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The Rosicrucian Order

# MASTER MONOGRAPH

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# THE CONCURRENCE

## This Week's Consideration of a Famous Opinion



¶ In connection with the thoughts expressed in this monograph on the subject of regeneration, or the awakening of dormant glands and faculties, it is good to be reminded again of the interrelationship of the physical, mental, and spiritual aspects of our beings. J. D. Buck, eminent metaphysician of the past century, in his book, *A Study of Man and the Way to Health*, wrote:



*The physical, intellectual and spiritual elements in the life of man are inseparable. There was never an individual who was spiritually pure and perfect, and who at the same time was mentally unsound and physically diseased, and there never will be such an individual. . . . It is high time that every well-wisher of the human race should turn his attention to the nature of man and his mission on earth. . . . Mental and nervous diseases will recede and insanity will lessen just in proportion to the broadening of our vision and the extension of our beneficence. Our idols must be dethroned and we must move to higher planes of life, and by breaking down the walls of selfishness we shall discover more exalted ideals, develop finer senses, enter on a new line of experiences, and begin to realize the life that is divine.*

—J. D. BUCK, M. D., 1838-1916

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To the Members of the Esoteric Hierarchy, Greetings!

In view of what was said in our last monograph about the increasing difficulty of initiating re-creative processes in the body after the age of fifty, it must be evident that the younger we are when we begin our attempts at regeneration, the easier will be our task and the greater our accomplishment. The psychic centers in the body and the various glands that function in so many different ways are not only very important in connection with the maintenance of health and the prevention of disease, but they have a great deal to do with the prevention of old age coming too rapidly.

It is natural that at birth most of our psychic centers are as undeveloped as other functionings of the body. Certain very important functions begin to develop around the twelfth year or before the completion of the second cycle of seven years. There are one or two functionings of minor importance that manifest themselves just before the finish of the first cycle of seven years. From the fourteenth to the twenty-first and twenty-eighth years, or between the twenty-second and thirtieth year, many of the glands and psychic centers which should be opening and developing into perfect activity, remain dormant and more or less inactive in the average person.

If the average person lived a normal life and had within him the blood of ancestors who had lived a normal life, the possibilities are that between twenty-one and thirty he would develop properly in a psychic and glandular sense. Our false ways of living for many generations have tended more and more in the past centuries to bring the average person to the thirtieth year with various glands and psychic centers improperly developed. One of the fundamental reasons for this is the tendencies of our thinking. Because civilization has given more and more credence and consideration to the material side of life, the psychic side of man has remained undeveloped. As you have been told in the lectures of earlier Degrees, this is so because the evolution of man pertains not only to his physical body and physical self, but also the spiritual and psychic self as well.

It is easy to trace the evolution of man in physical things. By studying skeletons of men and women of a thousand years ago, or even five hundred years ago, we can see what changes have been taking place. By analyzing the appearance and outer structure of man during the last four or five thousand years, we notice many changes. The length of man's arms has shortened; the usefulness of his toes and feet has gradually diminished until he no longer can use his toes in the same manner that primitive man did. The hair in the ears and over the eyebrows has gradually lessened because in man's modern way of living hair as a protection to the ears and eyes is not so greatly needed. Various organs in the body have enlarged or reduced in size in accordance with man's ways of eating and living. Even the forehead and structure of the face and head have changed.



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On the other hand, certain functionings have grown less and less sensitive. Undoubtedly primitive man could hear many sounds which man at the present time does not hear at all; he could also hear sounds more loudly than man now hears them. The sensitiveness of the sense of smell has gradually lessened because of our lessening dependence on it as a means of detecting the presence of animals or selecting foods, liquids, etc. Even the sense of taste has become less sensitive, and must be redeveloped by those who need it in a highly specialized way. All of this you will find in various scientific books if its further study interests you. At the present time I simply want to call your attention to the fact that many of the physical functionings of man have changed, some becoming more active, more useful, and of larger size and strength, while others have become lessened in activity or diminished in size.

While these changes have been taking place in the purely physical side of man, similar changes have been taking place in his psychic self. Because modern civilization has tended constantly to have little faith in the psychic side of life, and has created an artificial way of living that makes no practical use of psychic impressions, many of the psychic centers have become less sensitive. Such changes have affected not only our lives, but also our health, and the length of time we live.

The exercises given you in the various Degrees have been for the purpose of reawakening or quickening these dormant and inactive faculties; and you perhaps little realize how much improvement has taken place in many of the glands and psychic centers in your body. If three or four of the important glands become normal and function properly, there would not necessarily be any great outward change in your appearance, but only in various constitutional and fundamental activities of the body would that change show itself. Physicians and often the patients themselves can tell easily enough when the kidneys have become abnormal in functioning even before any definite form of disease sets in. But if the kidneys improve in their functioning it would hardly be noticed.

If the digestive processes become weakened or abnormal, it is not long before the person is made aware of it in many ways, and soon a physician can diagnose what has taken place. But if through a more proper way of living the digestive processes improve to normal or perfect, the person would hardly know that such a change had taken place unless he had suffered previously from indigestion. In other words, if the digestive processes have been only slightly impaired, and no real illness or discomfort resulted, the person might have no awareness of an abnormal condition. And if some exercise or system of thinking and living improved the digestion and made it normal, the person would hardly know that a change had taken place. The only way such things are known is through the continuation of health and the living of a longer and happier life. When a person has reached the age of one hundred, he must have had pretty sound organs in



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his body and the various glands must have been functioning normally; but such a person would never know in his fortieth, fiftieth, or sixtieth year just how good these organs and glands were.

It may be difficult for you or me to know right now just how much improvement we have made in our bodies through our exercises, studies, and way of living, but we do know that improvement must have taken place within us. We know that wrong thinking and living, and continued violation of nature's laws injure the body; and while this may not bring on immediate disease, sooner or later the life will be shortened. If this is so, then the reverse must also be so. If wrong thinking and living, and wrong ways of doing things shorten our lives and bring an early breakdown in health, then right thinking, right living, and rightly conducting ourselves will lengthen our lives and enable us to live more happily.

In the Cosmic attunement exercises you have had recently, especially those in the last two Degrees, you have been developing and awakening certain centers, glands, and functionings in the body. There may not be any manifestation of improvement right at the present time, but improvement is certain to manifest in the days to come.

After the fiftieth year, the breaking-down tendency may begin very slowly and in a subtle manner in parts of the body where even the best physicians will not be able to discover it until an organ or a part has been completely destroyed or made inefficient. For instance, many persons suddenly discover themselves suffering from an ailment difficult to diagnose, and not until certain blood, urine, and other tests are made by specialists is it discovered that they have an advanced condition of diabetes. Then they learn for the first time that for years a gradual breakdown has been taking place in the body, and that it has been so gradual that it was never suspected. It is now too late to undo what has been done, and only the use of insulin can prevent the rapid approach of transition. Other persons have felt acute pains in the upper right side of the body, and careful diagnosis has shown a severe case of gallstones. For years these stones have been forming, and an abnormal condition been taking place. They have been unaware of it until a crucial stage of development has been reached. Then it often means an operation, which may or may not be successful. Even if successful, the operation may not prevent the abnormal condition from redeveloping.

The same is true in regard to improvements within the body. Many persons have for years had a weakness in some of the functions of the heart without having any great discomfort or definite manifestation they could trace to the heart. They may have thought that they suffered from indigestion or flatulence, shortwindedness, or other conditions due to something which they had eaten, overstrain, overexercise, and other causes believed to be temporary and of no seriousness. Then gradually these conditions disappeared,



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and through normal living, right thinking, and certain exercise, they have awakened the proper functioning of the glands and psychic centers, and have improved the heart and its functioning. The absence of the former discomforts has hardly been noticed. Improvement in health is generally taken as a matter of course, and little credit is given to anything that has helped. Many persons suffer from glandular trouble without realizing it, except that they know they do not gain weight or gain too much at times, or that certain foods do not agree with them, or that certain labors tire them too quickly. They do not suspect anything abnormal in the functioning of their glands. Yet, through proper living, thinking, and the right psychic and mental exercises, these glands have been normalized and the health improved with no marked manifestations. Such persons seldom give credit for the improvement taking place because they have no way of determining the nature of it.

There is a tendency among some types of persons to have wrinkles. Muscles become weakened and jowls form, or muscles sag and hollows appear in the face. Time is expended in treatment of the muscles and skin to prevent old-age appearance. Some gland is responsible for this, and through exercises such as we have had in the last two or three Degrees of our work, the gland may become quickened in its action. Gradually the health improves, the muscles and tissue of the face and body become stronger and more youthful or vital in their condition. Even so, it will take time to convince the person that this improvement has actually taken place.

The exercises of the last few months, especially those dealing with Cosmic attunement, will bring marvelous results in the physical and psychic improvement of your body. I am going to talk more about this next week; but at present keep on with your concentration with the water. You cannot realize the improvement that will take place in your health, and particularly in your glands and psychic centers as the months and years go by.

May Peace Profound abide with each of you.

Fraternally,

YOUR CLASS MASTER

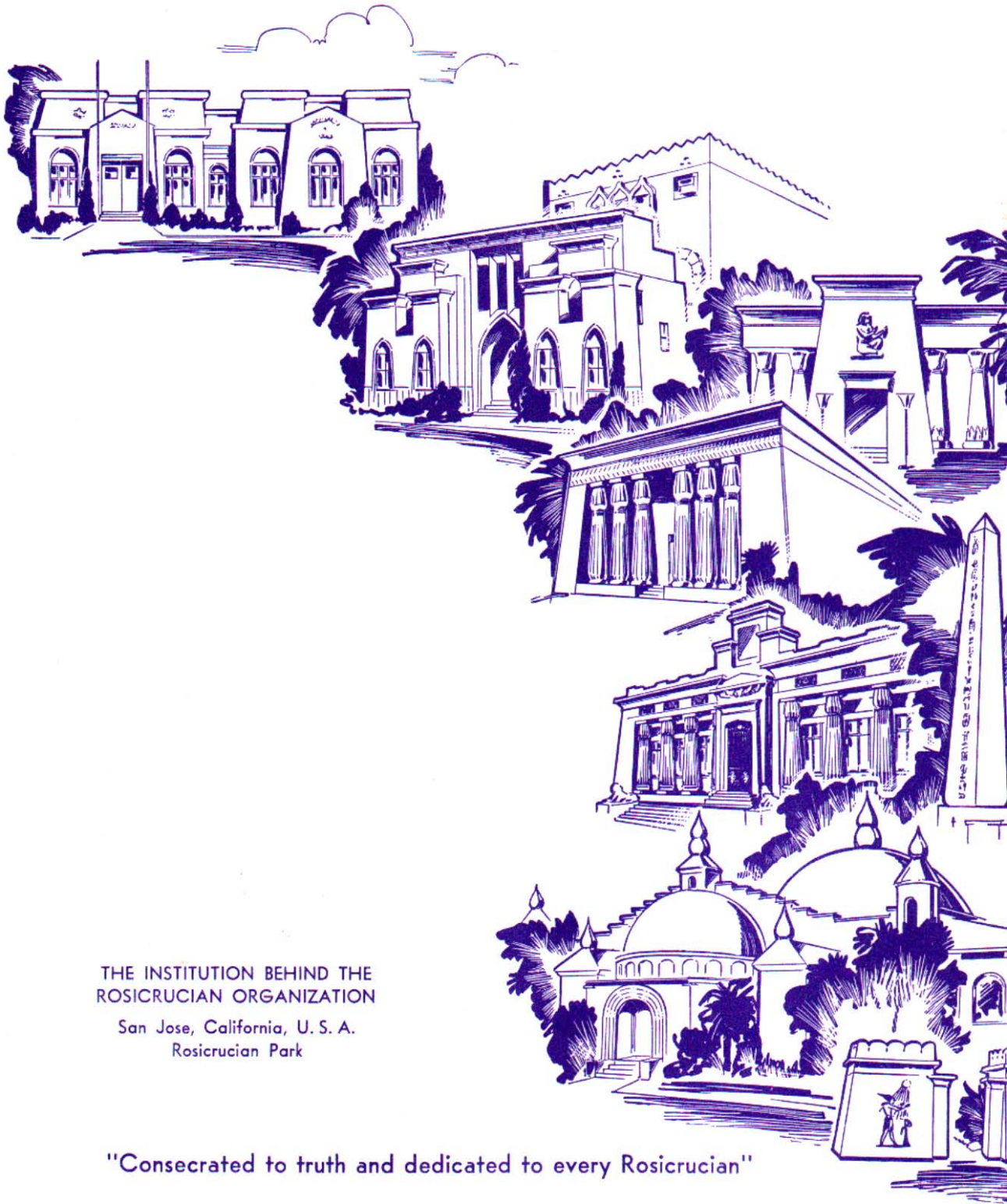


## Summary of This Monograph



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 psychic centers and various glands are important not only in the maintenance of health and the prevention of disease, but also in the prevention of old age.
- ¶ The younger we are when we begin our attempts at regeneration, the easier will be our task and the greater our accomplishment.
- ¶ At birth most of our psychic centers are as undeveloped as other functionings of the body. From the fourteenth to the twenty-first and twenty-eighth years, many of the glands and psychic centers which should be opening and developing into perfect activity remain dormant in the average person.
- ¶ False ways of living for many generations have tended in the past centuries to retard development of glands and psychic centers which would have developed properly under right circumstances.
- ¶ Man's evolution in physical things may be traced by studying skeletons of men and women. Changes in the psychic side of life have also taken place, rendering many of the psychic centers less sensitive.
- ¶ Exercises in the various Degrees have been for the purpose of reawakening these dormant faculties. Recognition of such awakening may be slow, but outward manifestation of improvement will come.
- ¶ After the fiftieth year regeneration is difficult since the breaking-down process has already subtly begun.



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