

771
MAR 27 1958

LESSON ONE-A

Issued by the Grand Fraternity of the Rosy Cross and
AETH Priesthood.

IMAGINATION AND HANDMAIDENS: DESIRE AND EFFORT,
THE MEANS TO YOUR COMPLETE ACHIEVEMENT.

^{2/24/60}
Your Imagination is the Womb in which all things have their birth or beginning. Man is a Creator because he is capable of imagining things that do not as yet exist and by DESIRE and EFFORT bring them into existence or manifestation. Once you have formed the picture or plan of that which you seek to become or bring into manifestation, keenness of DESIRE inducing you to make consistent effort, will bring you success; be this Spiritualization, Soul Consciousness, Mastership or material achievement. THIS IS THE KEY.

Spiritually speaking, and the basis of the Great Work IS Spiritual, there is a deeply hidden Light within man which, if you will be faithful and consistent in the Great Work, will become awakened and brought into manifestation. This is the essential in gaining SOUL Consciousness. This Light hidden and unconscious in man will become, by desire and consistent effort, the CONSCIOUS SOUL. In Occult literature, this Light made manifest, is "the woman clothed with the Sun;" the Soul being feminine and like the light of the sun. It is also your Glorification of God, your Creator.

God, in the creation of the Universe, was not satisfied with merely a beautiful, bountiful creation; He desired much more-- Coworkers with Himself; Coworkers to take over part of creation in that Universe. To this end He created man in His own image; gave

man a body, mind, and endowed him with a Spark from His own Eternal self under the Divine Law that His creation, man, must prove himself by a desire great enough to make effort to become God Conscious. God gave man the means and the tools with which to work. Man, like God, is responsible for his own creation, be it good or bad.

This Divine Spark hidden within is in embryo the Image of God whence it came. Awakened and brought into Consciousness, it is the "Light of man". This Divine Spark is a definite and separate entity from the physical body; but awakened and brought into Consciousness, it becomes co-equal, and then far superior to the body. THIS IS THE WORK OF INITIATION. The Great Work is to awaken this Divine Spark buried within, into Soul Consciousness and in so doing also harmonize the material self with the Spiritual entity.

The direct intent and purpose of every exercise and drill you will be taught will be to help you to gradually come into a realization--a consciousness-- of the great Light within as well as a development of the powers and forces latent in yourself to the end of both material and Spiritual achievement. In this respect it is necessary to impress upon you several things: (1) It is not what you may know that will bring about Spiritual Consciousness and Success in the world of affairs; but the keenness of your desires to force you to make consistent effort to achieve the end aimed at. (2) That just as the farmer must prepare his soil painstakingly and thoroughly, so must you prepare yourself. You are the "Soil" wherein the "seed" is to be sown, your achievement will be to the degree of your preparation. (3) The instructions for your preparation are simple;

so simple in fact, that you may feel that it is a waste of time to explicitly and consistently follow them. To illustrate the necessity of following all practices in preparation for the more advanced Work, let us call your attention to the fact that if the foundation of a building, possibly hidden in the ground and out of sight is not built solidly, then the superstructure will not be permanent. If the soil for the seeding is not properly prepared, the harvest will be poor. SUCCESS both in the material and Spiritual world depends upon PROPER and COMPLETE PREPARATION. Every step must be taken with care and without shirking any part of it however insignificant it may appear. If you fail in your preparation, if you do not follow instructions, if your desire is not great enough to force strict obedience, aye, if you do not feel anxious to follow, your "house will be built upon sand".

It is well to be conscious of the Biblical command: "Do not put new wine in old bottles." This has direct reference to your undertaking. If you did not seek this new "wine", i.e., this new, Spiritual attainment, you would not have enrolled with us. Having enrolled, it is necessary that you rebuild the old self and this is done by watchfulness of your every thought, desire, passion and all that is undesirable of the old self. Passions must be changed; self control must be learned; direction of all activities carefully watched. You, THE OLD BOTTLE, must be changed--BY YOURSELF--that the new Spirit which will be gradually developed within you can be retained. You will, by your efforts, gradually become a new being; the old "bottle" will become a thing of the past; the new bottle (self) will

take its place and this new self will be well prepared for the new Spirit.

True Initiation in the Great Work is two-fold, and through the process, regeneration of both the interior and the exterior man will gradually take place, until finally Soul Consciousness is attained.

Faithfulness in the practices taught you lesson by lesson in the right spirit (desire and feeling), in conjunction with the constant help and watchfulness of both the visible and invisible helpers of the Fraternity, will help you to advance step by step toward the goal of achievement.

Your first assignment will be the changing of the "old bottle". It is a preparation, step by step, for what is yet to come. Keep your desire to attain vitality alive. Let nothing dismay you. Whatever happens will be under the Law and for your benefit. Your first exercise will be as follows:

Place yourself into a comfortable position, fully relax and be perfectly at ease. Begin by breathing in a slow, rhythmic manner, making no effort as to length of time for either inhalation or exhalation; forget all but what you are about to do. Having established a harmonious feeling within yourself, hold the thought:

"I will free myself from all hindering thoughts and desires; all degrading feeling, and prepare body and mind for the inflow of the Spiritual forces in harmony with the Divine Law that I may benefit materially and Spiritually."

/Repeat this five times, several times a day./ Continue the practice until you receive further instructions.

"I will"

APR 3 1958

LESSON TWO--SERIES A

Issued by the Grand Fraternity of the Rosy Cross and
the AETH Priesthood.

2/25/60

It is taken for granted that you have given careful and frequent study to the former lesson and that your desire is great enough to allow you little or no rest unless you follow--by actual practice--the instructions given.

*There will be no rest until I attain
Mastership thru these instructions*

The lessons taught and the instructions given, though impressive, are of little value in themselves. It is only by the practice--the effort--the sowing of the seed of inner desire--that benefits will follow.

Benefits will follow.

To impress this fact more deeply upon your consciousness, we refer to the former lesson and the reference to the farmer. Though the farmer may have the best of soil, the best wheat to sow, and the time and ability to sow it, there will be no wheat for his bread unless he actually sows it. You have in your possession all that is necessary to achieve both material and Spiritual success, but you will remain weak and a failure unless you do the sowing, *I will* i.e., conscientiously apply by regular efforts, the instructions given you. Every effort is actually a step forward and these steps continued will lead you to the goal you have in view.

It is of the utmost importance that we impress upon you also the absolute necessity of "working the soil" continually after your sowing. By this we have reference to the fact that while you are making effort to awaken the Spiritual self, the Divine Spark, the Christos inert within you, it is equally important that you change your thoughts and your feelings:

A first necessity is to recognize and freely admit that you are human; that you have many weaknesses, and that you frequently give way to these weaknesses by means of the ignoble passions such as anger, resentment, jealousy, avarice and the many many others, and that each time you do this you weaken your self physically, mentally and Spiritually; these passions crowding out the Spiritual forces necessary to succeed. Just as a farmer must continually work his garden or fields to root out the weeds that would destroy his vegetation, so must you as a Spiritual gardener, work incessantly to root out these weaknesses that the goodly emotions may take their place., *To make over my character will bring strength.*

The cleansing of the mind, the feelings of the heart, must proceed HAND IN HAND with your efforts to develop the latent inner Occult forces so essential to your highest degree of development. Recognize at once that God is unable to hear you if you pray "God help and forgive me" while you have unworthy thoughts in your mind; and unGodly feelings in your heart. *How shall I remove all unworthy thoughts? I will try - try - try to banish them all.*

Study time and again the words of a great Master: "Consider this well, Oh Son! that God hath freely bestowed upon you these precious things; Mind and Speech, Reason and Imagination, and these, when rightly used, are the path to all achievement. These things freely given you are like a two edged sword. They cut both ways: One toward life and achievement; the other to weakness and death. The choice is yours!." *Cut only toward right.*

"This knowledge is not of the intellect alone, but must be impressed upon the Soul, that the essence (Spirit) of it will

awaken and help build the Ideal.

"Wherefore of God, who is the only reality, there is neither greatness, place, quality, figure or power that HE is not or that HE will not help his WILLING children to become. HE is the Law; is all; in all; through all; above all, and will help those sincere and honest to achieve all. All this is an Arcanum, a hidden mystery, that you must solve and can solve if your heart is truly in the Great Work to be done."

Continue to practice the instructions given you in the previous lesson and having placed yourself in a comfortable position, entirely physically relaxed but mentally alert to that which you seek to attain, begin to breathe slowly and rhythmically--inhaling slowly and evenly; retaining the breath as long as comfortable, then exhaling slowly and evenly; at no time using force to inhale, retain or exhale. After mastering this rhythmic breathing, place your mind in such a state as to feel that you are ready and prepared to draw into your being the forces of power and exaltation necessary to your physical-Spiritual advancement.

Continue with these practices until you receive further instructions. Constantly keep in mind the thought that you have entered the path of a new life and that all that belonged to the old must gradually be changed into the new. Only in this manner will it be possible to become one of the prophesied "God's chosen", a member of the New Order of the Ages with all its blessings.

APR 17 1958

LESSON THREE--SERIES A

Issued by the Grand Fraternity of the Rosy Cross and
Aeth Priesthood.

v/28/00

To attain to At-one-ment is the actual aim of the earth life, but to accomplish this it is first essential to bring about A-tone-ment. Although these two words are spelled alike, their meaning is as different one from the other as is day and night. Atonement means to "make good" for things done wrong; for debts created; for sins against oneself and others TO ATONE--TO REPAY OR REPLACE. At-one-ment is TO BECOME WHOLE; TO BECOME AT PEACE WITH CONSCIENCE; TO BE IN HARMONY WITH GOD AND HIS LAW.

Make no mistake, THE MOMENT YOU BEGIN TO CHANGE YOUR LIFE, the Biblical OLD BOTTLE, TO HARMONIZE WITH THE LAW, YOU WILL ALSO BEGIN TO HARMONIZE YOURSELF WITH THE DIVINE LAW, THE BEGINNING OF SPIRITUAL CONSCIOUSNESS AND ONENESS, OR AT-ONE-MENT WITH GOD. This is the Mystery of the Great Work, the Divine Secret. At that moment also will the Law begin to function in your favor, to your every benefit.

These were the teachings of the ancient and All Wise Hermes. Therein were truth seekers taught the oneness of God with all that exists; the methods for man's realization of God in himself; the Atonement followed by the Immortalization of the Soul; the Individualization of the personal self into the incorruptible self.

Evil, of whatever nature, IS NEITHER MORE NOR LESS THAN PERVERTED GOOD; OF THAT WHICH IS GOOD IN ITSELF WRONGLY USED OR

MISDIRECTED. THERE IS NOTHING EXISTING THAT IS EVIL IN ITSELF BECAUSE ALL THAT EXISTS ^{IS} ~~WAS~~ CREATED BY GOD. It becomes so in the hands of men because they have free Will to use or MISUSE all things God created: The REACTION of their deeds punishing them for the misuse of that which is good and to their benefit. -

The five pointed star familiar in all Eastern religious philosophies, symbolizes this doctrine of the nature of so-called "evil". When the one point of the star is upward, it represents the good or constructive existing in man and the universe; but when this point is downward, it symbolizes the wrongly directed or perverted good. At the birth of such Masters as Osiris, Buddha, the Nazarene, the apex of the star was always heavenward.

By means of the A-tone-ment you will gradually replace the selfish self by the true, real, inner Spiritual self. This is a process of finding yourself. By continually trying to bring yourself into harmony with God and the Universal Law, you will gradually reach At-one-ment as a result of this A-tone-ment. It is worse than foolish for you to attempt to prevent the Laws of Nature in an endeavor to harmonize them with your carnal self. On the contrary, you must harmonize your nature with that of the universe and in this way come to realize the Divinity--the Gnostic Christos--within your own being. This is the most sublime work in which you can engage; in fact, it is the sole aim and end of our earthly existence. No man, whatever his station in life, can be "saved" but in this manner --he MUST become master of self and know by actual experience that the Christos, represented by the Flame of the Soul, is within him;

that he is truly a Son of God.

To fully enter into this At-one-ment it is necessary for you to separate yourself gradually from all those things which we know to be evil. Much of that which mankind has considered, and still calls evil or bad, is not actually such. The only way in which to understand what is good and what is evil or not-good, is to carefully, impersonally and unbiasedly consider whether a thought, word or act can in any way hurt another or ourselves. If it is in the least capable of giving pain or distress, or bringing loss, either to others or ourselves, then it is evil, not good, and to be avoided; otherwise not. To arrive at this fair judgment we must clear the mind of all previous concepts, as these, however good in intention, may blind our judgment.

While following the instructions previously given, practice deep breathing in the following manner:

Begin by inhaling for seven seconds, retaining for three, and exhaling for five. Repeat this nine times in accord with the symbolic Law. (1) While inhaling, hold this thought and get into the spirit which the words convey: "I will come into harmonious relation with the Divinity within me." (2) While retaining the breath, hold the thought: "God is my Father, I shall know Him." (3) While exhaling, hold the thought: "I shall ask the Father to bless all humanity." Be certain to feel all that these words imply, excluding NONE, for the Spiritual Law includes all, even enemies.

1. I will come into harmonious relation with the Divinity within me.
2. God is my Father. I shall know Him.
3. I shall ask the Father to bless all humanity.

MAY 3 1958

LESSON FOUR--SERIES A

Issued by the Grand Fraternity of the Rosy Cross and
the Aeth Priesthood.

3/2/60

Thought, keen desire known as concentration, and effort are the "tools" which we must continually make use of if we are sincere in our search to attain or become. By thought become conscious of the fact that the Creator saw fit to implant WITHIN you powers and forces, Biblically known as "talents" which, though at present dormant and inactive, you have both the privilege and capacity to awaken, develop and bring these into manifestation for your eternal--immediate and future--benefit in every avenue of life's activity, and though you may be a failure at the moment, you may turn this into undreamed of success. I will

Also become conscious of the universal operating Law: No one, however great or powerful he or she may be, can successfully retard your progress, but you yourself. Failures, and many of the things you now believe to be injustices, are, when rightly directed, stepping stones to success.

Likewise, make every effort to become conscious that the real you, the Spiritual self, the Divinity hidden within, may find peace and happiness even though the body is in want, and that part of the Great Work is to find this peace within, irrespective to the conditions and environments, immediately surrounding you. This is not nearly as difficult as it at first appears once you realize that there are but two realities: Your feelings and the great Light that is the Soul, and that both of these are part of God.

In the highest aspect, though living in this world, you really live within yourself, because if your conscience is free you are at peace, and if you free yourself of fears there is nothing you cannot accomplish.

You are a dual being. The greater part of you is now in possession and under the control of the things that belong to the world, hence temporary and destructive. The worst of these are hate, fear, malice, envy, jealousy, selfishness and being given to anger. These are the "thorns of the flesh"; the "weeds" in the garden of flowers (beauty) and useful things (food for the body). These must be eliminated and replaced by the eternal: Kindliness, the sense of exact justice, generosity, affection, love, devotion, reverence and other like Spiritual food for the Soul.

As long as you give--the word is used wisely--place to these destructive feelings, these "weeds" that destroy the "wheat", food for body and Soul, you keep YOURSELF out of your "Divine Inheritance" because in doing so you fail to develop the inherent "talents", the powers and forces that would bring you success in every department of life; physical, mental, emotional, economic and Spiritual. You remain a slave to your feelings, hence to your lesser self, and in turn to others who have learned the application of the Law to your detriment and their benefit.

Your work is TWO-fold: To develop the "talents" with which you were endowed at birth, these talents or inner hidden possibilities and capabilities awakened by conscious efforts and brought into manifestation, will lead you to the highest pinnacle

of success in any chosen field and, to awaken and then develop the Divine Spark with which you also became possessed at birth. This Divine Spark is the Soul in embryo. If you are to fulfill your duty to the Divine Law this ^{Soul} Divine Spark or Christos must be brought into consciousness.

To seek the Soul, the Spiritual self, is to seek God. You, like all others, have been more or less a failure in all things because you have sought God and your advancement here, there and everywhere, all the while totally unconscious that right AT HOME, right within yourself is to be found the eternal verity, the Christos that will reveal to you all that is as yet unknown to you.

Our Work, your Work, the Great Work, is to find within yourself the Light that is the Soul. It is in this inner Center all Divine and eternal things have their beginning. It is here the Light must be sought and found. It is this Light that will reveal the Soul. It is from the Light all revelations come.

Do not forget the teachings of the great Master, the Nazarene. "The kingdom of God is within you" and must there be found. "Heaven" is not alone in the above, but in the depth within you. It is at first a state of mind, a desire that will not still; this must gradually become a consciousness. All your efforts must be directed toward the accomplishment of this one thing because ALL POWER, ALL POTENTIALITY IS CONCEIVED AND BROUGHT INTO MANIFESTATION BY MEANS OF THIS INNER CENTER. Unless your efforts are toward this end, you cannot help but fail because you have not given your heart and inmost desire to it.

MAY 17 1958

LESSON FIVE--SERIES A

Issued by the Grand Fraternity of the Rosy Cross and
AEth Priesthood.

3/1/60

The Creative or God-power to become what we Will to be is latent within every human being who is neither an idiot nor a moron, but to attain this goal or Ideal requires deliberate and consciously made effort on our part, and it is for this reason that man was given the choice "to be or not to be." There is no such thing as being forced to remain a failure in a Spiritual sense. It is possibly, though not assuredly, true that we may not all be financially as successful as some of us might dream, but great financial success has nothing to do with Spirituality. If the Soul is developed, the possessor of that Soul will ultimately have all that he requires for his well-being and happiness.

The truly great are the Spiritually developed, and the man or woman who so desires may become a god incarnate whether he lives in a hut or a palace; while the mortal who lacks in Soul qualities may be a demon incarnate although all the wealth in the world be at his command. Therefore, to find the Kingdom of Heaven (remember the promise; if you find the "Kingdom" all other things will be added) requires neither wealth nor position, but a lofty and earnest desire to possess or build a Soul capable of appreciating the good and true--beauty and purity in all of life.

It is both our duty and our Work to continually strive to develop within ourselves that Divine Love which is a generator of All-Force, and the only power which is n~~o~~^either fleeting nor temporary.

Each one of us can do this, and the first requisite is the heart's desire for all that is real, lasting and of benefit to the mass as well as to ourselves. You and I are both an integral part of the Great Intelligence, the Divine Over-Soul, and all life surges through us. It is for us to decide whether we shall become an harmonious part of the God-Power or remain antagonistic and foreign to it, hence a failure. The choice is ours.

All genuine development is necessarily from within. It is a process of turning all our Desires inward instead of outward toward purely material things.

Unfoldment is the finding of the "Christ", the Gnostic Christos within, and He is to be found in only one way, and by only one method. It is highly desirable to be possessed of great faith, for faith is the incentive in the Great Work. However, though we have faith but refuse to follow the path of that faith, we shall never succeed, never know God.

This was the life every man was forced to learn to live who sought to pass through the Ancient Egyptian Initiation, and neither man nor the operating Law has changed one iota since that time, nor can any man successfully pass the ordeal and reap of the fruits until he has learned the operation of the Universal Harmonial Law and put forth every effort to live in harmony with it.

It was the attainment of such a degree of Soul growth or Initiation, which became known as the Lost Word of the Master, and was taught in a symbolic manner in the Mystic Fraternities. No one can find, or attain to, this Word except through development of the

Soul faculties, and while this may be given a name, known by a substitute, or otherwise defined, these are not the Word, and do not possess the powers that attainment confers.

The purpose of the interior development of the Spiritual faculties, or of Soul Development, is to first find the Gnostic Christos, the ever burning Fire which is in the Center of Being, to light us on the Way. When you find this, then you will know God, and you will have found the real Lost Word. You will also have rebuilt Solomon's Temple in all its royal beauty. You will have be-
come one of the Initiates of the Great Brotherhood, an embryonic God.

For the month following receipt of this lesson continue faithfully with the exercises thus far taught you. In addition: Lie flat on your back on a bed or couch which is not too soft. Relax as completely as possible and free the mind entirely of the past and its undesirable experiences (you will find this a difficult task but, once mastered, a great help to achievement). Breathe rhythmically and with each inhalation feel that you are drawing into yourself all forces for health and strength and, in addition, power from the Universal storehouse. If you are faithful and consistent in your practice, you will gradually become conscious of these forces becoming a part of you. Study this lesson until its assurances are un-erasably impressed upon your mind to almost unconsciously guide you in all you do.

JUN 4 1958

x
3/5/60

LESSON SIX--SERIES A

Issued by the Grand Fraternity of the Rosy Cross and
Aeth Priesthood.

The Still Small Voice within is the Oracle of Intuition and can be heard only as it is permitted to speak in the Silence of the Heart. Through this Voice we may receive both instructions and guidance from the Universal Father-God. Frequently these come to us through an urge, an incentive, a feeling, or an impression, all called a Voice. To become conscious of the Voice is to have attained to some degree of inner development, Spiritual Consciousness, the beginning of At-One-ment--to know that God and you may ARE ONE become as one.

The attainment of the knowledge that God and man are one, was the aim of all the ancient teachings and training even as it is at this day, though despite our present supposed advancement and achievements, we have not as yet reached the heights to which the Ancient Brothers attained.

The Nazarene taught: "They are not of the world, even as I am not of the world." This should be strictly true. "Man is (may become) the temple of the Living, ever-present, all-knowing God." Your being, your body, may become this Temple, and when you have become Conscious of your Divinity you will have learned to know God; and to realize that God and you are one, this is the At-One-ment. It is then strictly true that man is the Temple of the Living God.

The Soul is that Immortal part of man which came directly from God. It had to take upon itself flesh to enable it to become

an independent being. In taking on flesh, it naturally follows that the Soul is the within, and therefore we repeat, you, your body, will be the Temple for God to dwell in. You will also become the channel through which the Universal Father may speak. Through the enlightened man God ministers to His children, for did not the first-century Master say: "Suffer little children to come unto me." No one can be saved--changed from man to a Godling, or God-like, except by finding the Christos within himself, and this is possible only through man's own deliberate efforts. It is not sufficient to believe one can be saved, or to have faith in the power of God to save, or to claim to be saved; you must make the effort to change the gross into the refined; you must attain the consciousness that the Father and you are in truth one.

"I am the Divinity of man which came to dwell in the Temple of man." This is the great secret of being. You came to earth to learn the mysteries of life. Were you not to experience suffering, you could have no comprehension of what suffering is. Thus you must learn all things through suffering and sorrow--through personal experience, for then you will know what these things mean. The man who reads of an experience, may believe that such a thing is possible, but he cannot know; only he who experiences, knows; this is Wisdom. Thus, it is equally true that you may know of God through study and by faith, but you can only know Him and be like Him when you become conscious of His presence within you. This is the Office and Path to Initiation.

God is always speaking to those who will listen. He is,

in fact, speaking to those who will not, but they do not hear Him, even as the Nazarene said to His disciples, "Having eyes, see ye not? and having ears, hear ye ye not?"

Only within the silence shall you find the Soul and when you have found the Soul you have found the Christos, and, to the degree of your development, God.

Follow these instructions: Sit in the Silence and listen, the Voice will make itself heard by feeling and you will come to understand.

The practice of this lesson is the continuation of that taught in lesson five. As you proceed and feel the power which you draw within yourself by means of the inhalation of the breath, try to see the Prana, perhaps in the form of vapor or light, which you are inhaling.

Within this air that you inhale there is a Vital force which we know as the Prana. As you proceed with this practice you may even come to see or realize its presence in the form of a vapor, a color, a cloud or possibly a light, or feel it as a vibration. You may not be thus conscious of it in the beginning of the practice but as you proceed you will see or feel it and it will be as a revivifying force.

NOTE CAREFULLY: This practice is to be continued throughout the entire first year and not discontinued as additional instructions received. This Prana is a lesser form of the Great Light to be brought into manifestation during the advanced training.

JUN 18 1960

3/6/60

LESSON SEVEN--SERIES A

Issued by the Grand Fraternity of the Rosy Cross and
the Aeth Priesthood.

Your Will is the result of God's Will in action. That which is of God IS God. This is the Law of Hermes. The Infinite potentiality exists in each living, breathing, thinking being and will continue to exist unless destroyed by man himself.

You are finite but may BECOME infinite. THE real you, the Soular self, became encased in a vehicle of flesh so that it would be enabled to FEEL and KNOW; to, by self-mastery, become a CONSCIOUS Individualization of the Flame of God. This is the "key" to the potency of the Will. If your Will is concentrated on the attainment of Soul Consciousness, you will overcome the desires of the carnal self and become conscious of your Spiritual self.

To keep in mind that you can become WHATEVER YOU WILL TO BE, and constantly make effort toward that end, is to finally succeed. This is Biblically called the "quickenning of the Spirit" in man, and attainable only by a systematic effort of development.

Your aim must be to transmute the carnal (animalistic) in you into the human-Spiritual. You are not to kill out or destroy the carnal, but to change it into the Spiritual. In this process of transmutation you will gain the strength and the insight to continue along the Path to Ultimate Achievement.

A thought continually held in mind becomes all-powerfull if there is real desire (love for) as the driving force of thought so that the thought will be "with Spirit". This being true, it has been rightly taught that: "Allow the thought that it may lead to a

choice, and cause an act; allow the habit and it shapes the character; continue the character and it fixes that person's destiny." In this statement is an all-embracing truth, and firmly adhered to, will change the nature and destiny of every human being following the behest.

If it is possible to do so, form a picture of that which you seek or desire to become or achieve. This is of first importance: TO KNOW WHAT YOU WANT OR SEEK TO BECOME. Then sit in the silence visualizing your Ideal at least once a day, at the same time MAKING EVERY EFFORT BY STUDY AND PRACTICE, toward attainment or realization. By doing this your Will (desire) will become a magnetic attractive force nothing will be able to resist. Your heart will be in the effort, and you will gradually forget all else in the gradual accomplishment of the one desire. This is true in relation to material things, as it is with the things of the Soul.

By this method of practice you will in time be able to Will yourself into any state of mind you desire. This becoming or attaining cannot be accomplished in a day or week. It will depend on the end sought; the degree of concentration, and the effort made.

From the very beginning you will feel a sense of assurance in exact proportion to your inner desire and feeling. You will become aware of the gradual awakening of an inner Consciousness of the development taking place.

Perseverance and patience are essential in all Occult activity. To the exact degree you exercise these qualities you will ultimately succeed. Without these you will continue to be a failure

and a slave to circumstances and environments.

Once you engage yourself in any special activity, continue with it doggedly. Do not begin with one thought or desire today only to change it on the morrow. To do so is failure. Do not be a babbler. Talk little but think much. Do not discuss with others, other than your instructor, of your inner desire. To do so is to create opposition and retard your growth and progress. To talk much is diffusion; diffusion is weakness; weakness ends in failure. Only by observing the operating Law can you achieve success and attain your Ideal.

Bear in mind that the praise of the world is fleeting; to talk or work for praise is vanity; vanity leads to a fall. Seek only the approval of your inner self and you will have God's sanction of your efforts, and gradually become conscious that He is with you to the exact degree that your heart is with Him.

Do you honestly and sincerely desire to gain your freedom from environments and circumstances? To control your own destiny? To chart your own course? To attain Soul Consciousness? Then study, not merely read, this lesson time and again until it becomes part of you; controls and guides you. Continue the practice of the instructions contained in Lessons Four and Six until you receive your next lesson.

JUL 3 1958

3/7/60

LESSON EIGHT--SERIES A

Issued by the Grand Fraternity of the Rosv Cross and
AETH Priesthood.

The work of the Alchemists (the Changers of things) had in view Initiation, or the bringing of the Soul into Consciousness by means of finding the Christos within. If you, the Neophyte, will proceed systematically with your practices you will eventually find the Alchemists "Philosopher's Stone" and the "Elixir of Life."

The Alchemist's "baser metals" symbolize the carnal and degenerate habits and emotions so universal in man; but exalted desire and noble Ideals in the mind and heart of you, the Neophyte, energized by a strong Will, can transmute (change) the lower into the higher--the intent of Initiation-- the gross "metals" into the pure gold--the Soul's Consciousness.

Consciousness of Soul and Initiation mean one and the same thing, differing only in degree. Always bear this in mind.

Mankind generally is seeking in the outer for a saving Christ, instead of looking within. The Christ principle is latent in every normal person. This the latent Spark awaiting being kindled into a Spark or Flame and brought into manifestation. Your Work is to prepare for this greater Work by developing the lesser light, the Prana.

The Divine principle or Spark in man is the Gnostic Christos, and when this is finally fully awakened by you it will dominate your personality and you will become an individual, a free independent being, subject only to God and the Great Law.

Alchemy, now as of old, is the Divine Science of transmuting the baser metals, or passions and emotions now holding you in subjection, into the pure gold that is Spirituality. It is at the same time the development of the hidden possibilities of your Being; the perfecting of the Biblical Temple of the Living God.

The "Elixir of Youth" and the "Philosopher's Stone" so much spoken of in Alchemic literature, are the "One Thing" of the philosophers; the VIRIL essence of Lytton, and the Viril forces that alone can bring full success. By virtue of these the mind, the body and the Soul, will become REgenerated; health and strength of mind and body obtained.

The "Philosopher's Stone" differs but little from the "Elixir". By the "Elixir" you may cure yourself; by the "Stone" others may be cured.

All of these things are accomplishable by the faithful, consistent and persistent STUDY AND PRACTICE of the instructions you are receiving from us, and by holding firmly and steadfastly to your Ideals. By doing this--STUDYING AND PRACTICING REGULARLY--you will attain to Soul Consciousness and final Initiation; bringing about the complete REgeneration of your whole being.

In the practice of this lesson you will arrive at the third stage of the primary regime of preparation. First of all, and to be continued, is the practice of the inhalation of the vital, virile forces, possibly in visible form seen as a vapor or light. Though these forces do not always become visible, they are developed more and more by each successive practice. As these forces are developed, they may be directed by an exertion of the Will, to the part of the body in need of repair. This is known as Centralization.

If you as a Neophyte, seek to attain to the highest degree

of development you must learn to recognize the difference between mental forces and those of the Soul, the Soul forces manifesting as feeling.

Always bear in mind that you can succeed in becoming an independent being, an individual only by means of a determined effort directing your actions and holding you steadfast in your desires. Your mind is the delineator and director. The Secret of Life is found in the correct use of vital, virile forces and their exaltation. Everything that you as a Neophyte can do, is capable of being degrading, leading to failure in life and death; or exalted Spiritually, resulting in greater life and success.

It is essential that you have at all times in mind the desire, and make the necessary effort to raise up ALL of your forces, physical, mental, creative (sexual) and Spiritual and at no time permit yourself to debase them. To accomplish this and do it subconsciously will naturally require time. It will require possibly two years of effort--study and practice--to prepare the "field," YOU AS A WHOLE, for the more advanced or Arcane work but, as pointed out in the first lesson, this preparation is absolutely necessary.

Continue the practice of the instructions given you in previous lessons until you receive Lesson Nine. In conjunction therewith constantly keep in mind your desire; the idea and the Ideal of that which you seek to become or attain. Let nothing other than duty interfere with your efforts.

Correlative study suggested as a help, not commanded: DIVINE ALCHEMY, a strictly private book. This requires a special contract to be had on request. EULIS, a book on like subject, but not as advanced in practices taught.

JUL 17 1958

4
s/b/cc

LESSON NINE--SERIES A

Issued by The Grand Fraternity of the Rosy Cross and
Aeth Priesthood.

Desire is the incentive to all human activity. It is at the root of all the emotions and passions man can feel. It is the Golden Key to all achievement. Desire manifests in a duality of action known as action and REaction. Pleasure is a desire satisfied. Sorrow is desire defeated or obstructed. Hope is the prospect of the gratification of a desire. Fear, in one of its aspects, is the possibility of desire unfulfilled.

Love and desire are basically synonymous terms. Love may well be termed the highest desire. Both love and desire are AN INNATE WANTING FOR SOMETHING. The greater these are, the more effort is made for their fulfillment. If you really have desire for something, or for a certain attainment, then it will permit you no rest until you make every effort to obtain or attain it. If you truly love something then you are willing to make every effort and every sacrifice that such love become a reality by coming into possession of that which you love.

Fortunately for the human Soul, if the possessor has an Ideal, and if the attainment of that Ideal is his object, then by the incentive of desire or love, it may be brought into realization, and on any state of being on the physical plane, as well as on the Soul or Spiritual plane, or both in conjunction with each other.

Men have for centuries been erroneously taught and have accepted it as a truth, that it is not "natural" for man to love

and pursue the good and true. That this ideal is not actually a part of his nature. Herein lies the cause of failure in both the world of matter and fact, and the lack of exaltation on the Spiritual plane. Lack of an incentive other than to satisfy the physical carnal self, leads men to an attempt to satisfy an inner longing or urge normal to men by means of what are called "pleasures", which satisfy for the moment, but leave the victim, for such he is, less satisfied and less peaceful than he was before.

All men's actions are based on the nature of their state of being. Their error is in forgetfulness or ignorance of the fact that they are dual in their nature; in misinterpreting their desires, and in failure of using their reason to analyze their desires and to learn to know what is best for them, and refuse to indulge in acts, thoughts and desires, harmful to both their physical and Spiritual being.

In the duality of man's nature which he must learn to understand and wisely govern, he will find that the opposite of love and desire is aversion or inertia. This aversion or inertia, must be eliminated by awakening desire; DESIRE INDUCING ACTION; ACTION BRINGS SUCCESS AS A REACTION. Hate, like aversion, is an opposite to love and desire. Man does not actually and naturally hate anything in itself, but hates because he believes that the thing he hates impedes, obstructs and interferes with his attainment, or securing for himself that which he seeks, being unaware that the failure lies within himself, and not in the things that oppose him.

If you, as a Neophyte, are wise, you will "bethink" yourself

before you act. You will turn your desires in the direction of only those things which in their nature are eternal or perpetual in their action.

If you will balance your nature and your efforts--your vocation and avocation, duality in harmonious activity--then the whole of yourself will gradually become converted--that is, Biblically speaking "changed over", Alchemically, transmuted into what you should become, what you may become.

To fully understand this one Law and work in harmony with it, is the secret of a perfect mortal and Spiritual life. The basis of desire must be Spiritual because that is not changeable. This was the key to the old Alchemist's secret of power and you as a modern Neophyte must follow in the footsteps if you desire to reach the goal Initiation has to offer you.

This ideal of love and desire in its relationship to your becoming, is an Etheralizing, Fertilizing, Activating Creative Fire. It was variously known to the Alchemists as the Essence, Mercury, Creative Spirit and the Holy Ghost, the descending and uplifting Fire through which alone you may come into the fullness of Life and Love. The attributes of these potentialities are many. It is your mission as a true Neophyte to find within yourself the Light, the Life and the eternal Christos.

Practice the following Mantram in conjunction with the exercise taught in Lesson Six until you are further instructed: "I will endeavor to transmute all unworthy desires into the Spirit of my Ideal. I will constantly make every effort to attain Spiritual Consciousness, that I may reap the fruits offered me in exchange for my efforts."

JUL 30 1958

*

3/9/60

LESSON TEN--SERIES A

Issued by the Grand Fraternity of the Rosy Cross and
AETH Priesthood.

SALUTATION OF THE MASTERS: "To the Priests, Illuminees and Initiates of the future be, therefore, all health and glory, and the Light of God within them to their nature's sublime exaltation! Yours be the scale of the sages, and the Philosophical Garden of Love! We beseech you, good brethren, everlasting friends, by the Crown of the Christos; by the Chaste Light of the Holy Ones; by the sweetness of Osiris and Isis--which is the jewelled, glistening Star of Lucusta--to purge the world from darkness by means of the clarity of intelligence, and by means of the creation of a loftier symbolical structure to accomplish the evolution of a mighty Ministry of Service. To you, standing in the foremost files of time, is committed all within the Cosmos, as plastic material, to be fashioned by your Illuminated Imagination for the use of the Sons of the Future, whose Fate is in your hands. The Light that never was on land or sea is within you, and our work is to help you find it."

It is within your power to project this Light over the visible universe, and to thus accomplish the complete transfiguration of the world. The Cosmos is the inheritance of the Imagination, it is like potter's clay to be shaped by you however you will. Man is triune in other than the recognized order. There is, firstly, the outward man who is capable of a perfection, a beauty, a glory, a joy and a happiness of which few at present have scarcely dreamed. There is also the interior man, the mystery of which can only be

unveiled by the Sun of Righteousness, which will be revealed to you in your own desire and efforts. There is, finally, a seldom discovered plane of being within you of which very few are aware, because most of their life is motivated by material thoughts and desires, and little or no opportunity afforded this plane to open up or permit exploration, with the result that man passes through life with a rare jewel in his possession, wholly unaware of its existence.

There is likewise a great portion of the real man of which the Spiritually unconscious man has but slight knowledge--a realm in the Subconscious wherein is recorded the history of all past lives, and the knowledge gained throughout the centuries. A realm that may be opened by desire and conscious effort and be a guide throughout life. In this Subconscious is likewise hidden the mystery of life itself. A mystery that can be unraveled only by following the one narrow path, through but one entrance.

If you would know yourself, you yourself MUST pass through this gate. If you would KNOW yourself, you must span the depths, the height, and the distance of that seemingly withdrawn separate part of yourself which you now cannot recognize because you are not conscious of its existence, but which is in conscious touch with the Diety. It is possible for you to successfully undertake this sublime journey into the realm of the past. It enables you by TRYING, to really come to know that part of yourself which appears to you only as a vague dream; a feeling of something lost; of a desire for something unknown, but which you feel exists.

The Ancient Brethren understood all this; to them it was an

open book, and carved the command:

MAN, KNOW THYSELF

over the doors of their temples.

In giving this command, they implied, and in substance promised all who obeyed the injunction, that if they truly TRIED, they might come to know themselves, and in so doing, solve the mystery of life and learn to know God.

The Way is open to YOU. The Master of all Master Teachers has so declared. There are, unfortunately, but few who are willing to follow the Path to the end of the trail.

To come into a full comprehension of the mystery of life it is necessary to LIVE the life; not merely to read and dream about it. Wishful thinking is a waste of time and energy. It is essential to be temperate in all things. To be antagonistic to nothing. It is necessary to be of unbiased mind; to be willing to listen that you may analyze and find the truth for yourself. It is essential that you perform your full duty to yourself, to friends, to family, to those who help you along the way, aye, even to those unfriendly to you. You may neglect no duty, and your actions must not be governed by what others do, or do not, do. Look and work for Light, Life and Love in all things, and not be misled by any one, or any thing. Meditate upon the why of all things, and by so doing find the Center of your own being.

For the period of this lesson continue with the instructions given in the former lessons.

AUG 18 1958

3/10/60 x

LESSON ELEVEN--SERIES A

Issued by the Grand Fraternity of the Rosy Cross and
Aeth Priesthood.

Once the Neophyte begins to comprehend the Esoteric truths taught by the August Fraternity, coming into the Spirit (feeling) of the teachings and in au rapport (inner harmony) with them, and, as a result of faithful practice, daily realizing more and more certainly that he is gradually developing within himself, here and now as part of himself, though as a distinctly separate self, a prototype of the world's great Anointed, or "select" who attained full Christic consciousness and who are now secretly and silently working among men to bring about Soul Consciousness in the individuals who seek to rise above the common mass of suffering, sorrowing human creatures, and help establish the Fraternity of men for the purpose for which the true Rosy Cross was founded; he will also awaken to, and become conscious of, the Ideal he seeks to personify in his life and in like measure free himself from the many undesirable environments that now bind him and restrict him in his accomplishments and attainments.

With the new aspirations there are also created new powers and forces to help him in that which he, as a Neophyte, seeks to bring into manifestation, and as he proceeds faithfully, consistently and with determination to fulfill the Law, becomes conscious of a formerly unknown ability to make use of usually dormant faculties. He likewise begins to realize an ability to regenerate his Will and direct it in the Spirit of these Arcane truths. The basis of his efforts will become Spiritualized and become conscious of this by

the feeling or sensing of being lifted up or exalted. This new being he is gradually bringing into birth, is actually a REbirth; whence will proceed all his future powers for achievement on all planes of being. It is a Spiritual being, an AETHERized being; separate, yet part of his human self. All who so achieve will be the "select" of the Age prophesied by St. John.

Slowly, gradually, but surely, the Neophyte will gain a new comprehension of life and the part he is to play in the human drama. He will begin to realize why the mind began functioning concurrently with his physical birth, and recognize the possibility inherent in his mentality when wisely and creatively directed.

That in exact proportion as the mind is potent to bring evil into the world and upon himself and others so, when rightly directed it is a powerful impulse for good, the eradication of evil, and the establishment of an Eden in his life and in time on earth.

In due order it will become apparent to the Neophyte that the properly functioning mind, wisely directed, is in truth and fact a generator of forces creative of all that is desirable. Forces and powers which, up to the present time, except in rare instances, have been employed and directed for solely selfish purposes, the REactions of which have nearly always been to the detriment of the one who brought them into activity.

This knowledge is not gained in a day or by slight efforts. It is a growth into a development of man's fourfold being. It is wisdom gained by experience. The Neophyte from here on, if at all wise in his desires, will, like Solomon, seek for greater Wisdom,

and begin the construction within himself, or the REconstruction of himself, of the "building not made with hands;" the Temple described in Biblical lore, built by Solomon in which he officiated as God's Priest. This REgenerated body, this Temple, will be after the exact pattern and desire in the heart of the Neophyte, and the effort he will put forth to bring this about.

This effort must continue, despite all opposition and discouragements in its early stages and in the payment of Karmic debts, until his carnal self has become the Temple, a fit dwelling place for the awakening Soul and, collectively, body and Soul are prototypic of the Illuminated, the "select" of the New Age or Manistic beings.

During his development, if he is honest and sincere with himself, the Neophyte will gradually gain an ever clearer insight of the cause of all things and conditions, and become conscious that all misfortunes, formerly so discouraging, possibly including failures and loss of friends, were, ACTUALLY, STEPPING STONES TOWARD HIS SUCCESS AND ATTAINMENT.

Continue, regularly, with both the study and practice of the instructions you have thus far received. Let the letter of the Mantrams become the Spirit in your upliftment and progress toward the ultimate achievement.

3/11/60

LESSON TWELVE--SERIES A

Issued by the Grand Fraternity of the Rosy Cross and
AETH Priesthood.

The Neophyte entering the phase of development mentioned in the last lesson will, if faithful to study and practice, gradually attain to a degree of assurance and stability that will fortify him against the depression of his spirit that he may at times experience. All things will begin to appear to him in their true significance, and he will know how to cope with, and make use of them, just as for instance, the mason, as the result of long experience, is capable of placing each stone to be used, whatever its shape, in the building under construction.

The Neophyte, if truly sincere and in earnest, must slowly, sometimes painfully, and often with sincere regret, lay aside his prejudices and personal opinions, and recognize that all things that exist have some use and purpose in the building of the Spiritual temple and its Priesthood, Biblically speaking, the Priest being the Soul and its idealistic attributes. That in his hands, the seemingly undesirable is material to be used in reconstruction, just as the rough and unfinished wood in the hands of a master carpenter has its use and place in the construction of the Palace of the King, even as it does in the building of the dwelling for the worker.

The Soul of man was granted the privilege of birth on the earth plane for the express purpose of becoming a BUILDER. In this we find the esoteric meaning of the beautiful allegory of the Temple of Solomon. Man, to be worthy of the term "builder" in its

Spiritual sense, must construct for his Soul a Sol-om-on-ic temple. It must in truth be erected without "sound of hammer" because it is composed of flesh and blood, mind and Spirit, love and affection. It is the temple to house the awakened Soul. When the building is finished and the Soul has become Conscious and Illuminated by Wisdom, then it is become one of the "select" of the New Order of the Ages.

Man is potentially a creator. God has so endowed him that he might be a co-creator with Himself. Such is Manisis, Messenger of the New Age, as are all full Initiates. What then is the first requirement to bring this new being into manifestation? Harmony! Harmony within himself, and between himself and the Law. He must constantly try to establish this harmony in his four-fold being. By doing this he will be developing his whole being, and at the same time travelling toward Divinity.

The Neophyte must overcome the undesirable step by step and, unless he constantly utilizes his creative energy for this purpose, (*) he will always remain a weakling; the plaything and pawn of those who are mentally and physically stronger than he, even though possibly more evil. Only the Soul that overcometh has the right to the possession of power. What is the thing to be overcome? In every man there is an Alps to be crossed--a physical, mental, selfish mountain known as ignorance and selfishness and carnality. These three, together with all their various ramifications, are directly in the way of all true development. The ignoble display of littleness so much a part of most of us, must be changed;

(*) See The Exalted Life for exemplification of these instructions.

SEP 4 1958

must be transmuted into Affection, Compassion and Graciousness, and the birth of a desire to be of service where there is actual need, yet never to permit himself to become the slave of the selfish, nor permit himself to be imposed upon.

Selfishness is the canker eating away the substance of the Soul, just as cancer destroys the structure of the physical body. We, and we alone, develop or destroy the Soul by the thoughts we think, the desires we harbor and the acts we commit. Mastery of thought and desire is therefore the fundamental basis of all true physical and Spiritual reconstruction. Unless our thoughts become clean and uplifting we will not be capable of building the beautiful and perfect temple for an Immortalized Soul.

What or who is he who REcreates? Our thoughts and desires, followed by ACTION in accord with them, are the builders of our character, and character is basically of the Soul. It is wholly within our choice and privilege whether our thoughts and desires will be constructive and for health, success, peace and Immortality, or toward greater discontent, failure and final annihilation. We alone are responsible for what we are, and what we will become.

In the religious precepts of the past age it was written: "He that saith, I know him, (the Christos) and keepeth not his commandments, (obeys the Divine Law) is a liar, and the truth (God) is not in him."--1 John 2:4. This is always true. It is not by faith alone, but by faith AND OBEDIENCE TO THE LAW, that we become a Initiate and Master.

SEP 17 1958

3/13/60

LESSON THIRTEEN--SERIES A

Issued by the Grand Fraternity of the Rosy Cross and
Aeth Priesthood.

Within you there is hidden a Divine Entity you may bring into manifestation and develop if you will not merely read these lessons but study them time and again and ACTUALLY PRACTICE THE PRECEPTS TAUGHT. As you progress you will begin to feel, then to know, that the Spirit which came from the Father is within awaiting resurrection. This brought about, you will become conscious of your Immortality.

In this procedure there is neither smug self-righteousness nor a holier-than-thou attitude. It is in positive humbleness so strong as to brook no interference with the effort being made to accomplish this inner awakening and outer manifestation. With progress in the Work will be born a feeling of certainty and the assurance of ultimate success.

Religion in the sense the Rosy Cross recognizes it, is not a creed or a formality for a one-day-out-of-seven observance in order to be acceptable to a recognized group. On the contrary, it is a constant, uninterrupted, living, vital reality of being which is manifested in your every thought, desire and act. It is the LIVING OF THAT WHICH HAS AWAKENED IN YOUR HEART. It is a regime of life that must, and will, lead you to success. Religion, in the present Manistic Age, the Age of true Manhood, is that which you are, because by desire you have built it into every fibre of your physical structure; your Spiritual inner being; making itself

manifest by every act of your daily routine; benefitting not only yourself but all others. It is the fulfilling of the Nazarene's command: "Let your Light so shine (your life be such an example) that all men be drawn up (be led to follow in your footsteps)." Religion is a LAW OF LIFE. The living has the potentiality to overcome all evil Karma, all indeptedness to the Law; all your environments and circumstances and free you from every shackle that holds you enslaved.

As you gradually substitute this manner of life in place of your former uncharted existence, you will also be engaged in building "the temple not built by hand" the while you are awakening the Christos, the inner Spiritual self. In learning to live in harmony with the Spiritual Law you will also harmonize yourself with the Laws which will bring you health, peace of mind and mundane success. Your discriminating faculty will become clear, keen, penetrating and to see things as they are, not as you formerly believed them to be and to your own betrayal.

Whether you will obey or not, all your thoughts, desires and acts will be judged by the Divine Law and the REactions--benefits and punishments--will be in accordance with the Law. You cannot evade anything you have earned, be this good or ill. Your reaping will be according to your sowing--according to your efforts and the Spirit in which made. It is highly important for you to always bear in mind that a good deed poorly done or with reservation, will not bring good fruit; the fruit being according to the nature of the tree--your inmost feelings.

St. John, in referring to the Master Teacher who was to come and establish the Christic era, as we are now engaged in bringing about the Manistic, both taught and manifested the cycle then begun, said: "The Word is made flesh and dwells among us." This was not a meaningless phrase, but voices a process of every day BECOMING. It is an exact truth, a fundamental Law that you and every Neophyte have the opportunity to verify by obedience to the Laws that govern every day life, these Laws being equally Natural and Spiritual. The WORD is the Spirit that must become the incentive of your every acts of life. It is the incentive (feeling) that incites you to those acts which will bring you into contact with the underlying invisible forces and powers which will first be FELT by you and by proper directing bring you au rapport—in touch—with everything in heaven and on earth that will help you to achieve material success and Spiritual enlightenment. In this New Order of the Ages, it is the manifestation of Manisis in your personal life.

To make the Word become flesh, i.e., take on form, is neither more nor less than for you to manifest this in the activities of your physical self, your mind and Soul. An absolute necessity to a complete life.

The Word though Spirit, is the substance with which you will build the Temple--remember the saying of the Nazarene: "Ye are (have become) the Temple of the Living God," the Soul, become Christic or Manistic. If you will honestly accept and apply the instructions given you and gradually come into the Spirit of them so that they will manifest through the flesh--your every activity in life.

Such effort does not demand of you that you become a recluse or give up the good and desirable things in life; merely that you live within the dictates of the Divine Law, avoiding all that is not to your benefit.

Associate study: Soul Consciousness; or Philosophic Initiation.

3/14/60

LESSON FOURTEEN--SERIES A

Issued by the Grand Fraternity of the Rosy Cross and
AETH Priesthood.

In the process of the Rebirth of the old into the New Being that is the hope of the world and the theme of all religious inculcations of the past, as it is of the present, it is requisite that the Neophyte permits himself to think only of such thoughts as are constructive in their nature and, as nearly as possible, live in accord with them. As a result of his successful efforts the Neophyte gradually builds his temple as a fitting habitation for a Conscious Soul and as a consequence, both in a Spiritual and material aspect, he will be able to control conditions which would bring ruin to the unenlightened and unregenerate man, while he will achieve success where otherwise failure would be certain.

In the continued practice of correct thinking and dynamic living, the Neophyte will gradually, though possibly very slowly, attain a readiness and willingness to rightly adjust his thoughts, words and actions from the Spiritual standpoint without an irksomeness or a too-good-for-the-world attitude. With this practice a quickening of understanding will come, and an increase of knowledge heretofore undreamed of, as well as the wisdom of how to definitely adjust himself and conditions to every relationship in the natural and material sphere of action; no more will there be present that lost, forsaken, fish-out-of-water feeling that some fear.

The knowledge of how to achieve the influx of Light, Life and Love from the above, or surrounding spheres, will be concurrent

with his advancement; the Neophyte thus gaining a three-fold benefit: He attains to Spiritual upliftment and its power; he becomes possessed of the means of adjusting his forces so that he may direct them in the natural and material affairs of life and he begins to comprehend that he is, or at least, may become, the Awakened Christos; possessing potentially all the powers that his Creator intended him to utilize in the various interests of his daily life.

This knowledge and its correct application will not only help him to make of himself a full man, but likewise Spiritually ordains him as a Priest in his own temple. He will learn to walk with God in peace, knowledge and understanding; therefore contentment; as did his fathers of an age we know little about. He becomes at-one with the "select", the "annointed" or guiding star of the New Age we have but lately entered, and the birth of which is being severely felt by the millions of the world. Both the great depression and the second world war are in fact no more than an adjustment, a balancing, as it were, of individual and Cosmic accounts, and the gradual and final elimination of those severely "found wanting".

As the sincere (*) Neophyte proceeds with his labors and his progress continues, his judgement will gradually become clearer, and this will in its turn help him to establish a balance between his reason and the rapid awakening intuitive faculty; all as a result of his consistent effort to know and to become.

(*) The terms "sincere" and "faithful" are so frequently used for a purpose. Only those who actually study their lessons and faithfully practice the instructions can be considered as Neophytes and will be capable of becoming Initiates; others are "enrollees" but not truly Neophytes.

This awakened intuition must be balanced with reason. It is reason that determines the application of intelligence or mental activity on the natural plane; while intuition reveals the light of intelligence on both natural and Spiritual worlds; in this manner man becomes a two-plane being.

The attainment of the clear inner vision sometimes termed Spiritual perception, and the intelligent and conscious exercise of this perception, permeate the Neophyte's whole character with the quality of equity--the Spiritual side of justice. This faculty of regenerated judgment is the mediator between the natural and Spiritual life. It is the recognition of the "Word" so much spoken of in Arcane literature. What is this Word? It is many things, or rather many different attributes of the one reality. It is a Fire from heaven. It is a spark of the Fire of the Soul of the world as of the man. It is from the Father who, in this sense, is the Creator of both heaven and earth. It is Life. It is the "Light that lighteth every man that cometh into the world"--that is to say: of every Soul that is brought into Consciousness. Above all, it is GOD MADE MANIFEST IN THE LIFE OF MAN.

SPECIAL NOTE: If the instructions given in Lessons Eleven to Fourteen inclusive, were fully studied and faithfully practiced, ordinary man would become SUPERman. Study and restudy until you comprehend every word in them.

OCT 22 1958

3/15/60 +

LESSON FIFTEEN SERIES-A

Issued by the Grand Fraternity of the Rosy Cross and
Aeth Priesthood.

The desire to KNOW the truth, a willingness to LIVE in harmony with the truth, are essentials in the development of the Divine in man and in establishing the Manistic nature.

That the Soul may attain to Consciousness, the Divine which is the Christos, must become awakened, developed and permitted to govern all action. It is well to fully understand that this is a principle, and not a person. There should be a clear understanding that we are not speaking of a person who has been taught to have been Jesus the Christ, but the Christos which the Nazarene brought into individuality within himself; the Christos or Soul implanted in the inmost being of all normal men and to become awakened and brought into consciousness. The efforts of the Neophyte are to the end of bringing about this awakening, then proceeding to change the personality into an individuality wherein the Christic predominates.

This principle or Spark from or part of God, was known to those who taught the Greater Mysteries in the Ancient Initiation to enable Neophytes to become Initiates or Masters. The Mysteries were two-fold, having in view the development of the physical man: body, mind, feeling, and the awakening of this inner being, the Christos, an immersion or baptism in the Light. More Light has been the need throughout the ages. This Light is to be found by all who are truly willing to make the effort; to THINK, DESIRE, FEEL and ACT making it possible for the Light to manifest.

In the centuries past it was erroneously thought that only those who called themselves "Christians" could know the "Christ." This has been due entirely to the fact that this "Christ" was thought of as a person, rather than a Divine Principle hidden in all men, whatever their creed, and possible for them to bring into manifestation to their physical and Spiritual welfare. The old age has passed and with it has come the need for a restatement of basic principles. To make this easier by getting away from the old erroneous ideas, this new age has been designated as the Manistic, the principle being the same.

QUESTION: As I understand it, for the present age or cycle there is, as in the beginning of all new ages, an interpreter. That this interpreter is known to the Elect as MANISIS, just as in the dim ages one was known as OSIRIS, and at the next cycle, that of the Christian era, as the Nazarene, or more generally, Jesus of Nazareth.

In general, your supposition is correct. Each age comes under a different dispensation and requires a new Interpreter of the Divine Law. Such a one is born for that express purpose in every new age. In this new age, he will "save," not by faith in him, but by showing men THE WAY they must follow. He will not claim to save anyone, but to show each one how HE MAY SAVE HIMSELF by bringing into manifestation the Divine Image of his Creator hidden within himself.

MANISIS is not to be prayed to as churchmen have been taught to pray to the Nazarene who attained Christhood as may they. In truth, the Nazarene NEVER indicated that men should pray to him, but that they should THINK, DESIRE and LIVE to BECOME as he had

attained. It was due to the erroneous belief that another might save men that the Christian age now coming into full fruitage, was such a colossal failure, giving birth to all the evils from which men suffer today.

The people of practically all creeds were led to believe that responsibility and guilt could be shifted to the shoulders of one who had labored centuries ago and that an appeal to this one would result in the forgiveness of all their crimes and free them from the necessity of paying for them to the "utmost farthing."

Manisis, the interpreter of the Laws for the New Age has not come as a forgiver of man's sins, but to point out to them the WAY, the TRUTH, and the LIFE they must LIVE, in order that those who are ready and willing to do so will attain to Conscious Immortality by freeing themselves from their indebtedness to God, the Law and their fellow men. In a Spiritual sense, one may call upon MANISIS as he may call on the Heavenly Hierarchies, for aid, but must pray to God for their forgiveness while they are paying their indeptedness.

Men must be divided into two branches: Those who are seeking freedom from the ills of the world and their own evils by attaining personal salvation, and those whose aim it is to attain to full Soul Consciousness; becoming Initiates like those of the Greater Mysteries of Ancient days, and those of the later Initiate Fraternities. These will be the "Elect" or "Select" of the present New Age.

You, who receive these instruction, chose this later Path. If you are both studying the lessons and LIVING the life taught, it is certain that you will succeed both materially and Spiritually and become free Souls.

NOV 5 1958

3/21/60 +

LESSON SIXTEEN SERIES-A

Issued by the Grand Fraternity of the Rosy Cross and
Aeth Priesthood.

QUESTION: Does the statement that the New Age World Teacher has not as yet attained the status of a world leader imply that he is not recognized as such by the people?

ANSWER: Not altogether. Manisis is prepared, competent and authorized to teach and is at the head of the world movement, but he feels the world is not ready to receive him. To assume the heavy burden and responsibility in the presence of a critical and doubtful world would be to invite bitter denunciation, accusation and persecutions that would be heaped upon his head as soon as he proclaimed his mission and his authority from the invisible Brotherhood to perform the same. He has thus far, much like Noah from the Ark on waters, sent out a few "doves" to discover whether any dry land (acceptance of the doctrine of personal responsibility) has appeared above the waters. Like the doves of old, these returned without leaves. He has some devotees (disciples) now among the people, warning them of the coming world crisis (*) and teaching them concerning the inheritance of the American people of the legacy promised to Manasseh, and others to heal the world's ill. Churchmen have scorned and bitterly assailed the teaching that the true Americans were the children of Manasseh and therefore destined

* This was first written in 1913. The correctness of the prophecy was proven by the first world war, the depression, the disloyalty of many to the country, the second world war and all the unbelievable evils and betrayals of the people by selfish politicians and traitors of country.

to become world leaders and founders of the New Age if they accept the mission.

How soon Manisis will assume open leadership is a question which you must help to answer. If you and the rest of the world assume an attitude which will continue to be self-damning, because inert, he may never "come" but leave it to his co-workers to carry on. The Nazarene had only twelve disciples with which to begin his mission. Despite the fact that his teachings were misinterpreted in many details; they have become familiar to more people than any other inculcations. They would have reached many more; might have been accepted and practiced by all the world, but for these distortions, and the fact that they were made into doctrines instead of Spiritual realities. Manisis has now more than a hundred disciples, many of whom are working silently and secretly. If these possess the loyalty that the twelve had, and continue to spread the great teachings, by distributing the literature dealing with these teachings, it will not be long before all the world will hear the echoes of the doctrines of Manhood and Salvation, and through the acceptance and application of these Laws, attain individual Consciousness. Will you be silent like Peter of old or do like John the Baptist, who, though he lost his head, gained Immortality both on earth and in Heaven?

QUESTION: A statement has been made which I do not fully understand. It is this: "He (the student) must establish harmony in his fourfold being." I know what it is to establish harmony on the physical plane but I do not fully understand how this can be accomplished on other planes.

ANSWER: On the physical plane health and strength indicate

harmony and ease of bodily action. This is brought about through a rational dietary regime, physical exercise, correct breathing, sufficient bathing and a constructive mental attitude.

On the spiritual plane, having reference to the life plane, everything that helps one attain the fullness of life will also round out the Spiritual life on this plane; correct food and breathing--the conscious inbreathing of the spirit of life--help to establish harmony.

In the mental sphere, thought and desire are the two main factors, though it is utterly impossible to think correctly and **con-**structively if the dietary is such as to starve the nerves, or when breathing is so shallow as to prevent the proper oxygenization of the blood, resulting in physical starvation, even though the body is supplied with sufficient food.

The attainment of harmony in the Soul realm is dealt with exhaustively throughout the lessons which you have thus far received, and will continue to receive. Ultimate and lasting harmony in the Soul comes with gradual Illumination and final Soul Consciousness.

The books on the New Age which may be freely circulated are:

The Divine Law
The Interpretation of St. Matthew
Soul Consciousness
The Sons of God
The Way to Life and Immortality

Now
DEC 19, 1960

3/23/60

LESSON SEVENTEEN--SERIES A

Issued by the Grand Fraternity of the Rosy Cross and
Aeth Priesthood.

QUESTION: There are times when I possess great power and strength. To obey, to study, to push forward and upward is the sole ambition of my life. During these periods, nothing seems too difficult to conquer. Then a change takes place; I become like an inert being to whom foolish pleasures, carnal desires, frivolous pastimes, and a purely earthly existence seem to be all-important. In the periods of strength I feel certain that nothing shall ever again interfere with my spiritual progress, but during the other cycles, only carnal existence seems worth while. It appears to me there must be a method to ward off these attacks of negativeness. Can you tell me what to do? The solution of this difficulty would mean much to me and would forever place me in your debt.

ANSWER: In reading these questions, two statements made by the teacher of Galilee come to mind. The first of these is: "When ye stand, take heed lest ye fall;" the other: "Watch and pray." i.e., BE ON GUARD. In these brief statements are volumes of instruction and guidance. Man is never so much in danger as at the very moment when he feels he has overcome the weakness and the desires of the world. At that very moment he is in danger of falling. It is then that he should "watch and pray," i.e., watch so that he will not be caught unaware, and seek for strength to ward off the weaknesses which are constantly born and REborn within us. These commands are not mere religious inculcations: They are practical, common sense advice--statements of principles which fit admirably into every day life, and by which all occult students may profit.

This is the ever present (on the earth plane) conflict between the body and the intellect (mind), and between the Soul (in the Bible termed the Spirit), and the desires and longings of

carnal nature. These conflicts come to every Aspirant unless he is too weak and too negative to be sensitive to feelings. The Nazarene is usually accepted as the great exemplar, and he was in no wise free from this conflict as witness his experience on the mountain with Satan (the tempter, or the worldly nature), the temptation that decided whether he would retain his Illumination or Godly nature, or return and assume a worldly kingdom.

This problem is not peculiar to yourself. Our personal experience indicates that all students are confronted by this vacillation between the real and the illusive, the temporal and the eternal. As a matter of fact, it would not be well for one always to be on the Spiritual heights, free from temptations and conflicts. Only in variation and uncertainty can we find comparison, and these periods of doubt and despair are to the Soul as is night to day.

The animal, given sufficient to eat and a place to rest, is always contented. It will eat its fill and then sleep, only to awaken and repeat the process. Sameness, irrespective of the sphere of activity and attainment, means stagnation to the human being.

To attain to a state of continual satisfaction would be what is known among Oriental sects as Nirvana, and this ends in loss of personal existence, NOTHINGNESS. No sooner does the plant bloom than it begins to pass to fruition and thence to seed. Continual satisfaction or peace in the Soul, would be the seed time or autumn of the Soul. To be at continual peace and contentment would naturally imply no further effort--cessation in the strife--a stagnation--a gradual retrogression--a falling back to the inert or animal

state. This certainty is not desirable when we bear in mind that conflict, followed by victory; means progression; another battle to win; a power or force to gain; greater wisdom attained.

However, there is possible a state of peace even when one is far from satisfied with immediate results. One should therefore do one's very best under all conditions and circumstances, sans excuses. When one does this, then peace, because of the knowledge that the supreme effort has been made, comes to mind and Soul. This does not indicate that one is then satisfied with one's attainment, but rests in the knowledge that for the moment one has done one's best. Thus the knowledge that one has not reached the ultimate but is on the way, even though slowly, brings peace in conjunction with an urge to make continual further effort, without being discouraged at results; to try and try, again and again, until the summit has been attained.

Suffering from morbidness and irritability during the period of study and training is often due to the fact that the novice foolishly believes that all desirable things, such as music, dramas, operas, games of amusement and even dancing, are forbidden those on the Path. Such forbiddance denies the natural nature an outlet and is a morbid depressant, therefore erroneous. All is allowed--within reason--acolyte or Master, which brings neither harm nor loss to the self or others. Be natural, but not weak, while you are making every effort to attain the Divine.

DEC 3 1958

3-25-60 *

LESSON EIGHTEEN--SERIES-A

Issued by The Grand Fraternity of the Rosy Cross and
AETH Priesthood.

In order that we may become the highly organized beings the Creator intended all of us to be, it is essential that we keep in mind and heart the fiats of the Divine Law and, so far as humanly possible, obey these eternal dictates irrespective of what the world may think of us. This purpose does not necessitate that at any time we shall make ourselves conspicuous or that we shall talk overly much and thus create resentment and antagonism, not only against ourselves but, what is worse, against God's Laws, which, whatever people think, DO govern all activities in the universe.

Neither cant nor creed is necessary to attain the highest goal, nor yet have we anything either to fear or to be ashamed of while on the Path. It is only required of us that we live harmoniously with natural laws as regards every department of our human nature, and that in our intercourse with men we do not harbor any spirit of hatred, malice or revenge. It is necessary that love, in the broader sense of this term, should be the ruling power in our character and that we recognize ourselves as one with the Universal Creating Energy and, as such, become co-creators with the Infinite upon our present plane of activity.

It is impossible to manifest, i.e., radiate love from your being and at the same time harbor thoughts of hatred or resentment within your heart. In making any attempt to do so you are acting blindly and irrationally, nursing within yourself a serpent which

continually grows stronger and more treacherous and which will ultimately strike--you. Therefore, learn to think harmoniously--constructively--harmonize with the Divine Creative Law. Evil thoughts, unkind and ungracious opinions of those you are associated with, are like weeds that, not uprooted, prevent the natural growth or even choke to death the beautiful flowers which might otherwise develop in a garden.

Basically, man as he is today, is far more animal than human, and as such, more earthly than angelic in his intrinsic nature. However, we must bear in mind that the loving, kindly, gracious thoughts which elevate the whole nature of man are in reality evil or earthly thoughts transmuted, and these transmuted thoughts confer upon us a spiritual power and become blessings to us. When we give an abiding place in our mentality to thoughts basically evil, it is we who suffer infinitely more from their effects than anyone else possibly can. We ourselves absorb the poisons which radiate from the evil vibrations and hate--currents which are the natural result of unhallowed thoughts and desires. It is therefore of foremost and lasting benefit to ourselves to improve our method of thinking and the nature of our desires.

The mind is the creator or destroyer. Learn first of all to control the mind. Become positive so as to be unmoved by outside, inimical influences. When you decide to do a certain thing, do everything in your power, make every effort possible to accomplish it. This requires that you shall not undertake anything until you have first given it serious consideration from every

point of view and that you feel in heart and Soul that what you are about to do is the right thing to do and should be done, and that you must do it.

Every time that you decide to do a certain something, begin to do it and then, for one reason or another, cease in your efforts before its final accomplishment, unless you have strong and sane reasons for your cessation of effort, you definitely weaken yourself and your creative ability until, at last, not a force in the universe will respond seriously to your intention and your efforts will be on a similar status, so far as the co-operating Divine Law is concerned, as are the prayers of a person who, praying, hopes within himself that his prayers will not be answered.

Continue faithfully with the practices already taught you. Remember the absolute, universal Law: ONE basic exercise consistently and regularly practiced according to the letter of these instructions and in the spirit of this Work, will do more to help you attain Soul Consciousness than a new exercise started weekly.

It is in strict adherence to this Law and the setting up of a higher rate of vibrations and this increased by practice from day to day, that helps man to attain Sonship or Godhood.

DEC 18 1958

3-29-60 *

LESSON NINETEEN--SERIES A

Issued by the Grand Fraternity of the Rosy Cross and
Aeth Priesthood.

Weakness is developed by yielding up the mind to excessive grief, anger or other intense non-constructive feelings. Such yielding attracts to you the burdens of others of like or corresponding feelings. In opening up the mentality to any of the grosser passions, the entire consciousness may be overwhelmed by that particular thought-current or wave; be carried away, even submerged by it so that one is led to commit acts which at other times would be considered as entirely unreasonable. Intensity of thought and feeling is beneficial provided it is in a worthy cause and properly directed toward the accomplishment of some great and worth-while enterprise; but when intense feeling is permitted to manifest in the passions of fear, anger, malice, jealousy and their kin, it is decidedly destructive.

Therefore, before we permit our thoughts to take any specific direction, it is sane, sensible, reasonable and entirely to our benefit to first carefully analyze the subject upon which the thoughts and desires are to dwell. This is in strict accordance with the law of building. The architect is given an idea of a building to be constructed. He begins by giving long and careful thought to the project. He pictures the finished building before he begins on plans and specifications. To proceed otherwise would be a waste of time and tend to confuse. All too frequently we merely wander aimlessly in thought--and get nowhere. We do not have

the least idea what our thinking is leading to, and, questioned, could not tell what, if any, are the real desires behind the thought. This is pure waste of time and energy and weakens the constructive ability of the mind until ultimately; rational, constructive thinking becomes almost impossible.

If your desire is to build up a powerful individuality, a potent mentality and a Soul intense with the Holy Flame so as to be permitted, aye, even encouraged to take your real place in the affairs of the New Age, then first of all, religiously avoid all intense feelings allied in any way with the grosser passions; otherwise, you are certain to fail because vibrations attract like vibrations.

To construct rightly, recall to mind again and again, the highest expression of truth you have read, heard expressed or which you have been able to formulate for yourself. From day to day, aye, from hour to hour, establish the habit of correct thinking and creative visualizing so as to create and establish within yourself a Center which will ultimately become a constantly effective generator of intense power.

When you contemplate undertaking any specific work other than your regular or ordinary duties of life which are performed according to set rules, think earnestly, quietly, yet with concentration upon the subject and first view it from every aspect, and then plan it. If at all possible, formulate a picture of that which you wish to bring into visible manifestation. If it cannot be so visualized, at least express it in a word or a short sentence,

then focus your entire attention upon the accomplishment of the object in mind. This does not mean that all your time must be given to one object. It may be that you have a daily occupation which is necessary to your well being or livelihood and which must have a measure of your time or even your entire undivided attention. But when you do have time and opportunity to turn from your regular or routine duties to that which is your ideal accomplishment or "dream" then concentrate every thought on it and permit no other thought or desire to interfere.

If it is wisdom and understanding that you seek to possess, then formulate your desires in specific terms. After doing this (and it may take time), center your attention exclusively--at certain intervals--on the subject that absorbs your mind and study along the avenues which will help you to become thoroughly conversant with every aspect of such Work and which will be a help in bringing your desire into reality. Keep the mind fixed upon the specific idea or ideal; allow only kindred thoughts to find lodgment in your mentality for the time being and never for a moment doubt your ability to finally succeed.

The law is absolute: Sincerely "Seek and ye shall find". The seeking must be wholehearted and not the mere whim of a weak desire. Continue with the practices thus far taught you.

JAN 5 1959

2/2/60 *

LESSON TWENTY--SERIES A

Issued by the Grand Fraternity of the Rosy Cross and
Aeth Priesthood.

In the attempt to accomplish any really important work it is of paramount importance to select a specific time of the day or, preferably, evening, for the purpose intended, making it possible that the entire attention be directed toward the object in mind. The desire is then to be focussed on the idea or ideal for a period of no less than five minutes, and every effort made at each new attempt to eliminate from the mind all thoughts but those dealing with the object in view.

Such a practice may appear to be extremely difficult to begin with because there has been no previous effort toward concentration on any one subject. But in the field of the Great Work you have entered it is only as a result of practice that perfection can be attained. You, as a Neophyte, should not be guilty of making the serious mistake that you must keep the mind on the subject or object at all times. Whatever you are engaged in doing, even the most menial work, KEEP YOUR MIND ON IT. For the special work, set aside a specific time, and in as far as is humanly possible, let nothing interfere with your efforts. Remember the Biblical command: "Having set your hand to the plow, etc."

It has been truthfully said that only the LISTENING ear catches the vibrations from the higher realm. The FAITHFUL heart alone is worthy of the revelations from the inmost being; while the DISCREET tongue only is able to utter words out of the Law.

Memorize these statements so that you may be constantly guided by them and your task made easier.

The Natural Law is recognized in the Spiritual world, while the Spiritual Law governs in the Natural world. the Arcane philosophy of the Great Work is not a one-sided, unbalanced philosophy. It is a method of life that will enable you to develop both the material and Spiritual self; these being interrelated and must be harmonized if you seek to attain to the highest on all planes of action.

This Arcane philosophy does not concern itself with material success alone but impresses upon you the necessity of a concurrent awakening in the Spiritual realm also, enabling you to step from one into the other; hence it instructs you in the method of awakening the inner self while rebuilding the material self, that "all things may be added unto you" because you are "fulfilling the Law."

Real and lasting success in life must be based on a Spiritual concept because righteousness (right dealing) is the only permanent basis or foundation. All success of a material nature is temporal, the duration is only for the span of life. Real success, based on Spiritual Law, is ~~external~~ and continues when the material ends.

It is your duty and entirely to your advantage to, at all times, be responsive to the Infinite Intelligence from which you may receive everything that will assure you all that is to your benefit and to the degree of your reception by preparation. This

becomes possible by the awakening and development of the Infinite Center, this Center becoming responsive at all times to the Infinite Center of Intelligence; or all-knowing, all-containing.

The governing factor in this Great Work is the Divine Law formulated in time beyond the records of man: "Whatsoever a man soweth (doeth) so shall he reap." The vibrations created by the thoughts we think, the desires in the heart, the efforts made, will in due time return to us, upon us, laden with good or ill, as the case may be, for each thought we think, each desire we hold, every effort we make, becomes a part of the attracting power helping us toward success or failure. Practice according to this philosophy and you shall reap seven-fold.

As you, the Neophyte, proceed in the Great Work, you will become more thoroughly proficient in the application of these faculties on the Spiritual plane. In proportion as you harmonize with the Spiritual Law, you will become sensitized to Divine Influences working toward your welfare. This process is a growth and awakening and building of the Soul leading to Initiation or Illumination.

This development of the Spiritual qualities inherent in you for the purpose of bringing into manifestation, will ultimately prepare you as an instrument of the Infinite and qualify you for the greater benefits reserved for those who are sincere of heart and with earnest desire to attain. The purpose of your residence on earth is actually that you may ultimately attain and express perfection, in the meantime reaping the benefits and blessings of your desires and efforts. The Nazarene, who did this perfectly, became the Lawgiver of the second dispensation, and taught a perfect Law for all to follow. You have the privilege of doing so and receive the blessings of the REacting Law.

JAN 17 1959

*

4-17-60

LESSON TWENTY-ONE--SERIES A

Issued by The Grand Fraternity of the Rosy Cross and
Aeth Priesthood.

Just as the Nazarene attained Christhood and thereby became the Master two thousand years ago, so may you develop into an Initiate to the degree that you are willing to make the necessary effort to transmute your personality into an Individuality. It is now, as it always has been, the ultimate destiny of yourself to become a perfect expression of your Creator in whose image you were born, and become a co-creator with the Father.

The process of this attainment is by means of awakening the Soul and bringing it into Consciousness. It is by the correct application of the forces developed during this process that you will be enabled to bring into manifestation your desires and ideals, and attain success on both the material and Spiritual plane of being.

This inner growth does not alone have reference to the things that pertain to the Spirit and Soul, but to everything that is a part of you; and it becomes utterly impossible for any one who has faithfully and consistently obeyed the instructions and developed his innate Spiritual self, to remain a failure in his chosen walk of life.

Your work, the work of everyone living in this New Age, is to arouse and develop this inner Christic self--the real you--this Soul hidden within yourself and by doing so attain in time to a state of Cosmic Consciousness. The Law assures you that according to your desire, faith and application, so will it be.

The Great Work is not a mere intellectual comprehension of terms; a belief or faith in statements made by others. IT IS A REALIZATION WITHIN THE INNERMOST SELF. It is a COMING INTO, a KNOWLEDGE OF, finding its culmination in Wisdom as the result of experience--feeling. Wisdom is never to be found in externals, but in inner growth as a result of desire and effort, thus bringing about revelation from the inner Christic self.-

Greater life, love, and power must be found in the awakened Conscious Soul. Life, Light, and Love are the three verities; the basis of all that is real and lasting. By instructing you in this Science of becoming, for such it truly is, we teach you how to manifest on every plane of being, not alone on the temporal-physical. The most perfect life is that of three-fold expression and this is necessary to perfect the the individual self; ultimately the highest form of existence that man can achieve on the plane we know as "the earth" and a preparation for future life.

Soul Consciousness logically culminates in Illumination. This is finding the Greater Center of the Inner Light; the goal of Neophytes in the authentic Arcane Fraternities throughout the Ages. He who succeeds in unveiling this Light WITHIN has also found his Soul. This is the "Light that alone can Light every Man that cometh into the World". Search deeply into the center of your being and in time you will become conscious of the Sacred Fire. THIS FIRE IS FROM GOD; IT IS THE ILLUMINATOR. The more completely you will be able to recognize this truth, the greater will become the Flame which has its locale in the Center of your being, until

finally the great Universal Flame will overshadow you and be the evidence to you that you have become one with all that is from God.

In your study, search and practice, greatest of which is practice, or the living of the life; bear in mind that we have left that age wherein it was taught that faith alone was potent to save. We have entered the New Age, the Age of Personal Responsibility, where the Law of Compensation alone governs and this is the Age wherein all who will not come willingly under the Law will be forced by the Law to pass through the "mills of the gods" which grind slowly but exceedingly fine.

Already, on every hand, through the instrumentality of the world-wide unrest, this Law of selection, elimination and the separation of the "wolves from the sheep" has begun to function. The few who are accepting the Spirit of the Law and are ready and willing to abide by it, are taking new courage and laboring with faith; while the many, lacking desire, ideals and foresight, are cursing men, governments and gods for their failures; seeking by every means in their power, to evade every form of responsibility, even that of honestly earning their own living; foolishly believing that the world--other members of the human family--owes them a living. Awaken to the truth! Become active! Become, by faith and effort, a member of the Immortal family in the New Dispensation.

APR 4 1959

4-17-60

LESSON TWENTY-TWO--SERIES A

Issued by The Grand Fraternity of the Rosy Cross and
AETH Priesthood.

QUESTION: In speaking of the "Divine Law" do you mean a Revelation by the Supreme Power (Jehovah, God) to man, or great truths as taught by the Saviors and Masters to seekers after truth?

ANSWER: - The Divine Law as taught by us was the Creator's fiat. It is the Law which governed the creation of the world as we know it, and all that is in it. More than this, it was and is the Law under, or by which, all things, including man, are governed. True, man has free Will and may ignore, side-step or even defy the Law; however, this evasion can continue only for a time. Sooner or later man is brought face to face with the Law by what we call "Karmic action" and he must then in some manner pay for every evasion of the Law.

As to the operation of this Law, let us consider it by analogy. When a man desires to build a house for himself, he visions the house and its appointments in his own mind; or, if unable to do this and financially able and gifted with foresight, he seeks the service of a competent architect. In either instance, desire is the incentive to action. The desire to create or possess, brings into play the imagination and this results in the visualization of the particular type of house wanted. The next step is to lay the plans for the construction of the house. These plans must be complete in detail, covering every essential feature; this done, work may be begun and carried forward until the house--man's small universe--is finished.

In the creation of the world with all its various departments, creatures, seasons, etc., the Creator, known to us as God, Jehovah, or other appellation, had first to desire such a creation, then to plan it, and having done so, begin its creation or building. Just as with the architect of a house, so with the Great Builder; plans had to be made for calling into existence a Universe and all that it was to contain, as ALSO FOR ITS GOVERNMENT AND OF ALL THAT SHOULD BE IN IT. These laws we term the "Divine Laws" because they are unchangeable and govern as truly today as they did in bringing the Universe into existence. Men may change their plans, their modes of action and even the laws governing their behavior, but the Creator of a world could not, and cannot do so lest there be chaos; therefore, the first laws governing creation are still in force and these are the Divine Laws which govern all the affairs of life and ultimately man is compelled to conform to them. He may start to do this of his own free will, or be forced to do so as a result of sorrow, suffering and loss. If we obey them, blessings will come upon us. If we defy, evade or try to nullify their action, we are punished--not by God--but by the REACTION of our own acts.

Truths taught by the Saviors and Masters are not something new with them but were these Divine Laws revealed to them as a result of their own development and consequent coming into harmonious relationship with the spirit of the Laws as first formulated or called into action by the Creator. The Great Work has its object that each one of us shall become an avenue through which the Divine Laws may find expression and function for the welfare of both

ourselves and the whole human family. Masters are neither more nor less than the servants of the Law; leaders whom the masses may follow to their own benefit. These Masters do not command; "Follow me," but, "Obey the Law as I teach it to you, and yours will be the blessings which obedience confers upon the faithful."

QUESTION: Is not religion a process of evolution and the result of inculcations by more or less enlightened men?

ANSWER: Religion is a spiritual concept of man's relation to his creator and of the Laws which govern man's advancement by both evolution and effortful development. It is based on faith to the extent that faith induces effort which will bring about conscious realization. †

Men will not attempt to live according to any rule in which they do not have faith. First of all we must believe in a certain spiritual regime before we are willing to live according to the dictates of any formulated system of life. If the religious ideas--spiritual concepts of something higher than the material universe--are based on truth and are practical, that is to say, capable of being made a part of our thought and action life, then the spirit of such accepted inculcations can be made a practice or plan of life, and this mode of life will reach into the innermost depths of life--the Soul; and a development or "building" process begins; just as a house takes form when the master carpenter and his operatives follow the outlined plans of the architect; and ultimately the practitioner--he who believes and obeys--personifies--makes manifest or portrays, the Ideals taught by the Masters--the

Manifesters of truth. This is religion--a method of spiritual life--made manifest. This religion or mode of life ultimately results in a Consciousness of the individuality--an Illumination of Soul--Regeneration. How rapid this Development will be, or how great the advance, will depend entirely on the serious intent of the seeker and the efforts made by him.

QUESTION AND PROBLEM: We have no authentic history that such a person and teacher as Jesus ever lived. This being admitted, is it not the real purpose of our teachings and training to develop a potential Christ within each Acolyte?

ANSWER: Whether or not such a personality as Jesus of Nazareth ever lived is entirely immaterial and the sooner men awaken to this fact the better for the entire world. What does matter is, that the teachings purported to have been given mankind by the Nazarene constitute an Ideal life. If this Ideal be correctly interpreted and made applicable to our everyday life, then the ultimate result would be an Immortalized humanity; a millenium on earth as foreseen by John the Revelator. It is of no moment whether we say that Jesus of Nazareth, who became Christ or the Christ, or that Apollonius of Tyana so lived and taught. All that is essential is whether we will apply the Law to our every day life and be willing to pattern our thoughts, desires and actions to harmonize with the spirit of the teachings. If we do this, then and then only will we be able to gradually build into our consciousness and manifest in our personality this spirit of the ideal. This will result in the Individualization of the Soul and consequent personification of Manisis.

*
4-17-60

LESSON TWENTY-THREE--SERIES A

Issued by the Grand Fraternity of the Rosy Cross and
Aeth Priesthood.

QUESTION: The fact is evident to thinking men and women that all denominational teachings are mostly cant and creed; erroneous in the extreme. This being true, has not the Church done more harm than good?

ANSWER: The creeds of the Church have been a necessity because they functioned as laws governing human behavior. Until man is wise and strong enough to control himself, he must be governed by some method. The Church has held his passions in check by means of fear or promises of reward and has been an elevating and evolutionary influence to mankind as a whole, though it did so by a form of mental bondage.

Man, ignorant of the constructive law and lacking restraint, is the personification of the "beast." This has been amply proven within the present century. Russia, with its wholesale murders, the result of gross materialism and thirst for power; Germany, first for self preservation, and then a desire for dominion, and much of the entire world engaged in mass murder. No jungle creatures would be so guilty; these kill only to live.

The Church has failed miserably because it has not had the courage to constantly and consistantly condemn these evils; too many of its own members being engaged in the orgies. The Church has also been amiss--still is-- because it has not aroused its membership to the consciousness that the Laws taught by the Nazarene are not merely to be believed, BUT MUST BE LIVED: LIVED NOT ALONE ACCORD-

ING TO THE LETTER, BUT IN THE SPIRIT AS WELL; enabling man to become a Soul Conscious being.

The Church of the New Age, the Church of Illumination, is not alone engaged in teaching its adherents the Law, but in instructing them how to so think, desire and act to bring into Consciousness the Christos within and so manifest the Christ, the Savior of all men; not in the sense of mere belief, but by manifestation.

QUESTION: Is it not true that all churches have taught man much that must be forgotten before the real man, the CHRISTOS or MANISTIC spirit, can become personified and manifest?

ANSWER: Yes, those who seek to become Regenerated, Immortalized or Soul Illuminated, must recognize that faith alone is not sufficient; that faith is the incentive to action in harmony with the faith. The doctrine of "salvation by faith" except as such faith is an incentive to the daily life, must be discarded. Creeds must be eliminated from the consciousness, or accepted as guiding lights leading to the goal those who are willing to live and serve.

QUESTION: Does not the benefit of prayer rest solely on the influence it has on the Subconscious mind of the supplicator, rather than any benefit received from an external source?

ANSWER: The primary benefit of real prayer is on the one who prays, and is in exact proportion to the sincerity of the devotee and the SPIRIT in which it is made. The benefit is the result of raising the vibrations and these REacting. It is the story of the Sower. There is also the secondary and often powerful influence: the result of the vibrations created by prayer coming into touch and commingling with the vibrations from other prayers of like nature, the whole forming a powerful influence for the fulfilment of the

on an inflammable material it will cause it to burst into flame. Constructive and exalting thought is the beginning of the Great Work; desire based on love for that which is to be achieved or accomplished must follow concentration, just as effort must be induced by the desire.

Any form of development begun on this plane if uncompleted, must be resumed at rebirth, and finally finished on the earth plane. That is the Law.

This lesson is the last of the first, or preliminary, series.

The practice of the instructions given in Lessons Six and Nine are to be continued throughout the coming year. In addition to these practices, the instructions contained in Lesson One, which follows, are to be practised in conjunction therewith. The instructions in each Lesson after the First are also to be practiced until the next Lesson is received; then discontinued and replaced by the instructions in the Lesson last received.

MAY 18 1959

LESSON TWO

Issued by the Grand Fraternity of the Rosy Cross and
AETH Priesthood.

The sphere of the Ineffable or AETH Fires, the plane of the Hierarchies to which we introduced you in the first lesson of this series, is an independent nebula of action. It is governed by a supreme Heirarch, just as a Republic is presided over by a President. This sphere or plane is in closest possible touch with the life and power-giving influences from the sun and receives therefrom forces and energies which the gross and profane cannot become conscious of. Being in touch and harmony with the Universal Life Giver, it is the purest and most ethereal globe that exists.

This world or sphere is the habitation of those who have been in harmony with its Laws and activities and who are either awaiting future activity in other planes or who have been appor-tioned work within the Hierarchy. This is a harmonious spiritual world; a world composed in part of Souls who were once like yourself but who by continued conscious efforts attained to Soul, or Cosmic, Consciousness.

This is "the new heaven and the new earth" for those who are faithful and achieve, and described by the Initiated Nazarine (called Jesus) to his disciples, and that John, the beloved prophet, depicted in Revelation. Gradually, step by step, as you prove faithful and develop your spiritual self, you will first come under the influences from this sphere and later into conscious touch with it. You must accept this as a truth, have faith, and think and

live accordingly, then you will come to KNOW.

John was the one who first gave the message of the new Dispensation to the masses. His command was: "Hear ye and obey."

"Hear ye and OBEY." These words echo constantly from the "Great White Throne." They are words of wisdom; they command obedience to the Divine Laws from those who seek to become Initiates and reap the benefits promised.

The old Masters and Initiates became such because of their willingness to obey. They understood fully that mere belief would not give them any power above others; that nothing except obedience to the Law would enable them to reap the reaction, or return of the Law. *I am willing to obey, but I need understanding*

In order to obey, one must first understand what is to be obeyed. This will be taught you as rapidly as possible but to fully understand much you must grow into it. The first of your labors is to work toward Soul Consciousness and thereby come into the Light. The Soul, when awakened, is the recipient of the Ineffable or Aeth Fires. No one can receive these benefits to the full, unless he first harmonizes himself with them. *Harmony with THE LAW - LOVE?* This we are now teaching you. Thus it is, that "as it is without, so will it be within." when the within is rightly prepared. *← WHEN?*

In this connection we may liken a man and his Soul to a wireless station. Man is that station. The Soul is both the sending and the receiving instrument. The Soul possesses the Key. When the Soul is prepared it may send out its desires to the Hierarchies in the invisible sphere and these in turn can send the Ineffable

Fires to it. It is an exchange, and those who know the Law and have advanced are ever eager to give more than they receive. However, if you cease to keep in touch with this sphere, it is as if you stopped depositing money in the bank, you will no longer be able to withdraw. Remember that the Law is: Equal Exchange. God balances all things. Man cannot be greater than either God or the Law.

Life on this earthly plane is given man that he may learn to know and then obey, and thereby--through knowledge and obedience --may grow into harmony with the Hierarchies of the Highest Planes and also with the Divine Ruler (the Cosmic Law) who governs all.

Even through death man cannot come into touch with the Aetheric or greater Light plane unless he had, while on earth, become an Individualized, Illuminated, Conscious Soul, or had at least made every effort to attain this goal. If he has fully attained this stage of Soul Consciousness, then, after passing to the Beyond, he may not only contact this plane of being, but may even become a member of, and worker with, the Hierarchies.-

If the student seeks the help of these Higher forces for his benefit or for some worthy purposes, he must become harmonious within himself; in this he will be helped by the instructions given him in these lessons and the practice of the Sacred Mantrams. How?

In addition to the Sacred Mantrams, it is essential that, in as far as possible, he regulate the actions of his life so as to free himself from all things which bring neither happiness nor peace.

For the next month, or until such time as you will receive additional instructions, hold the following Mantram as a Sacred

Prayer for five minutes at a time, one to four times a day, but not at the time, or as a substitute, for the nine o'clock (the Hierarchic Drill) period. Do not attempt to overdo this or any other practice that you may be taught; a slow, natural, balanced growth is desirable; mushroom growth is without stability.

"Let my Soul be filled with Divine Love. Let the consuming Fire so fill my mind, body and Soul that it will eliminate all evil, hate or malice. Let me be so permeated with good will that I may manifest it in all my labors. Permit the Divine Fire to overshadow me that no evil may touch or influence me."

Remember always, that the building of a receptacle for the Ineffable Fires will require time and conscious effort; that this desire should fill mind and Soul and gradually become an unconscious urge always present. The efficient farmer prepares the soil well before he sows the seed and cultivates well before he expects to reap the crop. You are a planter of Soul Seeds. See to it that you cultivate well, consistently and faithfully.

It is that way now

*19 July 1959
The seed has been planted*

JUN 3 1959

LESSON THREE

Issued by The Grand Fraternity of the Rosy Cross and
Aeth Priesthood.

RESTATEMENT OF AN OLD OCCULT ARCANUM: "All the spiritual spaces are filled with societies, Orders, Associations, Brotherhoods and Fraternities, these correspond to every condition and activity possible to man on earth." Contact with the Hierarchies of these various spaces may be attained only by systematic effort and training.

This was the fundamental teaching of the Ancient Orders and Arcane Schools as it is of the Rosy Cross; upon it is based its entire philosophy and training. This idea and ideal should be studied and analyzed by the Neophyte so that it is intellectually understood and the ultimate results of such training fully realized. Until this is actually done the Neophyte will be groping in the dark and will be unable to fully realize what he is about. Once he does understand what this attainment would mean to him and the forces and energies he could contact, he will be able to center his efforts towards the contacting of one of the aërial spaces and its Hierarchy, and in that manner ultimately come into the knowledge deposited in that Center or Hierarchy, and receive from it the help and Wisdom necessary for his full attainment materially, mentally and spiritually.

The sincere Neophyte will make effort for the complete attainment of two separate acquisitions: First, the opening up WITHIN himself of a SPIRITUAL, or Soul Center. This can be brought about

only as he gradually succeeds in transmuting the course, carnal self into a Spiritualized being. This process is somewhat comparable to the use of green wood for making a fire. It is difficult to get the wood to burn, but with effort and persistency it is possible to do so. Similarly, the unprepared, deeply materially engrossed Aspirant finds it extremely difficult to transmute his evil desires, carnal longings and gross passions (green wood, poor fuel); and it is only after long, serious, systematic preparation, and effort that this is possible. Dry wood, or other good fuel is readily inflammable and may need no more than the touch of a match to burn brightly and with an intense flame. Thus it is with the sincere, intensely interested and willing Neophyte whose evils are not too great; the intensity of his interest and the faithfulness of his efforts will shortly turn the evil passions into a Spiritual Flame.

In either instance, effort and faithfulness is essential; so is obedience to the Law; but with persistence, within a comparatively short time a flame will be lighted by the effort made and this will eventually burn up all the undesirable material and transmute it into a Soul or Spiritual Fire; this Fire will gradually illuminate the entire being. It is then, in the language of the Occult, that the Neophyte has become Illuminated; that is, Soul Conscious; an Initiate of the First degree.

The second step is to come into contact, first more or less unconsciously, and then CONSCIOUSLY, with the special Society, Order, Association, Brotherhood or Fraternity to which he gravitates by reason of his longings, desires and attainments. This

contact will be of a double nature: First, due to the Aspirant's desire to associate himself with an Order or Fraternity such as, for instance, the Rosy Cross or the Brethren of the Flame, or the Priesthood; and, second, the work or object he has in view. It may be said that one is an avocation and the other a vocation. To belong to the order or Fraternity is an avocation, a spiritual association; the more material object is a vocation, a means both of subsistence and of daily occupation or activity. To illustrate this we will again have reference to the basic law:

Man, body and Soul, is a Temple of the Infinite Being--call it what you will--and in him are AETHERIC atoms, latent or active, according to his state of being (whether merely human or spritually awakened) belonging to all spiritual states and spaces. Those atoms which are active connect the individual with the space with which he has the closest affinity, but the influx from that space is largely unconscious. To illustrate: "Beethoven was by nature affiliated with the musical Societies and, being a fine instrument attuned to the inspiration of that space, the world is still held entranced by his superhuman melodies. Socrates contacted the Philosophical space; Napoleon, the strategic; but the great Soul of the Prophet of Galilee came forth from, and breathed the inspiration of the most interior space--that of Love and Service."

*I have
said many
times in
my work
Let me serve
The Plan*

You, as a Neophyte in the August Fraternity, will now begin to comprehend the Law and the method. First of all it is necessary to study and fully understand the Law; then to make every effort to transmute all of the carnal self--desires and thoughts--

into those of an elevating nature, thus gradually light the Fire within yourself and in time reach a state of Soul consciousness.

The other step, concurrently with this interior transmutation and development, is to come into conscious touch with the Hierarchy. This is accomplished by your desire and the practice of the exercise taught in the first lesson. This will ally you with the Order or Fraternity which appeals to you and for which your heart yearns.

To truly succeed, it is of highest importance that the Neophyte should have a clearly formed idea or conception of what he wishes to attain to or accomplish, otherwise he will not be able to become affiliated with any particular Hierarchy. Love (desire) is the Key. If there is not some vocation or profession which appeals to you and for which you are willing to suffer or sacrifice as may be necessary, there is no attracting power within yourself potent to form a connecting link between the Spaces and yourself. Thus, should you seek to become a musician, you must first of all love music wholeheartedly and be willing to deny yourself anything and everything necessary that you may receive the proper training, and perfect yourself as an artist.

For the purpose of contacting the Hierarchies, continue regularly with exercises taught you in the former lesson.

Engineering - I love the creative aspect - the builder so I seek contact with the Hierarchy affiliated with this profession. I want to gain success through it - with rapid growth and development - 5/9/59

JUN 17 1959

LESSON FOUR

Issued by The Grand Fraternity of the Rosy Cross and
Aeth Priesthood.

That your progress toward Hierarchical contact may be gradual and without interruption, we herein instruct you in the method for correct breathing to be taken in conjunction with the Mantra previously taught you.

These exercises, if faithfully, correctly and persistently followed, will, in good time, reward you with what is known in the Occult as the "Crown of Life," and prepare you for the many other "crowns" rightly the inheritance of the faithful Neophyte; of all who truly seek to become the SONS OF THE LIGHT.

The Law: "Enter into thy closet and when thou hast closed the door, forget ALL external affairs and reverently prepare the Soul for communion with God and contact with the Hierarchies."

Begin by reclining in a perfectly restful position of body and prayerful state of mind, giving your undivided attention to the inception of the Breath of Life and your ideal of attainment and place of life. Hold this attitude of devotion for five minutes so as to bring quiet and peace to the physical being,--the material man,--and place your spirit, that is, your INNER SELF, en rapport with the Soul or Light plane of the higher spheres and, through these, with the Spirit of Life itself.

Now begin to breathe slowly, first filling the abdomen and then the chest or upper lungs. Inhale for twelve seconds, timing yourself by your watch. Hold the breath for seven seconds and then

give five seconds to exhale. This will be a twenty-four second breath. If you find this difficult, do NOT force yourself, nothing is gained by force. Reduce each part of the exercise by a few seconds to meet your capacity.

Take this exercise for three minutes the first two weeks then increase to five minutes. For the first month it is best that you take this exercise only morning and evening and never directly after meals. Proceed slowly and in due time this breathing will become a subconscious habit and you will also subconsciously time the inhalation, retaining and exhaling according to your capacity.

Be careful in three things: (1) Breathe only through the nostrils as this is the way God intended you to breathe in only pure air; (2) Breathe as instructed as this is important in order that the air may reach all the cells in the lungs and charge (oxidize) the iron in the blood corpuscles and may have its full force on the Life Centers, and its exercising effect upon the Solar Plexus--the physical soul; (3) Do not attempt to exceed the time given nor the length of the breath otherwise there may be dizziness or discomfort. Be careful until the lungs have become strengthened through development.

As soon as you find that it is easy to practice the length of time taught you, increase the period by two minutes and continue in that manner until you feel that you are again able to increase the time by two more minutes and the inhalation, holding and exhaling proportionately. Proceed cautiously.

After a month of practice you may take the exercise at any

time during the day, wherever you may be, and you will find yourself able to do so without the slightest interference with any work in which you may be engaged.

Above and beyond all things, go to the HEART OF THE WORK!
Hold the one thought, idea or ideal of that which you seek to accomplish. Let your desire be a vital one. Bring yourself into the consciousness, BY MEANS OF YOUR LOVE FOR THAT WHICH YOU SEEK, that you are drawing to yourself Life, Light and Immortality; that with each breath of air you are inhaling the LIVING FIRE OF LIFE and storing it for future use. Remember always, this is to become an ever-present consciousness, not merely a hope or belief.

It is the CONSCIOUS EFFORT, sincere and wholeheartedly made, that will gain you the power, the force, and the energy to become and to attain. Drink deep draughts of the Breath of Life and by Conscious effort begin to realize the meaning of life. Proceed with this work in the same manner and feeling of heart you would have in doing a favor or kindness to one whom you loved dearly; always bear in mind that LOVE is the KEY that will unlock every door in the Spiritual kingdom. Let your heart and Soul enter into the Work and you will be able to overcome every obstacle, every weakness, every passion and every barrier in your way. Open up every avenue of your being to the influx of the Divine Afflatus, and welcome every cleansing inspiration which comes to you on the tide of the ocean of life.

The breathing of the outer air alone will do much for your physical being when inbreathed in the manner indicated. This

would help to bring you health, but the conscious intake of the Breath of God with its Divine Fire, the Sacred Aeth, will stimulate, cleanse, and strengthen the "inner man," and as this inner man, the Soul, becomes strong, the outer man, the body and all that is physical, including the brain, will share in the Divine Influx and Benediction. The simple truth is that God can reach the Soul of man only through the gross or outer man. This is an infallible Law, which is clearly stated by the Apostle Paul in these words: "The Law of the Breath of Life of Christ hath made me free from the law of sin and death." Through the Sacred Fire coming from God, and inbreathed consciously, that is, with deliberate purpose and effort, all dross, all disease, all sin, weakness and even death, may be burned out. God is forever with his children--those who really love Him and try to obey His Laws. Become one with His Divine Fire and you shall be free from the weaknesses of sins of the flesh. Sin, sickness, weakness, failure and fear, are all of the flesh and cannot ever become part of the enlightened or spiritualized Soul.

Continue with the exercise taught you in the first lesson, the Mantra in second lesson, and the exercises herein given you until otherwise instructed. Remember always: PRACTICE ALONE MAKES PERFECT. KNOWLEDGE IS POWER only when correctly applied.



JUL 4 1959

LESSON FIVE

Issued by the Grand Fraternity of the Rosy Cross and
Aeth Priesthood.

There are three absolute essentials to life, irrespective of man's status in life, whether low or high on the scale of Spirituality, these are breathing, eating and sleeping. Each one of these has as important a bearing on the Spiritual or Soul life, as it has on the physical life, and unless careful consideration is given each one, Illumination or Soul Consciousness is more difficult.

From this moment forward, let every meal be a Sacrament to God and your Spiritual self. Not a mawkish, sentimental, senseless, thoughtless observance, but a Soulful prayer that the body, mind and Spiritual self shall derive the proper benefit from the food ingested as the result of a recognition that carefully selected food is constructive, because the essence of God is in it, offering you health and strength. Recall to mind how the Nazarene was conscious of this great truth when he "took bread and blessed it and brake it," giving it to his followers, saying: "Take, eat, this is my body (that is, the same substance of which my body is composed)," having reference to the fact that all real food becomes converted into the body because the spirit of life is in it. The Spirit of God, the Creator of all things, is in the food we eat and offers us life, but only to the degree that we recognize this or Spiritually (in feeling) perceive it.

There need be no miserable subterfuge or transubstantiation when we once are capable of recognizing, scientifically, the

essence, the very substance of God, in the food we consume. The white, lifeless, death-dealing bread of the present day, made of flour which has been robbed, not only of the life germ, but ,also, of the essential mineral elements the creator placed into it to make it a "whole" food, does require "transubstantiation," and it may well be said: "they have taken my Lord's essence (the life in the seed) out of it and are feeding it to the cattle and pigs," while they vainly think to thrive on all but lifeless starches. Well might the Master-Teacher have said of such substances: "I have asked for bread but ye (the profiteers and lovers of white products) have given me a stone." Much of the prepared food we eat today is comparable to a stone, and is disease and death-dealing, instead of vitality and life-giving.

Real bread, containing the vitality and life-giving germ in the "seed", as well as the many minerals and vitamins, is the "staff of life" and truly "strengtheneth man's heart." Only bread which contains the germ of life is the symbol and vehicle of the "Breath of God", and should be the basis of our daily diet. Knowing this, we must not become fanatical, but recognize that too great an amount of whole-wheat bread, although made as it should be, may prove harmful. The command: "be ye temperate in all things" applies here as in other good things. When real bread cannot be had, substitute brown rice, barley or BAKED POTATOES.

Liquid, in the form of water, is an essential part of the diet of man and animal. Three to five pints should be consumed daily. This is best taken between meals and before retiring.

JUL 17 1959

LESSON SIX (*)

Issued by the Grand Fraternity of the Rosy Cross and
AETH Priesthood.

It is natural that in the consideration of so important and little understood a subject as that of the relationship between Neophytes and the Hierarchies of the Great White Brotherhood, many questions will arise which must have consideration, and it is well to remember that here as elsewhere, the Law of Hermes applies; that the Hierarchies, like God the Creator, must work, or manifest through mankind; especially those who are in full sympathy, and who have fully prepared themselves for this laudable purpose.

As it is true that: "Out of the mouth of babes and sucklings hast thou found wisdom," so likewise it is certain that at times the youngest Aspirant may be able to feel and express thoughts that fail to occur to those much longer on the Path. This is natural because here there is virgin soil for primitive (uncolored and unbiased) thought and feeling through which the Masters may give expression to wisdom of great value to those on the Path.

With this in mind, we turn to the consideration of a letter received from a young Aspirant who, after a careful study of the first lesson of this series, expressed himself as follows: "The method we are taught to pursue in contacting the Hierarchies reminds me of a 'many party' telephone line, the Hierarchies of the Fraternity being immediately conscious when the Neophyte connects with,

(*) Carefully study volume two, THE BOOK OF THE MASTERS in conjunction with this lesson.

AUG 3 1959

LESSON SEVEN

Issued by the Grand Fraternity of the Rosy Cross and
Aeth Priesthood.

The line of demarcation between physics and metaphysics, sanity and insanity, life and death, mortality and Immortality, generation and regeneration, is so closely drawn that it is difficult at times to distinguish between action and REaction, or that which will bring life or induce death. Thus it is that in generation we may have the beginning of regeneration; where mortality ends, Immortality may begin; where the law of physics ends, we face the great unknown and metaphysics of necessity steps in and points us the way.

What is of importance to you at this moment of your study, is: that the breath, which is life to man, seemingly of so little importance that we seldom give it a thought, is actually the medium whereby we may obtain not alone continued health and strength but also the Light of understanding, and the power of passing the gates of the unknown into conscious Immortality.

In other words, we breathe and live. We do this unconsciously and without any concern whatever because the act or process of breathing is a cell consciousness; that is, we are born with a fixed habit to breathe. If we think of it at all, we conclude that it is perfectly natural for us to breathe and that it is our right and privilege, forgetful of the fact that we have the right to nothing in life unless we first earn that right. As a result of our erroneous conclusions, we seldom give any consider-

ation to the modus operandi; taking our privileges for granted and giving credit neither to God nor man for the benefits that we continually enjoy.

This breath, in which is the living force that gives life to man, may be consciously directed. It then passes the line of physics into the Great Unknown of the Occult, wherein is to be found the secret of all power. Through this conscious use of the breath we may grasp the forces which lead us to Life, Light and Immortality.

Whatever opinion we may have concerning the Book of Genesis, it cannot be questioned that a more pregnant statement never was inscribed than that which explains the procession of the Divine Breath from God in these words: "The Lord God ... breathed into his (man's) nostrils the breath of life; and man became a living Soul." The original rendition was somewhat different; "...breathed into his (man's) nostrils the spirit of lives, and man became a living Soul."

In this statement we also find the solution of the mystery whereby mind was created, or came into existence; mind being the result of a coming together as one, of body, spirit, brain and Soul. But this is not all, the original rendition explains the mystery still further. It indicates a preexistence of that breath, for it clearly states that the spirit of lives was breathed in, or drawn in, and as a result man was given the opportunity to become a living SOUL.

As a matter of fact, the first incarnation of what is

termed "a living Soul" cannot as yet be termed such. It is no more than the nucleus of what may later BECOME such. After this Spark of a Soul has passed through many lives and gradually becomes conscious of its own existence, then only on its further incarnations does it actually incorporate within itself the SPIRIT of lives, and become at least to a degree, a LIVING Soul.

The body of man as first created, or evolved, from the sperm of the ocean and was entirely physical or earthly. God saw, to use Biblical language, that this creature was purely animal in its nature and entirely lacking in the possibility of becoming spiritualized. After this animal man had sufficiently developed, He breathed into his nostrils the "Breath of Life", i.e., of Fire; or Light. He implanted, that is, permitted to enter this being, a part of Himself, a Divine Spark in the form of a Soul from high heaven, and man became (attained to the possibility of becoming) a LIVING Soul.

In this connection it is well to explain that the Soul entering the mortal or physical body, is Scripturally described as: "God breathing into man's nostrils" the "breath of life." This was not an immediate process, but a gradual taking up by physical man on earth of Souls from high heaven, these bodies then becoming the earthly habitations of these Souls, and may be compared to a man building a number of houses which, when completed, he permits people to occupy for a period of time more or less extended; after which they will desert them to take up other and more modern homes.

The combination of the spirit or life-principle we know as breath, plus the Divine Fire or Soul Spark, plus the brain, plus the body or physical vehicle, brought about the union or "corporation" which brought self-consciousness and reasoning ability to the now upright being--man, and resulted in the creation of a mind which started to function as a creative force.

The animal has a physical form. At its birth it breathes in the spirit or life-principle, but not a Divine Spark or descending Soul; consequently in the animal there is no such combination as that ensuing at the birth of man. Lacking this, the animal does not possess reasoning power and is minus free-Will; the ability of reasoning and acting from choice, rather than from instinctive compulsion. The animal, lacking reason, cannot plan ahead, but must accept things as they are, following the dictates of its nature. Man, on the contrary, possessing reasoning faculties, is not dependent on instinct or the help of other creatures, gives thought to his requirements in advance of his need; he cultivates, plants and stores; he raises and slaughters; he prepares for future use. Man relies on his reason, plus instinct, plus (in the higher phases of development) intuition. The animal must depend upon instinct alone.

Continue with the practice taught you in the previous lesson until you are otherwise instructed.

AUG 17 1959

LESSON EIGHT

Issued by The Grand Fraternity of the Rosy Cross and
Aeth Priesthood.

In all true Occult teachings it is clearly pointed out that the first essential for success is for the Neophyte to possess as clear an idea as possible of what he wishes to become or accomplish. This, in alchemy, is termed the "settling of the waters;" or as "Mercury becoming settled." The mind then becomes a mirror; eye, a Magic mirror, and thereon pictures, with the aid of the imagination, what is to be. With this inner understanding, this formation of a distinct picture, the knowledge of how to go about the work, and a keen desire for the accomplishment of the work in mind or hand, the subconscious mind, or Soul, even though as yet far from Conscious, will come into touch with the invisible Hierarchies. Then, the process of the "above becoming the below" will begin, and if the Neophyte actually has the "self-material," that is, in alchemical terms, if he can "set his mercury," or so fix his changeable mind and nature as to hold them steadfastly to one thought, one idea, and one object in mind, he will ultimately be successful in it; and no force in Nature, no power either in heaven or hell, can prevent its successful consummation.

Question: "In the life of man are there not forces and influences at work in shaping his destiny; in determining his conduct in the attainment of his life's object or goal? Is it not a fact that if in the spirit of love, which I understand is the Magic Key, the picture or vision of his heart's desire is held, it

will and must eventually be realized. In holding that picture are we not unconsciously influenced, and do we not create a subconscious condition within ourselves which sets into motion vibrations which will influence our environments and help bring about that for which we are working or striving?"

This question indicates a fair knowledge of the Occult or Mystic law operating in the life of the whole-hearted and sincere student. It deals with the one and all-embracing governing Law and being a Law it is always in operation.

The numerous forces and influences at work around and in us are nothing more than the negative pole of life, the left swing of the pendulum which keeps the clock running. While these forces, in the very nature of things, have as their object the betrayal of the real things of life; testing of the strength and character of the Neophyte. If the Neophyte meets these tests successfully, he will be given strength to overcome even greater obstacles. There can be no real, worth-while success without the keen and constant operation of inimical forces.

The spirit of Love is desire. All our actions are based on desire, and desire is nothing less than the material manifestation of love. We cannot desire unless we love, and our desire is neither stronger nor weaker than the love we possess for a thing. Concentration itself is based on this Law. Unless we love a thing, we cannot, even by mental force, hold the thoughts to it, but if we love, then in perfect ratio to that love, will the mind dwell upon it. When you must force your mind to dwell on a thought or on

something you wish to do, it is a clear indication that love for it is lacking and therefore desire is weak. Under such conditions real success is not possible, and would not even be desirable, because the want is not great enough before the consummation to cause one to want it after it has been attained.

If we love that which we seek to become or create, we will picture it on our "magic mirror" and we are "unconsciously influenced:" that is, the invisible forces spread their rays over the picture and through our efforts it is brought into manifestation. Moreover, both consciously and unconsciously, we set in motion those forces or vibrations which will help us to construct the edifice out of the picture and we have the help of those whose duty and pleasure it is to serve such as seek to bring "that which is above" into "that which is below." As the work proceeds, the influences which first attempted to prevent us from success, will actually help us to succeed; environments and conditions will gradually change; though, of course, other factors which will help us to advance still farther, will take their place. Physical life is a conflict between forces; though man, so long as he lives a purely material life, does not recognize this fact. As we advance in knowledge and wisdom, we become more and more aware of it; recognize the reason, and welcome the battle because we know that through each conflict successfully won we advance that far afield in the spiritual realm and the reward is certain. Here again we have illustrated the law: "As in the outer (activities), so in the inner constructive life."

SEP 3 1959

LESSON NINE

Issued by the Grand Fraternity of the Rosy Cross and
the AEth Priesthood.

It was God's plan for man that a nucleus of life within himself should be in affinity with the universal breath or spirit outside of himself and, that the human creature--man--should remain in correspondence or contact with its Divine origin. This was the original design of creation.

Regrettable as it is, this union is just what man failed to maintain and as a result we have all the "sins", i.e., the sorrows and miseries that beset life and the ignorance which permits these "evils" to continue to exist. Man takes for granted that all of life is given him to do with just as he pleases and that he is not required to give an account of what he does with this breath--including all its powers--which primarily belongs to God, its Creator. Because of this erroneous conception and subsequent action, man remains entirely separate from the Source of his being. His breath is merely of a material nature, unconnected with the Divine fountain of continual life, and this is the reason why he is generally only animal and human, when as a fact he might just as easily be three-fold: animal, human and Divine.

Man, in this respect, may be readily compared to an individual car forming part of a long train. He is an entity, it is true, just as the single car is, but so long as the single unit is unconnected with the whole train and its motive power, it cannot move; is at a standstill; gets nowhere, though it continues to exist.

Man is limited in his action because he is not "coupled", or en rapport, with the Universal Whole; he has failed to make the contact; he is, in reality, an alien in his own country. When he at last awakens, possibly through the influence of a serious loss or a great sorrow, and connects himself with the All, he will begin to move, and then obtain other than merely human power from the Universal Source. He is not, it is true, at first conscious of receiving such power; he is like the plant which we may be watching; drawing life from all sources in order to grow, does make growth though we cannot perceive this growth until it has developed to a perceptible degree. Thus it is with man and reception of Divine or Occult power. When this reception commences, then Life, Wisdom and Light slowly, but surely, flow into him and through him, then, just as the individual car coupled to the train moves with the entire train, so will man "move" with the "whole" after he completes this vital connection.

The mysterious writer of the Book of Job points out the nature and extent of man's dependence upon the breath of lives in these words: "There is a spirit in man and the inspiration (drawing in of the breath) of the Almighty giveth him understanding." This is not the "breath of life" which God first breathed into man, but is that consciously taken Breath which man deliberately inhales with the intent of receiving wisdom. This breath, which confers understanding or an "understanding spirit", is combined with that other breath, the breath of life, but can be drawn in only when the Neophyte makes the deliberate, conscious effort to do so.

Fruit juices, to the amount of five ounces, take the place of water.

Just as there is an animal life-principle in the air which has been termed biovine, so is there a like potency in the grains, nuts, legumes and some other foods, known as the germ or nucleus. This is the germinative principle of the seed, and it is useless to inhale and try to retain the biovine if there is not in the blood, nerves and brain, a receiving base to absorb and store this biovine. This base we build from the life-giving food we eat.

In the making of a magnet, it is first necessary that we secure a properly made piece of steel. This is then charged by an electric current. However powerful the electric current, if the steel is not of the right kind, it will not become a magnet. When we ingest foods containing the nucleus of vital principals, it becomes part of the blood and the nerves, and provides a base --comparable to steel--which the current of energy, the biovine, charges with the living force of life and energy. One is dependent upon the other. They are each equally important if full life and power--activity--are to result.

The great biovine energy is a primal force, latent abundantly in sun-charged atmosphere and in sun-kissed food. This energy is by nature in the very closest affinity with the nervous system. It may be said to be the nervous system of the universe, co-existent with all space. Moreover, it is of the same nature, even as the child is of the same substance as its mother. The supply of biovine or nervine essence being infinite, any limitation as to its reception is the fault of the receiver.

Let every meal become a Sacrament, a Supper unto the Lord. Let this worship be a silent prayer in mind and heart. Hold the thought in mind that the food consumed is to be divided, and built into body, mind and (fire) Soul.

Let your silent prayer be: "Harmonious with my innermost thoughts and desires, may this food be blessed by God and His silent workers and become part of me, making of me an expression of the Infinite Light; a worthy Brother of the Temple, and a servant of the Most High God."

Study this lesson time and again until its secret of life, of health and strength--becomes a consciousness guiding your selection of the food you consume.

Because of this fact, you, as a Neophyte, are taught to practice regular breathing exercises in conjunction with Sacred Mantrams which centuries of experiences have taught us are potent for the purpose. It is the conscious holding in mind of the Sacred Mantram which serves as a magnet, and this magnet attracts the longed-for power. When this energy becomes one with the breath which enters the body through the lungs, the blood becomes oxidized by both ozone and oxygen, and the Divine Spirit or potential Fire is attracted as is steel to the magnet. A double work is thus consummated: The inhaled breath gives life to the body and also magnetic power to the blood and nerves,--this latter, of course, only if you consume the proper food necessary to build blood and nerves capable of retaining this Magnetic Fire or force. This actually occurs to a lesser degree in normal breathing but in the Willed, conscious breathing, these indrawn forces are far greater. With this conscious breath, which confers greater life, is intermingled the breath of God--that is, Life, Light and Power. Immediately after this breath enters the body, the nerves serving as conductors, carry the Divine Influx to the brain, and the mind, as the receptive station, receives it.

Job, the great Alchemist and Mystic writes: "The spirit of God hath made me and the breath of the Almighty hath given me life." Job 33:4. The word "spirit" is here used in a unique sense and has reference to the creative power of God in creating man. While the breath of God gave man life, the spirit, in the sense that it is a living force, is really a creator, because a seed which has not

SEP 17 1959

LESSON TEN

Issued by The Grand Fraternity of the Rosy Cross and
AETH Priesthood.

In the Book of Proverbs there is a passage which reads:

"The spirit, (i.e., breath of man); is the candle (the lamp) of Jehovah, searching all the inward parts of his belly,"--Proverbs 20:27. This has a double reference: One, to the fire which is in the breath, and to the great fact and mystery that by means of the breath we awaken the abdominal brain which is, broadly speaking, in the "belly". We would avoid being mere Scripture quoters, but all our Masters have found the Great Mystery well hidden within the covers of that composite book, and those who are capable of reading between the lines will find there the solution of most of their problems. For example, hidden behind such homely terms, as "belly" and "reins" are the Alchemical Secrets of Youth and Eternal Life.

If we seek to inhale the breath which is the "candle of Jehovah"--the Light of Wisdom--we must do it consciously, with deliberate intent, otherwise it will not be possible to obtain that eternal "Fire" which is the basis of both Youth and Immortality; not to mention health, strength and success in life.

The Apostle Paul in his Mars' hill sermon, declared:". . . he giveth to all life (breath) and breath (the Fire which is Wisdom) and all things."--Acts 17:25. Interpreted, this informs us that God gives life to the physical through the means of either conscious or unconscious breathing, but that He offers the power

of Wisdom and of greater life only if we consciously--with intelligent effort--breathe in the Holy Fire. Note the apostle's climax: "and all things." There are, therefore, no exceptions to the Law; it is all-inclusive; but the Law, demands that the seeker perform his full part, otherwise there can be no transfer, or exchange.

If we fulfill the exact Law, and all Laws are exact, otherwise they would not be laws, then shall "all things" be ours. God--the operating Law--offers them to us, but indicates plainly, so that we cannot err, that we must exert ourselves to secure these treasures; be they what they may. Making the required effort, in the spirit of the Law, the reward is certain and assured. God is neither a liar nor a respecter of persons. Qualify, that is, present your identification, and the returns will be beyond your expectations.

In the original text of St. John 20:22 it is written: "He. : breathed in," i.e., took a deep breath," and said unto them, Receive ye the Holy Breath ... " This is a clear exposition of the difference between ordinary breathing and the inhalations which are consciously made, that is, with effort and deliberate intent; enlightened by Wisdom and a holy desire to attain a certain status in life. One breath gives life to the purely physical being; the other offers life to the Soul. This last is the Holy, i.e., the "Fiery" breath.

Listen to inculcations of a Master of the past: "Know this, O student: there is a law of duality which works here as elsewhere in life. There is an atmosphere within the atmosphere, a breath

within the breath; a rarer, finer, Diviner essence related to the finer nature of man as does the outer air to this material, coarser physical being, and verily 'in Him (that is, in the Enlightened Breath) we live and move and have our being.'"

The average man recognizes only his physical body and the natural breath which he inhales unconsciously and without effort. We are here trying to teach you that within yourself there is a candidate for Divinity; that within the natural breath which you regularly inhale, as you breath in the natural life forces, there is another, a living, vital and essential essence, which we term the AETH Fire. This, once obtained and properly directed, will give you all possessions desirable: On the one hand, Immortality and the ability to help others to this boon; on the other, health, strength, power, success, vital force and finally, Immortality.

Through the possession of these AETH Fires "all things" are attainable. Even so great a teacher as Paul said: "He giveth to all life (breath) and breath (the Fire of Wisdom) and all things." Paul should have qualified his statement and have said: "God holds all things for you. Breathe in the living fires which give you the forces of the Immortal gods and all else that you desire will be added unto you". Earn these things by righteous living; then they become yours by right of Conquest.

Continue to follow the instructions previously given you until such time as additional exercises are taught you.

OCT 3 1959

LESSON ELEVEN

Issued by the Grand Fraternity of the Rosy Cross and the AETH Priesthood.

Long ago it was written: "Some of the All-Father's children are learning to breathe their native air--the original, pristine, eternally creative breath--deep in their innermost Spirit, that it may permeate and penetrate to even the outmost cells of their body, until they, like their forefathers, shall find the grand sesame to incorruption and Immortality."

Will you be one of these? Are you sincerely and seriously seeking the Way? Is your heart loyal and steadfast, giving no rest until you follow the one Path leading to ALL THAT IS or, are you bound to many things, following after strange gods and continuously losing your way and forcing back time and again to begin anew?

There is no exaggeration in the statement made in St. John 6:50: This is the bread which cometh down from Heaven, that a man may eat thereof and not die. Today you may be in the fullness of life, health and strength, but you must be aware, because you are conversant with other experiences, that there is a moment when this life may snap as a twig. Do you propose to continue in the same old manner of life and be bereft of life before your time? Or, will you partake of this Breath from Heaven which is truly the Bread of Life, and as a result, build into life the eternal man within your self, to perfection? Stretch forth your hand (make the effort) to grasp and hold the "robe of glory" of the mighty forces within your reach; the Divine Fire which offers you longer youth, health, vitality, strength and the power to accomplish your

mission in life and finally, Immortality.

"If any man eat of this bread, he shall live forever." This is the "bread" of which you may eat. It is yours for the asking if you will make the effort. The breath of life is indrawn automatically, but the "Breath of Heaven" is yours only as a result of desire and effort made according to Law and by the method already taught you. In his outer--his natural--form, man is no more than coagulated air, sunshine and a comparative few grains of organic matter. By the addition of the "Bread from Heaven" he may become an Immortal being. Think of this when you are inclined to feel that the Mystery of the Breath may not be so great after all.

The Master of old exclaimed in profound veneration when the truth was revealed to his inner sense: "The secret and mystery that hath been 'hid for ages and generations is now made manifest to you through me,' and this is the Christos in you, the hope of glory.'" No longer is it necessary for you to remain a "worm of the dust." If you remain so, it will be your own fault: You alone will be responsible. God--the Law--will hold you guilty for that which you now are and for that which you will continue to be: "I came to teach you; to enlighten you; to show you the Path that leads to Wisdom and Divine Affluence. Yours is the privilege to accept or refuse. Take and live, for this is the Divine flesh; refuse, and you must die as did all mortals before you who refused to turn mortality into Immortality. Death of the Spirit is for the weak and foolish. Life is to the strong and wise. MAN selects his Path for himself and walks therein, and benefits or suffers accordingly. Cowards permit others to choose for them; they are slaves to

friends, neighbors or circumstances, write their own record of life, and sign their own death warrant.

The Masters of all the past did not "live by bread (the fruit of the wheat) alone". Osiris-Isis, the Nazarene, Manisis, became what they attained to by rendering the body, i.e., the physical man, that which was due it, but no more, and by CONSCIOUSLY inbreathing the "Breath of God"; the Sacred, Holy, Divine Fire subtractable from the air; free to all to breath if they so will; enabling them to become all that they were destined to be. Now is all there is in time. Now, beginning with this moment, grasp the gift that is freely offered to all who make the effort. Silently, persistently, regularly, without blare of trumpets (babbling or much talking), begin to live the life as did the Immortals before you. Then for you, in the mystic language of the Initiates, will "the Divine Stone be cut out of the mountain; the Breath of Wisdom in you, and the Breath Universal in God, be blended and united, the Grand Atonement--at-one-ment--be consumated." Thus, grandly triumphant, may you exclaim with the Alchemists of old: "Come from the four winds, Divinely laden Breath of God, and fill me with Thy life and power!"

You, Oh Mortal, may accept, or it is your privilege to reject. Which is it to be: Strength and life, or, Weakness and death?

Continue faithfully, and as regularly as possible, with the practices thus far taught you, especially so with those contained in Lessons Four, Six and Nine.

I gladly renounce all things which hinder me

OCT 17 1959

LESSON TWELVE

Issued by the Grand Fraternity of the Rosy Cross and
the Aeth Priesthood.

Let all who profess to have come into the knowledge of the Way to salvation seriously question themselves as to whether or not they have attained to full understanding of the first principle of life, i.e., how to BREATHE in the Breathe of Life, to fill the cup to the full, which when quaffed, shall bring a renewal of the life of the body; revitalize the spirit and immortalize the Soul.

It is one thing to merely exist as do the multitude, but something far different to really live by means of breathing God's eternal, ever-present, revitalizing Breath into our being in such a manner as to break up and throw out the dead cells of corruption and by an inner exhaltation build up the cells of incorruption to spiritualize both the body and awakened mind so that we may "enter the gates into the City of Ultimate Humanity" and "possess the right to eat of the Tree of Life", constantly offered to us, the leaves of which are for our healing as well as for the "healing of the nations."

Ezekiel, strengthened by God through a vision, saw a "tempestuous breath, issuing from out of a 'hidden place'." It is in the mysteries of this Breath which carries with it the possibility of obtaining all things desired: health, strength, love, wisdom, affluence and lastly, Immortality, the Grand Fraternity seeks to Initiate you if you are willing to listen and obey.

The Nazarene, most universally known of all Initiates of all times, when gazing with sad, yearning, tear-strained eyes upon

the Temple of Jerusalem, exclaimed: "Destroy this temple and in three days I shall raise it up again." He was speaking in parable; of His own physical temple; the individualized shrine of the "Immortal breath," wherein dwelt the Soul.

You have the privilege and opportunity to build within yourself an inner temple wherein you may store the "inner breath of Life". It is our duty and pleasure to instruct you in the Way. If you walk therein you will come into the consciousness of the strength which is "rooted in God".

It is written in the traditions of the Master that "the first apostles of the Master-Teacher, while tarrying at the trysting place at Jerusalem, after having fulfilled the conditions and obligations placed upon them, were startled by a sound coming from the secret 'place' within their inmost being as of a 'mighty rushing wind' and were filled with the Holy Breath (the Holy Ghost), and having been filled, began to speak aloud strange mysteries according as the Breath gave them utterance, i.e., revealing these mysteries to them."

All who are willing may follow the clearly outlined Path leading to inner growth and development after which it will be possible for this Holy Spirit, Holy Breath or Holy Fire, call it what you will, to be drawn into the temple WITHIN and there illuminate the Soul and immortalize it.

The Golden Sphere we know as the human Soul was fated to descend to earth and take upon itself a body as a medium or vehicle through which to manifest and gain knowledge through experiences both pleasant and bitter, and thereby attained to Wisdom.

Man, during ages of struggle in materiality has well-nigh lost the "key to the kingdom" for which he is seeking. He has forgotten his birthright to a Divine inheritance. He has fallen so low that he thinks only of his weaknesses, ailments, sorrows and miseries, when, in truth, his thoughts should be directed toward the glorious powers, capabilities and possibilities that are within his grasp if he has the Will and will make the effort.

It is written of the first Christian (Gnostic) Brotherhood that "this little band of REcreated men and women, filled with the Divine Breath, charged by the Divine Dynamo WITHIN, went forth to conquer, and, having conquered, turned the world to a new life". You, like Gnostic Initiates, or brethren, may do as did they. You may so think and desire, breathe and live, to also become REcreated, or, as the Nazarene termed it: "REgenerate", and by doing so, become a new man or woman.

Ezekial 37:5,6 explains this by promising: "Behold, I will cause breath to enter into you and ye shall live; and I will lay sinews upon you and will bring up flesh upon you."

The method of procedure has been, and is being taught you most clearly and fully in these lessons, but it is essential for your success that you STUDY, not merely read them. Having studied them and fully understanding the methods, you must practice according to the letter and in the spirit, until you manifest within yourself this new life in body, mind and Soul.

NOV 4 1959

LESSON THIRTEEN

Issued by the Grand Fraternity of the Rosy Cross and the AETH Priesthood.

"Blessed are those who learn to breath correctly and by inhaling the life-giving, Soul-Illuminating AETH, attain to the deeper and more satisfying life. By doing this they will receive the privilege to eat of the Tree of Life and find the Path through which they may 'enter the gates into the city' without being forced to herd with dogs and sorcerers and other disreputable characters who are without the walls."

You may be one of the "blessed". You are a Neophyte in the Mysteries now being taught you and if you will obey, that is: FOLLOW THE LETTER IN THE SPIRIT, you will be made free from the bondage of the living death under which you are now living, and over you will be thrown, as a result of your efforts, the mantle of life. You have tasted of the "way of death" as it is made manifest by sickness, sorrow and failure; you have, figuratively speaking, "lain with the dogs and disreputable characters." You may now, if you are faithful, begin to walk upright and with the CHOSEN ONES by the aid of the Light which is WITHIN YOU and awaits awakening. This Light will in due time connect you with the SOURCE OF ALL LIGHT, and with the forces of power and plenty.

The "Jerusalem" of our times still has "murder in her heart for us," and for the teachers of the race and the prophets of the new and glorius age we have entered. Her hands are filled with stones to be thrown at us; and there is truly a "noise and behold a shaking"--Ezekiel 37:17, but at last for the faithful few, "the bones are together into their right places and the Breath of Life

is entering, i.e., BEING DRAWN IN." By and by these shall be gathered together in one united front, "an exceedingly great army." This is to tell us that after many centuries a few sincere Souls are now willing to help unveil the Mysteries; accept the truth; apply these teachings in their own lives and free themselves through their own personal efforts from the slavery of age old falsehoods and the intolerance of men; begin to walk upright "in the face of the Lord," and become in truth "the sons of God."

The Breath which is Life is very active and greatly stimulating at first, and many will need to learn that the "spirits of the prophets," that is to say, only those who are willing to accept the Law and LIVE THE LIFE, can safely and with benefit inbreathe the godly power and beneficially use it.

We begin at last to fully comprehend that man is the shrine of God's most Holy, Divinely-human breath, and understand that when the method of correctly inbreathing this LIVING force is fully mastered, as all may master it who obey; we shall be fully prepared for the Divine Ministry and ultimately arrive at the goal of humanity; the procreation of a Divinely guided race.

The terms "breath" and "Spirit," are herein used interchangeably. To the knowing ones, the "science of the Breath" becomes the deification of the Spirit. We teach you that within the Breath or Spirit there is latent a Holy Flame or Fire whereby you will find the greater life, and this Fire will be for the Illumination of the Soul that dwells all unknown in the body. This Soul aroused becomes with you a partaker of the Bread of Life and the Fruits from God.

The Divine Command is: "Be filled with the Breath," i.e., Biblically: "be filled with the Spirit." So filled, or imbued with the DEEP DESIRE that you will make every effort to master the science of the Alchemists; that Art which teaches you to not merely breathe to live, but to so breathe as to become a glory to the Father who created you. By doing this you free yourself gradually, almost unperceptibly, from the present state of weakness, failure and fear of death, to the very opposite of these. You become an individuality instead of a mere personality of flesh and bone. You will come into the consciousness of your Oneness, or At-One-ment with the Father and the Atonement, i.e., elimination of evil and weakness will bring about the At-One-ment:

The "Breath of God" is God's spirit everywhere diffused but seldom, and by only a few, Consciously inhaled with Nature's breath. If you are wholeheartedly and wholeSouledly interested and willing to obey the Law, it will soon become easy for you to make the transition from your old death-bringing habit of artificial and superficial breathing which men have followed since the beginning of time, to the divine method of drawing in the inner Breath sent out from the Omnipresent and Eternal Sphere of God, and you will do this by following the instructions already given you.

NOV 17 1959

LESSON FOURTEEN

Issued by the Grand Fraternity of the Rosy Cross and
the Aeth Priesthood.

Man is a composite being. Man is dual. Man is a trinity.
Man may become a four-fold being; as such, an individuality--THE AIM
AND THE END OF HIS EARTHLY EXISTENCE.

As a duality, he is a composite of two opposite forces generally known as good and evil. Due to this fact, there arose early in the life of conscious man, the almost universal belief that there were two "angels" guarding him, one good and the other evil. These two "angels" are the conflicting forces, good and evil, constantly at war within his being, hence his discontent: The battle of Armageddon which cannot cease until one or the other wins.

Man is a trinity composed of the body, spirit, i.e., (the life forces) and mind. This is the ordinary, common every day man, the personality. As such he will remain until he finally awakens to the fact that there is hidden within, a mighty being, the Spark of the Divinity which, developed, will lead him to the attainment of all that is only dreamed of by men generally.

Man is a four-fold being. As such, or as he becomes such, he will be of body, spirit (the life of being), constructive mind and Conscious Soul. This is a personality changed into an individuality; the Son of man becomes as the Son of God. It is the ideal visioned by those who seek to become Initiates, Adepts, Masters.

The body as we know it, is the vehicle for the expression of both material and Spiritual desires and forces. As such, it is

as important and essential as is the Soul itself and should have, must have, adequate attention that it may properly function. This body, as we generally know it, is by no means the "incorruptible body" mentioned in Occult and Sacred literature and the writings of the Gnostics, but can be changed, that is, transmuted into such, by the desires and efforts of the Neophytes. This must be done if the Neophyte on the Path actually seeks to become an Initiate, an Adept or a Master.

It was of this transmuted or refined body, the result of the elimination of the gross animal passions, that Paul spoke when he said: "Know ye not that your body is the temple of the 'Holy Ghost'?" That is to say, once refined and prepared by the desires and efforts of the Neophyte it will be the vessel holding within itself the Holy Breath, the Sacred or Ineffable Fire, the awakened and glorified Soul. This transmuted body will then be the Biblical REgenerate body; fit abiding place for the Spiritual counterpart of God.

This Holy Breath is the gross breath of life refined by exalted desire and becomes such as the passions of person, such as hate, malice, anger, jealousy, resentment, and all others of like nature are transmuted--replaced--by the holy emotions such as kindness, forgiveness, graciousness, generosity, devotion, adoration and others of like nature.

It is the Neophyte's, your, privilege to separate this great, powerful, all-encompassing breath from the air that you inhale, retain and store it, build it into the Spiritual self and

by means of it, awaken and bring into manifestation the inwardly hidden "talents", enabling you to become a success in any avenue you choose; becoming in truth a super-man; just another term for the son of man having become a Son of God, with knowledge of both good and evil, evading evil by choosing the good. This is accomplished by eliminating from mind and heart, the inner consciousness, all degrading passions, and must proceed hand in hand with the effort to awaken and develop the Christos hidden within. This is the preparation of the "ground" for the sowing of the "wheat", that it may bring forth a goodly (Godly) crop.

God, or if you prefer, the Law, NO MAN CAN EVADE, HOWEVER MUCH HE MAY TRY, has conjoined the dual forces together in man in an essential union as a complement one to the other, and made it your duty to harmonize them by means of your thoughts, desires and actions. This balancing up, harmonizing and ultimate attainment has always been known in Occult literature as the Spiritual marriage. There are many degrees to this. All, from first to last or highest, bring with them unbelievable benefits, making life a pleasure rather than a sufferance; bring with them health of body and peace of mind and Soul; instead of the sorrow usually the despair of men.

The means toward the accomplishment of the Great Work are your thoughts, desires and efforts. Your body and mind are the instruments. The method is simple thought admittedly not easy; the results in harmony or balance to your obedience.

Follow the instructions already given you until such time as you receive additional or replacement instructions.

life, i.e., spirit, cannot germinate and reproduce itself; therefore, spirit is actually the basis of creation though it is not creation per se.

The first exercise in breathing was taught you in lesson four. To this exercise is now added the following:

Stand in a natural manner before an open window, with the sun's rays upon you if possible, though the practice itself is to be followed even if it is not possible to get the sun's rays. Meditate upon the work which you wish to accomplish. Hold the thought that in breathing in the air and its forces you will also inhale Biovine, or the life-giving principles; that you will retain these; store them, and make them active, life-giving, power-creating energies within yourself. Still standing easily, with all the muscles as lax as possible, and holding the thought in a positive manner, draw in a deep, slow breath, from the abdomen upwards as taught in lesson four and, when the lungs are full, retain the breath a short time, holding the thought meanwhile; then exhale as previously taught, and while exhaling, send out a thought of good to all humanity, friend and foe alike. Do this from three to five minutes, but do not, at this time, use the watch. If you have faithfully practiced lesson four, you will not need to time yourself, and the use of a watch will distract the mind.

This exercise, in conjunction with those taught in Lesson Four and Six, is to be continued faithfully during the balance of your first year of training.

DEC 2 1959

LESSON FIFTEEN

Issued by the Grand Fraternity of the Rosy Cross and
AETH Priesthood.

The Great Work has, throughout all times, been the basis of the Arcane or Secret Schools, and known by various other appellations to suit the period in which active. Its followers have been known as the Alchemists and for a good reason; because those in truth and Spirit devoted to the Great Work have at all times and under all conditions, sought to change or transmute the ordinary and undesirable into the Spiritualized essences native to the Soul or higher self.

The Neophytes and Initiates inhale the same air that the mass does, but they are not satisfied to obtain therefrom the life forces only. They make every effort--constant effort--to extract and retain the Spiritual forces carried by the air all men breathe. This they do by their desire; the desire acting as the magnet that attracts and retains these forces known as the AETH or Divine Fires; thereby having at their command not only greater vital, physical life forces but in addition, the gloriously vitalized, volatilized, ever-burning, constantly Illuminating elements necessary to the attainment of Soul Consciousness.

Do you feel that you are seemingly tried beyond your strength or endurance, depressed by a feeling that you are no longer able to bear up under the burden? If you have been faithful to the practices thus far taught you, you will be readily able to eliminate this weakness and depression by fortifying yourself with God's pure

Spiritual energies, the fiery Aeth, by inhaling fresh sun-bathed air into the depth of your lungs and holding in mind the desire strongly felt that you are not only drawing in these forces, but that you are retaining and wholly revigorating and revitalizing your entire body and bringing a renewal of life to the Spiritual self. A few minutes of such exercises and the blood will be entirely revigorated and the heart retuned to its full ability to perform its functions.

Do you seek the gifts of the Soul; to become more than a mere human weakling? Then breathe deep into your lungs the air that has God's eternal self-being hidden within it, and your Spiritual self will become as "on fire," that same fire that Initiates of old were so constantly aware of and wrote so much about. In this fiery element that is part of the breath but unknown to the mass, are hidden all power, all virtue, all forces existing on earth and in heaven and freely offered you for your benefit if your thoughts are pure and your desire keen and above the selfish-self.

This has been the ancient promise, and has never been withdrawn. It is no more than an outline of all that may be yours if you are willing to learn; to know; to obey; to do and to help yourself to grow into the Spirit of the Great Work.

Is it still your desire to find the Spiritual self, the Christos within yourself? Then remember that you are now in preparation for the greater part of the Work; that you have been, by means of various exercises, developing the Lesser Light so that you may be ready to take up the Work of beginning the development of the

Greater, the Ineffable, Light which will help you to attain and obtain all that the Initiates of old found to be, "beyond all price", worth infinitely more than the price paid in effort and self-denial.

Why should the method of breathing thus far taught you, and practices by the Initiates of all ages, have such an influence on mind, body, spirit and Soul and so little be known to the world at large?

This is not difficult to explain. The mass, including even physicians and ministers, as well as scientists, have been unwilling, and continue unwilling, to accept as a fact that in the air inbreathed by man are contained other than the physical element --the oxygen that oxidizes the blood, giving it life. They will not accept the known fact that in breathing, the Solar plexus, great nerve center, is vitally exercised, and that this in turn exercises and revitalizes the entire nervous system, including the whole of the brain. That in addition, if the one breathing possesses the knowledge and has the desire, then the Spiritual forces inbreathed are retained and distributed to every one of the great centers in the entire human system and, as a result confers additional blessings: Life, power, energy, well-being to the body; and the awakening and gradual development of the Spiritual self, making of man in time a Holy (whole) man, whereas all but the few are no more than part of a man; unbalanced, unenlightened and unhappy because ill-at-ease.

DEC 19 1959

LESSON SIXTEEN

Issued by the Grand Fraternity of the Rosy Cross and
AETH Priesthood.

Many Neophytes are under the impression that only the Occult or Great Work deals extensively with the breath and the importance of it. They are unaware that the Bible is equally as concerned as is the Great Work.

The writer of the Book of Proverbs is positive in the statement that "the breath of man is the lamp of Jehovah, searching all the inward parts of the belly," (*) indicating in no uncertain language that the breath man inhales is a cleanser which reaches every part of man and, if given a fair opportunity, will free the system from all that is impure provided, of course, that man learns to breathe correctly. It further indicates that if we, knowing the mystery of the breath, obey the law, then the AETHERIC fires in the air will burn out of our bodies all that is impure, diseased, ignoble and undesirable, and by this means establish health, strength and power instead.

In full agreement with this inculcation, the Psalmist says:
"Thou desirest truth in the inward parts, and in the hidden part thou shalt make me know wisdom." Psalm 51:6.

To be more fully informed of the direct action of the Divine power in the region of the "belly", (*) give thought to the following

(*) The Bible writers were not familiar with the modern terms of "Solar Plexus" or nerve and feeling center, or as it is now known, "the Abdominal brain," hence the use of the word "belly" for the whole of the abdominal region.

passage: "My reins also instruct me in the night season." Psalm 16:7. When the cerebrum and cerebellum--all of the brain--are quiescent as in sleep, knowledge may often come through the agency of the solar plexus, the CENTER OF FEELING. This is indicated in the writings of Job: "Now a thing was secretly brought to me and mine ear received a little thereof. In thoughts from the visions of the night when deep sleep falleth upon men." Job 4:12;13.

This same reason was taught as the seat of Divine inspiration due to the fact that it is the feeling Center, Job stating: "I am full of words, the Spirit (feeling, breath) within me constraineth me. Behold, my belly is as wine." Job 32:18;19. In this connection it is always to be borne in mind that in the Abdominal breath, the Solar Plexus is brought into a high degree of vibration, hence released forces.

Nothing in these statements is to lead to the mistaken idea that the seat of the Soul is located in the Biblical "belly" or Solar Plexus. The locale of the Soul, the High Altar of God and the hidden place of the Sacred Flame or Holy Fire, is distinctly separate from the center of feeling, though constantly influenced by what occurs therein, every feeling being impressed upon the Soul.

Ezekiel heard a voice saying to him: "Son of man, cause thy belly to eat, and fill thy bowels with this roll that I give thee." Ezekiel 3:3. While the Psalmist states: "The law is in the midst of my bowels." Psalm 40:8. This Abdominal center being the seat of feeling; it is also the center of fear, the destroyer. "I heard and my belly trembled." Habakkuk 3:16. As also the center of

joy: "Yea, my reins shall rejoice when thy lips speak right things." Proverbs 23:16. Joy and fear being the extreme opposite of each other, all things exist or have their beginning in this Center.

It may be truthfully said that every one is familiar with the results following either ill or good news. We may be dining when ill news is brought us. Immediately hunger ceases; there is great emotional activity, especially felt in the bowels, and this may be so severe that it will result in diarrhea within a very few minutes after the news is received. In many instances, under severe stress of which fear is a part, all desire for food may cease for days, and articles of food we usually consider as delicacies become nauseating to us.

Favorable news, on the contrary, brings about results just the opposite. Thus while anxiously awaiting news relative to important business or of a dear one's illness, there is loss of appetite; a lassitude of the entire body; the mind is inert and unresponsive. But no sooner is good received, there is a desire for food and every morsel is relished; the weakness so prominent in the region of the solar plexus leaves as if by magic, and the mind responds to demands or suggestions.

These quotations from the writers of the Bible clearly agree with all that is taught in the Occult by the Great Work, and indicate the power of the breath under guidance.

JUN 2 1960

LESSON SEVENTEEN

Issued by the Grand Fraternity of the Rosy Cross and
AETH Priesthood.

With rare exceptions, it is only the studious Neophytes and Initiates who are fully aware that the breath, instead of having only two functions to perform: that of inbreathing the oxygen which oxidizes the blood and then exhaling (throws out) the carbon dioxide produced by dead cells, has other important functions: that of drawing in the Spiritual forces such as the AETH fires and also millions upon millions of living creatures in the air which become an organic part of the organism and but for which there would be no creative force in the body. The Spermatozoa itself is actually the result of changing, by the physical Alchemy of the human organism, these living creatures inbreathed with the air inhaled. The purer the air, the more vital the resulting living, creative cells.

The purely materialistic, theological, coldly intellectual type of inculcations emanating from the materialistic minds of men without Spirituality has had its day, and the world awaits the outpouring of a feminine (feeling) Spirit; that of the Gnostic Christos, by the effort that originates in the deeply inspired affections and emotions of man's inner self. It is high time for those Soulfully ordained to pour out the Ineffable Light from the Great Central Throne wherein God dwells and whereon there burns the Sacred Flame throughout time symbolized by the Vestals of the Flame.

Both the Old and the New Testaments in their original form taught that in the "bowels," known to us as the Solar Plexus and

Abdominal Brain; the Center of Feeling and Emotions, is also the Center of the Divinely-begotten affections which divides the human creature from the animal creature.

Again and again the sincere Neophyte seeking truth is confronted by the statements:

"Remember, O Jehovah, Thy Bowels and Thy Loving kindness."
"The Sounding of Thy bowels and of Thy mercies toward me." "God is my record, how greatly I long after you in the bowels of Jesus Christ."
"If there be any. . .bowels of mercies." "Whoso shutteth up his bowels of mercies."

The Solar Plexus is not only the great nerve center, but also the great Emotional center. From thence emanate majestic incentives to action harmonizing with the feeling in control. It is also the center of activity or of inertia, both governed by either Idealism or a degenerate sense of what is desirable.

While the normally healthy and Spiritually inclined person is in a wakeful condition, the Solar Plexus and central brain work in harmony, blending and interblending in their action. Under certain conditions, especially when the Neophyte is engaged in the Great Work with feelings Spiritually inclined, the Subliminal self may function independently of the quiescent cerebral brain.

Should anyone be inclined to question whether there is a close connection between the brain and the Solar Plexus, the mind and the Abdominal brain, let him study the symptoms of the Neurasthenic. He will quickly learn that when the victim ingests food and it fails to digest as it should, it produces a pressure on the

Solar Plexus as a result of the extension of the stomach and this pressure in turn produces many varied and serious delusions. These hallucinations may become so abnormal as to cause the sufferer to commit crimes, acts of indiscretion, or even suicide. Thus it will be seen how great is the influence of the condition of Solar Plexus upon the mind and form an idea of how wonderfully great is the power of the Solar Plexus for good when it is functioning normally, harmoniously, exaltedly; sending messages of like nature to the mind.

However, the brain is not the man, neither yet is the Solar Plexus. The Great Center, the Altar whereon burns the Fire, and wherein dwells God the Father who judges all things, and Blesses those who obey His laws--that is the dwelling place of the real man.

The building of this Great Center requires not only proper breathing; breathing consciously with intent to draw in the Spiritual and vital forces, but an obedience to the Divine Law in every respect.

It is essential that the Neophyte regularly breathe the fiery Aeth--the Breath of Life, into his lungs, that this may be transfused into the blood and be transmitted in due time to the Solar Plexus; thence via the nervous system and feelings to the Great Center. In this manner the Tree of Life may grow in the Center of the "Garden of Eden," i.e., within the Most Holy place, or seat of the Soul, and it be demonstrated that "man does not live by bread alone" but by every word (breath) that proceedeth out of the mouth of God; that is to say, by every breath that we consciously inhale with an intended purpose.

JAN 18 1960

LESSON EIGHTEEN

Issued by the Grand Fraternity of the Rosy Cross and
AETH Priesthood.

The various forms of breathing have definite objects in view, and all are so graded and arranged that you may safely practice the exercises and gradually develop your lung power, assuring you of greater vital power, as well as the Spiritual forces which will give you the fires, the basis of the AETH force. You have been thoroughly instructed in some of these breathing exercises. If you have been faithful to the practice within the past months of your preliminary training, certain definite results should have manifested themselves to assure you of your progress.

"I am having some very interesting experiences as a result of practicing the breathing exercises and Mantrams. The effect is similiar to the turning on of a current of electricity in a battery and feels like a warming vibration."

The Neophyte who made the foregoing statement had been faithful to the instructions and as a result, had reached the degree in which it was possible for him to raise the healing, heating current within his being. This vibratory force which warms the entire body is the AETH fires which may be employed in energizing oneself so as to establish a greater fund of vital energy and more abundant health; and in some instances, to direct these AETH fires or currents for the healing of others.

Man, as you have been taught, is the Microcosm or little world. The greater creation of which he is a prototype is the

Macrocosm. That which the Neophyte possesses in a lesser degree exists also in the greater world in an infinitely greater degree and he, the Microcosm, may draw from the Macrocosm all those forces which he seeks to use for his personal development or improvement, provided he make the necessary efforts to prepare himself.

Just as you, the Neophyte, may become a lesser AEth world, so there is a greater AEth world which is a storehouse of these AEth forces. You, through proper desire and effort, prepare yourself as a Receiver. In the AEth world, the AEth current or force is native and you, like a wireless instrument, can draw these waves or vibrations to yourself and use them for constructive purposes. This you actually do when you, during the exercises, do as did the student whom we have quoted. You may feel these fiery, warming, tingling waves or sensations pass through yourself. Let it be further remembered, these are the fiery vibrations which help to awaken, build up, and bring to consciousness, the individual Soul.

Within the past years, astronomers have discovered what they call a new world near the sun, full of energizing heat. The AEth Priesthood has known of this planetary body for centuries and taught to its Neophytes not only a fact of its existence, but also instructed them in the methods whereby they might put themselves in touch with this world of Life and Light; drawing these energies therefrom by harmonizing their own being with its vibrations.

The first step toward this end is to become harmonious within yourself. This is in part attained by establishing health in his body, by inbreathing the vitalized forces so as to fully

enliven (fill with Light) the body, and by illuminating the mind by means of the Sacred Mantrams which will expel all that is undesirable (evil) from the mind.

Unless otherwise stated, exercises already taught you are to be continued as before. In addition to them, repeat the following Mantram as a Sacred prayer for periods of five minutes, one to three times a day, until you receive further instructions:

"Let my Soul be filled with Divine Love. Let it be so filled with this Holy force that there will be no place for any thought or desire not in harmony with it. Let this Divine Love eliminate and replace all hate, jealousy, malice and other ignoble passions. Let me manifest this Holy Fire in my life that others may benefit, and seek for the source of the only Reality."

If, while taking the breathing exercises, the warming vibrations are felt, direct them, by an effort of the Will, to such portions of the body as need strengthening or healing. By doing this you may feel an instant benefit; tiredness and weakness may be eliminated, and relief had from many ailments. As a result of this one practice, many seemingly miraculous cures have been reported.

FEB 9 1922

*
1922

LESSON NINETEEN

Issued by the Grand Fraternity of the Rosy Cross and
AEth Priesthood.

Once you actually begin to think and live in the realm of Divine Desire, you will, even in your present life on earth, commence to live in a more enlightened state; consequently, though in the world you really will not be of the world.

There is but one creation, and this is to be followed by continuous stages of advancement; otherwise stagnation and deterioration result. There must always be advancement from the lower to the higher; thence upward to the highest. That this may be so, you must free yourself from one phase of life before you can proceed to the next.

The Soul that once has attained Illumination or Cosmic Consciousness, must live in the Light so that there be no danger of again falling into the way of darkness. The apostle Paul gave warning of such a possibility when he said: "Wherefore let him that thinketh he standeth take heed lest he fall." Until the follower on the Path has actually attained to Godhood, there is an ever present danger.

Every Soul is given an opportunity to attain to live in the AEth realms of being. As soon as the mind recognizes the fact that the carnal life is not the highest, and begins the search for truth and shows a willingness to be guided by the Truth, the Soul begins its upward flight, and in time becomes a Divine Receiver, receptive to the AEth or Fire-of-Life world.

You already have been taught many of the Laws that must be

obeyed. They are extremely simple, so much so that you may ignore them for that very reason and fail to attain to the estate which might rightfully be yours.

Always remember this: He who WILLS to attain a certain goal and is willing to make the necessary effort, will succeed in doing so. This is the Divine Law and irrevocable. Forces may assail the laboring Soul at times but like Truth itself, though "crushed to earth shall rise again" and be all the stronger for the trials and tribulations.

Every thought you think creates a vibration; this fact cannot be emphasized too often. The holding of any thought leads to desire and in time, to corresponding results; for through the vibrations produced by thought, reinforced by desire, Soul Consciousness and all this means, is attained.

The Sacred Mantrams, being Divine in essence (for they are under Divine Laws) create strong vibrations, and bring about greater results in a much shorter time than would be possible without them. Also it is necessary to set these vibrations in motion in order that the Soul may become, in fact, a Receiver, so harmonized that it can pick up the current of power from the AETH sphere; the thoughts and ideas sent out by the Hierarchies.

Your work for the next month, aside from that already taught you, will be to hold the same Divine Mantram given you in the last lesson, and in conjunction with it, follow the instructions given herewith:

Sit or stand erect in an easy position. Close the mouth

and breathe only through the nostrils. Inhale steadily, first filling the lower part of the lungs. This is accomplished by bringing into play the diaphragm which, descending, exerts a gentle pressure on the abdominal organs, pushing forward the front walls of the abdomen. Then fill the middle part of the lungs, pushing out the lower ribs, breast bone and chest. Now fill the higher or upper portions of the lungs. In the final movement, the lower part of the abdomen will be drawn in, giving the lungs support, and helping to fill the upper portion of the lungs.

Retain the breath for a few seconds, but not long enough to cause a feeling of tiredness or dizziness. Now exhale slowly, holding the chest in a firm position, draw in the abdomen a little, and gently lift it upwards by muscular exertion as the air leaves the lungs. When all the air has been expelled, relax the chest and abdomen for a few seconds before repeating.

The entire exercise is one of gradual breath. It must not be taken or released in jerks, but by a steady gradual movement so as to neither strain nor tire the muscles of the lungs. In the beginning it must be slow and will seem a little difficult, but practice will soon make perfect.

This is known as the Youth Drill and is to be practiced only during the time you hold the Sacred Mantram; not more often than three times a day and for no longer than five minutes at a time. It may possibly take you a month or two to fully master this exercise. When you have mastered the process, you will have the means of rapidly revitalizing the entire body.

294 - to 25 B

FEB 16 1960

LESSON TWENTY

Issued by the Grand Fraternity of the Rosy Cross and
the AETH Priesthood.

The minds of men scientifically inclined were slow in accepting the truth regarding the power of the Mental and Magnetic force. They will naturally be equally reluctant to accept the sublime truths as regards AETH Forces, the AETH Sphere and the possibility of developing the AETH Fire within the person of man. Though this Fraternity has taught these sciences for many years, only the few have been willing to accept, and of these few some have sincerely sought, obeyed and lived according to the inculcations emanating from the Order. I will conform.

As the mental prevails over and controls the physical forces within man, so does the Awakened, Conscious Soul govern and direct both the mental and the physical energies.

The Soul is an AETH, or AETHERIZED Fire; it is a Light, or the Light that leads; a Light that shines in darkness; a Pillar of Fire, the same Light that appeared as a Fire unto Moses in the Burning Bush and so well instructed him. The Soul is the Receiver of the Mighty AETH which comes direct from the AETH world and can be known only to the AETH Priests and those who have been willing to prepare themselves to receive it.

Just as the few faithful and willing ones have found the Soul, or its Fire in one form or another, so will other few become receivers of the greater power here described. As they awaken the Soul more and more, and Illuminate it, even as a candle light

illuminates a darkened room, so more and more can they receive the AETH Forces and use them for their own and the good of others.

The symbology used in describing the Illumination of Moses, i.e., when God appeared to Moses and he heard His Voice in the Burning Bush, shows conclusively that the methods of Development of our School were then known and applied. The Essenian Initiate, the Nazarene, taught this same method of the development of the Soul and the finding of the Light or Illumination, and it was this Light or AETH Fire which the Essenes so successfully used in their healing ministry. The Master-Teacher went even further: he taught that man might so live by eliminating gross elements, that he could completely change the carnal body through the medium of the AETH Fire, thereby wholly transmuting it, and that this body would then become pure AETH through, or at, the change called death, and might then again be taken up by the Christic Soul if it be so desired.

It was this same Initiate who first attempted to completely carry out these teachings, and who made practical use of these forces while he himself was undergoing this process of transmutation.

Some of these truths, in part at least, were taught by the Ancients but few of their people were sufficiently developed in Mind either to understand or to be willing to carry out the instructions. This is the reason so few were able to become Illuminated Souls competent to use the AETH forces, but these few stand out clearly in the Biblical narratives all of which have to do with Fire, vide Moses and the Burning Bush; Elijah and the fiery chariot; the

FEB 16 1960

Prophet in the furnace; the Nazarene with his fiery body which, after coming from the tomb, might not be touched.

The physical appetites have, in most people, up to the present time, been too strong for the Soul and its needs, and men have lived more in the physical than in that which is usually termed the Spiritual, but which we now know as the Soul.

These men were not strong enough to subdue the desires of the flesh so that they might become conscious of the most part of their being, the Soul; consequently only the very few have been able to attain to the higher forms of Initiation and to live, as Immortalized beings.

In this age, materiality must give way. Even now men are beginning with serious intent to seek the Truth which is also the Way. They really have a desire for that which is more than native to the mortal, and seek to be free from that which is exceptionally gross and carnal. Many of these have sought entrance into the Aeth Brotherhood so that they might be prepared to minister to both body and Soul for it must be remembered that in this world, body is of equal importance with Soul.

The Law of today is the Law of the past and of the future. Men must grow strong first in the physical body, since, if the body is weak, the Soul will lack a fit medium through which to manifest. The body is the foundation, the temple of both Mind and Soul. The Soul is the receiver of the Aeth Fire and unless the body is sufficiently strong and free from grossness, these Fires cannot long be retained and will filter away as does water through a sieve.

*The Subconscious Center
The Christos - Soul Center
The Light Center - God.*

MAR 3
1950

LESSON TWENTY-ONE

Issued by the Grand Fraternity of the Rosy Cross and
AETH Priesthood.

During the period of Egypt's greatest Spiritual achievement, her Initiates understood, lived and obeyed the Divine Law as we now in part teach it, and directed the forces of what we know as AETH much in the manner in which we employ electricity. These men devoted their entire lives to the activities and teachings of the Divine Law; they were, in fact, harmonious instruments through which the AETH forces functioned.

When the Initiates of Egypt became aware that their people were leaving the true God for the false, and falling into gross materialism, they were careful to withdraw the secret knowledge from them, foreseeing that it would be dangerous in the hands of those who no longer had respect for the Divine Law and its operation.

Even in this day, in many of the ruins in the ancient temples of many lands those who know are able to read the hieroglyphics that so clearly illustrate the knowledge and direction of the mighty Occult forces. There may be seen Priests in the act of treating the sick by means of the AETH fires; illustrations of the Souls of men passing before Osiris for judgment, and the symbolic representation of many other of the "mysteries" still sealed to the world at large because the peoples as a whole refuse to open their eyes to see the mighty things awaiting unveiling.

Since the fall of Egypt and its mighty Priesthood because of disobedience to the Divine Law, mankind as a whole has been

forced to pass through the various ages, such as the physical-material age, the dark ages, mental-material age and is now slowly entering the Manistic, or age of Manhood; during which the Soul shall come into possession of all Spiritual knowledge for the "healing of the nation"; the direction of the AETH forces in all avenues of activities and for the enlightenment of all who will listen and learn, as well as for the elimination of those who refuse to obey.

The Nazarene, Essenian Master, was the first to openly try to awaken men and instruct them in their Spiritual possibilities; in general, his inculcations fell on barren ground, and at best, the mass would do no more than accept the teachings of John the Baptist, more correctly, "John the Gnostic." Even so, all might have been well had not the Gnostic Fathers been destroyed and superseded by a church of creeds, and the teachings dealing with the individual Souls forced far into the background.

For many centuries since then, all but the few have lived entirely on the mental plain, but now due to the Cosmic influence of the new age, many have become dissatisfied with the old interpretations of Spiritual Laws and are seeking and demanding inculcations and guidance leading them forward and upward to higher planes of understanding and usefulness; means and methods wherewith to help themselves and their less fortunate brethren; a Science dealing with the Soul and its potentialities; one that cannot fail the faithful Acolyte of the Arcane Science.

Once again the Fires of God are being lighted upon the altars within the temple so that men may see it and become one with

it; Illuminees of the New Age. It is burning but dimly now but anon it will become brighter, and yet brighter, and the power of the Light become constantly greater and, shortly, be applied in the healing of the various ills of mankind--every evil being an ill.

The physical-mental man, by means of high ideals, lofty desires and personal efforts must be transmuted and refined though living under present none-too-desirable conditions and environments. This is his test of fitness, and through such change and transmutation he will be able to accomplish much, if not even more, than did the Nazarene Initiate centuries ago who so clearly pointed the way to all mankind.

Moses and Elijah and others were not forced to pass through what we know as the change called "death" because they had willingly lived the enLIGHTened life. Their mode of life had transmuted the material of their bodies into the Spiritual or heavenly FIRES, so that they became of the same element as the AEth sphere or world into which they entered and this is the privilege of all men.

Continue the practice of the Mantrams and exercises as taught in Lesson Six, Nine and Nineteen until Lesson Twenty reaches you, then substitute its instructions for that of Lesson Nineteen and continue the practice of Lesson Six and Nine.

Study the book THE WAY TO LIFE AND IMMORTALITY in conjunction with these Lessons. - ordered 3/13/60

MAR 17 1960



LESSON TWENTY-TWO

Issued by the Grand Fraternity of the Rosy Cross and
AETH Priesthood.

To help the Neophyte progress, it is essential that we time and again deal with breathing; the manner of breathing; the air we breath in, and its component parts.

As generally thought of, the air we inhale contains oxygen and nothing more. This oxygen oxidizes the iron in the blood. This is considered as the giver of life. If the oxygen did not so oxidize the organic iron, man would quickly weaken and die.

In exhaling, if properly done, the dead cells--cells constantly dying--in the form of carbon dioxide, are thrown out of the body; there is a constant exchange of death-dealing carbon dioxide for life-giving oxygen.

It is also generally considered that the spirit which is life is dependent alone on this breathing of oxygen and the oxidizing of the iron in the blood. This is a grave error. Two things, above all others, are necessary to create this spirit of life: The oxygen in the air and the vital principles in the food man consumes. These vital principles are known as the organic mineral elements and the vitamins. Any lack of these elements and shallow breathing will result in low vitality; weakness of the body; feebleness of the mind and Will, and general inertia.

We are here dealing more directly with the elements in the air and from the point of Arcane Science; a knowledge necessary if the Neophyte is to succeed in the highest form of physical development

and Spiritual attainment: Soul (Spiritual) Consciousness and/or Supreme Initiation.

Aside from, or in addition to, the oxygen man and all creatures inbreath, there are contained in air other elements not recognized by orthodox science. Some of these elements are of a semi-Spiritual and others of a highly Spiritual nature. These elements are inhaled with every breath and then exhaled without finding lodgment in the body.

Inhaling oxygen and the use the body makes of it, is generally an entirely unconscious operation. The exception is in instances where there is a desire to develop the full capacity of the lungs in order that a greater amount of oxygen may be inhaled and the food elements forming the blood and for body rebuilding be oxidized as perfectly as possible.

The inhaling of the semi-Spiritual elements as well as the highest Spiritual elements and its retention for specific purposes is possible only by DELIBERATE EFFORTS CONSCIOUSLY MADE.

The two most potent factors are THE DESIRE TO DRAW IN THESE POWERFUL FORCES AND TO RETAIN THEM FOR SPECIFIC PURPOSES, AND THE CONSCIOUS EFFORT TO DO THIS. The desire is the magnet that draws in these forces and retains them. The mind directs their application for specific purposes. But even in this, there must be keen desire and the STRONGER THIS DESIRE, THE GREATER THE RESULTS OR BENEFITS.

The highest of these Spiritual forces is known as the Aeth. This is the principle supplying the material-Spiritual

substances helping make possible all higher development. This AEth is an essential in building up the forces employed in all Occult operations, as well as in the awakening of the Divine Spark; the Christos, and bringing into manifestation the Soul Flame or Ineffable Light, which in turn develops or builds the innermost Center wherein will dwell the Ineffable Light after the attainment of Soul Consciousness or Illumination.

Man alone, imperfect as he is at best, being next to God in his organization, may draw into himself this AEth force. But in order to do so perfectly, he must make every effort to live harmoniously with the Laws that govern in this department of his life. The loftier his thoughts, desires and acts, the greater the amount of this force he may inhale, retain and direct.

So great is the power of this AEth that when fully developed it is capable of burning out instantly all manner of diseases of the body. It was because of his knowledge of this force and the possibility of its development, that the Nazarene taught: "According to thy faith (the knowledge and effort to live and act according to the faith) be it unto you." Those who came to him to be healed were unable to receive the AEth force (healing activity) from him unless they had faith (opened themselves up to receive) and as a result of that faith, were receptive.

This AEth force is wholly constructive. It is destructive to all that we know is evil, because evil is the reverse of that which is constructive or good.

APR 4 1930

2nd yr to 25B

LESSON TWENTY-THREE

Issued by the Grand Fraternity of the Rosy Cross and
AEth Priesthood

PROBLEMS ALONG THE PATH

PROBLEM ONE: "I am in a state of restlessness and uneasiness and there is a feeling like a constant urge to find a something that escapes me. I appear much like a ship without a rudder."

ANSWER: This feeling of restlessness and uneasiness is not unnatural. On the contrary, it is a problem in the life of the aspirant and a condition that practically all Neophytes must pass through at one time or another. This state of restlessness, was termed by the old Alchemists, the "mercury",--the unsettled, unbalanced and unstable stage of development--the agitation. It is the "between" of the old and the new; of life and of death. As the Neophyte proceeds, this unrest and uncertainty will gradually give way to peace and an intuitive feeling that the new life forces are flowing into the channels formerly used by the old carnal life. This feeling of unrest, dissatisfaction and longing is the urge; should be the incentive, which will cause the true, the sincere student, to make greater efforts toward achievement, and create an intense desire to come into the Spirit of the Great Work and its Spiritual Hierarchies.

PROBLEM TWO: "After a careful study of the lessons thus far given me, it seems evident that deep breathing exercises are the most essential of the entire Work."

ANSWER: Deep breathing exercises, while of vast importance and

essential to development, are not the most essential toward Master-ship; coming into the Spirit of the Work is. "Coming into the Spirit of the Work" means coming into an AT-ONE-ment with the Work itself and all the Work stands for. In the language of the elder Mystics, it is a reception of the Holy Ghost, or drinking the "wine from the Holy Grail." Deep breathing is but one part of the labor of the Soul and of no more than equal importance with other efforts. It is essential only to the degree that it must be followed as faithfully as the various other exercises taught; all of them comprising the effort to bring the whole man up to the highest stage of development.

PROBLEM THREE: What is the meaning of the saying: "The Spirit of the prophets is subject to the prophets?"

ANSWER: The law governing the human family living in carnality is vastly different from that which must incite the action of such as seek attainment in the Higher Life, though it must not be forgotten that the seeker is subject to the Law of duty in his every day life. The Law by which the advanced Neophyte is governed, is not that which the unenlightened mass and the new acolyte follow. As an illustration: All meats of red blooded animals, stimulants and condiments are contraindicated to the Neophyte while practicing the Drill for the finding of the Soul Center, but the Aspirant who has actually attained to this degree is no longer under the same Law; "To him who has overcome, nothing is forbidden," said an old Master. Why? Because he will no longer abuse anything, but will use all things rightfully; he has attained to a true sense of proportion.

The early church while presided over by the Gnostic fathers, fully understood and practiced this Law; it is due to the unwise application of this Law that the modern church is accused of a "double doctrine."

PROBLEM FOUR: "If I understand the instructions correctly, it is through the breath, and only through the breath of the eternal God that man can become eternal--Immortal; immortality coming to the inner man by his forever, i.e., continuously inhaling the Breath of God--the sacred Fire. That it is by the deep, enforced, conscious breath that we receive Life, Light and Wisdom; why then need we practice the special Drill to find the Center from which the Light comes?"

ANSWER: Through the conscious act of breathing we are able to draw in the Life and the Fire elements; through conscious efforts we stir this Life and Fire into activity. However, irrespective of how perfect our breathing, it cannot possibly alone bring the Fire into manifestation or materialization; therefore, the Drill of the Masters is for the purpose of developing and outwardly reflecting the Divine Light. Just as we use a mirror to reflect our person--personality--so we have need of this Drill that it may reflect the Light outwardly, then REReflect the Light inwardly, and by means of this REReflection and in this manner, help us build the Soul or the Great Center. This achievement is recognized as Illumination of Soul or Initiation.

APR 19 1960

LESSON TWENTY-FOUR

Issued by the Grand Fraternity of the Rosy Cross and
AETH Priesthood.

Problems Along The Path

PROBLEM FIVE: I have been instructed throughout the course of training that the Secret Schools, the Great Work, refutes the idea that the locale, seat or Center of the Conscious Soul is either in the brain, the Kidneys, the Solar Plexus (Abdominal Brain) or in the Creative Center. ✓

ANSWER: The locale of the Soul, the Great Center of the Light, the High Altar in the Temple that is man, is wholly distinct from the various centers named, though directly connected with the three; the Mind, the Creative Center and the Solar Plexus or Abdominal Brain. ✓

QUESTION: According to my understanding, based on my studies, the Great Center is also the life center of man.

ANSWER: That which we know as "life" is universal and is as much in one part of the body as in another though it could be centralized, it would be in the motor center, i.e., the creative center. ✓

QUESTION: According to some of those who have been accepted as authorities, the "Solar Plexus" (the center of feeling) is the home of the Soul; of the real man. ✓

ANSWER: We refer you to the various lessons issued to you for an answer. The Great Center, the Biblical Temple where God dwells, is in none of these centers, however important they are in

building the Great Center; but is the final result of the normal, exalted activity brought into play by the sincere Neophyte of all three of the mentioned centers. ✓

It is true that a number of writers made more or less positive statements as to where the Great Center, the seat of the Conscious Soul, is to be found. But this was done with the deliberate intention to confuse, rather than to enlighten. There was a constructive "method in the madness". No man who has become Soul Conscious and therefore knows where the Center is, because he has succeeded in bringing it into Consciousness, would dare tell the profane world where it is to be found. This prohibition is nothing modern, it was well known to the Ancient Initiates; to the Nazarene, who by his statement to his disciples "To you is given to know WHERE the kingdom of heaven is, etc." indicates the extreme secrecy surrounding this Arcane work. ✓

If it were permissible to inform the Neophyte where this Center of Light is located, he would believe and his efforts to develop and find it would cease, and he would never come into consciousness of it. It is only by the desire which gives the inner self no rest in its efforts to build this center and become conscious of it, that this Light center may be found. This is likewise the work of "the sons of men" BECOMING the Sons of God, because attaining to full Illumination, Philosophic Initiation, Illumination and becoming the Brethren of Light as indicated by John, are one and the same thing.

You are now approaching the most Arcane part of the Great

Work and your efforts will be two-fold. On the one hand, greater effort to transmute all that is unworthy and undesirable, now part of your being--this you have been supposed to be doing throughout your training thus far--and on the other hand, the far greater work of awakening the Christos, the Divine Spark, the sleeping Immortal self and bring it into outer manifestation by the procedure to be taught you, the ONLY method ever known making this possible, and by means of redirecting this Light, after being brought into outer manifestation, to the location within the self where the Great Center for the Ineffable Light is to be developed and finally brought into consciousness. ✓

QUESTION: The statement has been frequently made that there is but one way to attain this Consciousness; the awakening of the sleeping Christos, building the Soul Center and bringing it into Spiritual Consciousness. What then of the uncounted millions who know nothing of the method? ✓

ANSWER: Instead of answering this question in the language of the Occult, we will make use of that familiar to all, that of the Nazarene: "To you (the very few who have followed me) is given to know the kingdom of God, to others it is not so given." These to whom He spoke were but twelve out of the vast number of other human beings, and the reason these others had not found this "kingdom", this inner Spiritual, heavenly center, was because they were either not yet far enough advanced on the scale of humanity, or were unwilling to gradually give up that which belonged to the carnal, temporal self and live in the Light of the Spiritual self.

The great difficulty in feeling or sensing the Spirit of the Great Work or, for that matter, the Spirit of a higher than carnal life, is due to the fact, recognized by all, that man has lived an almost wholly carnal, physical and material life for so many centuries that the very cells of his being have lost the "sense" of this other, or higher life, and this Spiritual cell consciousness awakens only very gradually and very slowly, with frequent reversions or reactions to the purely material, until the physical, material-carnal influence is gradually overbalanced by the thoughts, desires and feelings of the higher life. This higher state can be brought about only by constantly and carefully guarding our thoughts, desires and acts and the consistent practice of the exercises which have these necessary changes as their objective.

MAY 19 1960

LESSON TWENTY-FIVE

INTRODUCTORY TO THE ARCANE PRACTICE PRELIMINARY INSTRUCTIONS

Dear Neophyte:

You have been enrolled approximately two years; two years of preparation for the greater Work that is now to begin.

If you have been faithful to these studies, having read and REREAD the lesson time again, and above all, if you have actually practiced as you have been instructed in the lessons, then you will be prepared for the Arcane Work you are now to begin.

You are practically and theoretically speaking, like a man who has ten thousand acres of really good land. If this man is a real farmer he will actually take delight in his ownership and he will manifest this pleasure by painstaking preparation, in every detail, of the soil so that in it he can raise a full crop of superior products. He will as fully enjoy every hour of his work, even the most menial, as he will the profitable harvesting.

If he is an unstable, uncertain, impractical person with little or no love for the work he is engaged in, and what the land might produce, he may work--not actually farm--possibly one tenth of the total land; his returns will be in ratio with the effort made, and he may be improvident in the midst of what could easily bring him an income and assure him of his every need.

YOU ARE A "FARMER". Your ten thousand acres of rich land are you and your TEN TALENTS. What these ten talents will bring you in riches, blessings and happiness will depend altogether on whether

you will cultivate one talent, or ten talents, and the MANNER and SPIRIT (feeling) in which you cultivate them.

You have had two years of instruction. In these two years you will either have cultivated all of your inner potentialities-- acres of production--fully or poorly, and you will be prepared for the Great Work to follow, to the degree that you have obeyed or made excuses; to the fullness of the SPIRIT (feeling) in which you entered into the practice.

You have been taught that within yourself, more or less deeply hidden as the result of disobedience to the dictates of the Divine Law, there is hidden the Spark of Divinity which you received, OR BROUGHT WITH YOU, at birth. That the Great Work is to awaken, develop and bring into manifestation this Divine Spark that it may build within yourself the Great Center which, completed, will bring you into Soul Consciousness or Illumination.

Almost in the beginning of your work you were taught the Prana practice (Lessons Six and Nine). This Prana is the Lesser of the Great Light, and is essential or preliminary to, the practice for the development of the Greater Light which results as the awakening of the Divine Spark. You were also fully instructed how to proceed, step by step, in preparing, by eliminating all that is unworthy, for the awakening and development of talents inborn, and received by you, with your birth.

You will, of course, be prepared for the Arcane Work, the awakening of the Divine Spark or Great Light, the building of the Inner or Great Center, in direct proportion to your faithfulness

to the study and practice of the instructions during the past two years. Moreover, in exactly like proportion will you be able to receive the benefits and blessings of the material world; the Law functioning in both spheres--material and Spiritual--at one and the same time.

We believe that it has been made plain to you in the instructions given you during these past two years that every thought you think, every desire you may have in your heart, everything you feel, whether love or hate, and every passion and emotion between, will have its direct effect upon the Soul Center, hence on your state of Soul Consciousness. The Soul Light may be bright following a noble impulse; a deed of kindness, and be deeply clouded in the wake of an unworthy thought or feeling of ill-nature. The practice of the Arcane Drill to be taught you is the WAY, but you may impede your progress by unworthiness within your consciousness. Development of the Divine Spark proceeds hand in hand with true manhood or womanhood; cleanness of thought and desire, purity of feeling. These things are THE PREPARATION OF YOUR SOIL FOR THE HARVEST THAT IS TO FOLLOW. ON THEM WILL DEPEND WHETHER YOU CULTIVATE ONE TENTH (one talent) OR ALL OF YOUR LAND (all talents), and reap in proportion.

Beginning with the practice in which you will be fully instructed if you will fulfill the necessary requirement for receiving the Arcane lessons which you will receive gratis though not part of the Scholarship, it is also highly important that physical cleanliness be given major consideration. Food is of prime importance if the Light is to be pure and undefiled. That this may be so it is

of great importance that no warm blooded meats be part of the diet because they contain urates and toxins which give the Light developed the tinge that the ignoble passions and feelings would. Absolutely no pork because of the danger of Trichina; the health and Soul destroying parasite. To obtain a full understanding of this very important subject to BOTH health and Spiritual development, you should study the chapter on Diet in volume three, BOOK OF ROSICRUSIAE. For the greatest benefit the diet should be vital; this requires the proteins from dried beans, peas and lentils; milk, cheese, eggs and all manner of sea foods; plenty of vegetables, both fresh and boiled; starches such as baked or steamed potatoes, brown rice, barley and okra. There should be no fanaticism in the diet, possessing as it does, such a powerful effect on the health, the feelings, and the Spiritual welfare of the entire being.

For your most perfect and normal advancement, a report on practices followed should be made monthly, but whether or not you practice, a report must be made every six months in order to remain in good standing. One lesson will be mailed hereafter every month if you report. Lessons are mailed only if and when report is made. When your report is made it is given careful study. If additional instructions other than contained in the lessons are considered necessary, your instructor will answer the report, otherwise you are to continue as you have been doing.

Any Neophyte who fails to report within the six months period will not be considered in good standing and will not receive an invitation to Convocations. To again become in good standing,

reinstatement must be made.

Your next lesson will be Lesson 25-B instructing you in the Arcane practice, if you will make the necessary arrangements for it in the meantime, (*) otherwise regular lesson Number 26 will be mailed to you. That there may be no misunderstanding, we repeat: In the future you will receive a lesson once each month IF YOU REQUEST IT. Also bear in mind that a report is to be made WHETHER OR NOT you follow the practice, or practices taught. Request and report may be made at one and the same time.

It is to be especially noted that Neophytes who do not live up to their most Sacred Vows and fail to report at least once every six months, forfeit their Scholarship, hence must return all lessons and private books in order to be free from the penalty of their broken vows.

Your fate, your entire future, is in your own hands. WE CANNOT DO ANY PART OF THE WORK FOR YOU. We cannot save you; we cannot bring you success; we cannot give you Soul Consciousness, but we can be your teacher and guide so that you may properly "cultivate your fields" that there may be a bountiful harvest.

Fraternally yours

Colonous V.

(*) Concurrently with the mailing of this lesson we will forward to you a very important Monograph. This will inform you how you may receive the Arcane or Special "B" lessons by requesting and signing a contract and returning it with request for lessons. If you have already signed such a contract, as so many Neophytes have to obtain private books, then lesson 25-B will be automatically mailed to you when request for your next lesson is received. The contract obligates Neophytes only to make effective arrangements for the protection of lessons and private books.

LESSON THIRTY-FIVE

Issued by the Grand Fraternity of the Rosy Cross and
the Aeth Priesthood.

In our former lesson we spoke of the awakening of the dormant Divine Spark and bringing it into outer Manifestation by means of reflection, and the method of building the Inner Great Center.

Our present instructions have in mind a potent method for awakening and increasing vital, virile forces so very important both to health and well-being of the mind and body and the material fire essential to the highest degree of Soul Illumination. It is a simple method, but one of great power.

METHOD OF PROCEDURE

When the season, weather and opportunity permits, take a daily sun bath. The most desirable method is to lie on the green-sward with the head well protected and the area of the kidneys (adrenal glands) exposed to the full rays of the sun.

When the sun bath, as above recommended, is not possible or the weather is inclement, especially during the Winter months, it may be taken indoors before a window. If possible, with the window open so that the full rays of the sun can reach the body.

The Spring season is an ideal time for this purpose because at that season all things dormant during the colder months come to a new life; are re-born, as it were. Life and energy are pulsating to the surface in order that they may express themselves one way or another. It is then that the ascending angels (life and Spiritual forces) descend, visiting the sons and daughters of men.

The summer season is next best, although greater care must always be exercised not to overdo the sun bath, especially if the constitution is debilitated.

The beginner should commence with fifteen minutes or less daily and, gradually, after a few days, prolong the time of exposure until as much as an hour may be given to each sun bath. In case of physical weakness or downright invalidism it is especially necessary to be cautious; beginning with five minutes and prolonging the time by slow degrees. Nothing is ever gained by force or overdoing. As autumn approaches much longer periods may be given to these sun baths and for this reason the fall of the year is a splendid time for vacation.

Even in cloudy weather and within doors, the sun's virtues and forces are omnipresent and as it is easier for some to concentrate in a room than in the open air, these may atone for the lack of direct rays of sunshine by the more intense use of thought energy.

Devote five minutes to meditation and concentration. When possible, allow the sun's rays to shine directly upon the nude back of the body. This you can readily do by placing a bed or a couch so that you may incline in an easy position and let the sun's rays fall directly upon any desired portion of the body. Direct your thoughts to the sun and to the God who created this life-giving Star with life and power energy in its rays, readily absorbed by you if your desires are properly directed.

Lying at ease and with uplifted desire, breathe slowly

from the abdomen upwards--as taught you in Lesson Twenty-two on Abdominal Breathing,--and as you do this repeat the following Mantram:

"I breathe into my being the essential Fires from heaven to help kindle the Divine Flame upon the Sacred Altar within."

As you retain the indrawn breath you should visualize a mental picture of that which you desire to become or attain to. If it is something that can not be visualized, such as music, medicine, law or other art, hold the ideal instead of a picture. Your problem is to develop faith with hope, love and adoration of the perfect, and to build this into a perfect body (the Temple) and an Illuminated Soul (the Fire Light) upon the Altar WITHIN the Temple.

If you have entered into the spirit (proper feeling and desire) of former practices, this will not at all be difficult and you will find that with each practice you will become aware of something being newly born within yourself and a deeper understanding of life and its fulfillment.

In all this work, remember the Divine promise: "The sower shall reap; but they who fail to till the soil and sow the seed, shall find no profit."

COMMENTS FROM INTERVIEWS - Number Fifty-two

The Value of Lesson Review

With a large proportion of students following the "LESSON REVIEW PROGRAM", we find the declarations of benefit thus received to be many and varied.

One such student states this concisely and with insight: "Each time I read through my lessons, I find I have a greater understanding of their content. I find that many explanations have been given me that I at first did not comprehend. They are given, usually, so in advance of my need that they don't particularly strike me at the time of first study."

The KEY is revealed in "advance of my need." Through daily progress and enlightenment, the increased understanding of past explanations, the meaning and purpose of the lessons seem to "leap into focus", as it were. The experience of "growth" and the effort expended in attaining understanding are the catalysts that make useful and applicable, the KNOWLEDGE contained or hidden in past lessons.

This might be compared to the teaching given by a parent to a young child...."The stove is hot; don't touch; you will be hurt." He may neither grasp nor fully understand the instruction or warning of his mother at the time she first gives it; but with increased knowledge of the stove and fire and with added experience, her teaching will prove itself, hence giving it reality, rendering it useful - the more so than when first given.

Thus the student will find that through continued effort exercised in "RE-viewing", looking at previous lessons from a new standpoint of growth, a larger perspective, a new or greater understanding is revealed to him. The lessons are more meaningful and possess a reality heretofore unknown to him than when first presented.

This is especially true of those students who found that their energies, time and attention were of necessity, divided between their efforts in the Great Work and the demands of making a living, raising a family, meeting myriad responsibilities concerned with the business of daily living. Their study of the Lessons yielded a surface understanding which at that time seemed adequate. In retrospect, one student now states, "I am at last beginning to feel, to know within that which I previously only perceived on an intellectual level, and all things are falling into place for me." Thus does continued LESSON REVIEW carry forward the learning process, enhance the development of the student and his advancement toward the ultimate goal.



THE PRIESTHOOD OF ÆTH

Priests and Princes after the Order of Melchizadek

THE SEE, Beverly Hall

QUAKERTOWN, PA. 18951

May 26, 1977

Dear Neophyte:

Your letter and book request has been received and is here at hand; we are glad to hear from you after so long a time, and to note that you have continued with your studies.

In looking over your records, we note that you had received the numbered Lessons through and including Lesson 35, and the lettered lessons through and including 25-J. May we suggest that you reread these from Lesson 25 to the last in each of the two series, and at that time, forward your request card (herein included) for further Lessons. In this way, you will establish the continuity so necessary to true progress and understanding.

The book you requested will be placed in the mail to you, and we trust that as you read this and restudy your Lessons now in your possession, you will find much of help in furthering your growth and advancement.

We look forward to hearing from you, as you conduct your review, and as stated above, the next Lesson will be sent to you upon receipt of your Lesson Request Card, as you feel you are ready for it. All good wishes to you for health and well-being.

Sincerely, Colonous VI

