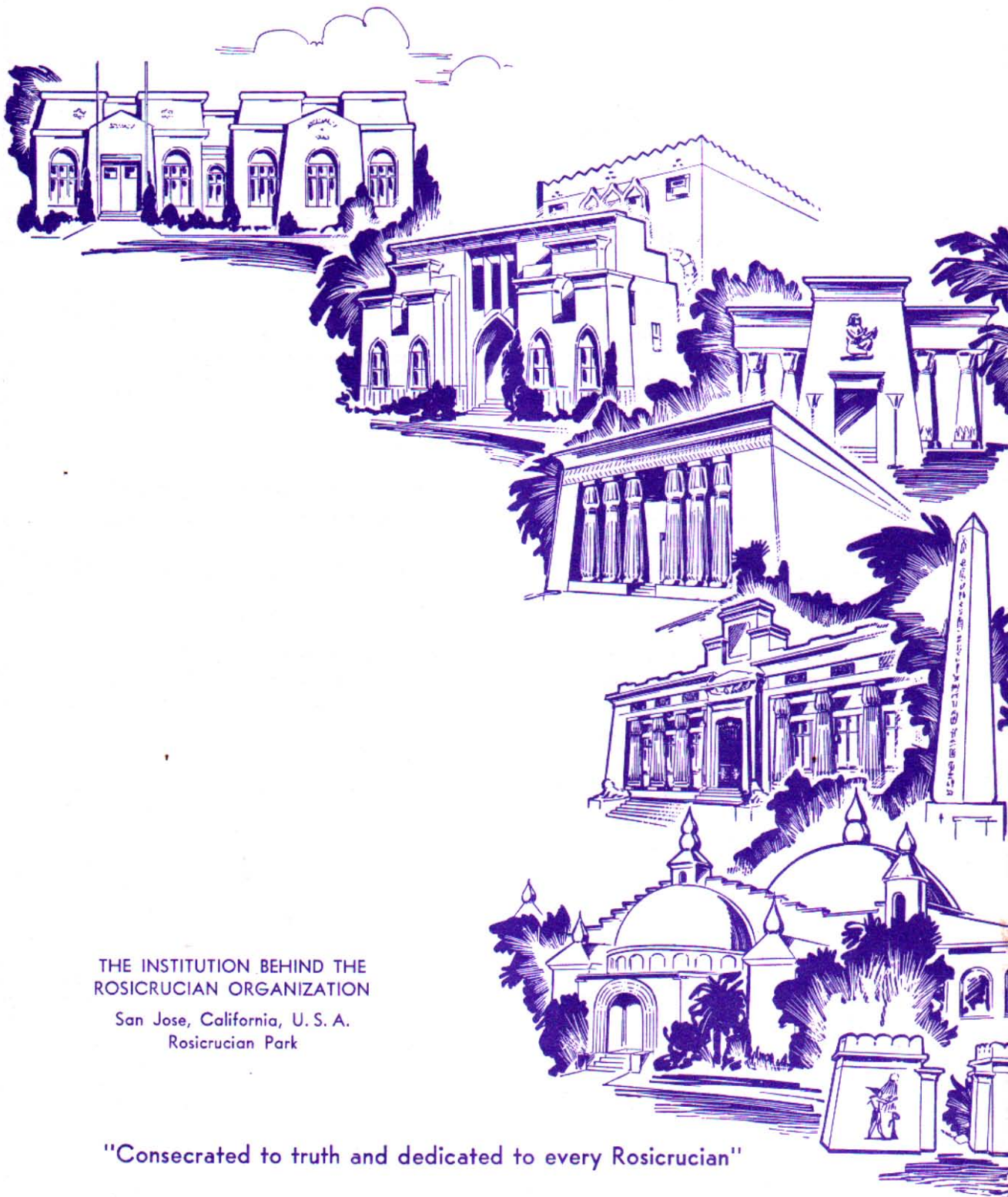
## Summary of This Monograph



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.

- ¶ Spiritual unfoldment and development should keep pace with material growth and physical regeneration, and not be neglected in our exercises for Cosmic attunement.
- ¶ An important step in connection with visualizing and blending our musical note is to add the harmony of rhythm.
- ¶ A beneficial exercise for bringing the entire body into harmonious rhythm with the universe is to attune with your musical note; then with closed eyes visualize the psychic self swaying from left to right. If the physical self also begins to sway, such movement should be kept slow and regular.
- ¶ Each of us is on the threshold of some Cosmic change, assuring us certain benefits in the incarnation to come. The real purpose of the Rosicrucian studies and exercises is to lay the foundation for the future.





THE INSTITUTION BEHIND THE  
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San Jose, California, U. S. A.  
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