



A M O R C

The Rosicrucian Order

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# THE CONCURRENCE

## This Week's Consideration of a Famous Opinion



¶ To aid man in achieving the harmony and peace necessary for normal and balanced living, Divine Wisdom has ordained that he should find pleasurable the physical necessities of existence. Just as important as spiritual growth are the necessities for food, drink, breathing, and indulgence of wholesome natural appetites. The love,



beauty, and wisdom underlying all nature and all aspects of normal living are beautifully expressed in the following quotation:

*Let us bethink ourselves of the ceaseless song that Nature sings in praise of Life, of Life even in its known phases from plant to man, of the joy of Life when it courses through the physical veins; and then let us think of the Life no longer as unknowing and sub-conscious, but as impregnated with the Light of true intelligence, and so bringing to birth within the essence of man a marvel, a being of new nature, a man-god, of superhuman power and faculty, who of his very nature sings a song infinitely more wise than any man can sing, in realisation of the worth and meaning of the actual; not in praise of some selected good alone, according to man's limited view of what is good and what is evil, but in praise of things as they really are, a natural song that must be sung, once even the possibility of this meaning begins to be realised.*

—G. R. S. MEAD, 1863-1933

To the Members of the Esoteric Hierarchy, Greetings!

In spite of what might be called the Western world's natural aversion to ceremony and ritual as a part of religious observance, especially those drawn from what are considered pagan sources of the Orient, there is an immense fascination and curiosity in the minds of thousands surrounding such practices. Strangely enough, too, once the interest has been aroused an almost fanatic enthusiasm overtakes individuals, and from being incensed critics of whatever smacks of rituals and form, they become enthusiastic devotees of cults and cliques which have only extravagant and untenable notions to justify elaborate and extensive mystical and religious rites. Most unfortunately, too, they choose for emulation those who are most extreme and impractical in their practices and attempt to follow procedures that are virtual travesties of true mystical or religious ideas. In this way they commit a twofold error: They deny what is sound in Oriental mystical and religious practice and refuse the help it would otherwise provide in stabilizing their thought and actions while accepting wholeheartedly that which is worthless and tawdry if not downright detrimental and unwholesome.

From what was set down in our monograph of last week, it must be evident that to attempt to overcome the desires and pleasures of the flesh in the belief that they are all evil is to criticize and condemn God's own ways of arranging things. The idea that everything that pertains to the earth, the physical body, or the flesh is evil or wicked, is based upon false doctrines of early religious cults of most ignorant nations. Nowhere in the preaching of Jesus did he condemn either eating, drinking, bathing, or any of the pastimes or pleasures of life that were clean and wholesome. He certainly did not condemn normal and natural sex relations between men and women; he encouraged the idea of marriage and endorsed the marriage ceremony.

In recent years science has discovered what the mystics have always claimed about the earth's magnetism. Mud and sulphur baths are good for the body because of the chemical mixtures of the water, and not just because water cleans the outer surface of the body. Science now recognizes that lying on the grass occasionally, and allowing the body to absorb much of the earth's magnetism, is a healthy practice.

Nudist colonies are merely extravagant extremes of this idea—almost as extreme as saying that because several quarts of water drunk each day are good for the body, we should fill a tank and drown ourselves in it. There is no question about the benefit of having the naked body come in contact with water, or the earth, or the sunlight.

This is an excellent practice, and should be indulged in once or twice a month for a half-hour or so. There is no advantage in doing it in the company of others or in making an unethical and questionable practice of it.



The point, of course, is that this earth upon which we live is not just a mass of soil and rock and water spotted with agricultural products and with shrubbery and flowers. It is all of this combined with hundreds of vitalizing mineral elements. The whole earth is charged with certain vitalizing, magnetic forces. Think of what has been done with radium; yet radium is only one of the minerals in the earth, radiating its energy through it.

There are hundreds of vitalizing minerals in the earth, and a half-dozen or so that are very powerful. These are scattered throughout the area of the earth, and when one is in contact with the earth's surface, these magnetic currents rise into our physical bodies. Even if we are up a few hundred feet in the air we are still influenced by the aura, or magnetic field, that surrounds the earth for a short distance. As soon as we rise above this magnetic area around the earth, our physical bodies begin to get out of harmony.

I should like at this point to answer a very sensible and reasonable question. The question is: "Is it necessary for a Rosicrucian to spend his daily life meditating, practicing exercises, living a life of solitude, and doing all kinds of things that are not common practice among other people in order to advance?" Those who are trying to give to the people of the Western world some of the ideas from the Orient without a recognition of the different conditions existing here are responsible for the promulgation of such ideas.

Unfortunately there are lecturers and teachers in North America today who are telling people of the Western world that the only way to be healthy, happy, and well-developed spiritually, mentally, and physically, is to indulge in these extreme Oriental practices. Some of these lecturers and teachers would have us think that unless we sit on a board of nails, or with crisscross limbs, and think about the "whatness of the nothing," we will never be healthy, happy, or anything else. They give all kinds of formulas, all kinds of procedures, and a thousand and one other foolish things that should be done—all for the purpose of attaining spirituality.

Now a perfectly natural, normal, healthy, happy Rosicrucian is one who gives just as much attention every day to his duties, his obligations, the necessities of life, his business, his social affairs, his promotion of education, and other constructive things, as he gives to his own personal studies. First and foremost, proper diet, proper drinking, and proper earthly contacts should be given some consideration in order that the body may be healthy. The body also needs exercise, and there is nothing like enjoying the reaction from exercise and deep breathing.



You cannot be healthy merely by sitting cross-legged in a sanctum for hours in an atmosphere heavy with incense. A

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little incense and a few minutes of meditation once or twice a day is enough. Good, healthy air and sunshine is far more important to the development of the body physically. It is, as well, almost as good for the body psychically as sitting in a sanctum or in a stuffy room in a cramped position. Again, the Spirit and Soul of an individual should have as much laughter and sunshine as serious thought, prayer, and meditation. A good hearty laugh, or an amusing pastime contributes as much to the harmony and poise of the body, mind and Soul as anything else.

It would seem that we are prone to mistrust what is natural and pleasurable. We question it as though it were evil and thereby avoid many times those things which could otherwise contribute greatly to our growth and happiness. There is absolutely no harm in attending concerts, or interesting moving pictures, picnic parties, or other things that please the mind, change the trend of thought and help us to a balanced contact with other persons. Far from harm, there is abounding good in such things.

Nor is it necessary for the mystic to practice every day all of the exercises he has had in past lessons. If one were to take all of the good exercises given in the past eleven Degrees of our Order, and add the ones in this Twelfth Degree, get up at sunrise and be busy every minute to practice half of them each day, without doubt he would then go to bed more tired, less healthy, less developed, and less normal than when he started in the morning. If all of our members were to try such a thing, we would soon have a large army of fanatics.

In each Degree passed through in the last five or ten years you have received many exercises that you must have found helpful. Some may have been more helpful, inspiring, satisfying, and health-promoting than others. Some may have been of greater help to you than to your neighbor who is a member also. Members naturally will make use of just those exercises, and not the others. In these years, you have had a number of exercises and practices given you which you have found beneficial, and these few you will use and not bother with those given you earlier.

If after arising in the morning, you will use one of the exercises recently given, and sometime late in the afternoon or evening spend five minutes more with one or two exercises, you will be doing all that is necessary to keep up a balanced condition. If you sleep with your bed in the right direction, sit facing in the right direction when you do these exercises, and if you eat and drink normally and breathe properly throughout the day, you will keep yourself physically fit.



If to this you add enjoyable exercise, pleasant company, good music, lots of laughter and fun, you will achieve a normal, healthful attitude of mind. By such means, you will

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outlive the greatest masters who have been merely sitting in concentration, claiming to seek Divine Power. Think of these things during the week, and in the next monograph I will speak more about the forces of the earth and how they affect our bodies, and just a little more, perhaps, about the things that should be done every day by the normal, healthy person.

Remember that the Rosicrucian Order does not advocate fanaticism or extremes of any kind. We only want to have harmony, peace, and a balanced system of living.

May Peace Profound abide with each of you.

Fraternally,

YOUR CLASS MASTER

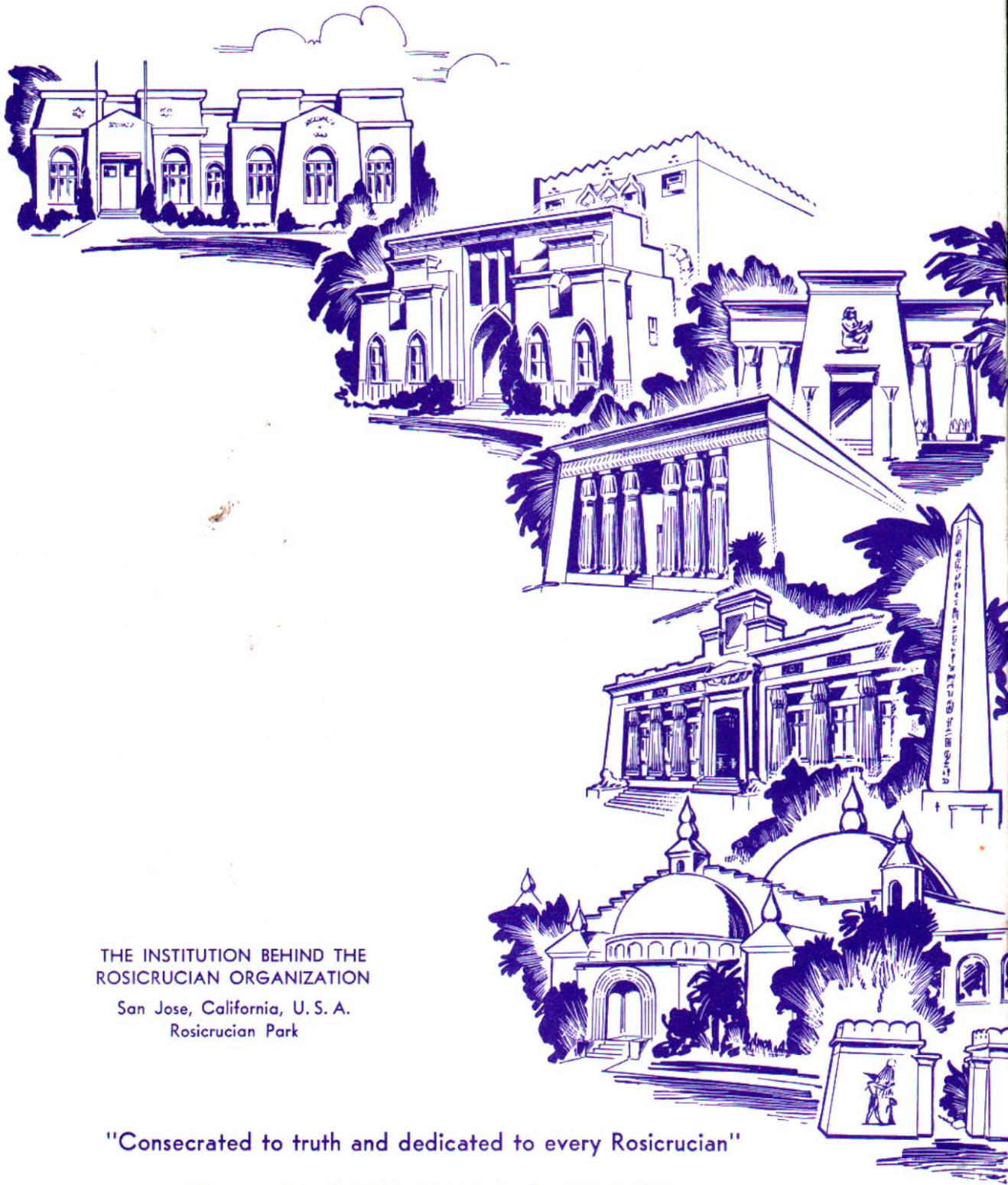


## Summary of This Monograph



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.

- ¶ Ceremonies and rituals as a part of religious observance, particularly those of Oriental origin, hold an immense fascination and curiosity for many of the Western world. Unfortunately, however, by adopting and emulating the extreme and impractical practices, that which is sound and helpful in Oriental mystical and religious practice is overlooked.
- ¶ Our bodies are affected by the magnetic currents of hundreds of vitalizing minerals.
- ¶ A Rosicrucian gives just as much attention every day to his duties, the necessities of life, his health, and to social and educational affairs, as he does to his personal studies and spiritual unfoldment.
- ¶ A few minutes daily of meditation and the practice of those exercises and practices which you have found to be beneficial, in addition to normal eating, drinking, and breathing, and the enjoyment of the wholesome pleasures of life, are all that is necessary for maintaining a balanced condition.
- ¶ The Rosicrucian Order does not advocate fanaticism. We only want to have harmony, peace, and a balanced system of living.



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