

The Rosicrucian Order

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THE CONCURRENCE

This Week's Consideration of a Famous Opinion



¶ Reawakening, strengthening, and developing the inner psychic faculties cannot be accomplished quickly. However, by examining in retrospect the person we were five years, one year, even a month ago, we see that gradually, almost imperceptibly, we have made spiritual progress. Belief without knowledge, or blind faith, is alien to the



Rosicrucian, who accepts only that which he knows. His faith is conviction based upon knowledge. This is the faith signified in the following quotation, which may, perhaps, offer both encouragement and inspiration at this point of our growth.

Faith is a luminous star that leads the honest seeker into the mysteries of Nature. You must seek your point of gravity in God, and put your trust into an honest, divine, sincere, pure, and strong faith, and cling to it with your whole heart, soul, sense, and thought—full of love and confidence. If you possess such a faith, God will not withhold His truth from you, but He will reveal His works to you credibly, visibly, and consolingly.

—PARACELSUS, 1493(?)–1541

To the Members of the Esoteric Hierarchy, Greetings!

This week I promised to give you a new exercise. Before explaining it and starting you on it, I think it is necessary to give you a few preliminary points.

The physical body of man is a complicated piece of machinery, as you know. There are two sources of control of energy and functioning. One is the blood or circulatory system, and the other is the nerve system. Many persons look upon the blood as the source of life. They think that if they have plenty of blood, and if it circulates properly, there will be vitality and health in every part of the body.

Those suffering from nervous disorders will declare otherwise. No matter how good the blood may be in quality and in circulation, if the nerve energy does not flow properly, many important parts of the body will not operate, and there will not be good health.

In addition to these two great systems of control and supply in the human body, there is also the sympathetic or psychic nervous system which circulates energy of various kinds into vibrations that control and direct the psychic and emotional parts of the body. Then there is the brain with its thoughts, thoughts which have a very great control over parts of the body. There is as well the consciousness, wisdom, intellect, and mind of the soul which constantly seeks to direct the body to function in an ideal and beneficial manner, and thus overcome disease and correct the mistakes we make in drinking, sleeping, eating, etc. With all of these various agencies trying to direct the physical body, as well as the psychic body, there is a crosscurrent of activities and the constant close connection between various parts of the body is easily thrown out of harmony and disturbed.

In earlier Degrees several monographs indicate how man's body is like a great factory with a chief engineer and a board of directors in the brain. Although trying to discover the best ways of doing everything, these directors very often do things that are contrary to the wishes of the secret master in the soul. The more cultured and educated the individual, the more opportunity the master of the soul has to exercise control; while the more ignorant and undeveloped the individual, the more his passions, lusts, and appetites, and his brain's objective and untrained thinking control him and enslave him.

You may not be aware of how much cultural development and improvement has taken place within your physical and psychic body within the past few years. In the past three or four years, through your studies and exercises, you have changed the dominant control of yourself from the objective, physical emotions and appetites to the higher spiritual and psychic intelligence of your soul consciousness. As long as your health remains good and you meet with no serious failures or accidents, you may not even



realize that you have accomplished anything in the way of development. You may give as much credit to your brain and physical body as you would give to the mind and psychic body. The time will surely come, however, when something in your life will bring home to you the evidence of your change; then you will find that you are living a more highly cultured existence than in the earlier years of your life.

When all of the various powers and intelligences in the body are working in harmony and are evenly balanced, there is the most ideal condition. When the psychic eyes cooperate fully with the objective eyes and both are working harmoniously, you see things that you do not see with the objective eyes alone. When the psychic hearing and objective hearing are working in harmony, you hear better and hear more and different things than with the objective ears alone. The exercise this week is one that will help you balance and harmonize the objective eyes with the psychic eyes, as well as awaken and quicken the psychic eyes to do what they can in seeing and sensing vibrations that the physical eyes cannot.

As with other exercises heretofore, I am not going to tell you in advance what to expect or anticipate. I shall let you discover from the exercises and practices themselves the things that will be helpful to you. They will indicate the progress you are making. Now do not misunderstand me. If you try these exercises this week and do not seem to have the results you expected to have, that does not prove that you have not made the proper attainment or the proper amount of development.

In the first place, these exercises aim at developing a new angle of your unfoldment. It will take several weeks to become thoroughly acquainted with what the psychic eyes are really doing. In the second place, the first week of these new exercises may demand more intense practice than you have been giving or can give them, and therefore the results may not come so quickly. Surely after a week of them, you should discover that your eyes are beginning to see or comprehend vibrations, colors, visions, and things that you have not sensed before. In this exercise the psychic eyes are going to be harmonized and tuned with the physical eyes so that while you use your physical eyes to look at something and while they are doing the actual seeing, the psychic eyes will be circulating the impressions to the physical eyes.

At your morning and evening concentration periods, after you have become relaxed for a moment or two, take the forefinger and the next finger of each hand and place them on the temples of your forehead. The finger tips of the first two fingers after the thumb on the right hand are to be placed lightly against the right temple about three-quarters of an inch in front of the top of the ear, just above the outer corner of the eye. The finger tips of the first two fingers of the left hand are to be similarly



placed on the left temple. Do not use the thumb or the last two fingers of either hand, and be sure that you remain relaxed. You are not to press your finger tips against the temple hard enough to cause any particular sensation, but lightly so you can feel their magnetic touch.

After about two minutes of such contact with the fingers tips on the temples, close your eyes so as to shut out any light, and rest them while you keep your finger tips against your temples. While your eyelids are closed take as deep a breath as you can without discomfort, and hold it a few seconds. Gradually open your eyes and look toward a dark place in the room (never toward the bright sunlight or electric light). While you are sitting in this manner with your eyes open looking ahead of you, keep your fingers on your temples for about three or four minutes as you inhale and exhale slowly and regularly.

Your eyes will become sensitive to a number of colors or hazy effects in the light in front of you, and very likely some vision will come to you. Do not try to pierce the darkness or grayness in front of you as though you were trying to see through a veil, or anything of that kind, because the psychic impressions will come through your eyes into your consciousness. The picture will be formed in your consciousness and not so much in front of you. If after five minutes of sitting this way you do not see anything at all, you may relax and put your hands in your lap for two or three minutes. Then try the exercise again or get up and go about your work, trying it again for another five minutes after a rest of about fifteen minutes.

You will notice that while your finger tips are at your temples and you are concentrating, your finger tips or your temples will become warm. This warmth indicates a reaction taking place in the nervous system. If you do not feel such a warmth, or any reaction, it is better that you discontinue the exercise for a while. You should not become discouraged if after four or five trials you have not noticed anything especially in the way of colors or form. Remember you are reawakening, strengthening, and developing the psychic sight, and that takes a little time.

Gradually, however, you will come to notice that the dark gray place in front of you has a little more color, a little more warmth and a little more light than you first thought it had. Gradually you will notice the colors becoming brighter, some of them seeming to move or take form. A partial cloud effect may gradually form in front of you that will turn itself around into some definite shape. As long as you keep your fingers at the temples, you will find your physical eyes receiving more vibrations of sight than at other times. Eventually you will have to touch your temples for only a few moments to harmonize the physical eyes with the psychic eyes, and then everything will be of one tone around the room—a sort of neutral gray.



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If you are very tired when you are trying this exercise, you will not be so successful as when you are rested. Therefore try this exercise in the morning and at night after you have been resting a while, and never try it after any exercise of a strenuous physical nature.

Next week I will tell you something about the different directions in which to face for different results, and some other things to do to help the development of your psychic sight. It would be good to keep a notebook and write down the results of the first and succeeding experiments with the eyes. That will enable you later to see just what you have gained by the practice. In a few weeks you will be able to see things that will probably surprise you.

May Peace Profound abide with each of you.

Fraternally,

YOUR CLASS MASTER

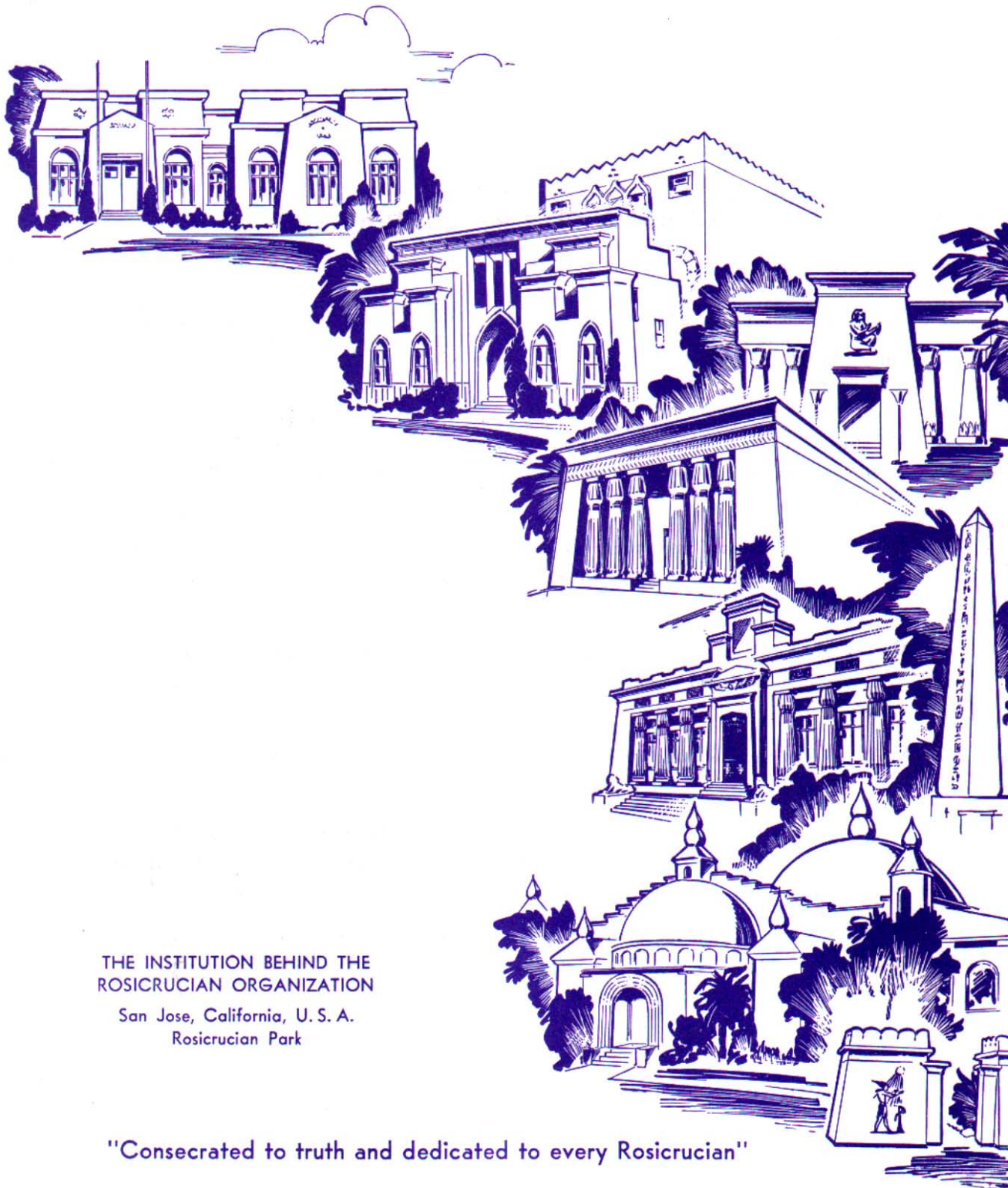


Summary of This Monograph



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.

- ¶ With all of the various agencies of the physical and psychic bodies trying to direct the physical as well as the psychic body, harmony between the various parts is very easily disturbed.
- ¶ The more educated and spiritually developed the individual, the easier it is for the inner self to exercise control; whereas the more ignorant and undeveloped he is, the more his brain's objective and untrained thinking control him.
- ¶ The time will surely come when the improvement which has gradually taken place in your physical and psychic body within the past few years will become evident to you.
- ¶ When the physical and psychic faculties are working harmoniously, the abilities of the individual are enhanced and an ideal condition established.
- ¶ This week's exercise is for the purpose of balancing and harmonizing the objective eyes with the psychic eyes, quickening the psychic eyes so they can sense vibrations which the physical eyes cannot.
- ¶ Reawakening, strengthening, and developing the psychic sight cannot be accomplished quickly, and failure to achieve immediate results should not cause discouragement. Best results will occur, however, if the exercise is practiced when you are rested.



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