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The Rosicrucian Order

MASTER MONOGRAPH

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THE CONCURRENCE

This Week's Consideration of a Famous Opinion



¶ We have learned that the esoteric principles and teachings which we have been practicing, affect not only the spiritual and mental aspects of our being, but result in the gradual elimination of physical disorders and in general bodily health. As mystical students, we are heartened by modern science's growing awareness that other than physical factors are involved in man's unfoldment. These words of a well-known scientist should have for us a special significance since we may read them in the light of our deeper understanding.



Although our knowledge of man is still incomplete, nevertheless it gives us the power to intervene in his formation, and to help him unfold all his potentialities. To shape him according to our wishes, provided these wishes conform to natural laws. Three different procedures are at our disposal. The first comprises the physical and chemical factors, which cause definite changes in the constitution of the tissues, humors, and mind. The second sets in motion, through proper modifications in the environment, the adaptive mechanisms regulating all human activities. The third makes use of psychological factors, which influence organic development or induce the individual to build himself up by his own efforts. The handling of these agencies is difficult, empirical, and uncertain. We are not as yet well acquainted with them. They do not limit their effects to a single aspect of the individual. They act slowly, even during childhood and youth. But they always produce profound modifications of the body and of the mind.

—ALEXIS CARREL, 1873-1944

(From *Man the Unknown*. Copyright 1935 by Harper & Brothers)

TWELFTH DEGREE

NUMBER FIFTY-ONE

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To the Members of the Esoteric Hierarchy, Greetings!

Members in this Twelfth Degree are really becoming a very personal class of students, becoming more united than any other group of students or mystics. Various occult or mystical organizations of the past have had their so-called inner circles in which the members were pledged to great secrecy, and believed that they were being especially helped in some esoteric way, but there never has been a group of students associated in such an intimate, esoteric manner, and so truly happy and contented in their progress as we have in this Twelfth Degree. I believe this from all the correspondence and reports that come to me from members and from those I meet at the Grand Lodge here who come from distant points and have personal interviews with me. When a member of the hierarchy comes within even a hundred miles of this part of California, he is always sure to visit Rosicrucian Park to report his satisfaction with the work and studies of this Degree.

We have gone beyond the point of looking upon this Degree as a special Degree of secret teachings. In fact, I would not call this a Degree of secret teachings, but of esoteric unfoldment. The monographs of this Degree, and even those of the Eleventh Degree, have not consisted of secret teachings; but of intimate talks on various problems of life; of historical points regarding mystics of the past taken from books or records; or of general principles that will enable the members to become happier and more contented.

In this Degree we have reached a point where we are unfolding in cooperation with one another, and rounding out our lives in a manner that will assure us of a great benediction when the time comes to change our incarnations. What the future may have in store for us we can hardly guess. We are not deeply concerned, for we have no fear of the future any more than we have fear of the present period. Some persons may claim that some of the lessons in the Eleventh and Twelfth Degrees contain only historical matter taken from old books; but the members in the grade itself know that these old extracts, these historical reviews, these comments of ancient writings, are all helpful in enabling us to understand one another better, and to attune ourselves better.

The exercises that you have had recently, for instance, are not secret teachings so much as they are esoteric principles and practices that develop the esoteric, psychic, and spiritual side of our lives. I hope that you have practiced carefully the instructions given in the last two or three monographs. You cannot imagine how important it is to keep alive the psychic consciousness in each organ and portion of the body. I was talking only a few days ago to one of the members of this Degree who had suffered years ago with goiter, or an enlarged thyroid. She never was exactly sure what it was except that she had a large growth where the thyroid is



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located in the neck and it looked like a goiter and was very disfiguring. It was so large inwardly that it made it difficult for her to breathe at night to such an extent that she spent most of her nights sitting up in bed struggling for breath. It also affected her heart and nervous system.

Doctors had suggested an operation, but she had hesitated after coming into our Order, and for years had used the various mystical principles to keep it from growing any larger. She finally reached these higher Degrees, and started to awaken the various psychic centers in her body; thereby setting into proper function the activities of the various glands. She then noticed that the growth in her neck had been slowly reducing. When she came to see me the other day, the growth was hardly noticeable, and she said that for the past two months she has been able to sleep through the night, never has any difficulty in breathing, and no longer feels any effect upon her heart or nervous system from this former condition. She says that each time she practices the exercises we have recently had, and awakens her psychic centers, she can feel the consciousness in the various glands beginning to manifest itself. In the thyroid gland itself where there was something that caused the growth, she senses most of the increased activity and consciousness. She can almost feel an intelligence of some kind moving and operating in the thyroid gland as though it were cleaning house, and gradually getting rid of this abnormal condition around it.

Another one of our members has reported that since she started these exercises of developing the consciousness in various parts of her body, she has noticed that the tendency toward rheumatism in the joints, known as articular rheumatism, has been disappearing. She says at night after having performed the exercises and reclining in bed in a relaxed position, she can feel a sort of tingling or moving in the joints of her body, especially under the kneecap, in the ankles, and hip bones, and shoulders. She says she can now reach the top of her head and back of her neck, and swing her arms in various positions without the stiffness and pain which before prevented her from reaching these parts.

One of our brothers in this Degree said a few months ago that the awakened consciousness in the pituitary or pineal gland in the head had caused him to feel, after the breathing exercises, a sort of tingling in the scalp and an increased sense of consciousness in the skull and brain. He had noticed, too, that new hair was starting to grow on a bald spot on his head. Then he noticed later that many of the gray hairs were getting dark; and finally all the gray hairs sprinkled among the black ones turned dark, and gradually were getting new life.



I sometimes think that awakening the consciousness in the human body in this manner is like taking a piece of machinery apart and cleaning and rejuvenating it. During the time that

the Order operated a radio transmitting station we took apart a large high-powered radio motor. I never realized before how many parts there were to a motor of this kind. It was like taking a watch apart and having a hundred large and small parts spread all over the desk. Each of the parts was cleaned with an oiled rag, all dust and grime removed, each surface highly polished and everything given just the right amount of oil. When it was put together again, the motor ran as clear and clean-sounding, and as easily and free from friction, as a new motor that had been properly broken in. We obtained more voltage, more power, more efficiency out of it after cleaning it; and what was more important, we lengthened the life of that motor and added many years to its ability by the careful rejuvenation of each part.

When we rejuvenate and accelerate the various conscious parts of our body we are cleaning house and putting new life into the body and lengthening the time of life here on earth. It is not true that there is a special time for each one of us to pass through transition that has been decreed in the past, and which will come about no matter what we do. It may be very true that the Cosmic has decreed that if we neglect our bodies at a certain time the body will begin to break down and transition occur. But the one who takes good care of the body, and especially awakens the inner consciousness in each organ and part, is preventing any unexpected transition, and is putting the time for it further away.

Not only our health and vitality depend upon the proper conscious functioning of our body, but all those other finer qualities that constitute the real magnetic, healthy, happy human being. If our happiness in life depended only upon a healthy physique, we would find that physical culture exercises and right eating and drinking would be all that is necessary to assure us of a long life and happiness. But we see from statistics that even those who have devoted years to physical culture exercises and have developed magnificent muscles and great vitality and strength, until they looked like superb specimens, have not lived longer, nor even as long as the average human being. Every form of statistics and investigation of this nature has shown that such persons neglect something else while building up a strong physical body. Some of the world's greatest and most marvelous specimens of physical bodies have not lived the average length of life, but have died much younger than others.

Man's dual nature, both psychically and physically, we must remember, requires that he take care of the inner psychic part of himself as well as the physical. Intellectual geniuses do not create a long life for themselves either, for some of the most marvelous intellects pass through transition early in life because of their neglect of the spiritual, the psychic, and the physical, building up only the mental. Nor can we say that those who build up the purely spiritual or psychic and neglect the



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physical and mental are insured of a longer, happier life. We need only turn our attention for a few moments to the so-called fakirs of India and the Orient. There we will see on the streets and highways and byways those strange beings who have decided to neglect the physical body and build up the spiritual, in order to gain something very indefinite which they have hoped for. Very early in life their physical bodies break down, and for years before their transition they are in misery, unhappy, and lacking all of the great joy of life that God and nature intended us to have.

The true mystic, and especially the true Rosicrucian, should be one who is well balanced, well toned, and well tuned. So much is being said nowadays by the medical profession about toning your glandular system, and more books and lectures are being prepared on the subject of the glands of the body than at any other time in the history of civilization. Medical research is turning its attention toward the study of "tone" for the human system, and various methods are being recommended for bringing a tonic condition to the whole system. But there is no surer way of toning the inner and outer parts of our body than by awakening the consciousness in the psychic centers. It is in these psychic centers that the first battle is always started against any germs or against any destructive or breaking-down processes that start in the body. A person who is well toned and well awakened in these psychic centers need never fear any disease germs in the air, or food he eats, as long as he is eating and drinking in a normal manner. He need not feel the strain of overwork, or any overindulgence of a temporary nature, for the toning functioning of the psychic system will take care of these temporary strains.

The mind of such a person will be freer and happier, and the consciousness broader and clearer in every sense, for the result is a body and physical organization that is balanced and running smoothly in attunement with the Cosmic. For this reason I urge you again to continue these exercises as outlined in the recent monographs, and to keep up for a few weeks, or even a few months, these same exercises until you have become accustomed to them, like to do them, and do them every day with the same regularity that you do other things that you believe important. In my next talk with you I will tell you some more of the benefits that will be derived from keeping the system toned, the psychic centers awakened, and the mind and body receptive and balanced.

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.

- ¶ **The Twelfth Degree is a Degree of esoteric unfoldment. Its members are closely united, unfolding in cooperation and attunement with one another.**
- ¶ **The recent exercises are esoteric principles and practices for developing the spiritual and psychic side of ourselves by activating the psychic consciousness in each organ and part of the body.**
- ¶ **Since beginning the exercises for awakening the various psychic centers in the body, many members report a gradual elimination of various physical ailments and disorders, indicative of improved balance between the physical and psychic aspects of their nature.**
- ¶ **The true mystic, especially the true Rosicrucian, is well balanced, well toned, and well tuned.**