

NUTRITION AND HEALTH

Seeking the



Light

The Rosicrucian Fellowship teachings advocate a SIMPLE, HARMLESS, and PURE LIFE. We hold that a plain vegetarian diet is most conducive to health and purity; that meat of all kinds, including fish and fowl, also alcoholic drinks, tobacco, and stimulants are injurious to health and spirituality.

As CHRISTIANS we believe it to be our duty to refrain from sacrificing the lives of the animals (our younger brothers), for food, and as far as lies in our power to refrain from the use of their skins and feathers for wearing apparel. We hold that vivisection is diabolical and inhuman.

We believe in the healing power of faith and prayer, but in extreme cases we sometimes advise the use of material means to accelerate recovery and bring relief to the patient.

We endeavor at all times to live up to the golden rule, "Do unto others as you would that others should do unto you." We do not criticize, granting to others the right to heal with whatever method they may accomplish the greatest good, for we believe that there is good in all and that no school has the right to dictate to another. God alone is the judge, and the results are the witnesses.

Our motto is: A SANE MIND, A SOFT HEART, A SOUND BODY.

FIVE YEARS AGO, a very severe nervous breakdown, for which there seemed no help, caused me to become dissatisfied with the religion of my childhood. The first step into the advanced thought of the day was brought to me by a New Age magazine, given me by one who knew my sore need.

Now, to me, this nervous breakdown seemed a peculiar and significant one, for it was accompanied by great heart yearning, terrible mental battles, and a reaching out for God who, I had always been taught to believe, resided up in the sky and busied Himself with marking down in His great book all of his poor children's misdeeds. Such a God, I found, did not ease my pains, hear my prayers, nor comfort my broken heart. Gradually I learned from my New Age magazines and books of a God who was within and who was Love.

I was helped by practicing my period of "silence" each day, but after two years and a half

of continued seeking, my heart was not yet filled, my inquiring mind not yet satisfied, my health not yet realized. Consequently, when I again began to manifest extreme nervousness, utter depression of spirit, and a general hopelessness, I threw my new-found religion aside to the extent of again consulting specialists, this time of known skill and fame. An operation was the result, a long standing internal condition was to be cured. Only the good Lord knows how much I suffered and how very much worse off I was afterwards! My new ways of thinking reasserted themselves and I struggled on to attain something, I knew not what.

One night when I was in an agony of pain and when I was praying to die, just to die, there came gentle but insistent hands upon my shoulders that made me turn and look. By that hospital window in the shadow I saw a radiant figure, electrified, it seemed to me, and my pain left me. At that time I knew nothing of the Rosicrucian teachings, nor had I ever read any books on occultism, and so I

did not recognize an Invisible Helper.

Six months of continued exhaustion in body and mind passed and still I struggled on. Then a kind friend induced me to write to the Rosicrucian Fellowship's Healing Department and gave me a *Rosicrucian Cosmo-Conception* to read. Ah! I had been a dying person before, and now what I read fitted in, filled up the vacant places in my philosophy, and helped me in every way. It was indeed the missing link! The help, the care, the invisible but very real guidance that those dear people gave me has been wonderful. My body was indeed made over by them. I was conscious of a healing and soothing presence many a night when I was racked with pain. I learned to call for help when sorely in need and never was I left unaided. The wonder and glory of their work makes me more thankful each day.

I had found in my life, just previous to becoming acquainted with the Rosicrucian teachings, the one weed that had been years in growing up within me and which was responsible for nine-tenths of my trouble. I have been gradually uprooting this giant weed, and soon it will be entirely eradicated. As I gain in spiritual insight my health becomes better.

Through all my seeking and efforts to control the lower self I had never heard of "the Path," "Initiation," *et cetera*, so I was blindly working, though now I know not blindly but guided by some great one whose privilege it is to help us ever onward and upward. The terrific struggles, countless temptations, terrible mental anguish I did not know were tests and trials upon this Path—did not know until the Great Light came to me just a few months since. Evil entities tormented me. I felt their presence, was conscious of their evil attempts toward me. Sometimes the wakeful nights seemed endless, but always as I held on and uttered my words of Truth, they would leave me and I was victor, though exhausted and terrorized. I know they have no power over me, and I was given strength and knowledge to master them through the coming of the Light.

One morning during my regular "silence," when I was seeking to know the Christ within, there appeared to me this Light, a glorious golden sun

He who enters into the secret place of his own soul passes beyond himself and truly ascends to God.

Therefore, banish from your heart the distractions of earth. Turn your eyes to spiritual joys so that you may learn at last to rest in the light of the contemplation of God. Indeed the soul's true life and repose are to abide in God, held fast by love and refreshed by divine consolations.

In your spiritual ascent and your search for a closer union with God, you must allow yourself no rest, no slipping back. You must go forward till you have obtained the object of your desires. Follow the example of mountain climbers. If your desires turn aside after objects that pass below, you will lose yourself in byways and your mind will be drawn in all directions. Your progress will be uncertain. You will not reach your goal. And you will not find rest after your labors.

But if your heart and mind, led by love and desire, withdraw from the distractions of the world, you will grow strong. Your recollection will deepen the higher you rise on the wings of knowledge and desire. Little by little as you abandon baser things to rest in the one true and unchangeable Good, you will dwell there, held fast by the bonds of Love.

—Albert the Great 1206-1280

emitting rays indescribable, and I was awed though joyous with the deepest solemn gladness.

Now there is more confidence, wonderful insight, and a glorious peace pervading me, and I know without the slightest doubt that all is well with my present and my future. The Voice frequently speaks to me in the deep voiceless way, and I know so many new things that the world seems a different place. At times I even see the reflection of a Greater Light that "never was on land or sea."

My great loneliness has passed away. Many times since, I have gone out of my body during the night to do good, and in the morning when I awakened there has always been a complete and clear record in my memory of places visited and persons helped. I feel as if I had been accepted, and no matter through what I may have to pass in the future, this assurance is sufficient. □

—M.T.