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The Rosicrucian Order

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THE CONCURRENCE

This Week's Consideration of a Famous Opinion



¶ The universal truth underlying all religions and faiths is markedly emphasized when we consider the following lines from the *Upanishads*, part of the Vedic literature that has formed the basic structure of the Hindu religion for many thousands of years. Principles presented in recent monographs are here interestingly reiterated, and the simplicity and conciseness of presentation are particularly impressive.



That Brahman shines forth, vast, self-luminous, inconceivable, subtler than the subtle. He is far beyond what is far, and yet here very near at hand. Verily, He is seen here, dwelling in the cave of the heart of conscious beings.

Brahman is not grasped by the eye, nor by speech, nor by the other senses, nor by penance or good works. A man becomes pure through serenity of intellect; thereupon, in meditation, he beholds Him who is without parts.

That subtle Atman is to be known by the intellect here in the body where the prāna has entered fivefold. By Atman the intellects of men are pervaded, together with the senses. When the intellect is pervaded, Atman shines forth.

Whatever world a man of pure understanding envisages in his mind and whatever desires he cherishes, that world he conquers and those desires he obtains. Therefore let everyone who wants prosperity worship the man who knows the Self.

—UPANISHADS

(Reprinted from *The Upanishads*, Volume 1, by Swami Nikhilanada, by permission of Harper & Brothers, New York.)

To the Members of the Esoteric Hierarchy, Greetings!

In the second chapter of the Book of Genesis, there occurs the statement that God "breathed into his nostrils the breath of life; and man became a living soul." The beauty of wording in the familiar scriptures often causes us to forget that here is a statement of fundamental law. In our early Degree monographs, you will recall, the passage is referred to as an essential statement of Rosicrucian ontology. Our consideration of certain esoteric principles and exercises at the present time brings us back once more to its contemplation perhaps with deeper appreciation of its real meaning.

Throughout the spiritual writing of antiquity, we find the idea of soul expressed by a word whose meaning was also breath. In all languages of ancient times, especially those related to the Sanskrit, the psychic or spiritual part of man is associated with breath and breathing. Furthermore, it becomes increasingly plain to the student that the philosophers, teachers, and inspired writers of those times when dealing with the vital force in the breath did not have in mind air or oxygen. They had in mind that intangible vitality or, essential something, later called consciousness.

This vital breath in every cell of every part of our bodies is akin to the psychic consciousness. Keeping in mind this kinship, we shall better understand how this psychic or Cosmic Consciousness pervades our very being, making its presence felt in every part of our physical bodies. Remembering, too, that this consciousness with its vitality and wisdom comes into our bodies with the first breath and leaves with the last one, we shall see that the psychic part of us is something distinct, not something created and born inside our physical bodies.

The brain consciousness, however, does grow with the body, beginning with the first few minutes after birth. At the moment of birth, the brain does not have any knowledge, wisdom or understanding. It is as free of knowledge as the pages of a book upon which nothing has been printed. Gradually and steadily through the experiences of living the brain acquires its knowledge. When in the moment of transition, the consciousness withdraws from the body, the brain like every other part of the physical body becomes useless and its acquired and stored-up knowledge is lost.

Cosmic Consciousness is of a different nature. It is part of the universal wisdom and universal vitality. It is immortal and whatever wisdom or knowledge is registered in its storehouse is never lost.

This Cosmic Consciousness brings with it into the body both a vast amount of eternal wisdom and whatever wisdom it has acquired in its previous incarnations. From the first hour of birth it begins to exert an influence within us, directing and



controlling the inner activities of the body, prompting us at all times as to what we should and should not do.

By cultivating and encouraging the influences and ministrations of this inner consciousness, we add to its strength and thereby enlarge its opportunity to make its wisdom ours. As we daily add to the knowledge of our temporary helper, the brain, we likewise increase the knowledge in the storehouse of our inner consciousness; thus continually building up a dual reserve—the wisdom and knowledge of a temporary nature which is lodged in the brain, and that which is to be a permanent part of our evolving consciousness.

It is the Cosmic Consciousness in us that we are encouraging to manifest because through it we may experience our attunement and connection with the Cosmic, Universal mind and with the mind of God. It is this Cosmic Consciousness in us that will project to distant places if we proceed properly and permit it to extend itself. Although it is never completely separated from the Universal, all-pervading Cosmic Consciousness at any time, unless we establish a sort of triangular arrangement, we are never aware of what is going on.

First our outer consciousness or brain consciousness must become attuned with our inner psychic consciousness in order that that inner psychic consciousness may reveal to the brain or outer consciousness some of the things it has learned in the past as well as that which it is learning day by day from its attunement with the Cosmic mind. In this way the psychic part of ourselves becomes a link between the outer mind and the Cosmic or the Cosmic Consciousness.

You must not think of yourself merely as a physical man or woman. You are a dual being, dual in all your conceptions of your existence. You must emphasize in your thinking this fact that there is an outer self and an inner self. You must be aware that this outer self has its weaknesses, frailties, and even its inevitable submission to mortality. You must as well be aware that the inner self is limitless in its contacts, immortal in its existence, and omnipotent in its power and wisdom. Although we have a greater right to depend upon the inner self for guidance, since childhood we have allowed the outer self or brain to dictate. First, it was our parents, then our teachers. In our adulthood it was the outer consciousness and brain of dynamic speakers, writers, editors, or radio orators who influenced us.

The people appealing to our brain and outer consciousness cause us to obey the ideas and opinions they create. We forget that in our inner consciousness we have a far more reliable guide. The inner self makes no mistakes, has no misconceptions, is never biased or prejudiced, and knows all things. For this reason, you should give as much time as you can to its cultivation. It is not something that requires much labor and real work. You should, however, not permit the presence of doubt, or a condition of stress.



It is not a matter of fanatical or extreme ritualism. Sitting down, relaxing and concentrating is something that all of the world's greatest artists, musicians, writers, and thinkers do now as they have done in the past. Even the busiest of businessmen often close their doors and allow no one to disturb them for about fifteen minutes. During that time, they open the inner heart and consciousness to the Cosmic. It is at such times that some of their most inspiring and revealing ideas come to them.

In recent years scientists and medical men have recommended relaxation as an effective means of preventing indigestion, easing pain and furthering the general curative process. Considering the duality of man, it is increasingly evident that if the divine creative powers in the psychic body are to carry out their work in the best manner, there must be no interference by the physical body, no drawing upon the strength and vitality of the psychic body unnecessarily.

Every movement of the physical body, even that of the hands and fingers, uses a great deal of the body's vitality. Every thought and mental activity of the brain likewise uses some energy. In fact, it is only when the physical body and mind are at rest through relaxation that the physical and mental vitality of the body is not being used to its fullest extent.

The moment you sit down to concentrate and relax, you stop unnecessary expenditure of energy and vitality in the physical body and brain. You thus allow this energy to be used by the psychic part of your body for the upbuilding, rebuilding and regeneration of the cells of the body. These re-create themselves, produce new ones and revitalize worn and tired ones. Each period of concentration and relaxation, therefore, is a period of regeneration for the physical and mental bodies. If during this relaxation the inner or psychic self is attuned with the Cosmic, there is a great benefit. The inner self is able to draw upon the Cosmic energy, and this energy may be used for repairing those parts of the body injured, worn out or broken down through everyday activities.

Such benefits in themselves would be reason enough for recommending to our members regular morning and evening periods of relaxation and meditation; but other benefits from such Cosmic attunement of the inner self make them mystically more important. Inspiring thoughts and helpful ideas and impressions come to our inner consciousness from the Cosmic at such times.



The exercises you have had in the past few months have been for the purpose of putting you closely in contact with the Cosmic. Each day your inner self should become more and more attuned with the Cosmic until a completely harmonious

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relationship between your inner and outer selves manifests the higher things of the universal life.

Whether or not you have other exercises to perform, your daily periods of concentration and relaxation for attunement with the Cosmic are the most important things in life right now. They may seem simple things, but you must judge them from their direct benefits. Keep your mind and heart open to impressions, and in every way allow the benefit of such attunement to help your physical body, your mind and your daily problems. The benefit will be greater than you suspect. Next week I will tell you of a new exercise to help your seeing, especially seeing the real form, nature, and aura of things you meet with in your daily life.

May Peace Profound abide with each of you.

Fraternally,

YOUR CLASS MASTER

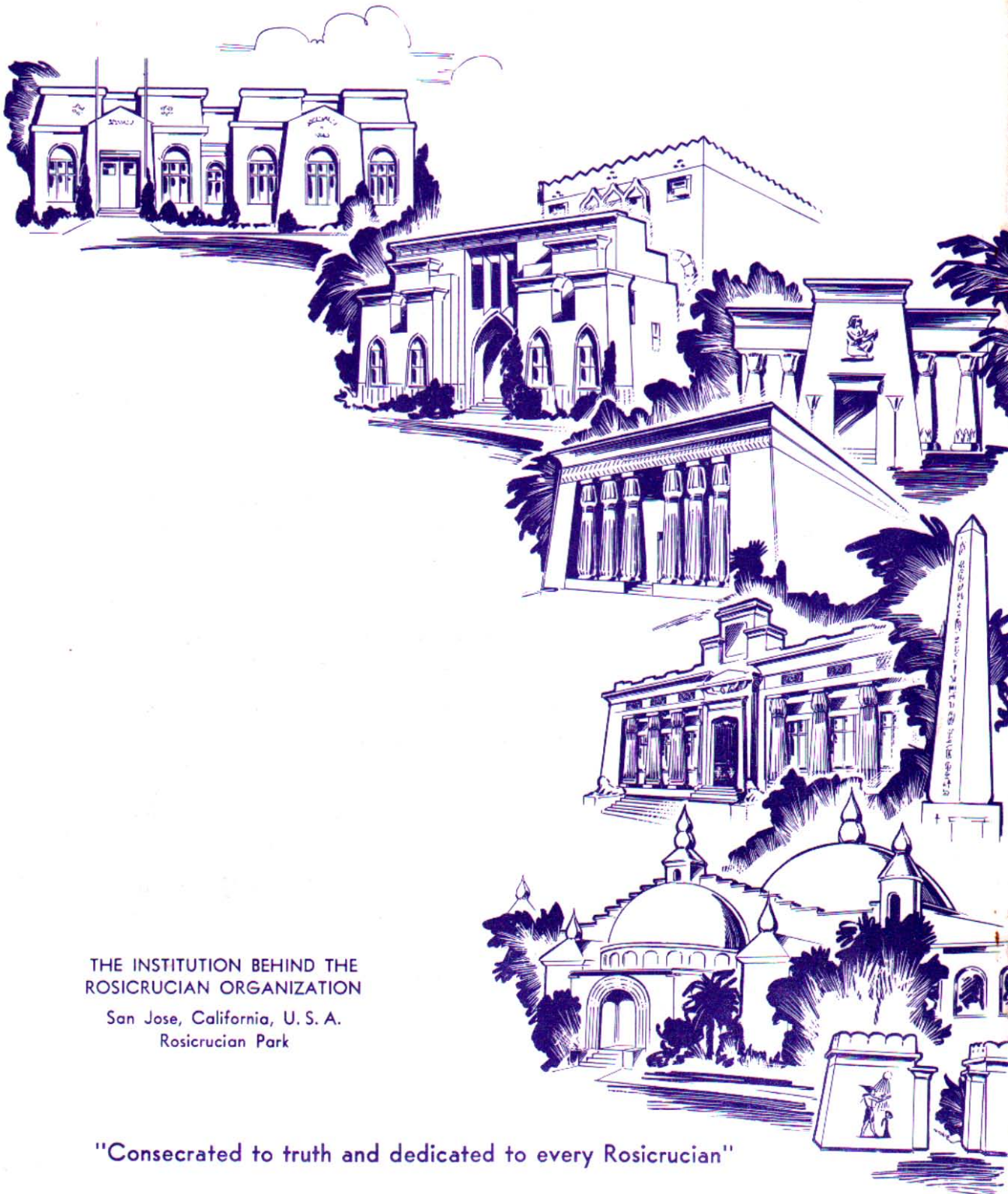


Summary of This Monograph



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 statement that God “breathed into his nostrils the breath of life; and man became a living soul” is a statement of fundamental law which can perhaps be considered now with greater understanding than formerly.
- ¶ The idea of soul or the psychic or spiritual part of man is associated with breath or breathing in all languages and writing of antiquity. This association was with the intangible vital force in the breath later called consciousness.
- ¶ Cosmic Consciousness is immortal, a part of the universal wisdom and vitality, and whatever is registered in its storehouse is never lost; whereas the brain consciousness grows with the body but at transition its stored-up knowledge is lost.
- ¶ By adding to the knowledge of the brain consciousness we likewise increase the knowledge in the storehouse of our inner consciousness, thus adding to that which is to be a permanent part of the evolving consciousness.
- ¶ The outer consciousness must become attuned with the inner psychic consciousness in order to establish a link between the outer mind and the Cosmic.
- ¶ Such attunement may be accomplished only by relaxation and concentration, which halt the unnecessary expenditure of energy and vitality in the physical body and brain, allowing this energy to be used by the psychic part of the body for re-creating new cells and revitalizing old ones, as well as permitting inspiring and helpful impressions to reach the inner consciousness.



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