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The Rosicrucian Order

# MASTER MONOGRAPH

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# THE CONCURRENCE

This Week's Consideration of a Famous Opinion



¶ Science now recognizes the human emotions as an important factor in causing disease and ill-health. As a pioneer in this field of investigation, Wilhelm Wundt, German physiologist, psychologist, and philosopher, did much to stimulate the establishment of laboratories for the systematic investigation of experimental psychology both in Europe and America. We quote briefly, as follows:



*. . . Every affective excitation manifests itself in a weaker or stronger, quicker or slower, heart-beat. Joy and hope make the pulse quick and strong; care and anxiety render it weak and slow; terror arrests it altogether. . . . It has often been noticed that violent anger results in a return of the bile to the blood, which means a derangement of the function of the liver. . . . We know quite certainly that the parts of the body most closely related to mental activity are the central organs of the nervous system. . . . The symptoms observable in the peripheral organs simply indicate that this central excitation has a different seat at different times, and consequently produces different organic changes,—now altering the pulse, now deranging the liver, now affecting the muscular system. . . . These peripheral symptoms are of especial importance, as proving that there is no complete separation of mental process and bodily function in the sphere of feeling any more than in that of ideation, but that the two are intimately interconnected.*

—WILHELM WUNDT, 1832-1920

To the Members of the Esoteric Hierarchy, Greetings!

There have been marvelous improvements in the science of medicine in the last hundred years; especially in the last fifty years in regard to diagnosing disease and in the study of its cause and prevention. Once, physicians believed in very strange methods of curing. There was a time, for instance, when it was the practice to bleed a person for almost any disease, and then every barber in every village or community was a phlebotomist as well as a barber. Persons would go to him to have their blood let and thus relieve the diseased condition. A certain number were cured by this method, and there was some sense back of the system because if a person lost an amount of blood and had to build new blood again, the blood would be sure to change sufficiently to remove diseased conditions in the blood stream. To think that such a method would counteract the causes of all disease was naive.

Not many years ago physicians believed that a limited number of kinds of medicine would cure every disease. In fact, the average druggist, then, needed only about twenty-four kinds of medicine to fill any prescription. The average physician carried in his bag with him about a dozen kinds of pills and liquids, to be used for almost any kind of illness that he had to treat. Now the list of drugs and extracts used by physicians and prescription experts would make an average-size book. Even so, physicians do not accept the belief that every disease can be cured by an herbal extract or drug. They know that surgery will do a great deal, that in many cases massage, or special electrical treatment will cure, and that the special methods of chiropractic, osteopathy, naturopathy, and physiotherapy are beneficial. All have merit, and special diseases are often better treated by one method than another.

It is interesting that in the last ten or fifteen years medicine and other sciences have united in studying and analyzing man's inner self. Today the experienced physician and scientist knows that human emotions have to be taken into consideration and that the psychological and psychic side of man must be considered in diagnosing and treating disease. We have proved that the emotions are responsible for many illnesses and physical disturbances. Human emotions are not much improved by pills or liquid extracts. In some cases massage and physical manipulation may help, and there may be cases where diet, exercise, or a general change of living will help. The more powerful and subtle influences upon the emotions are from the mental and psychic side of ourselves and these are important in every way.



By emotions we mean the subtle, intangible, mental, psychological, psychic, and spiritual reactions that hour after hour and day after day cause a change in the mental and psychic state of man and in turn affect his physical system. In

a sense they are comparable to the electricity which operates motors and scientific instruments, even motion-picture projectors and radios. These are designed and delicately adjusted to operate with a certain amount of electricity.

Some require alternating current, some both kinds. Some require only four volts of electricity, some require six, eleven, forty-five, or a hundred or more. Some of these machines would not get out of adjustment if dropped, but a slight change in the electrical current can cause the whole machine to be thrown out of balance, and even some of the parts to be destroyed. For instance, a delicate scientific instrument might be strong enough to move pieces of machinery or heavy weights, might be made of parts strong enough not to be injured if thrown on the floor, and yet able to work properly only on six volts of electricity. If five volts only are supplied instead of six the machinery fails to operate; but if the voltage should suddenly jump to thirty, certain parts would burn or melt and fuse together, causing more damage than if the machine had been thrown out of a second-story window onto the sidewalk.

Our bodies, likewise, are controlled by a nerve or psychic energy. It is part of the Divine energy of the universe which we take into our lungs through the air we breathe. It polarizes our blood cells and supplies a certain amount of energy to combine with the energy from our food. Parts of our body are automatically controlled by this energy, and unless it is of the right rhythmic nature, physical disturbances will result.

Our emotions are part of this vitalizing, energizing essence that flows through our body. Sudden fright will upset the emotions and cause reactions producing illness. A shock generally produces nausea, upsets the digestive system, brings on headache, and causes various organs in the body to become disturbed in their equilibrium and in their rhythmic, harmonious action. Analyze fright or shock, and you will see at once that it is not a physical thing. We may be shocked and frightened by something that we see ten, twenty, or thirty feet distant from us. The only thing that reaches our consciousness is an impression through sight, which in turn affects our emotions, but this intangible something can cause the physical parts of the body to be greatly upset, as much as though we had swallowed poison or been physically injured.

Some emotional shocks and disturbances have been proved to be more serious to our bodies than a dose of poison or a physical injury. During World War I physicians and scientists learned that intense emotional experiences, such as combat could produce more serious ailments than bullets. Many men have come out of wars with bullets or shrapnel fragments remaining in their bodies without serious interference with their normal activities. On the



other hand, those who have experienced only emotional injury without so much as a scratch, physically, have proved to be seriously and chronically handicapped. Some do not recover at all. Some eventually develop disturbances of a physical nature.

We may be shocked by a telegram informing us of an accident or the sudden death of a loved one. Nothing passes from the telegram to our body except the thought contained in the message. Yet that thought acts upon our emotions and can do more harm, even permanently, than a bullet wound, or a stab of a sharp instrument. Persons have been known to be killed by such a shock. Some have had their hair turn white; others have had their hearts so affected that they were never normal after the shock. Persons have had their eyes so affected by shock that they no longer could see well and needed glasses. Others have had internal ruptures or injuries through shock or fright and hours of fearful mental torture.

It is interesting to note also that in some cases shocks have made changes in the human body that were an improvement. This might seem strange, but I know of one case typical of thousands recorded in hospitals, in clinics, and in the daily practice of physicians. A young woman who had lost her hearing in her youth was frightened almost senseless for a half-hour or more by a telephone message. After recovering from a faint and regaining part of her mental and physical balance again, she found her hearing restored. Other persons have had their speech restored from shock, and still others have experienced improvements of other kinds.

In the scientific world, certain specialists take unusual cases from physicians and analyze them to help the physicians discover the real cause of the hidden illness. These specialists psychoanalyze the ailing persons, analyze the emotions, study the mental, spiritual, and psychic reactions, and try to discover an emotional cause for the disease. In a great many cases their work is highly successful. It is successful in every case where they can find the real emotional cause, but in many cases the emotional cause is hard to discover, principally because the patient is unaware of the emotional errors he is making in his life.

I have talked with some of these specialists and they have frankly told me that hatred, jealousy, or enmity held in the heart and mind very often cause a constant toxic or poisonous condition in the system. They say, however, that such enmity, hatred or jealousy is never manifested outwardly, and the patients themselves have forgotten the cause of this emotional attitude.

You may think it strange for a person to be bitterly jealous and not be constantly aware of it; but I know of one man who tries to be cheerful and live what everyone thinks is an ideal life. You may talk with him for hours without dis-



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covering the slightest trace of any secret or hidden destructive emotions; but if you speak of real estate, or real-estate men and their practices, he at once becomes an embittered, self-poisoned extremist. His eyes seem to change color and the aura of his body begins to tremble with hatred, enmity, and a bitterness that is vitriolic. Years ago he believed he was done a severe injustice by a real-estate man, and in trying to adjust the matter, he took it through three different courts. In each case when real-estate men were called in to testify, they upheld the person who created the first injustice.

Throughout his life since that occurrence, he has been prone to notice every real-estate deal that did not turn out satisfactorily for various persons, and in every case he attributed it to the wickedness and devilry of real-estate operators. He has ignored the good things in the real-estate field, and seeks only further proof of his opinion. This is typical of all who are embittered, prejudiced, biased, jealous, or envious. They seek constantly to support the emotional belief they have; they ignore all evidence and testimony to the contrary. This emotional attitude becomes a fixed thing and affects the current of emotional energy. It is a poison which affects the emotional nature, resulting in a disturbance of the harmony of the body. In such cases, chronic ailments are maintained in the body, and no treatments of any kind can undo the effects of the emotional attitude.

These are matters sufficiently important for us to consider carefully. If bodily health is so dependent upon emotional harmony, then another advantage of the right thinking encouraged by mystical study is made evident. There are one or two matters which yet need to be mentioned in this connection and these will be taken up in our next monograph.

May Peace Profound abide with each of you.

Fraternally,

YOUR CLASS MASTER

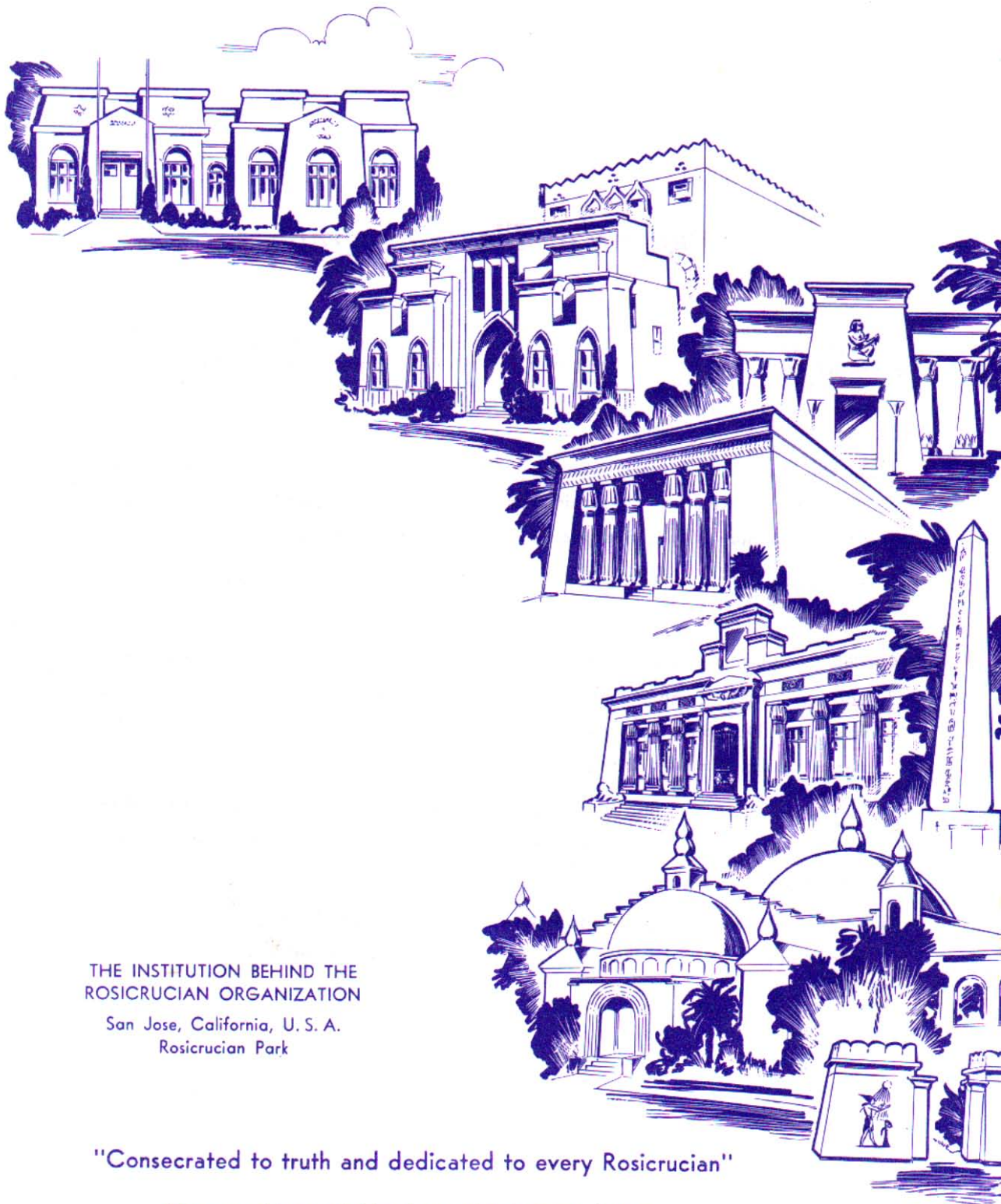


## Summary of This Monograph



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.

- ¶ In the last hundred years, marvelous improvements in the science of medicine in diagnosing, treating, and preventing disease have taken place, while the various therapeutical methods of treatment are now recognized as having merit.
- ¶ In studying the cause of disease, the physician and scientist has come to recognize the human emotions as an important factor.
- ¶ Our emotions as a part of the vitalizing, energizing essence, or Divine energy of the universe, may be compared to the electricity which operates motors and scientific instruments. Disruption or disturbance in the rhythmic flow of this energy impedes normal action or causes damage.
- ¶ Emotional shock and disturbance can cause more serious and lasting damage than a physical injury. Shock may occasionally cause changes in the human body that are constructive.
- ¶ Hatred, jealousy, or enmity affect the current of emotional energy and may cause a toxic condition in the body resulting in chronic ailments and disease.



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