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The Rosicrucian Order

MASTER MONOGRAPH

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THE CONCURRENCE

This Week's Consideration of a Famous Opinion



¶ From the Book of Chuang Tzu, one of the great classics of Taoist literature, the following story illustrates well the direction and utilization of that inner creative force, which, in the exercise given in this monograph, we are going to use for regenerating and strengthening our physical bodies.



Ch'ing, the chief carpenter, was carving wood into a stand for musical instruments. When finished, the work appeared to those who saw it as though of supernatural execution; and the Prince of Lu asked him, saying, "What mystery is there in your art?"

"No mystery, Your Highness," replied Ch'ing. "And yet there is something. When I am about to make such a stand, I guard against any diminution of my vital power. I first reduce my mind to absolute quiescence. Three days in this condition, and I become oblivious of any reward to be gained. Five days, and I become oblivious of any fame to be acquired. Seven days, and I become unconscious of my four limbs and my physical frame. Then, with no thought of the Court present in my mind, my skill becomes concentrated, and all disturbing elements from without are gone. I enter some mountain forest. I search for a suitable tree. It contains the form required, which is afterwards elaborated. I see the stand in my mind's eye, and then set to work. Beyond that there is nothing. I bring my own native capacity into relation with that of the wood. What was suspected to be of supernatural execution in my work was due solely to this."

—CHUANG TZU, 4th Century B. C.

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To the Members of the Esoteric Hierarchy, Greetings!

Let us make the first application of some of our new knowledge directly to the matter of health. This week I am going to give you one of the very oldest of esoteric exercises to do; yet one of the most vital. To many of you this exercise will be entirely new, and I am sure you will all be well pleased with the results.

It should be kept in mind that the creative forces within the human body are always ready to revitalize and regenerate every part of the body, especially every cell that has consciousness in it, or any degree of vitality. The creative forces are much like those in the brain in an active, educated person. They ever seek to manifest themselves, do something, and keep at it. We can take advantage of this natural tendency and direct these creative powers toward certain parts or places in the body where they will do the most good. It should also be remembered that after a certain age each individual begins to lose the benefit of some of this creative power.

With some persons the twenty-fifth year marks the turning point between good health and the breaking-down process. With others the thirtieth year marks the turning point, and with some the breaking down does not begin to manifest itself until the forty-fifth to the fiftieth year. However, the exercises that you have been following lately, in fact, the whole system of development that you have been following for the past several years, have awakened, especially in the psychic centers, a new and active form of the creative power, regardless of your age.

In other words, even in persons beyond fifty or sixty years of age these creative forces can be awakened and made active again by the exercises that you have had in the last two Degrees.

Undoubtedly they have been greatly awakened in your case, and have been doing much good work in maintaining a process of rebuilding and regeneration in your system. It is now time for us to direct some of this creative force in a concentrated form to various places to accomplish special things.

During the coming weeks, I would suggest that you lay aside all of the other exercises that you have been doing, except prayer for closing your day before retiring, and the prayer of thankfulness in the morning when you arise. All other mystical and occult exercises may be set aside for the next few weeks. Later on you can use again some of the older ones you have found helpful and enjoyable, and add them to the one I am now giving you.



For next week's test, each morning, sometime between sunrise and ten o'clock, I would like to have you put aside period

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number one. It will be satisfactory if you can set this period of about ten minutes early in the morning while still lying in bed, or immediately after you arise. It will be even better, however, if this ten-minute period, or even five minutes, can be set aside immediately after bathing, or at least after bathing the face and hands with soap and water, and then with cold water. Period number two should be set aside for five to ten minutes each evening between sunset and midnight. The exercise may be done at that time immediately after going to bed, or while sitting in a relaxed state in a chair.

In each one of these two periods, one or two each day, begin by bathing the hands and face with cold water, and then drinking half a glass of cold water. Then sit down and turn your thoughts toward all the universe around you, and especially to the Cosmic as though you were attuning yourself to receive some great message or vision. Do not try to send anything or ask for anything, but merely meditate upon your relationship to the Cosmic as part of it.

Then turn your thoughts inward while in a relaxed mood and condition. Begin to think of the creative forces in you, and try to draw together all of your consciousness and center it upon your chest around the upper part of the heart and near the bottom of the lungs. As you think of this area of your body and concentrate upon it, you should use your will power, and mentally command that all of the creative forces stored up in your body now flow toward your heart and lungs, and bring great warmth and vital strength and regeneration into that area of your body.

Do not try to feel something in that particular area chosen, for the experiment is not to arouse your consciousness, but to arouse health and vitality. Such concentration will make your heart stronger and younger in its work, and will do the same for your lungs. Keep your mind on this area of the body for about five minutes, all the while commanding all the power and energy that is for creative purposes everywhere in your body to concentrate itself upon the area just described.

If you have been ill for a time or are under the care of some nurse or doctor, do not set aside anything that the physician may have told you to do, but follow his advice. All other things may be laid aside for the time being as explained in the beginning of this little talk.

Five minutes of concentration of this power into the area of the heart and lungs will be sufficient at each of the two periods each day. When the five minutes are up, you should then rise and take several deep breaths so as to change the air in your lungs, and then go about your regular affairs. You will discover after three or four morning and evening practices of this exercise that you are gaining strength in a way that is very hard to define or classify.



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If at the end of three or four days you find that you are accelerating your heart to a little faster beat, do not become alarmed or frightened, for this is not a serious thing. It has to do only with the psychic part of yourself, and not with the physical part. The rapid beat is not an indication of anything being wrong. However, if you feel inclined to do so, you may stop the exercise for two or three days, and then begin again. If you allow more than two or three days to go by without following these instructions, you will notice that you are not so vital and not so strong in the same particular way that you were during the days or hours you practiced the exercise.

With some of you perhaps the most benefit will be derived during the night immediately following your exercise; for this reason, it is best to let the exercise be one of the last things you do at night before turning out the light and retiring to sleep. The results of the exercise will be carried out during the night and you will awaken in the morning feeling more refreshed than you have felt in some time.

In a few weeks, you will begin to notice a more youthful complexion, a brightness in the eyes, a better color in the lips and fingernails, and less fatigue in your daily work and efforts. By carrying out these instructions for a few weeks you will be applying some new ideas which I will speak about in my next talk with you.

May Peace Profound abide with each of you.

Faternally,

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.

- ¶ The creative forces within the body are always ready to regenerate and revitalize the cells of the body, although after a certain age, varying with each individual, some of the benefit of that power is lost.
- ¶ The exercises, however, have awakened a new and active form of the creative power, which may be utilized for the regeneration and rebuilding of body cells regardless of one's age.
- ¶ This force may be directed in concentrated form to various places to accomplish special things.
- ¶ During two periods daily, in the morning and at bedtime, perform the exercises for directing the creative forces to particular areas of the body. Five minutes at each period is sufficient.
- ¶ The benefits of this old esoteric exercise will become apparent within a few weeks.



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