

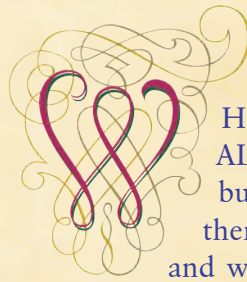


Rosicrucian Heritage

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HEREAS LIFE ADMITTEDLY IS NOT ALWAYS a perfumed rose garden, one can't help but notice how for some, it almost could be. For them, everything seems to flow so harmoniously, and whilst not necessarily materially wealthy, they radiate an inner wealth of happiness and peace which is the envy of all. So how do they do it?

Well, one thing they all seem to have in common is that they long ago dared to take charge of their destiny! Examining *needs* rather than *wants*, and true *values* rather than *passing fads*, such people realised that more than anything else, what they needed to learn was to rely upon their *own insights* rather than those of others, come to their *own conclusions* rather than accept the conclusions of others, and above all, to take their *own decisions* in life and for better or worse, *live with the consequences*.

The *Rosicrucian Order AMORC* assists people to find within themselves their own, personal "*higher wisdom*," something which exists as a potential in all human beings. Developing this inner understanding can lead to what sages and avatars of all ages have referred to simply as "*Illumination*," a state of joy, perfection and achievement beyond our fondest hopes.

Gaining this knowledge and experience is not merely an academic exercise; it is a *series of practical steps* needed in order to gain first proficiency and eventually mastery over our daily thoughts and actions. Instruction in the steps necessary to reach these goals is what the *Rosicrucian Order AMORC* specifically has to offer. Its approach to inner development has brought happiness, peace and success into the affairs of thousands of people in the past and you too can benefit from it if you wish.

To find out more about the *Rosicrucian Order AMORC* and its unique system of inner development, write to the address below, requesting a *free* copy of the introductory booklet entitled "*The Mastery of Life*." Examine the facts and decide for yourself.

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COVER SPREAD

"A Shady Viewpoint"





Sharing Our Light

by Robert Daniels, FRC



AS ROSICRUCIANS, WE STRIVE TO REACH into the higher levels of the Cosmic and draw down the light-filled love and inspiration that is ever present, awaiting our recognition and use. It comes not merely by desiring it, but from an intense awareness of the spirit within; not by merely asking for it or by awaiting it in meditation, but by lifting up our intellect and emotions to a level of attunement within, where the spiritual power and light of the Cosmic can descend upon us through a process of attraction.

This light and greater understanding comes in proportion to what we can use in the name of service and in helping others, or in our working or private lives. Energy, light and love flow from the Cosmic to us only when we consciously become a channel for these forces. It follows also that we draw from the Cosmic only in relation to the strength of our requests or demands, as it has often been said that if we ask little of ourselves, little will be given.

The Light Within

We must cultivate an ever-growing and persistent desire for greater light and for new opportunities to serve others. We must give of ourselves without thought of self but with caring, overflowing love, the *agápe* so sought after by ancient Greek philosophers and scholars.

There is no light to compare with the beauty of the light within when it shines radiantly from one who reveals it. There is no mind so pure as one that is filled with an ever present, living awareness of God Within. No love can heal, care and bless

like the love that comes from a heart imbued with the presence of God. These are the rewards of the mystical life that comes to those who have dedicated themselves to the ideals of such a life.

Paraphrasing the Rosicrucian teachings: *"We must attune ourselves to the higher and better things in life if we would have the Rosicrucian principles manifest and operate for us to the greatest extent. We must begin the day by freeing our minds of all hatred, all anger, all jealousy, and all petty, destructive thoughts and unkindness of attitude. We must start the day with an inner expression of thankfulness for life itself and for the day's opportunities to render service to humanity and obedience to God's laws. Throughout the day we must try to see in everything and everywhere the good that is in the world and the good that is in people. We must attune ourselves inwardly or in our emotions and general attitude with the constructive, magnificent things of life. We must hold ourselves receptive to all of the higher emotions, not by sitting down and concentrating for hours at a time upon the incoming vibrations of some specific nature, but by having an attitude of fraternal love, of universal peace, of faith in the laws of life, confidence in the integrity of mankind, and a sureness of the operation of the higher or divine laws."*

Our work and principles are always close to our hearts, and as we strive to fulfil our innermost desire to seek more light, so we also envisage sharing that light with others less fortunate than ourselves. We, who have devoted our thoughts and dedicated ourselves to a search for greater knowledge, sooner or later realise that our teachings are only for the sincere seeker. We must preserve the Order's teachings in our hearts with the greatest sincerity



we are capable of, and never be tempted to share these pearls of wisdom with those who would seek to diminish the Greater Light. This may seem like a paradox to some, for on the one hand, we seek to share the light we have gleaned, and on the other, we must keep it from those who would profane it. This means that we should share it only with those who can make themselves worthy to receive the Greater Light that that the Order has to offer, by themselves seeking a true path of preparation and initiation into the mysteries of life.

The Path To Illumination

The mystical path leading to illumination requires a tenacity of purpose and a dedication of the heart and mind that only a few possess. It is therefore not a path of the curious or the sensation seeker, or even for those seeking a refuge from the troubled world. It is an ideal for those who are willing to vow their whole heart and mind for the growth and expression of the soul within, to the end of truly serving and raising a suffering humanity.

The knowledge and experience we have acquired helps us to truly understand and sympathetically attune ourselves with the needs of others, and by our example we may show them the way to self-realisation. We can make many mistakes by offering to others the knowledge we have acquired by trial and error through the experiences of life. And of course it is natural to hope that others will avoid the pitfalls we did not escape. But we need to realise that others must discover their own path through experience and be allowed the opportunity to learn by themselves, and to rely on themselves, just as we did. It is a difficult decision for a student to make, but experience will show that while our hearts reach out to another who is experiencing a difficult burden, we must not interfere in another's life to the extent that we burden both them and ourselves with even more karmic compensation. At all times however, we must be sensitive enough to the pain of others to serve immediately and selflessly when called upon for help. There must be no delay, no hesitation and full dedication to serving others when help of a serious and non-

superficial nature is asked for. This is serving the Light.

Life is the great teacher. But we can hasten this learning process when we reflect within upon the value of our day-to-day experiences. In periods of silent meditation we can be instructed by the ever-lasting Soul that knows all and sees all. We so often ignore the silent wisdom that God has placed within our own hearts, and too frequently turn to the ever-continuing clamour of the world around us for solutions to our problems. But where has that left us?

For centuries, men and women have been immersed in a material life, yet they have not found true and fully satisfying answers to the questions perplexing them. But the truth of life has been written and spoken of by the world's mystics and great minds throughout the ages. There are very few mysteries that have not already been discovered by sages, adepts, avatars and even humble neophytes of the past. Now it is our turn to discover these self

same mysteries along our paths of development under the auspices of the Rosy Cross.

Sadly, the majority of people in the world have not yet found a true path of inner evolution to follow. Their yearning and unhappiness is manifestly clear for all to see, and in their ignorance they follow false prophets of political and religious movements that lead to nothing but unhappiness and death. The hatred that exists in some of these groups is of an intensity hard for even a true mystic to comprehend. But it exists, and will only ever be defeated by those for whom the inner Light of holiness is an ever present reality.

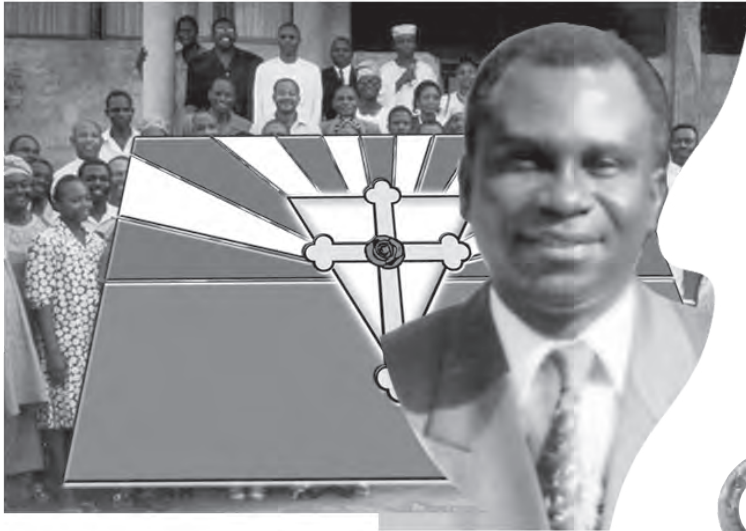
Those with inner vision and inner hearing know that life's greatest values lie within themselves, and

that in the stillness of their innermost being lies the inner communion with Universal Truth that we all seek and will all eventually discover. Such light as we ourselves have sought can come only when selfishness, vanity, pride and self-seeking have been replaced with love, trust, sincerity and compassion for others, the agápe of ancient Greece. Then we will know, as do our initiated brothers and sisters, the glory and beauty of a mystical life lived to the full.



The mystical path leading to illumination requires a tenacity of purpose and a dedication of the heart and mind that only a few possess.





Sanctum Musings



by Kenneth U. Idiodi, FRC

Rosicrucianism and Social Stability

(Excerpts from a Keynote address presented at a recent Conclave)

IF THERE IS ANY ONE FACTOR THAT humankind had yearned for throughout the ages, it is happiness. Happiness itself is an intangible phenomenon; it is both a feeling and a state of being which tends to hold at equilibrium that which man possesses of inward and outward things. In other words, in a happy state man feels contented and satisfied in addition to wishing to live forever in such an exhilarating state; since by assumption if everyone is happy, the society may be seen as stable.

At one point or the other in all lands, it has been thought that the more material wealth or comfort is acquired, the greater man's happiness was likely to become. Consequently, great efforts have been deployed to generate economic wealth or comfort in many nations of the world in order to establish stable societies.

However, casual observation reveals that economic wealth or comfort has not always brought with it the happiness desired by men. Indeed, in a number of cases, men have actually wondered whether it was not better to spend less

time working for economic affluence and comfort. This is because it has been observed that the wealthier many societies have become, the more evil they have become. In other words, destructive and dastardly acts such as cheating, robbery and mindless termination of human lives have been observed to grow in number and sophistication with economic advancement in most societies.

Aside from wealth, a number of other theories have been advanced to explain what men have come to describe as uncheckable social violence and immorality; these include theories of criminology, satiation, rebellion, religion, social policies and marriage. I will endeavour to briefly take on these theories one by one.

Criminology

Some criminologists hold that the shape of an individual's head may induce him or her to criminal acts! This submission is premised on researches carried out early in the last century by criminologists assisted by medical persons mostly living in European and American countries. Other aspects



of human beings' physical features were equally studied and linked to some criminal tendencies but the studies on the human head attracted the greatest attention; thus, various instruments were developed to measure the shapes of human heads and these measurements were in turn related to the shapes of internal parts of individuals' brains and available behaviour records on the individuals studied (a process known as physiognomy).

Conclusions were then drawn based on the theories developed before then. Although an improvement on early work in this domain has been registered with a suggestion that physical structures cannot be wholly relied upon, criminologists still believe that they can lead us to identify potential criminals based on physical features.

Satiation

Satiation is a concept made popular by psychologists; it implies a state of "over-satisfaction" or "over-supply" mainly concerning material things although it is possible to experience satiation in the area of things that are non-material.

Psychologists mainly studied the effect on human behaviour of material satiation. The conclusion in this area of research is that a human being who is over supplied in material things eventually gets bored and even irritated by the excessive supply of these material things. This reaction is however just one aspect of the effect on human behaviour of the phenomenon referred to as "satiation." The other aspect of the effect of satiation on human behaviour is that the satiated individual normally seeks new experiences, new adventures and new actions usually from his or her immediate environment as a means of escaping or relieving the state of satiation.

Youths that find themselves in this state, tend to seek for unusual experiences outside of the home. They are by nature exuberant, and being largely inexperienced in matters of proper living, these youths simply go for acts that are condemnable and criminal.

Rebellion

Societies are neither unipolar nor homogenous; in each society can be found various interest groups doing everything to protect their own interests and members.

It is true that all interest groups cannot rule a given society at any one moment; therefore only

one or a few interest groups may find themselves in power at a given point in time. Unfortunately, where the interests of some groups not in power are seen to be neglected or ignored, rebellion may take place.

Rebellion is an active rejection of a social policy or directive; rebellion arises when one or a group of people concludes that their interests are being, or have been, endangered or made marginal. Rebellion may be expressed openly or covertly. When it is expressed openly it is recognised for what it is and eventually resolved. However, when it is expressed in a concealed manner, it takes various forms including covert criminal expressions that are socially destabilising.

Religion

Many a crime and social ill have been blamed on lack of religiousness in the society. In other words, it has been stated that because many members of society do not accept and imbibe the good virtues

"Rebellion arises when one or a group of people concludes that their interests are being, or have been, endangered or made marginal."

administered by God and as presented through religious institutions, the opposites are embraced by many. These opposites, called *vices*, eventually turn out to be destructive, destabilising and damaging to society.

On the other hand, it has equally been noticed in some instances that religious institutions that ought to show the way have fallen short of leading their followers to the "Promised Land." Since members of any religious organisation would be prepared more to be led by the practical examples given by the lifestyle of their leaders, each time these leaders default publicly on social morality, the collective psyche of its members is affected; and there is a corresponding tendency to follow suit by the folk, unleashing on society, either secretly or openly, some unpalatable or downright criminal social acts that are destabilising.

Social Policies

The enactment of some social policies has equally been found to promote social tension and crimes. Any social policy, for instance, whose effect is gradual disfranchisement of a segment or large segment of society is a typical example of social policy as the source of social tension. Additionally,



it will be found that any social policy that gradually makes the masses poorer is the root cause of social crisis and instability.

Marriage Institutions

There is a consensus that a society within which the marriage institution has failed cannot be well. This is because the marriage institution has been naturally established as the most reliable school where the good tone and ethics of any given society are developed, taught and lived.

It is when members of a given society are capable of maintaining human families through marriage that children may be brought up in socially agreed and desirable ways. This process eventually translates into a harmonious society within which it will be possible to take proactive steps with the view to handling disagreements before they get out of hand and precipitate instability.

Solutions

These concepts have been issues within human societies for centuries. Efforts have been made by different groups in all manner of societies to find solutions to these very issues. They have indeed become intractable problems for many of them. For example, philosophers of all generations have tried to proffer their own solutions; psychologists have prescribed their remedies while sociologists have made their own suggestions. Religious leaders have offered solutions and even political scientists have made useful inputs as regards political arrangements that would reduce social tension and promote social stability through proper ethical behaviour.

In Nigeria we are witnesses in recent times to some years of proactive and head long actions against what the current democratic dispensation views as sources of unethical behaviour. Yet, ethical issues, social unrest and difficulties still abide with us here in Nigeria (and indeed with most societies of the world) where large scale fraud, hideous crime, terrorism and near total absence of brotherly love are frequently reported. As these types of report are received from developing countries, so too are they received from those seemingly developed nations of the world.

The global situation on this matter seems to be reaching a breaking point or a point of hopelessness and resignation as all prescriptions have so far failed to significantly reduce those human acts which men would have preferred not



The marriage institution has been naturally established as the most reliable school where the good tone and ethics of any given society are developed, taught and lived.

to experience and which are here referred to as unethical behaviour.

Yet, human beings need not despair in this matter. Sacred history recounts the stories of those that have had the privilege of living on this same earth plane without suffering this much. In other words, human beings like us (in the sense that these human beings have one head, four limbs and other organs), have lived here on earth without experiencing the kind of violence, hatred, wars and calamities which we of the present generation are experiencing. These human beings we talk about here did not live in a world where natural processes are suspended or kept out; they lived within an environment where there were landslides, violent storms and volcanic eruptions. Existing within their world were also many instances of social tension.

However, the difference between them and us, or that between their generation and ours is that those natural processes and social tensions did not bring them the type of untold hardship that they bring us now. The other difference between the two generations is that the ethical values of the people we talk about were in contrast to those that we hold.

What Is Ethics?

Ethics is generally seen as being synonymous with morality; morality is a set of principles usually evolved to guide the actions and conduct of human beings through constructive and exalting channels; this is why ethics is viewed in philosophy as: "The



study and evaluation of human conduct in the light of moral principles."

Since human beings began giving serious thought to ethics and ethical motive, many theories of ethics have been developed; for example, intuitionists, moral-sense theorists and sentimentalists such as Ralph Cudworth, Francis Hutcheson and J.J. Rousseau submit that there exists an inner phenomenon in all human beings which suggests to them that which is ethical or morally right. On the other hand, those philosophical empiricists such as John Locke and John Stuart Mill, while agreeing to the existence of a phenomenon called "conscience" submit that this conscience is not responsible for determining that which is ethical. It is but only an instrument which evolves within the development when he (the individual) is engaged in the process of learning those acts and conducts that are accepted and sanctioned by society as being ethically right. Yet another school exists which views ethics as a corpus of religious prescriptions that must guide human conduct.

In practical terms therefore, ethics stands for *moral rules* guiding man's conduct while *moral value* implies the importance and significance attached to a set of moral values or to moral precepts in general.

Rosicrucianism And Ethics

Those people I referred to earlier in this discourse who were able to live through life without suffering as much as we do today (under the weight of immorality and unethical behaviour) were Rosicrucians.

These ancient Rosicrucians found out early in life that there exists within all human beings a phenomenon whose basic mission is to guide man aright at all times if it were listened to. Although this phenomenon, which I also refer to here as intangible, exists within all human beings and although this body is ever ready to serve man as a reliable guide and guardian, it is not designed to impose its will on man's will. It will therefore gently guide and allow man to follow or not to follow.

One other discovery made by these ancient Rosicrucians is that there exists a course of instruction and practice which enables the reliable and infallible inner guide to do its work without interference from one's own will. That course of instruction was imparted through initiatic processes

in the Great Pyramid of learning and symbolically referred to as the most sacred of human virtues. It was taught by those ancient Rosicrucians that a person spending time and energy on a daily, weekly and monthly basis to imbibe these human virtues becomes linked to the source of all morality within him or her. A society that will be lucky to harbour a large number of individuals that may have undergone this course of instruction will be happy indeed, as it will be the most ethical society on earth.

This discourse cannot be meaningfully concluded without calling attention to the political, economic and social instability into which nations plunge themselves when leaders and the led alike desecrate the virtues we cherish as constituting

"There exists within all human beings a phenomenon whose basic mission is to guide man aright at all times if it were listened to."

the *Pyramid of Ideals of Rosicrucianism*; decline, culminating in social decay, results. I describe this as the decline before the rise. On the other hand, wherever there is a renewed commitment to these values in the right order of priorities, we begin to witness a rise after the decline.

All those who are 50 years old and above must have noticed, as I have, various areas in which we have experienced economic woes, ethical decline and social decay, nationally and globally in many aspects of our human interaction and endeavours. For the purpose of this weekend's activities in which the focus is on Rosicrucianism and social stability, please permit me to share with you my reflections on just three of them: the Nigerian experience.

- The first area of concern is *pharmacy*. In the 1950s, 60s and up till the 70s we did not have many tablets, capsules or sophisticated drugs for the sick to swallow. Headache, fever, colds, stomach upsets etc responded to the few medications available – APC, codeine, antepar and later aspirin did a lot of wonders. Drugs available then were authentic, genuine and reliable. Those who were educated persuaded all fellow citizens who were still using native medicine to change over to "Oyibo medicine" whenever they were sick. There was enormous success resulting from this campaign until we



deteriorated into the era of adulterated medicine and fake drugs. Now in this era of National Agency for Food and Drug Administration Control (NAFDAC) there is hope of a rise after the decline.

- The second area of concern is *banking*. In the 1950s, 60s and up until the 70s, we did not have many Banks and financial institutions. Our currency in pounds, shillings and pence; and even when it became the Naira, was relatively stable. Those who were educated persuaded all fellow citizens who were still in the habit of keeping their hard-earned money in Ovaltine or Bournvita tins to learn to patronise banks and banking by saving their money and earning interest. Everything appeared to be okay until we started hearing of distress in the banking sector leading to failed banks and an era of colossal loss of hard-earned, life long savings! Now in this era of merging and consolidation, there is hope for a rise after the decline.
- The third area of concern is public *transportation*. Fifty years ago, our roads were few but well maintained by the then Public Works Department (PWD). Our trains and rail system as maintained by the Nigerian Railway Corporation conveyed goods, school children and workers over the vast geographical expanse of our country. We had only one Airline: a national carrier which served us domestically. We convinced

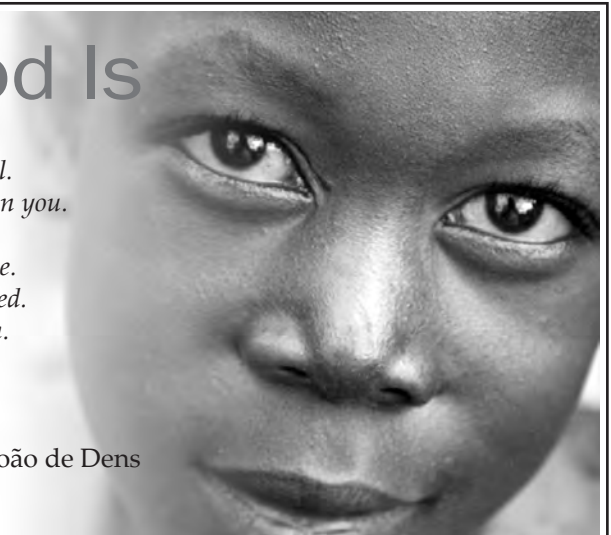
fellow citizens that the aircraft was the most secure, most comfortable and safest form of transportation. Gradually, people responded positively and government workers, businessmen, politicians and captains of industry started travelling by air with little or no fear. Those who opposed flying because they considered it a challenge to God, who dwells above, then started flying even more than the birds that live in the skies. Ultimately decline manifested with ill-maintained airports and aged aircraft resulting in increasing numbers of accidents and air disasters. Now in this era of emergency reforms in the Aviation industry in Nigeria and worldwide, there is hope for a rise after the decline.

Out of the many facets of our national and global environment in which we have noticed heart-rending deterioration, I have highlighted these three which are so glaring in order to emphasise the need for proper ethical orientation based on Rosicrucian principles which are generally of universal applicability. If we can inculcate in the consciousness of fellow citizens of our planet the need to develop the right sense of values, the right order of priorities and the right attitude to work, politics, business, religion, to fellow human beings and to life generally, then this conclave would have accomplished its purpose by contributing its quota towards the campaign against corruption and related social vices in order to establish social stability.

Love is Who God Is

*Love is who God is and who you are as well.
The seed of everything you need is already within you.
If you would receive a miracle,
be still and receive the manifestation of Love.
The fact is, you take most miracles for granted.
Life is full of them and never without them.
Love is the source of all miracles,
It invokes their presence.*

--from The Book of Miracles: the healing work of João de Dens





Life's Ideal

by Raynor Millen, FRC

THE WORLD WE LIVE IN IS ONE OF increasing complexity. Whereas in past times our struggles were for basic survival, for existence in the tumult of battles and political upheavals that punctuate human history, the greatest challenge of the new millennium is surely to find our true selves. Keeping our eyes on the guiding light of life's true purpose in the face of stifling materialism, has got to be the most important thing we can do for the foreseeable future.

To know one's purpose in life and as importantly, to know how to carry out that purpose, is to be in possession of knowledge beyond value. So many of our fellow travellers along life's trails see their existence as an accident, something that happened by chance and will no doubt end by chance too. For them, life is spent with little or no deeper thought at all, and for a surprisingly large proportion of humanity, gratification of desires rather than needs is the only law. Others, prompted by the untranslated urgings of the imprisoned self within, search restlessly in many directions, falling prey to the many distractions of our modern way of life.

Those who have spent many years in the pursuit of possessions and social position often reach an end to their materialistic goals only to find their lives devoid of happiness and filled to the brim with cynicism and meaninglessness. Which direction can they go to assuage that inner gnawing? And gnawing it certainly is, for no matter what they seem to do, they cannot seem to escape a profound sense of emptiness. Unfortunately, because of attitudes

gained through the search for possessions, such people often seek quick, easy ways into drugs and alcoholism, and social problems are rife amongst such unfortunate souls. If only they would realise that this lifetime may be only the first of many conscious steps in their search, a quest unlimited by time and space, they would soon settle down to real work upon themselves. Sadly though, few come to such a realisation, and spend the rest of their days in abject misery, despite their outward signs of wealth and success.

In realising the pitfalls before us and following an inner plan for living, we have an invaluable guide. Yet, in no way are we immune from the demands and challenges of life. Indeed, in setting ever higher standards of governance for our lives, we face challenges and tests unlike those faced by other people who have not consciously accepted the responsibility of their own evolution.

Along with growing inner awareness, comes deepening sensitivity to life's myriad expressions. This requires much inner seeking through meditation for that infinite pool of strength and balance of idealism and practicality to prevent deep emotional upsets. We must be strong in order to cope with the stresses and demands of this world. But strength in the mystical sense of the word does not mean aggression, the type that berates others of gentler character and falsely assumes superiority. Strength based upon the faith of inner conviction and attunement is a passive strength, often mistaken for weakness by those who rank strength with aggressive and forceful behaviour.





Daily attunement, or seeking within, is vital to help us keep our balance, so our mystic quest may be a constant, continuing one, functioning fully every breathing moment.

There is no weakness in serenity, and indeed, no need for forceful displays in the lives of those who have achieved such a balance of their physical and psychic selves. Their strength is a quiet river, running deep and ready for use in times of need. Strength often lies precisely in the act of not using it when it could be used to gain selfish advantage.

Cosmic Education

As we see the pattern of our lives emerging, we realise what goals we have set ourselves. When we measure the distance between our present self-expression and our aspirations, we may be overwhelmed. But it is a considerable achievement in itself simply to *know* when we have not measured up to that ideal, to recognise the mistake and to strive to compensate for our actions and thoughts at the very next opportunity. And as surely as the sun rises every day, there will be another opportunity for bringing that compensation into motion; for the cosmic education system never fails its students, it simply introduces the lessons at another time.

The pressures of our material-oriented world

continually seek to distract us from our mystical ideals. Rosicrucians may sometimes feel that they live in two worlds at once, particularly if they work in a business environment where the values are generally measured by material standards in the form of money and power, and where meaningful interaction between people seems to be at an all-time low. In such situations, when all the precious, long-evolved and painfully won mystical values seem to be totally absent, and no recognition of the deep soul-link between all people exists, we need to call upon our hidden resources of quiet inner strength. The sentient world is a mirror, and image distortions can make life extremely confusing. Daily attunement, or seeking within, is vital to help us keep our balance, so our mystic quest may be a constant, continuing one, functioning fully every breathing moment. Requesting inwardly to remain positive in all our thoughts and actions, and remembering that no matter how unpleasant a situation we may find ourselves in, we have attracted that situation as a cross for inner unfoldment, our path through life can never again lead us through shadows. We traverse the thorns to reach the bloom of the rose's beauty.

It has been our great privilege to be guided onto our present path so that the practical guidance of the Order's teachings and contact with others of like mind can make the journey through life a little easier as the peaks and valleys of life's pattern are not quite so extreme. Each of us must make full use of this guidance, to prepare for the day when our final journey to the mountaintop is undertaken. Quiet strength, calm serenity and an all-pervading love will infuse us as we near the peak of that ultimate ideal.

*Make each day a magnificent adventure,
Accept all challenges that come your way.
Seize each opportunity that you find,
Ignore concern for what others might say.
Experience each day with open arms,
Savour all victory, boredom and strife.
Welcome both good and bad alike,
Both are needed for full joy of life.*





Pathway to our Inner Selves

by Glenn Cronick, FRC

THE ANCIENT HAWAIIANS BELIEVED that within each of us there dwell three very distinct beings or selves. That is not to say that there are separate entities within us, but instead, three distinct aspects of consciousness. Each self possesses unique characteristics and is related to the other selves. The harmony or disharmony between these selves is responsible for all human happiness or unhappiness. We are consequently endowed with a responsibility to learn the nature of these aspects of consciousness or selves, their interactions, and to develop skill in creating harmony among them. Thus, it is squarely in our lap to promote unity within our consciousness.

The mystical healers of Hawaii, the Kahunas, gave each aspect of consciousness a name. They called them *Unihipili*, or Low Self, comparable to the subconscious; *Uhane*, or Middle Self, comparable

to the objective consciousness; and the *Aumakua*, or High Self, which is the Cosmic Self or God within.

Each self possesses a unique physical dwelling place within the material reality. The Unihipili dwells within the region of the diaphragm, but has a presence throughout the entire body. The Uhane dwells within the region of the head or brain, while the Aumakua dwells above the head and is connected to the body, specifically the Unihipili, by a chord of *aka* or spiritual substance.

The Unihipili

The Unihipili is the subconscious aspect of consciousness. It can be accurately called the esoteric self, since its realm is the inner dominions. It is the creative imagination, the Master Within. This self is intensely powerful, controlling the



involuntary processes of the body and generating energy for all physical functions. The Kahunas likened this Unihipili to a powerful animal, part of primal nature, and in need of training, discipline and guidance. However, it is imperative to be aware that in fact it cannot be controlled; it resists control and responds instead to emotionally charged gentle guidance. This Unihipili is the seat of the emotions, habit and memories, both personal and impersonal, from past and present incarnations. It is the centre of psychic happenings and can reach out to other beings via the chords of *aka*, or spiritual substance, created when interacting with other beings. It possesses a direct line of communication with the Aumakua or Cosmic that the Uhane does not possess. In fact, it is through the Unihipili that we reach out to God in prayer and receive a response. It is within the realm of dreams, where symbols are the language of choice, that both the Unihipili and the Aumakua communicate with the Uhane or waking consciousness.

The Unihipili uses deductive reasoning; taking a premise assimilated within its being and methodically manifesting the consequences of that premise in the greatest detail via the power of the Aumakua, the constant beliefs we feed this subconscious, through the objective self, are perpetually being presented to the cosmic self for manifestation in daily life. Consciousness is highly creative. Thus, it is critically important to be aware that our perceived realities that have become solidified as beliefs will manifest in some aspect. This Unihipili is constantly amenable to suggestion, though in varying degrees depending on our emotional and physical circumstances, and must be fed healthy and constructive perceptions. This is the function of the Uhane.

The Uhane

The Uhane is the objective aspect of consciousness and can best be described as the exoteric self, since its primary domain is the material reality. It is conscious of the five physical senses, uses language, pictures, and is the seat of reason. The Uhane is in perpetual communication with the Unihipili,

presenting information and perceptions gathered about the material universe. Thus, the Uhane tends to create beliefs regarding its experience of reality. It passes this information on to the Unihipili through emotionalised thought, both habitual and fleeting. However, habitual emotionalised thought creates the most powerful and lasting impressions within the Unihipili, which are in turn presented to the Aumakua for manifestation.



A Modern Huna Teacher.

Since the Uhane uses inductive reasoning, it can create a premise not in keeping with material reality. It can completely misinterpret reality, which can be quite problematic. The Uhane possesses an immense will power that the ancient Hawaiians advised must be used to wisely guide the Unihipili, feeding it with

constructive premises and positive emotions in order to bring forth a harmonious reality, the experience of miracles and the overcoming of challenges. Lastly, it is important to note that the Uhane can direct its awareness both outwardly, such as when it is involved in some physical activity, or inwardly, when contemplating a particular subject or during meditation.

The Aumakua

The Aumakua or *cosmic self* is the creator of reality. The Kahunas called this self "the god" but did not see it as the Supreme Creator. Instead, it was believed to be an ancestor or highly evolved spirit possessing both male and female qualities sent to aid and guide an individual towards greater evolution and happiness. This "god" is able to accomplish anything, being an utterly trustworthy and faithful spirit, vehemently dedicated to the individual's well-being. To accomplish a goal, this cosmic self may see fit to contact the cosmic selves of other persons, and other more evolved beings, going so far as to contact the Supreme Creator. Again, after accepting a premise from the Uhane, the Unihipili passes that belief on to the Aumakua for manifestation. The Aumakua continually accepts the emotionally charged premises given to the Unihipili and uses that information to create our individual reality. Thus, every thought, word



and deed is a powerful prayer that manifests after its kind; as we sow, so shall we reap. Thus, it is of utmost importance to feed the Unihipili quality emotions and beliefs that are positive, constructive and faith-filled in nature.

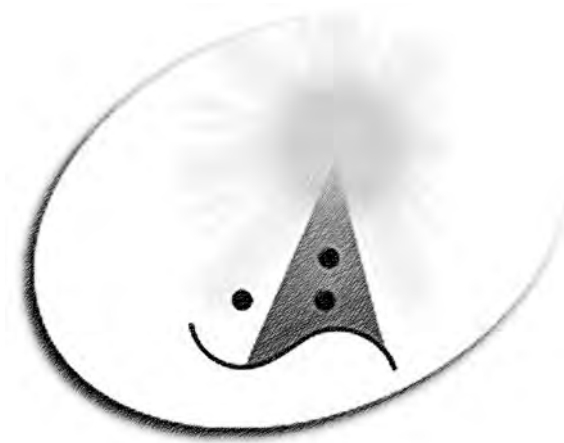
Bear in mind that all three selves are in constant communication with one another, twenty-four hours a day, seven days a week. Also, be aware that only the Unihipili can contact the Aumakua directly. Uhane contacts the Aumakua by way of the Unihilipi. When emotionalised-thought is experienced by the Uhane, this thought is impressed upon the Unihilipi, which in turn is presented to the Aumakua for manifestation. The stronger and more persistent the thought, the more clearly it will manifest.

The Ha Prayer Rite

As Rosicrucians, it is our constant desire and challenge to improve the quality of our consciousness, and thereby hew out a more desirable reality for our experience and for the benefit of others. The Kahunas of Hawaii pursued the same end and used prayer as the main vehicle of achievement. Modern students of Huna, as the study of this knowledge is called today, have named this formula of prayer the *Ha Prayer Rite*.

The Kahunas believed that before a prayer can manifest and reality reconstructed, the path of realisation must be cleared. They believed that guilt, whether actual or imagined, would block the connection between the Unihilipi and Aumakua, neutralising our consciously directed and emotionalised prayer. All habitual negative emotions have the same tendency and must be replaced with positive emotions. Thus, you must forgive yourself for wrongs committed and make amends, whether physical or spiritual. For the ancient Hawaiians, the only sin was to deliberately seek to harm another. Also, we must talk to our Unihilipi or subconscious and convince ourselves of the worthiness of our desire. This would include taking into consideration individual moral beliefs regarding the consequences of our fulfilled desire. It is like preparing soil for a garden. Once the soil is turned, filled with fertile matter, and freed of stones, the seeds can be planted. Likewise, once the path is cleared of spiritual stones, we can begin to plant our prayers.

“All three selves, according to the ancient Hawaiians, are in constant communication with one another.”



This symbol, called Kahanu, brings down the light in a wave by connecting the Kahuna to the source of all light, as a brilliant sun just above the top of the symbol. It is used to fill the body with light, opening up the circuitry. It means: “The wave of light that makes you gasp.” (Copyright © 1997, Advanced Neuro Dynamics. All rights reserved.)

Visualisation

The Kahunas believed that once we decide precisely what we desire to see manifested, it must be clearly visualised. It is important to note that some students have a difficult time “seeing” something in their mind’s eye, with detail and life. Consequently, it must be remembered that visualisation includes word pictures or what I call “word visualisation.” I have experienced amazing results through verbally describing my desire in all its detail, while keeping emotionally charged as to its eventual manifestation.

Once we visualise our desire, in whatever way is best for us, we must back it up with emotion. The Kahunas saw this act in itself as transference of one’s desire to the Unihilipi for eventual presentation to the Aumakua for manifestation. Without emotion, the desire is dead and your seeds will not germinate. All persistent emotionally charged thoughts manifest themselves in some aspect. So one can see the importance of truly desiring what one is asking for. It is often the case that we ask for something that we do not sincerely want, but feel we should want. Thus, our desire is tepid and will reap little or no result. We must truly desire what we present and with great emotion. While presenting prayer, the Kahunas would engage in directed deep breathing to still the mind and charge the Unihilipi with *mana* or life



force energy. This was an important way to raise energy levels of the body so that great emotion could be conjured.

The best time for presenting this emotionally charged desire to the Unihipili is during a time of balance. During the waking state the Uhane, or objective self, dominates, while during our sleeping state the Unihipili, or subconscious self, dominates. Thus, hypnagogic (sleep inducing) and hypnopaeidic (sleep learning) states are ideal for such contact. Excellent times also include meditation and during simple or elaborate ritual, in which the body and mind are relaxed, yet alert. If the Unihipili is too much to the fore we will lack the vitality to make the presentation, and if the Uhane is too much to the fore we will be too awake and stimulated for the presentation to get through. Thus, an ideal state of relaxation and alertness must be cultivated. One can often experience this after a hot bath or shower, a large meal or following intense physical activity.

Back It Up With Emotion!

Once the emotionally charged request has been made, the desire must be dropped from the mind. The process can be likened to planting a garden once the soil has been prepared. We must choose the seed, prepare the soil, plant the seed, water the seed, then allow it to grow and prepare for harvest. If we were to dig up the soil to watch the seeds germinate, they would never develop. We must water the soil with faith, trust and expectancy, allowing the seeds to grow and develop.

Whatever your desire, it can manifest. First, decide precisely what you desire. Second, prepare the soil, by clearing the path of communication



Three distinct selves were believed to exist within each individual.

from guilt and doubt. Third, present the desire in a relaxed state of balance between the objective and subconscious selves, with an emotional charge and enthusiasm. Fourth, you must drop the desire from your mind until you make the presentation to the Unihipili again. The presentation can be made repeatedly until you feel the impression has been adequately accepted by your subconscious. You see this expressed in devotions and consecutive day rituals. Lastly, you must water this desire with faith and expectancy, and trust that once the Unihipili accepts the desire and presents it to the Aumakua for creation, it will manifest, according to the laws of nature.

If this short presentation of the Huna knowledge has piqued your interest, I encourage you to look further into this psycho-religious construct.

It is my sincere wish that all your worthy desires manifest with the greatest ease and resulting happiness. I wish you all Peace Profound.

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Wisdom Which Does Not Cry

"Keep me away from the wisdom which does not cry, the philosophy which does not laugh and the greatness which does not bow before children."

Kahlil Gibran



Balancing Spirituality



by *Benefactrix*

IF YOUR HEAD MUST BE IN THE CLOUDS, keep your feet on the ground. The rewards of otherworldliness are dubious and besides, it's lonely up there.

Whatever you may think of this physical world, it still remains the arena in which you must perform. The basic instinctual drives propel and necessity presides as ruthlessly as any Nero. A cloud dweller is inevitably precipitated into the earthly melee and, unless his stance is firm, his defeat is certain. At best, he will be badly bruised.

Cloud fabric is tenuous; as disappointing as candy-floss melting immediately in the mouth, however iridescent and captivating it might look. The Ideal wears a material garb; its essence permeates the Here and Now. And knowingly or unknowingly, all have embarked on the same journey. The "Holy Grail" is an earthen vessel, its contents potent with juices fermented from life's experiences. The tools of spiritual growth are at hand and their use is compulsory.

They are earthy tools and seemingly unequally distributed. But if a spade can turn only a little soil, the divinity that sparks each grain is the same that fills a steam shovel's load. To ignore the tool fitted to one's hand is foolish, for practiced skill is a prerequisite for mastering another more complex one. This is not to say that the human spirit is earth bound; that it can't soar and enrich itself by

temporary respite from physical preoccupations. But mystic ecstasy is as futile as dervish frenzy unless it is converted into practical utility.

Countless words have been written to express the inexpressible. They are nebulous, distracting and even dangerous if they induce detachment and encourage idleness. Development of the spiritual consciousness is accomplished in the world, for the world, and for the benefit of human evolution. And that means dealing with the world, not avoiding it. Spiritual development is a turning of the inside out, a chemical-spiritual interaction for which externality is indispensable.

Unless the indwelling gaze sees outwardly as well, there is no transmutation. Instead, there is the danger of spiritual pride and intellectual stagnation, an insularism that precludes true spirituality and contributes nothing to the advancement of humanity. Spirituality is not made of cloud stuff; rather it is composed of struggle and effort, the conversion of spiritual insight into practical action. The technological advances of the modern age have finally reached such a point where veritable spiritual perfection is demanded to harness them to good purposes and prevent them from being used in less effective and destructive ways.

This is the challenge, and the time is Now. Earth substance provides the means, and spiritual perfection is possible.



Singing

Bowls

by Nobilis

A SINGING BOWL IS A SIMPLE METAL BOWL between 5 to 7 inches in diameter which can produce a sound that resonates in a similar way to a glass when you run a wet finger around its rim. Although associated with Tibet, singing bowls have a long tradition in many countries across the Far East.

While their origin is uncertain, they are said to have been introduced to Tibet along with Buddhism around the 8th century CE. The use of singing bowls in Tibet is the subject of much debate and many stories. Some people say they were used for meditation while others say they were magical tools for transformation of self and of matter. Today they are used worldwide for meditation, relaxation, healthcare, personal well-being and religious practice.

According to legend, the original bowls were made from an alloy of seven metals representing the seven planets then known. However metallurgical analysis suggests that the original bowls were made from a complex alloy of up to twelve different metals, giving them their distinctive rich sound. Modern versions are usually made from a much

simpler alloy, mainly copper, and do not have the same complexity of tone and harmonics.

Antique singing bowls may display abstract decorations like lines, rings and circles engraved into the surface. Decoration may appear outside the rim, inside the bottom, around the top of the rim and sometimes on the outside bottom. Unlike new singing bowls, antique ones never display figurative decoration like Buddhas, mandalas or dragons. Modern singing bowls are often made to look like antiques and are often sold as "old antique" or "vintage." The vast majority of bowls on the market are however new, even if they are advertised as "old." New singing bowls lack the warmth and complexity of tone found in the fine antiques which are a rare find today and very collectable.

A more recent innovation is the popular crystal singing bowl. The use of the word "crystal" is misleading, for crystal bowls are actually made from silicon glass. Although these crystal bowls may seem similar to the metal ones, they are musically very different, producing a single clear tone rather than the complex harmonics of their



Himalayan counterparts. Crystal bowls are neither better nor worse than metal ones, but they are certainly different.

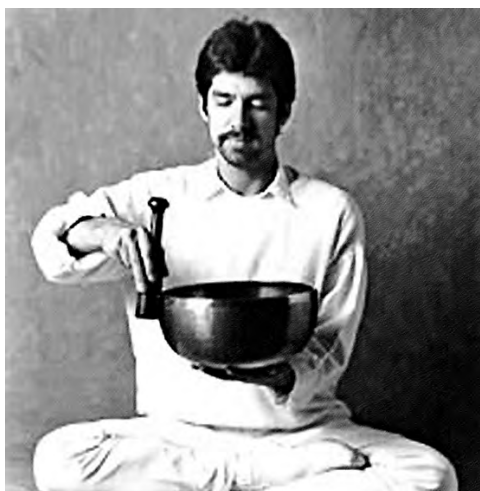
Playing the Singing Bowl

Singing bowls are played by striking the bowl in certain places with a soft mallet to produce a warm bell tone. Genuine antique singing bowls produce a complex chord of harmonic overtones. Singing bowls may also be played by the friction of rubbing a wooden, plastic or leather wrapped mallet or wand around the rim of the bowl to produce overtones and a continuous "singing" sound. Here is the method:

- Place the Singing Bowl in the palm of the left hand if you are right-handed. Smaller bowls should be held by the fingertips.
- With your right hand grasp the wand about mid-length, much as you would hold a pen but pointing downwards and touching the wood. If you are using a padded wand the red wool should be on top.
- With an even pressure, rub the wand clockwise around the rim of the bowl.
- Experiment with speed. Let the sound build up slowly as the bowl picks up the vibration.

A special sound effect can be produced by adding a small amount of water to the bottom of the bowl. The sound produced using this technique is strangely similar to dolphins singing. The amount of water used varies of course with the individual bowl.

Start by filling three quarters of the bowl with water. Be careful not to get the rim of the bowl wet. Now, play the bowl using the wand-around-the rim



Using a bowl in sound therapy.

technique. Bring up the sound by using a steady, even pressure. Pull the wand away from the bowl rim and let the bowl continue to vibrate while still holding the bowl in your hand, tilt it so that the water inside gently laps towards the inside rim. Continue to swirl gently while tilting the bowl and water. Experiment with the amount of water used. Usually the best effect is produced with a minimum amount of water.

Another way of modifying the sound is by the use of the mouth. Start the bowl singing by using the wand-around-the rim technique. Pull the wand away from your bowl and let the bowl continue to sing. While still holding the bowl in your hand, raise it up to your mouth. The sound may then be modulated by changing the size and shape of the oral cavity. Experiment with the relative position of your mouth to the outside rim.

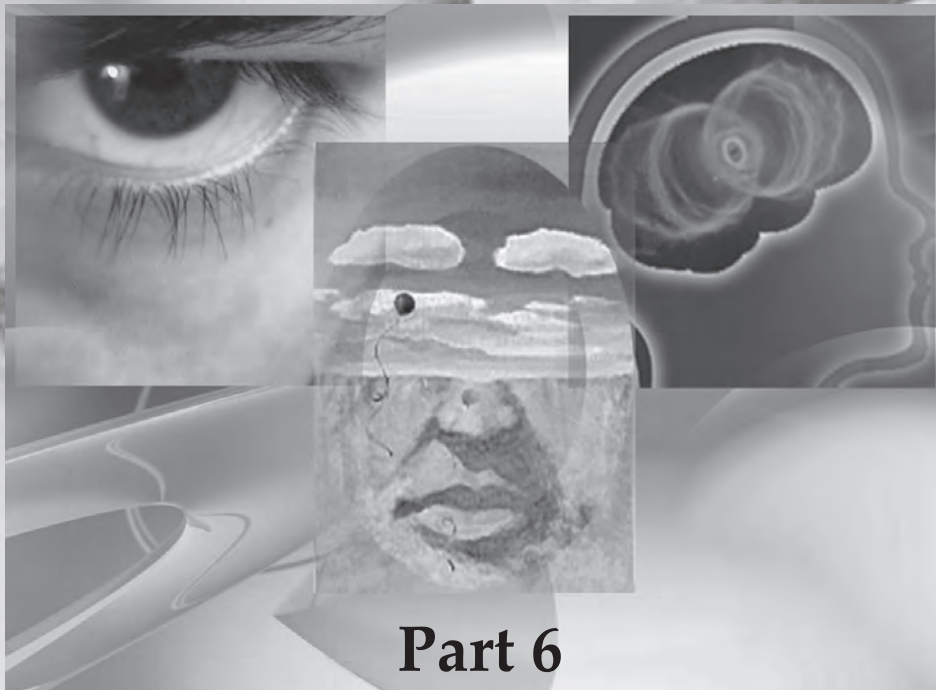
Healing Sound

The sound vibrations emanating from the bowl stimulate the body to recreate its own harmony and help produce alpha waves, which are present in the brain during deep relaxation. Many people feel they have been touched and cleansed within when they listen to the sound of a singing bowl. As some describe it: "Time stands still. There is a feeling of peace, sometimes relief in aching parts of the body, or at the very least, contact with something beyond daily life."

Many people find the rich blend of harmonic overtones, which the bowls produce, have a direct effect upon their psychic centres. Playing the bowls can have an immediate centring affect on the body. The tones set up a response that creates a balance between the right and left sides of the brain, a balance known as synchronisation. Focusing on the subtle sounds of the bowls tunes one into the universal sound of OM.



SCIENTIFIC MYSTICISM



Part 6

by William Hand, FRC

In Part 5 of this series we started to look at the topic of consciousness. In Part 6 we will continue this study. However, it is at this stage that we start to enter very controversial areas for science. Much of the science we will consider from now on is deeply theoretical, even though the theories originate from some of the greatest scientific minds alive today. Also the subject matter is approaching the frontiers of current intellectual mystical thought. However, hopefully it will resonate with the personal deep mystical experiences that we all have the privilege of encountering in life. Therefore, from now on, we are truly starting on a journey of exploration, which I sincerely hope will reveal exciting new vistas for everyone who reads these articles.

IN THE PREVIOUS ARTICLE, WE STATED that the level of consciousness is a function of complexity. We argued that everything has a consciousness from the smallest particle to very complex systems like human beings. As systems increase in complexity, they can develop an awareness of their own existence, which we commonly call "self consciousness."

This begs the question: how does this awareness arise? What separates human beings at present from say vast computer networks? Is it just that computers

still do not possess the type of complexity found in the human brain? That is certainly a possibility that would be foolish not to acknowledge. It is also the sincere belief of many scientists working in the field of artificial intelligence that one day, machines will take on characteristics that will make them indistinguishable from humans in terms of reasoning power. But will they possess self consciousness?

Science is divided on this issue and some now argue that complex computers will only, at best,



mimic the human brain and that self consciousness stems from the more holistic concept of mind of which the brain is just a part. Given the current exponential rise in computer power I expect this issue to be resolved once and for all in our children's lifetime.

Consciousness and Vital Life Force

However, to return to the question of the difference between human beings and powerful computers, it is commonly accepted that human beings are "alive" and that computers are not. So what is aliveness? Is an atom alive? Are we alive? We know the latter is true, and from the arguments presented in Part 5 we can say that the former is also true since we have equated aliveness with complexity by comparing the concepts of passive and active consciousness.

But there are obviously degrees of aliveness; an atom does not have the same awareness as you or I. So is there a cut-off point when a complex system becomes self-aware? This seems very unlikely as nature does not work that way. So if we reject that line of reasoning for the time being then there has to be something else that is common to both the atom and ourselves.

Well there are a few possibilities, but if we use a reductionist argument then ultimately we (the atom and ourselves) are both essentially combinations of vibrating strings (see Part 3). Where there is vibration there is an energy, and where there is an energy there is a force and that same force is in both the atom and ourselves. The difference is that in human beings the force is stronger. Moreover, the force operates throughout our bodies, not just in the brain, and it is the strength of this force that ultimately separates us from computers. Mystics have given a name to this force: Vital Life Force or VLF for short.

The Duality of VLF

We have just defined VLF as the force that causes strings to vibrate. It is also the force that keeps our bodies together through the principles of polarity and the workings of the forces of matter such as the electro-magnetic force. It can be argued that the electro-magnetic, the strong nuclear and weak nuclear forces discovered by science are material manifestations of the VLF. If we also include gravity then the VLF may hold the key to the

grand unification or "the theory of everything" that science earnestly seeks. This is very controversial stuff for science, but fits in well with mystical philosophy, particularly the principle of duality in all that exists in nature.

What I would like to propose is that VLF has a duality of expression. The material expression will be the four fundamental forces discovered by science; the immaterial or opposite polarity of expression will be their counterparts operating in the hidden dimensions of String Theory.

When we discussed String Theory in Part 3 it was stated that for the theory to work there had to be other dimensions of space-time in addition to our commonly experienced three dimensions of space and one of time. It is now becoming accepted that there are at least 11 dimensions of space-time in our universe, seven of them being "hidden." Six of the hidden dimensions are thought to be curled-up extremely small (much smaller than a single photon). However, these dimensions interact with our normal space-time, and interactions or

vibrations in the hidden dimensions manifest in the normal ones, for the same strings are vibrating in all 11 dimensions. In fact the

vibrations of the strings can be thought of as one system operating in at least 11 dimensions. The true nature of VLF has been a mystery for mystics over the centuries. However, if we can accept the duality proposed above then the veil begins to drop!

So, we can now see that consciousness (and its levels) is essentially a manifestation or attribute of VLF; the stronger the VLF, the greater the potential level of consciousness. Also, Consciousness (with a capital C) is a force, the primary force behind all reality. This primary and creative force is called Nous in the Rosicrucian teachings. The Soul force (arising from the strength of VLF and discussed in Part 7) is the immaterial aspect of Nous and the material aspect is referred to as Spirit.

The Big Picture

Until 1995 String Theory was in a bit of a mess. Basically, there wasn't just one theory but several competing theories. All included the multi-dimensional aspect, but each was subtly different from the others. This was unsatisfactory, for if String Theory is true, then the universe must still have only one way of operating. Then in 1995, the brilliant scientist Ed Witten made a breakthrough

"Consciousness is a force, the primary force behind all reality."



by proving mathematically that if one of the hidden dimensions was very large (larger than the universe) then all the apparent differences between the theories disappear, resulting in one, and only one, String Theory.

We discussed the idea of dimensions in Part 3 and introduced the concept that people living say in just two dimensions cannot easily conceive of a higher third dimension. Anything going on in the third dimension would appear differently in two dimensions. For example, a sphere approaching a two-dimensional world would appear to the two-dimensional inhabitants as a flat circle that is simply increasing in diameter. So, by analogy we can only glimpse a part of what may be happening in the very large 11th dimension in our 10-dimensional universe.

However, many scientists are now exploring the idea that our universe is just part of a higher dimension which can encompass an infinite number of universes or branes (contraction of the word: membrane). For further reading on this I recommend "The Universe in a Nutshell" by Stephen Hawking listed in the bibliography.

If we accept this picture, and I see no reason not to, then Consciousness as an attribute of VLF will transcend all of the universes. Moreover, it will be the same and the one and only Consciousness. This is much more than Cosmic or universal consciousness. What we are possibly discussing here is the consciousness of God. Many scientists now concede the possible existence of a higher force responsible for all that exists, and we too have arrived at the point where we can go no further using current scientific knowledge. It's possible that there may be even higher dimensions, though for now, let us leave that for personal meditation.

Evolving Consciousness and the Desire to Be

To summarise so far: we have seen that:

- Consciousness (or awareness) arises from the vibrations of strings in multi-dimensions.
- The force responsible for the string vibrations is known as the Vital Life Force or VLF which operates in all dimensions.
- The signal strength of the VLF determines the level of consciousness but...
- VLF also transcends all dimensions to form one Consciousness.

Another way of looking at this is to consider Consciousness as a system comprising individual units of consciousness (strength of VLF). For example, a plant could be one unit, a hydrogen atom another and you or I another (more complex) unit. The system as a whole would then have a consciousness dependent not only on the consciousness of each unit but also upon the links between each unit.

This would be a quantum system whereby aspects of Consciousness would come into reality through internal exchanges of information and energy between each unit. Consciousness, since it encompasses all possible universes, would have the potential for infinite expression. Indeed the quantum

wave function Q (see Part 1) of Consciousness would actually be every possible universe and

everything in every possible universe. "To Being there has never been a beginning."

Thus we can see that Consciousness has the potential for infinite expression and as such is continually evolving to that goal in its "desire to be." Is this the reason for life and why we are here? In Part 7 we will return to consciousness as expressed in humankind and explore the concept of Soul and ask the question: what happens at bodily death or transition?

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"Perhaps the purpose of the universe is the creation of consciousness, and man... is that consciousness. Then man is at once the ethic of the universe and the means through which that ethic is fulfilled..."

from *The Human Factor* by R.L. Hart





Resting in the Heart of the Lotus

I WAS RESTING IN THE HEART of a lotus blossom. I was being born from the heart of the lotus. As each petal unfurled my labour was great waves of ecstasy, exquisite and delicate. In the final waves of glory, as the last petal unfurled, I arose from the heart of the lotus: pure, perfect, beautiful, drawn slowly up by the warmth of the sun.

The warm fragrance-laden air formed a protective blanket around me. And as I drew breath from this life-giving air, lucid and rarefied, it permeated my being with a coolness and a purity as if from a distant snow-covered mountain peak.

I contemplated the tranquil sky, intensely blue. Complete contentment pervaded my being with the gentle innocence of a newborn babe. I was filled, surrounded and protected by divine Love. I raised my arms toward the sun, my feet still held in the heart of the lotus. Exquisite peace, joy and love..., effortless contemplation existing in harmony.

I was love. I was the birth of love. And as I gazed upwards at all the beauty, I realised I was looking within myself. All of this cosmic beauty and majesty was in me. I was everything and everything was me. Such majesty, such simplicity, such unruffled calmness. Words are lost in this translucent stillness. I encompass all.



Human Vowels

Gateway to the Living Word

by Stephen Tanham, FRC



Part 2

The Harmonic Atoms of Communication

In Part 1 of this article, we explored the nature of the vowel and the consonant, finding them very different entities. The consonant forms the shape or frame of the word while the vowel breathes a living energy – or to be precise, many different types of living energy – into the body of the word, giving it life in a spoken act of creation.

WE FINISHED THE FIRST PART OF the story with the knowledge that vowels are further differentiated from consonants in that they consist of a very different form of sound: the *harmonic*. They are thus more akin to music than the [sound] pressure wave values of consonants. To go deeper with our investigation we must follow the *harmonic nature of the vowel*, analysing exactly what a harmonic is, and then questioning why such mechanisms are so tightly woven into the human fabric.



Figure 1- the first 16 tones of the harmonic series on C

Figure 1 above illustrates the harmonic as represented in music. A harmonic is a series of notes or tones, generated automatically when a single foundation or fundamental tone (such as the note "C" in this instance) is sounded. Harmonics may



not be detected by the human ear, but *they are always there*; and they bear a unique relationship to the foundation note: they are *exact multiples of the base frequency* of that parent note.

Have you every wondered why each musical instrument sounds so different, despite the fact that it may be playing an identical piece of music? The answer lies with the harmonic tones which are generated by the body of the instrument, just as our vowels are generated by the harmonic chambers in the throat, mouth and nasal passages. With some instruments the sound is very pure; think of the sound of the flute, for example. In these cases, most of the musical energy is concentrated in the fundamental note of the harmonic series. With other instruments, such as the saxophone, the energy is spread much more through the range of harmonic notes. You can easily close your eyes and differentiate between music being played on a flute and a saxophone. From the human harmonic perspective, your abilities are even more fabulous. You can, for example, detect the presence of an unseen loved one merely by hearing a sigh or cough. This gives us some idea of the power of recognition operating through the principles of the harmonic.

To the scientific mind this might be the end of the story, but to the mystical view there are two further clues which will take us deeper: the first is that modern music cannot accurately render the true harmonic values that form the building blocks of the vowel sounds, because music was altered in the 17th century to allow for easier transposition by orchestras; the second is that there are really only a finite number of musical notes (an octave consists of only seven, with the first one repeated "an octave higher" to end the scale and thereafter beginning the next). Each vowel harmonic pattern actually consists of the same energies repeated in different patterns and from different starting points (see Figure 2). What at first appears to be very complex reduces itself to repeating patterns found in pure harmonic music.

How are we to approach this pure music? We can scarcely use modern science, for in its increasing division of everything it has totally lost sight of any approach that we might view as holistic. To assist us more fully to understand the significance of our vowel energies we must go back much further in time to the era from which all modern science and learning derived: the ancient Greeks, and the work of one of our own master mystics, Pythagoras.

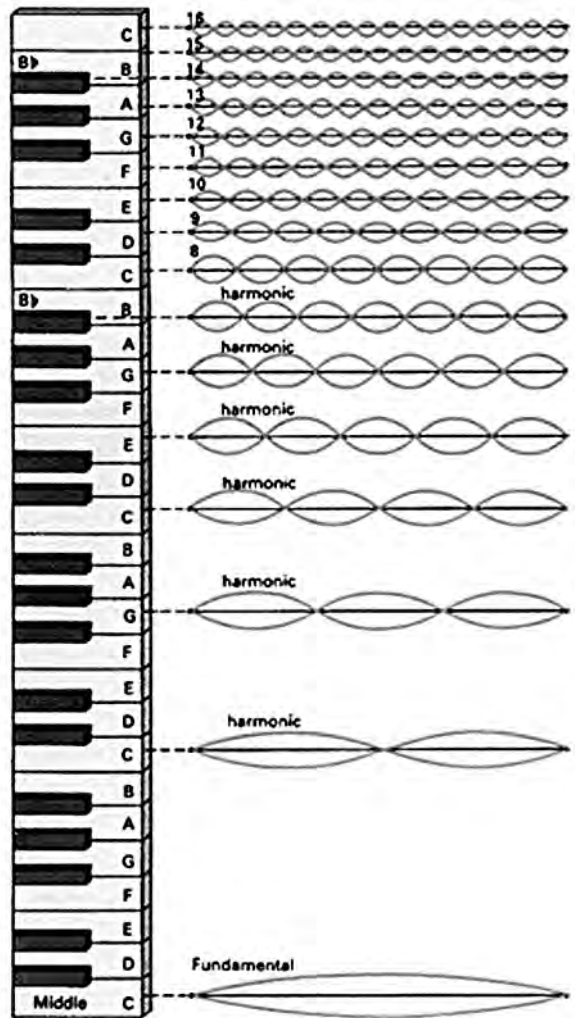


Figure 2

Pythagoras spent his entire adult life developing and teaching the principles of cosmic harmony. Undoubtedly taught by the Egyptian mysteries schools (he spent over twenty years in Egypt), he was the first to make public the principles of geometry and their cosmic significance. He was also the founder of modern musical theory, and carried out the first published experiments into harmonics. Pythagoras' work began with the circle, the symbol of cosmic perfection and the form from which all harmony derives. In mystical terms, nothing in creation ever leaves the circle, but we experience a reflection of its proportions, which the mind interprets as differentiated matter, space and time.

Pythagoras created musical instruments that were based on the perfect proportions of the





Pythagoras developing perfect harmonic music from the proportions of the circle.

circle, extended via geometric means into space. Using these as relative lengths for his strings, he created a lyre whose musical beauty was said to be so profound that he kept the instrument with him night and day, playing it whenever he could to attune himself with the perfection of creation. Such an instrument would produce the pure music which we are seeking, the music which our bodies and minds use every day as we create and respond to the unseen harmonies that are the vowels in our speech. So let us follow this great mystic and explore how the proportions of a circle can be made to form the original *Music Of The Spheres*.

As this is a very graphical process we will illustrate the steps using a series of diagrams. If you have a compass and paper, you might like to follow the steps and create your own harmonic proportions. You will find it a very mystical process.

The first step is to draw a circle with a diameter of an inch. Next, move the compass to a point on its right edge and draw another circle as in Figure 3. You will notice they overlap and this intersection is an ancient figure called the *Vesica Piscis*, meaning literally, "Christ in the Age of Pisces." As a small but important aside, imagine you have rubbed out the edges of both circles except the *Vesica Piscis* itself and

two little "tails" as Figure 3 indicates. You have created the "fish" symbol of the early Christians – a sure sign that we are treading a truly mystical path in our vowel adventure.

The next stage is to draw a line through the centres of the two circles as in Figure 4. Carry this line on until you reach the very end of your paper. At the same time bisect the *Vesica* figure as shown with a vertical line through the top and bottom circle intersections. Now put the compass point on the mid-point of the *Vesica* figure, where the two lines cross, and draw another circle, which exactly encompasses both of the previous ones. When this is done, begin the whole process again; you may need a large sheet of paper as the circles grow in size rapidly. What we are doing is forming lengths, the diameters of increasing circles, measured from their common start point, each is derived from the reflection of the previous one, a familiar mystical principle.

If your paper is big enough, continue with this method until you have produced the seven lengths as shown in the lower part of Figure 5. Each length (apart from the first) is the diameter of a bigger circle, which encloses the previous two. These lengths can be made into music by making them into strings, chimes or pipes. The notes they produce are pure music i.e. music not corrected by the orchestral conventions of the 17th century and onwards. This is the original *Music Of The Spheres*, a term created by Pythagoras, himself. The notes produced by these lengths are in the sequence B,E,A,D,G,C and F.

The original talk I had planned should have ended at this point, having shown that the atomics of vowel communication were based on simple harmonic values, but I recognised this sequence; it's the one that Dr Spencer Lewis uses to describe the daily Periods in his book, *Self Mastery and Fate with the Cycles of Life*. Moreover, as a further factor in convincing us that this is not just a coincidence, Dr Lewis specifically uses a musical metaphor when hinting at the forces underlying his system.

For me, this was a moment of revelation: The walls of my search had fallen open, leaving



Figure 3 - The Vesica Piscis, a geometric form that extends the circle in harmonic proportions



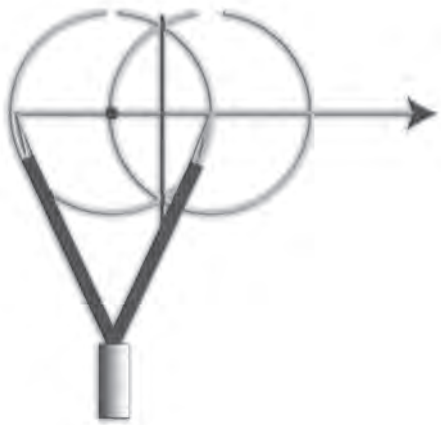
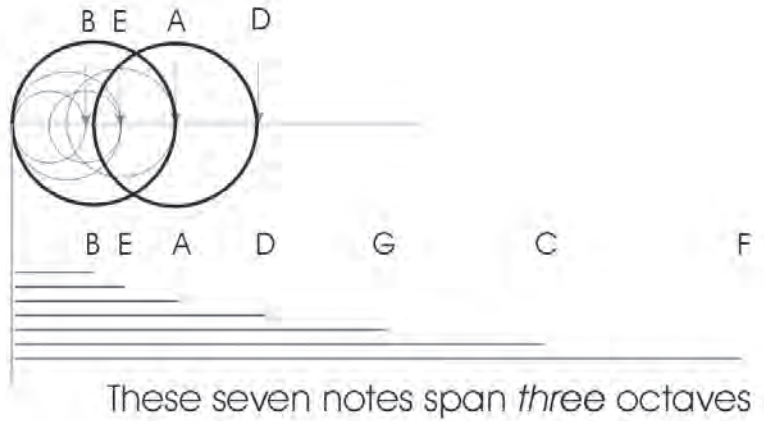


Figure 4 - The circle extends itself along a line through the centres



These seven notes span *three* octaves

Figure 5 - The seven harmonic notes produced by the Pythagorean circle extension and spanning three octaves.

me, astonished, and, as we shall see, quite literally gazing into space.

In the concluding part of this series, we will follow this trail to its ultimate conclusion; and

try to understand why the sequence of harmonic emergence from the Pythagorean circle follows the same order as the unspoken forces underlying Dr Lewis' life-mapping system.

The Candle

by Mary Sherriff

I rise towards great heights, ever pointing upwards,
awaiting the hand and action that will change my form.

My garb is usually white, although oft times
I like to tone in with my surroundings.

My purpose is triple, depending on my user.
To some I bring enchantment and romance,
to others memories, memories of love, fun, unforgettable
incidents,
often memories of those no longer with us.

When the hand I was awaiting, reaches out to ignite me,
the Lucifer it holds and I are for a moment as one flame;
and I flicker with excitement for my form is changing.

Long have I been seated upon this candlestick,
awaiting my moment of glory.

At last I am alight, an agent by which objects are rendered visible.

Steadily I burn, and as the hours grow long, my form becomes short;
I am slipping away. But have I brought into someone's life
both forms of illumination?

It is dark and I am gone.
Other candles are waiting to replace me.



When you awaken to truth as it really is, you will have no occult vision, you will have no "astral" experience, no ravishing ecstasy. You will awaken to it in a state of utter stillness, and you will realise that truth was always there within you and that reality was always there around you. – British philosopher and mystic, Paul Brunton (1898-1981)

by Amelia

A Higher Glimpse



HOW IS IT THAT SOME OF THE MOST penetrating, investigative minds in our present day go so far as to respect and admire the virtue of believing in an all pervading God, but can't find it in their hearts to accept some concept of a Divine Being for themselves?

An important lesson a pilot learns in his training is the value of using oxygen when flying higher than 10,000 feet above sea level. I remember well flying over the Kalahari of Botswana at 11,000 feet without oxygen one cloudless day and deciding I would climb to 13,000 in order to save a bit of fuel.

I knew of the dangers of blackout from oxygen deprivation but like so many other neophytes of aviation, I thought this would happen gradually and that I would quickly be able to descend to a lower altitude where I would again have enough oxygen and hence "wake up." After all, people regularly climbed to the top of Everest every year and that was over 29,000 feet! A much lesser 13,000 wasn't going to hurt anyone, was it?

I reached 13,500 feet and remained at this level for quite some time. The air was calm, the flight smooth and comfortable, but even though the old



Cessna engine was droning away as loudly as ever, everything seemed so serene, so beautiful. The last thing I can remember was noting how flat and featureless the ground was and how incredibly high I was. Down there were wild animals and a parched desert. Up here..., I was so separated from the rest of the world, I may as well have been with the angels..., and that's nearly what happened.

I don't remember dozing off, but suddenly I was awoken with jolt. Nothing had changed, the plane was on autopilot but I felt an intense urgency to descend for I realised I had blacked out due to lack of oxygen. I knew I had to descend immediately, with not a second to spare. No sooner had I pulled back the throttle and just started pushing the plane into a steep descent when I saw a large dark object heading straight towards me. It was all over in a few seconds as I watched a large vulture heading straight towards me. It was by the "grace of the gods" that it narrowly missed striking the plane, passing a mere 10 feet directly above my right wing.

I could even see the vulture doing a contorted move, wings pulled in tightly as it tried to avoid being struck. Panic set in and the plane went into a steep dive, levelling off at 9,000 feet where everything definitely felt a whole lot better. This was the closest I have ever come to being killed, for had the bird struck the plane, I and the wreckage would probably never have been found. Had I woken from the blackout mere seconds after I did, I would never have made it out alive.

I have often wondered what it was that woke me so forcefully and made me take immediately and decisive action even before I saw the approaching danger. I've never been one for believing in a personalised God who sits like a genie waiting to do our bidding, but I must admit I have had a few experiences in my three score years on earth that have now led me to the belief that I am not alone. "Something" walks with me day and night, right at my side, indeed in my own shoes, and has saved me from several life-threatening situations, the plane incident being merely the most critical one.

A fighter pilot in training becomes keenly aware of the dangers of losing sufficient oxygen to function normally. Usually a volunteer is put in a pressure chamber and then put through a series of tests as the atmospheric pressure is lowered to an

effective 20,000 feet altitude. The volunteer feels as sure of himself as he did at ground level. Simple calculations are done with a flourish and asked to count backwards from 100, he does so with an ease which, to him, seems smart and rapid.

Only when he returns to normal at ground level and can view the video footage of his actions at 20,000 feet without supplemental oxygen, does he realise how poorly he performed his tasks. Not

only was his attention span short, it was erratic, much like an inebriated or drugged person.

During his backward count, he missed numbers and even started counting forwards at times. And when he examines the written examples of his own simple arithmetic calculations does he see the now obvious errors. The lesson of such an impressive demonstration becomes beyond dispute.

Coming to Ground

The circumstances of life put many people in pressure chambers, at ground level, with the stress and strain having the effect of taking them high up into the clouds, not knowing what they are doing and causing much harm as a consequence. They may not believe in God, but the desperate struggle to survive is capable of producing some form of *illumination* to bring them down to earth.

The clarity of inspired vision enables them to solve their problems and put an end to their distress. They believe that they have been rescued by a higher power than themselves. The presence

"The desperate struggle to survive is capable of producing some form of illumination."



Panic set in and the plane went into a steep dive, levelling off at 9,000 feet where everything definitely felt a whole lot better. This was the closest I have ever come to being killed.

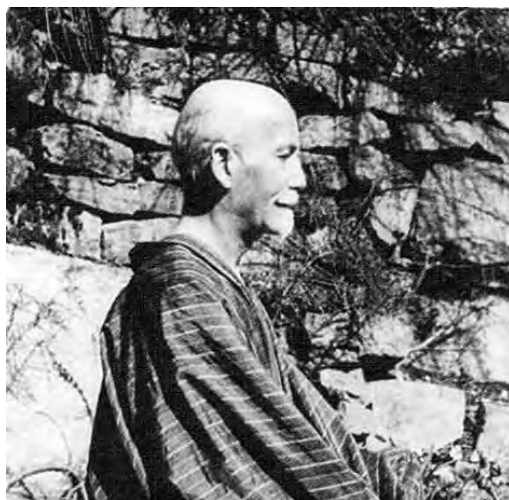


Every one of us has the ability to reach a state of mind that turns the fuzzy concept of God into the clear presence of a dear companion and a constant presence at our side.

of God is no longer a question of faith, belief or self-deception; it is one of personal experience. The magnificent reality of "God in me" has been experienced first-hand. The presence of God is not always accompanied by an emotional outburst of gratitude and happiness; it just as often a brief moment when "something" takes over and directs us out of harms way. That "something" I choose to call God, for it is the same in all people's lives and has been experienced far too often over the millennia to be written off as mere chance.

Sometimes, that higher glimpse of something other than the ordinary, evolves over the weeks and months that follow, into an understanding of the true purpose of life. There is nothing like a near-miss in life to cause one to "sober up," take one's responsibilities seriously and change direction in life into more constructive, fulfilling activities.

The supreme majesty of the system and order of the Universe and the marvellous workings of divine laws become concepts of gratitude and a sense of being uplifted and humbled at the same time, and of course being completely awestruck at the incredible refinement of that great "invisible



humanity. Though not conscious of it themselves, they have nevertheless been reflecting the ethos and high moral principles of love and compassion that a deep belief in God brings into our lives.

The world is enriched by their wisdom, but it is so sad that with all their expanded consciousness, their deep understanding of the mechanical workings of the universe, not to mention their precious experience, they still fail to recognise even the first conscious glimpse of the source of their own creative power, imperfect though it may appear through the lens of mortal eyes.

In Rosicrucian terms there are four levels on the path to enlightenment: the physical, the intellectual, the psychic and the spiritual. That higher glimpse I have spoken of may occur during any one of these stages. But the

"Sometimes that higher glimpse of something other than the ordinary evolves over the weeks and months that follow into an understanding of the true purpose of life."

hand" that sometime so forcefully moves our lives. Although not often spoken of, the experience of Divine intervention in times of crisis is really not that uncommon... just not spoken of all that much. The general pattern of it has been repeated in varying degrees in innumerable lives for thousands of years; and yet it has eluded the enlightened comprehension of some of the wisest men and women of recent history.

A Glimpse of Illumination

Some philosophers and writers of world renown have declared that with all their probing into the mysteries of the universe they have found nothing to justify a belief in God. A study of their works and lives usually reveals a compassionate love for

more advanced we are along this path, the more we have refined our abilities to operate with ease in these four domains, the more profound and meaningful our experience of God will be.

Those who have such glimpses of illumination come to discern with increasing clarity and focus an awareness of their "inner God," the one that leads them with gentleness, refinement and attention to detail, to ultimate enlightenment. Every one of us has the ability to reach a spiritual state of mind that turns the fuzzy concept of God into the clear presence of a dear companion, and constant presence at our side, always helping, always nudging, cajoling and encouraging us to do what is best. What a privilege it is to have that higher glimpse!



Soundbites

by Paul Goodall, FRC

HAVE YOU EVER BEEN EMOTIONALLY rent to the heart by a particular piece of music? Did it make you happy or sad? Did you experience that sense of exhilaration within you, making you feel good? Have you ever been moved inwardly by the sounds of nature such as birdsong, the wind blowing through trees, rain falling or perhaps the roar of the tide rolling in? These various sounds affect us because we are a part of the physical world in which we live and we are intimately attuned to the nuances of its physical presence.

Ancient Knowledge

Although sound is woven so closely into the fabric of our existence, many of us do not give a moment's to its subtlety and power. Those of ancient times did, and through the mystery schools it became part of their culture to use sound as a healing tool.

The observation of the beating of the heart, the ticking of the pulse and the rhythm of breathing reinforced their belief that each individual human body vibrates to a particular frequency. They understood that specific tones correspond to specific areas of the body and that by the intonation of certain tones a process of healing could be started, leading to an eventual rebalancing of the patient's inner harmony.

What is Sound?

We might ask: what is the nature of sound and how is it defined in modern physics? Well, sound is given as "a means by which energy, constantly alternating at great speed between potential and kinetic energy, is passed through air or other medium as pressure waves."¹



Today's science knows that everything in the universe is composed of moving clusters of energy, be they minerals, plants or animals, or "intelligent" creatures like human beings. These clusters of energy are surrounded by electromagnetic and gravitational fields and interact with each other over varying distances, sometimes over very large distances. And then there is also the chemical and nuclear exchange of energy that takes place



between them at molecular and atomic levels when they are physically in contact with each other.

The Human Voice

The human voice has a uniqueness all of its own. It is capable of a whole range of frequencies that induce a variety of emotional responses and healing effects; and not just on other human beings either. Talking to plants may have had a bad press, but years of serious research now strongly indicates that the human voice can have an effect on their growth and well being. On the same track it has also been shown how water molecules are affected by the sound of music and thought.²

The chanting, singing or intoning of resonant vowel sounds (in conjunction with intention) have been practised through the ages to alleviate pain, depression and general disease. For the past 90 years at least, this has been part and parcel of the teachings of the Rosicrucian Order. The repetition of words such as in the recitation of the rosary and also of yoga mantras, have been demonstrated scientifically to yield beneficial effects such as inducing "favourable psychological and possibly physiological effects."³

The Spoken Word

"In the beginning was the Word, and the Word was with God, and the Word was God..." So begins the Gospel of John. So powerful was the sound of the spoken word, that ancient authority claimed that the universe came into being as the result of the word of God or the Creator.

We might make the comparison with the "Big Bang" theory of the genesis of the universe, if we for a moment imagine that the exploding universe could be heard from the "nothingness" of the singularity. The hiss of the background radiation from an event shortly after the Big Bang is still being picked up by radio astronomers today, a cosmic sound more ancient than anything we know.

From the sound of the mother's voice on the growing foetus, to the power of the gifted orator upon his audience, the spoken word is an influential medium inciting a gamut of human emotions. It seems incredible that so many different languages can communicate exactly the same ideas and expressions and giving rise to the same reactions. We don't have to understand the language that is being spoken in order to feel the effects of the sounds coming from the speaker. Through speech we create the world we live in. But it must be



Have you ever been moved inwardly by the sounds of nature such as birdsong, the wind blowing through trees, rain falling or perhaps the roar of the tide rolling in?

remembered that words have a creative power of their own. One word in the wrong place or context can have the most damaging of consequences.

Thinking about speaking, the oral tradition of passing on cultural and educational teachings by word of mouth was in existence long before they were set down in ancient methods of writing and modern text. While reading to ourselves today we still hear the words in our head. There is a so called vocative philosophy of sound that argues that "the meaning of words is most fundamentally found in the human voice"⁴ (rather than in human writing) and speaking out loud is still the most significant way of asserting ourselves.

The Sound of Music

The power of musical sound has been acknowledged throughout history. There is a primeval urge for humans to make music as well as listen to it, and its effects are easily demonstrated in our modern



media. Although the ancients undoubtedly used musical sound for their pleasure, much more importance was placed on its ability as a healing tool. They were well aware of the vibratory nature of life and recognised this as the fundamental creative force.

The vibratory energy of musical sound resonates with the vibratory chord of the individual, penetrating the physical body and making chemical changes in conjunction with other more esoteric processes to restore balance the harmony to the body. Blood pressure is lowered, the breathing rate slows and there is a calming effect on the mood and temperament of the individual.

Another effect that music has is on brain waves and the hidden processes of the mind. We can be visibly and mentally uplifted by its exquisite harmonies and our consciousness can be elevated above the physical realm. Music is a well known aid to meditation. The Indian musician Ravi Shankar once said: "Through music, one can reach God."

Sonic Sound

Today we are surrounded by all kinds of nondescript sounds: the constant hum of computers, fridges, microwaves, aeroplanes overhead and cars and other traffic, to name but a few. Although we may

become relatively oblivious to their intrusions in our lives, we are nevertheless affected by them.

Most of these are low frequency sounds that bring about a disturbance to our harmonic bodies. Much of the time this can be shrugged off if we have access to much higher frequency sounds such as that found in nature: bird song, moving water, wind and such like.

So let's be conscious of the sounds around us and try to cultivate the habit of being close to those sounds that are beneficial to us whenever we can. And if this is not possible, depending on where we live or what our lifestyles are, we should try to generate or create our own sounds for those periods when we can be alone.

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People in Our Lives

by Gina Ugboma, SRC

People come into our lives for three things:

- **REASON:** When people are in your life for a reason, it is usually to meet a need you have expressed to the God of your understanding. They have come to assist you through a difficulty, to provide you with guidance and support, to aid you physically, emotionally or spiritually. They may seem like a Godsend, and they are. They are there for the reason you need them. When they leave, we must realise that our need has been met and their work is done. Your prayer has been answered and now it is time to move on.
- **SEASON:** Some people come into your life for a season, because your turn has come to share, grow or learn. They bring you an experience of peace or make you laugh. They may teach you something you have never done. They usually give you an unbelievable amount of joy. Believe it, it is real but only for a season.
- **LIFETIME:** Lifetime relationships teach you lifetime lessons like things you must build upon in order to have a solid emotional foundation. Your job is to accept the lesson, love the person and put what you have learned to use in all other relationships and areas of your life.



A ROSICRUCIAN EGYPTIAN TOUR

from Nigeria

by Dumni Olasehan, SRC

As Seen by the Eye of a Pilgrim

THE FIRST GROUP TRIP TO EGYPT BY Nigerian Rosicrucians occurred 27 years ago. The second was March 2006 and the third happened from 8th-22nd February 2007. The next trip planned for February 2008 will be the fourth. The symbolism of the number 4 is not lost on us Rosicrucians. We can expect, therefore, stability in our affairs – as individuals and collectively as a nation.

A mystical tour to Egypt under the auspices of the *Rosicrucian Order, AMORC* might unfold certain profound meaning. Given the law of resonance a tour to Egypt puts us in touch with our roots, a Rosicrucian heritage that dates back to antiquity. Egypt is an illuminating experience. To your source you must journey; to Egypt must you turn your gaze.

WHAT TO EXPECT

Exoterically

In preparing for the trip, make sure you take a very slim suitcase that has the capacity to become overweight within two weeks. Shedding the weight back home is no problem at all. Alternatively, take a suitcase that can become pregnant and give birth to Egyptian “children.” The representatives of *Quest Travel* will ensure that these “children” are “deported.” They will fly back on your ticket!

So you board *Egypt Air* in Nigeria and wake up at the Cairo International Airport. A clean, air-conditioned luxury bus takes you into Cairo city from where you can cross the Nile and enter the Giza plateau. You are lodged in the beautiful five-star Meridien Pyramids Hotel overlooking

The soror approached a particular frater and bid him greetings. “Greetings Soror.” replied the frater in response to this salutation. “Frater,” the soror continued, “I noticed recently that when you sign your name, apart from the traditional FRC, you write E.P. What does E.P. mean? I’ve asked a couple of fratres and sorores, some of whom, like me, do not know; and some just laughed and shrugged their shoulders.”

the landscape from which you take the one-hour flight to Luxor; the Luxor Temple comes alive at night. You can learn within a few seconds, how to control an outboard engine boat to ferry your fellow fratres and sorores to the west bank. You will experience a cruise on the Nile in a prestigious ship. It feels like being in any regular five-star hotel with a swimming pool. You will have a colourful international party on board. The chef can even prepare for you the Nigerian pepper soup with ingredients provided by either the Goddess of the Nile or the Goddess Isis. It’s unbelievable!

You will like the Esna Lock wonder. Do you know that the ancient Egyptians used the Nile to develop a fair taxation system? It is a sheer pleasure to see the Nile, the spine of Egypt, everywhere you go. It’s simply amazing!

As you prepare to disembark the Goddess of the Nile gives you special blessings, which you feel and see. No kidding. You arrive at Aswan where you encounter the dark skin Egyptians, who are so excited to see you and they greet you with “my cousins, welcome my cousins...”

Food

Mother Isis would not give you eba, pounded yam, fufu or amala because she wants you to relish these meals much more on your return to Nigeria after 2 weeks abstinence. She will gently introduce to you variants of what you know well. The akara she will



give to you has a wholesome affect on the organ that resonates with the colour green! You will taste green akara fried in olive oil. If you like carrots, try purple carrots in Egypt. They even have “zobo” drink. Just make sure in your excitement, you don’t mention the word *zobo*; the Arabic meaning is different!

Esoterically

Visits will be made to temples, which have been specially selected for their significance. There will be forum and meditation sessions and initiations. The Emperor and the Regional Administrator will be on hand to serve you. You will love the vibrations in those ancient temples. Some are even moved to tears.

You cannot but marvel at the grandeur of antiquity that is yet unmatched by modern day civilization despite our seeming technological advancement. The Pilgrims were filled with awe at the mere size of the columns, the Colossi of Memnon, the larger than life sculpture of Rameses II. What you see in pictures does not tell the story. Pictures cannot communicate to you how dwarfed one feels standing beside those huge columns or at the feet of the Sphinx. It is hard to believe that man conceived and built those huge structures. This very incredulity gives us an idea how man passed from history into legend, from man to god.

Entering the Pyramid, feeling it, and climbing it, is an initiatic experience in itself. There are no words to describe the King’s Chamber experience! The Lake and the Pyramid might unlock some heretofore locked doors. Seeing *is* believing! Feeding *is* believing! The taste of the pudding is in the eating!

BENEFITS FROM THE TOUR

- Internal peace. Many Nigerians, especially, those who are self employed do not know how to take a vacation and relax. The tour to Egypt provides a unique opportunity to enjoy real rest and relaxation, refuel and return home recharged.
- Many pilgrims experienced cure for some long standing gnawing health conditions.
- Some of those things you read about in the monographs and some lodge room activities come alive in Egypt.
- Many of us experienced a sense of timelessness. We experienced what it is to “**just be.**” The euphoria of “just being”

stays with you long after you return home. What you would, once upon a time, have considered an irritation, you can now handle with equanimity and poise.

The higher pilgrimage is the one you make within. Since familiarity breeds contempt, step out of your usual environment to seek clearly and know yourself – possibly for the first time. Egypt will stir up things within you:

- Have you found your life’s mission in this incarnation?
- Why are we Rosicrucians today?
- Why did this path find a kind response in our hearts?
- Why is the first Rosicrucian Lodge in Nigeria (aptly) named Isis?
- How does the Isis/Osiris/Horus story relate to us Rosicrucians in Nigeria?
- Could our presence in Nigeria be a Cosmic design to continue or to re-enact in this country that with which we had been involved in antiquity?

Go to Egypt and find your own answer...

A French gentleman who went to Egypt in 1828 wrote: “*We... are but Lilliputians, and no other ancient or modern people have developed the art of architecture on a scale so sublime, so huge, so grandiose, as did the Egyptians... I repeat yet again... ancient Egypt taught the arts to Greece, the latter developed them into a more sublime form, but without Egypt, Greece would probably not have become the home of the arts.*”

Like Greece we too can take what we will from Egypt and improve on it. The wind of positive change is gathering momentum to sweep across our land. Rosicrucians should be prepared within and without to birth this change for our benefit, our country and that of humanity at large so that we too, like our forebears in Egypt, will leave indelible imprints in the annals of this great country, Nigeria. Thus, humanity would be better because Rosicrucians walked the earth.

Some day people from other lands would feel proud to append the letters N.P (Nigerian Pilgrim) to their names, evidencing a visit to the modern wonder, Nigeria.

In terms of naira value, the tour to Egypt is a high yielding investment. You determine your rate of return.



SIROC Activities 2007



SIROC National President Soror Eunice Otete giving a speech during SIROC National Conference, 2007.

Right and below: A cross-section of SIROC members during the 2007 Conference at the Rose-Croix Hall, Calabar.



Regional Administrator and National Coordinator of SIROC, Chief and Chief Mrs Kenneth Idioidi, in a group photograph with SIROC officials and members at the Rosicrucian Park, Calabar.



SIROC members during skill acquisition training at the Demonstration Farm for snails cultivation located at Rosicrucian Park, Calabar.



Light Bearers Association Activities 2007



Newly elected National Executives of LBA (sitting) and some Zonal officials (standing) pose for a group photograph.

Group photograph of Light Bearers during the annual Conference in Calabar.



Induction of new Light Bearers during the National Convention in Calabar, April 2007.



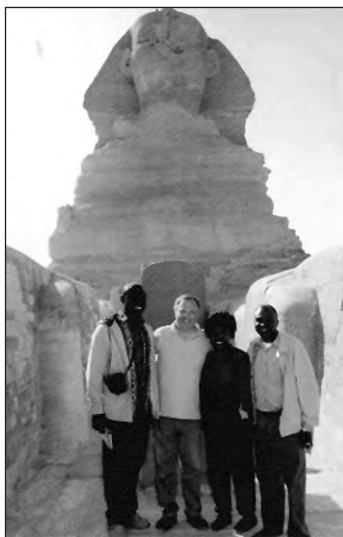
Kut-Hu-Mi Lodge Golden Jubilee

Members of the front desk during the Kut-Hu-Mi Lodge Golden Jubilee anniversary in Warri, Delta State.



The Regional Administrator and other dignitaries of the Order during the cutting of the Kut-Hu-Mi anniversary cake.

Rosicrucian Egyptian Tour 2007



Left: The Imperator and other dignitaries during the Initiatic Tour of Egypt.

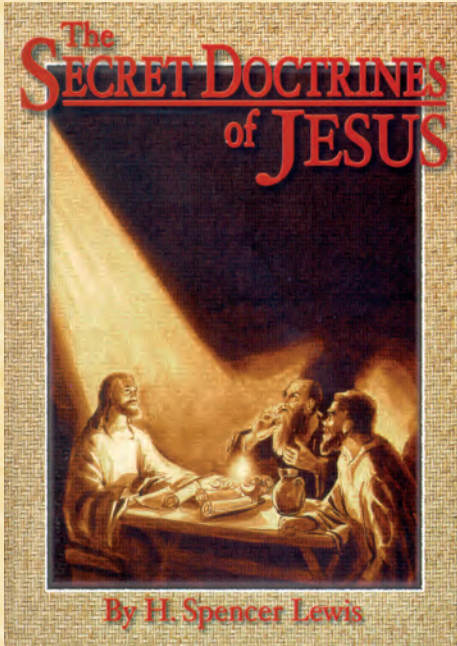


The Imperator poses for a group photograph with participants of the Initiatic Tour of Egypt.



by H S Lewis

The Secret Doctrines of Jesus



WRITTEN AFTER YEARS OF TRAVEL AND research during the 1920's and 1930's by a past Emperor of AMORC, this book fearlessly discloses what the author believes to be the true esoteric teachings of the master Jesus.

With a wealth of information provided by decades of analysis of the Dead Sea Scrolls writings, it is clear that the teachings of Jesus were not *fully* portrayed in the gospels. There is for example, very little evidence of where this great master obtained his teachings during his formative years, but it is almost certain that they were based on a corpus of esoteric wisdom which existed well before his time. The gospels indeed relate some of his "sayings", but that is all they are, namely, a few scattered sayings, from a much wider body of wisdom that Jesus must have passed on to select individuals amongst his disciples.

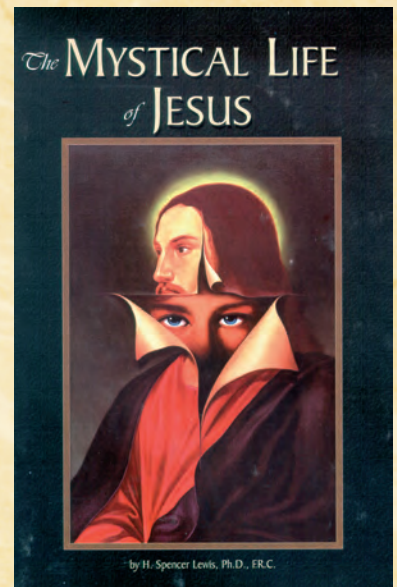
This absorbing book speaks of Jesus' teachings in the form of a centuries-old tradition which greatly augments what we already know of his teachings through the gospels. Whatever your views and whatever your religious beliefs, with an open mind, this book truly is a worthwhile read.

The Mystical Life of Jesus

by H S Lewis

HERE IS A FASCINATING REVELATION OF THE unknown life of Jesus, based upon traditions passed down through the centuries in monasteries and esoteric Orders. Over nearly two millennia, numerous stories have arisen about the birth, early life and education of the young master Jesus, and there are several stories too about his later life and death. Admittedly, most of these stories are probably wrong, but a few carry the ring of truth, and it is these stories that Dr Lewis recounts after many years of intensive research into their authenticity.

In this book you will find an account of the birth, youth, early manhood and later periods of Jesus' life, revealing the story of his activities in the time not mentioned in the Gospel accounts. Although controversial, this subject matter was published seventeen years before the discovery of the Dead Sea scrolls. Yet in many respects it echoes the full flavour of the mystery tradition which existed during the period of their creation.



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*Your vision will become clear only
when you look into your heart...
Who looks outside dreams.
Who looks inside, awakens...*

Carl Gustav Jung (1875-1961)