

A M O R C

The Rosicrucian Order

MASTER MONOGRAPH

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THE CONCURRENCE

This Week's Consideration of a Famous Opinion



¶ That man's physical body is a balanced combination of the mineral and chemical elements of earth, we have been taught from our earliest monographs. This fact, however, does not lessen our interest in its re-statement in the following lines from the work of an American mystic, writer, and lecturer of the past century. We quote:



In man's physical structure are found all the primates of the globe, or, rather, all the proximates of metallic and non-metallic substances; in man they come forth as the ultimate particles and refined principles of matter. It cannot be true that all minerals are poisonous, because all minerals are found, in their ultimate (finest) state, in the fluids and solids of the human composition. . . demonstrating, as perfectly as science can establish any discovery or proposition, that man's body is the ultimate of all mineral, vegetable, and animal properties and organizations of the globe.

Man, therefore, is the final, because he is the highest physical organism possible. The same rule applies to his mental structure and inmost possessions. We find him the final finite embodiment of the infinite Love and Wisdom. . . . Man is a type of the infinite Universe.

—ANDREW JACKSON DAVIS, 1826-1910

To the Members of the Esoteric Hierarchy, Greetings!

Most of our members are familiar with certain Oriental postures or positions adopted for the purpose of meditation or attunement. They are also aware of the various customs in regard to entering holy places, or into prayer and meditation at various hours of the day.

One is impressed that persons must have found benefit and special help in their religious devotions through these various postures, or they would have been abandoned long ago. It cannot be that persons adhere to practices simply because their forebears were taught a thousand years ago that such were the proper thing to do. Ancient customs based merely upon temporary belief are modified from century to century. No religious custom has prevailed that did not merit faith and respect or demonstrate its efficacy in some form. We of the Western world are prone to declare postures and ritualistic formulas of the Orient shallow or unimportant. We may have tried many of them and found them unproductive of any special manifestations; but we are shortsighted in this attitude, for we are hardly qualified to judge. We forget that our natures, our consciousness and our spiritual understanding have not had the same training and unfoldment as those of the Orient.

Even here in the Western world, we still have many remnants of these ancient practices which have proved themselves of value to multitudes; otherwise, they would have been abandoned. Some of these are the result of our desire to show respect and devotion to the Deity by means of physical postures of some kind. The use of holy water is an attempt to attune the self physically and mentally according to a very ancient custom. Kneeling at prayer is an act of reverence and respect. The making of the sign of the cross upon one's body by the Roman Catholics, and similar signs by other religious devotees are aimed at having the right position, the right posture physically, and the right attitude mentally when approaching a sacred moment.

Our custom, in the Western world, of bowing the head while others pray is also the remnant of a custom prevalent in ancient times. As an aid in concentrating the attention and attuning the inner self with the Cosmic and the Divine Consciousness, it should be prevalent in all parts of the world. Comparing the Roman Catholic rituals, those of the Jews, and many of the Orient with rituals of various churches in the Western world, we can easily trace the origin of many ceremonial and ritualistic devotional positions and practices.

Nearly all religious practices, customs, and habits have come down through the ages because they have been found significant and helpful. They are not shallow or meaningless customs that have been retained merely because they were once ordained by sacred decree. Countless customs popular among various



religious devotees nineteen hundred years ago have been abandoned as changes have taken place in the mind of man. Those things which had no effect and no result that he could sense or comprehend, he has not hesitated to cast aside. Even the Jews, who more than others hold fast to ancient religious customs and rites, have abandoned a great many practices found to be without fundamental meaning or importance.

It is not to be presumed that God can sense or realize our uplifted thoughts only when we are standing or sitting in a certain position. We can attune our consciousness with God lying down, standing up, facing East, North, South or West. In fact, Rosicrucians know that we can enter into sincere communion and prayer with God without assuming any position of humility, throwing ourselves upon the ground, or acting like fearful slaves. It is not necessary for us to prostrate ourselves in order to convince God that we respect as well as love Him.

Wholly aside from the matter of the attitude or position assumed by the individual in his respectful approach to the Deity—and yet related to it—is the matter of Cosmic rays and earth currents. These magnetic or electric currents in and around the earth do affect our physical and mental beings. They either contribute to our attunement with universal rhythm and harmony or they detract from such attunement. It is for this reason that the direction in which one faces during certain periods for meditation and experiment becomes important.

Early monographs taught that man's physical body is made up of earthly elements drawn from the food we eat, the water we drink and our physical contact with the earth. Regardless of what food we have, or water we drink, if we lose our contact with the magnetic forces of the earth, we disturb the equilibrium and harmony of our physical bodies. That harmony and balance is equally disturbed by completely surrounding ourselves with the earth's negative forces and denying ourselves food and water.

The blood in our bodies, the mineral, chemical and other elements making up the physical part of the body are all a beautifully balanced combination of earth. When so much is said about dietetics and balanced food, we should keep in mind that dieticians deal with only one part of the harmony of our bodies. To balance the food and ignore what we drink and our contact with the earth's magnetism, is to neglect two thirds of the essential composition of the physical body. Nor should we leave out the matter of breathing and Cosmic energy!

Extremists given to regulating and reforming drinking habits often fail to recognize the importance of eating and other earthly contacts. Especially in Europe, there are those who advise our physical contact with the earth, recommending our walking in dew, and taking mud or sulphur baths; but if in



TWELFTH DEGREE

NUMBER NINETY

PAGE THREE

doing so they are negligent in the matter of proper food and drink, they like other extremists are ignoring two thirds of the matter.

Science is turning its attention, however, to the matter of earth currents and magnetism, and is giving more consideration to this phase of our existence than ever before. Rosicrucians certainly want to know of every element that enters into the maintenance of a harmonious physical body.

If there were no Soul in the physical body, for instance, it still could continue to exist as a purely chemical composition. Every living conscious creature from the smallest insect to the largest animal outside of man may have only a primitive form of Soul, or none; yet they all live a natural span of life, and function in their own way as purely physical, chemical products of earthly existence. Without a Soul, the physical body, if properly nourished with water and foodstuffs, and kept in contact with the earth's magnetism, could grow and be a healthy, normal, physical body so far as the material, chemical side of existence is concerned. Such a creature, however, would not be conscious of himself, nor conscious of the rest of the world; could not think and understand as we are able to do through the Soul and Soul Consciousness that is in us.

The Soul and its vitalizing power, therefore, is not the only thing that keeps us alive, healthy, and normal. Fanatical spiritualists of India, and extremists of some religions sit in one position, starve themselves, neglect the physical body and concentrate and meditate on nothing but spiritual thoughts. So far as pureness of existence is concerned, such persons are absolutely pure. The men glory in the fact that they do not even allow a woman's finger tips to touch them so that no feminine magnetism, no sex appeal, nothing biological influences them in any way. They claim that they are not contaminated by any of the pleasures of the flesh or of the world; yet they are anything but healthy, normal, natural, human beings.

They are of no good to themselves, and no good to the rest of the world. They could not be more useless to themselves or society so far as fulfilling a mission in life is concerned if they were lying lifeless. Because they want to overcome the temptations of the flesh, they put their bodies in uncomfortable and unnatural positions, lying on nails or glass, or folding themselves up like jackknives and sitting under trees until their muscles become stiff, their bones crooked, and they can no longer walk. Some of them have folded their arms across their chests and kept them that way for so many years that they cannot open their arms to feed themselves. They are natural and excellent examples of what happens when we willfully try to modify nature's laws and take matters into our own hands.



The desire for drink or moisture is a natural one, for the body must compensate for the amount of water consumed or

exuded in perspiration. The body must have certain mineral elements, for man cannot live on just one kind of food alone. If he attempts it, the blood will become impoverished, the bones weak, and diseases of all kinds will make their appearance. The desire for the pleasures of the flesh, too, is due to the fact that God has purposely made some things a pleasure. God easily could have made us so that when we were hungry we would not be uncomfortable, and food would not be a pleasure to us. In such a case people would not eat often, would eat less, and would never notice when they were hungry—nor overindulge to make up for what they had missed.

God has made the necessities of the physical body a pleasure in order that man will be tempted. If it were not for the sex urge, the population of the earth would become greatly decreased. There is pleasure even in deep breathing, and bathing—natural temptations to bring the physical body into contact with the magnetic forces of the earth.

To misunderstand the purpose of the physical body and to attempt unduly and unnaturally to thwart its desires is to risk a shortsighted and extremely limited view of all things—God included. It is the Rosicrucian's aim to study God's laws in order that he may abide by them rather than to misconceive them and bring about his own downfall. A rereading of this monograph would no doubt be helpful since in our next monograph more will be said on this subject.

May Peace Profound abide with each of you.

Fraternally,

YOUR CLASS MASTER

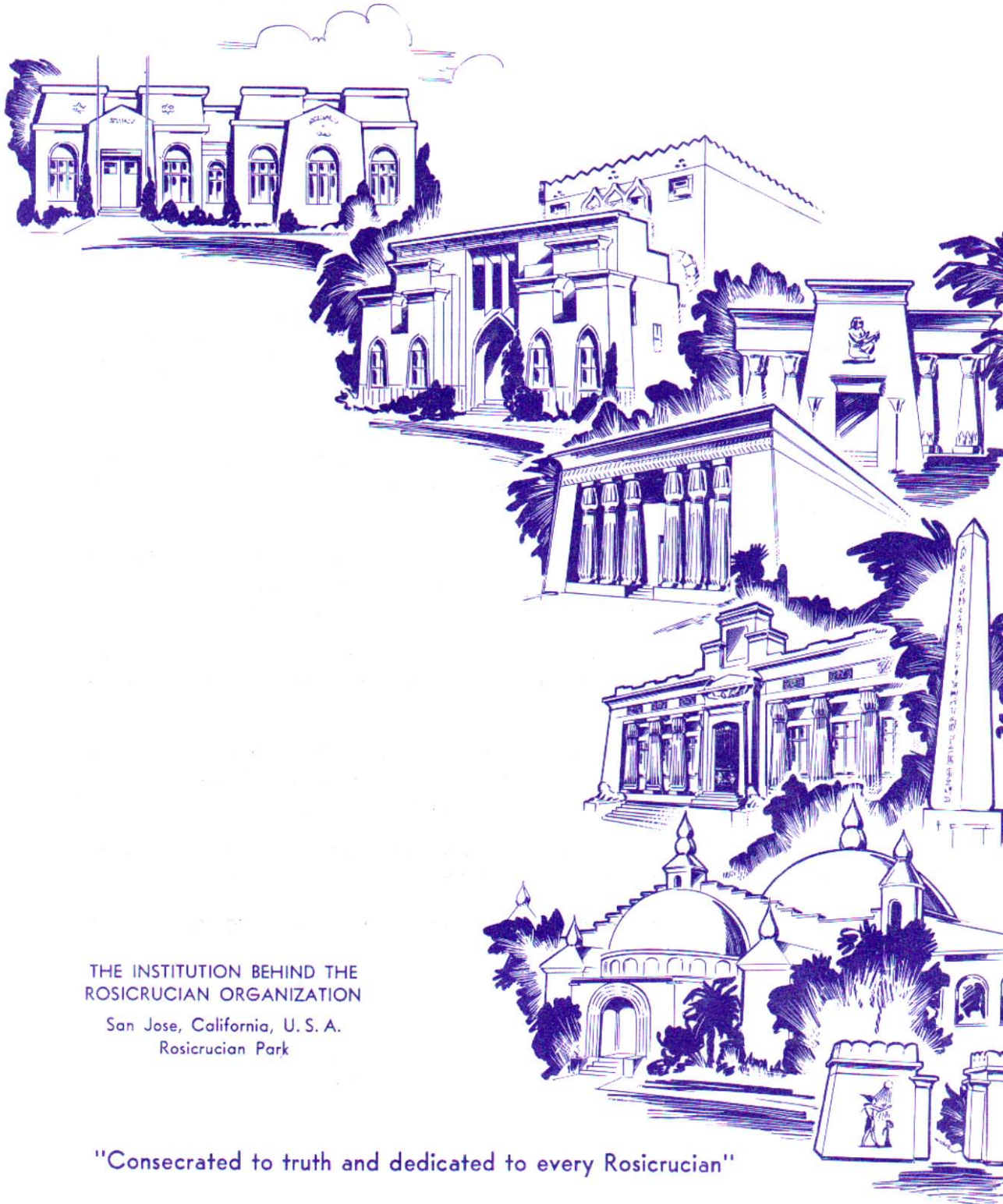


Summary of This Monograph



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.

- ¶ No religious practice or custom has prevailed through the centuries that has not merited faith and respect by demonstrating its value. If this were not so, it would have been abandoned long ago.
- ¶ Although a difference in training and unfoldment has made the practice and use of many Oriental postures and ritualistic formulas unprofitable and unproductive, the Western world still uses many remnants of these ancient practices.
- ¶ The direction in which we face during periods of meditation and experiment is important since the magnetic currents in and around the earth affect our physical and mental beings.
- ¶ Man's physical body is a balanced combination of all earthly elements. Proper food and drink, therefore, are as important to him as breathing and maintaining harmony and balance with earth currents and vitalizing Cosmic energy.
- ¶ To misunderstand the purpose of the physical body and to attempt to thwart its desires make normal natural development impossible.
- ¶ It is the Rosicrucian's aim to study God's laws in order that he may abide by them rather than to misconceive them.



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